

CERTIFICATE COURSE IN NEUROPLASTICITY: REWIRE YOUR BRAIN

SYLLABUS

DEPARTMENT: DEPARTMENT OF ECONOMICS

NAME OF COURSE: CERTIFICATE COURSE IN NEUROPLASTICITY: REWIRE YOUR BRAIN

COURSE CODE: C V A C 0 1 8

TOTAL HOURS: 30

UNIT-I (10 HOURS)

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.

UNIT- II (10 HOURS)

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

UNIT -III (10 HOURS)

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.

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