



COURSE CODE

NAME OF THE COURSE

CVAC018

NEUROPLASTICITY: REWIRE YOUR BRAIN

OFFERED BY

Economics

ABOUT COLLEGE

COURSE COORDINATOR

Sr. Rosy V.O
Economics

Chirst College (Autonomous), Irinjalakuda established in the year 1956 by CMI fathers has always been a place where young generations are moulded towards a bright future. College has excellent infrastructure, with state of the art laboratories, seminar rooms and lecture halls. The campus is Wi-Fi enabled. Presently College is home for 4500+ students, 200 teaching staff and 45 supporting staff. The strength of the College lies in its hardworking and tech savvy teachers who are eager to involve in all matters of students. The lush green campus with gardens and open gym is moving towards the next phase on education both offline and online.

LEARNING OUTCOMES

- Learn how to rewire subconscious brain & achieve massive success in life
- Learn how to unlock brain's potential to its fullest
- Gain control over thoughts, habits, emotions & behaviours

COURSE MODULE

Module I: Introduction to Neuroplasticity

Module II: Healthy Habits:

Module III: Steps to Master Neuroplasticity



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SYLLABUS

MODULE I

Basics of Neuroplasticity - Introduction to Neuroplasticity - Foundations of neural development - Principles of cerebral development - Learning principles: Neural and behavioral factors - Memory - Normal brain aging - Brain aging and neurodegeneration - Biocultural perspectives on brain plasticity. (10 Hours)

MODULE II

Healthy Habits: Exercise and Sleep - Social Medicine - Resiliency and Wisdom -The Mindful Attitude - Neuroplasticity Exercises - Exercise for Mindfulness - Physical - Emotional - Social and Spiritual - Creating Positive Experiences - Hardwiring Happiness - Learning to Respond, not to React. (10 Hours)

MODULE III

Neuroplasticity in Special Conditions - Neuroplasticity Exercises for Anxiety and Depression - Procrastination - Changing Bad Habits - Improve Memory - Simple Hacks To Improve Your Memory - The Top 8 Positive Attitudes To Wire In - Firing the Right Cells Together - Taming Your Amygdala - Shifting Left - Cultivating Memory - Fueling Your Brain. (10 Hours)

REFERENCE

John B. Arden. P; Rewire your brain

Maryse E. Thomas ; Dynamic Brains and the Changing Rules of Neuroplasticity: Implications for Learning and Recovery

Joyce Shaffer; Neuroplasticity and Clinical Practice: Building Brain Power for Health

Anderson, V., Northam, E., Hendy, J., Wrennal, J. (2006). Developmental

Neuropsychology - A clinical approach. Psychology Press Taylor & Francis Group

Baudry, M., Bi, X., Schreiber, S.S. (2005). Synaptic plasticity: Basic mechanisms to Clinical Applications. Boca Raton, FL, Taylor & Francis Group LLC

Halligan, P.W., Kischka, U., Marshall, J.C. (eds.) (2006). Handbook of Clinical Neuropsychology, Oxford, UK, Oxford University Press.



VALUE ADDED - CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA



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