

EFFECT OF JOYFUL PSYCHONEUROBICS IN MANAGING EXCESS WEIGHT PROBLEMS AMONG INDIVIDUALS

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ABSTRACT

Obesity is classified as a chronic disease. Obesity is not only a disease in itself, but it can lead to number of serious and potentially life threatening conditions. Carrying extra fat leads to serious health consequences such as cardiovascular disease, type 2 diabetes, arthritis and some cancer. These conditions cause premature death and substantial disability. Dealing with obesity is a struggle in itself and with this paper we aim towards finding non medicinal solutions to the same.

The present study is aimed to evaluate the effectiveness of Joyful Psycho Neurobics in reducing weight. Psycho Neurobics helps in creating vibrations in the body using certain colors, sounds and mudras. Agni mudra with yellow color used for weight loss because digestion process takes place in the liver has heat as an essential part. Heat quickens the chemical process of producing enzyme to digest food particle. Joyful psycho neurobics has ability to produce heat in the body and excess of earth elements comes to ends.

This research paper is a study analysis on PsychoNeurobics methods for reduces weight. An experiment was conducted with participants of all age groups and the results were tabulated and analyzed. The methods were implemented on study group and results were obtained.

The experiment was performed daily over a period of 45 days and proved successful. Weight was tested after 45 days. It was found that there was significant difference in weight before and after the

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1

psycho neurobics sessions of individuals. Psycho neurobics is proved to be an easy method to reduce weight.

KEYWORDS: - Weight Reduce, Excess Weight, Obesity, Psycho neurobics.

1. INTRODUCTION:-

1.1 WHAT IS OBESITY & EXCESS WEIGHT?

The terms “EXCESS WEIGHT” and “OBESITY” refer to body weight that is greater than what is considered normal or healthy for a certain height. Overweight is generally due to extra body fat. However, overweight may also be due to extra muscle, bone, or water. People who have obesity usually have too much body fat. Obesity happens over time when you eat more calories than you use. The balance between calories-in and calories-out differs for each person. Factors that might affect your weight include your genetic makeup, overeating, eating high-fat foods, and not being physically active. Obesity increases your risk of diabetes, heart disease, stroke, arthritis, and some cancers.

Your BODY MASS INDEX (BMI) is one way to tell if you are at a healthy weight, overweight, or have obesity. The BMI is a measure based on your weight in relation to your height. The greater your BMI, the greater your risk of Health problems from overweight and obesity.

A person’s height and weight determine his or her body mass index. The body mass index (BMI) equals a person’s weight in kilograms (kg) divided by their height in meters (m) squared.

Since BMI describes body weight relative to height, there is a strong correlation with total body fat content in adults.

The most widely accepted classification is the World Health Organization (WHO) criteria based on BMI under this convention for adults:

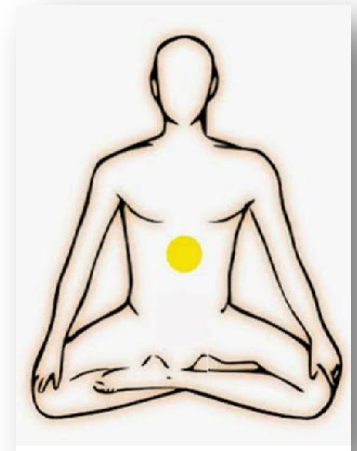
BMI	WEIGHT STATUS
BELOW 18.5	UNDER WEIGHT
18.5 - 24.9	NORMAL
25 – 29.9	OVERWEIGHT
30 AND HIGHER	OBESITY

Reaching and staying at a healthy weight may be a long-term challenge if you are overweight or have obesity. Maintaining a healthy weight—or at least not gaining more weight if you are already overweight—can help lower your chance of developing certain health problems.

1.2 DEALING WITH EXCESS WEIGHT AND OBESITY

1.2.1 PSYCHO NEUROBICS EXERCISE FOR WEIGHT LOSS:-

Psycho-neurobics is actually the science and method of producing the right vibrations in the body based on specific concepts and technology. By actualizing some intercession techniques and activities utilizing explicit styles, colours, sounds, and mudras, we can create the recurrence of the subliminal of our own and draw in divine energy. Subsequently Psycho-neurobics encourages us to improve our psychological quality and resolve. It is a method of taking cosmic powers that is known to mankind by the force of brain and after that trading it to intellectual capacities and neuro framework. The human body consists of Chakras which are the sources of energy in our body. These chakras often get blacked and fail to perform their functions, hence leading to stress. Psycho neurobic exercises focus towards unblocking these chakras and converting passive energy to more active forms of energy. This not only restores the human body balance, but also maintains it further. This also improves metabolism and helps in staying healthier.



Psycho Neurobics that helps to reduce Weight is Joyful Psycho Neurobics. Joyful Neurobics is the exercise of installing the emotions of Joy and contentment. Anger, worry, fear, suppression, Stress, Anxiety etc emotions and the dietary ~~is~~ of the human are the main cause of Weight gain. Hence by performing Joyful Neurobics the third major chakra can be energized.

Joyful Psycho Neurobics is performed using “Agni Mudra” by placing the ring finger at the root of the thumb and having the tips of thumb. Our digestion process that takes place in the liver has heat as an essential part. In fact, heat quickens the chemical process of producing enzymes to digest any food particle. Agni mudra has the ability to produce heat in the body. Agni mudra is a panacea for diseases related to indigestion like constipation, ulcers, gastro paresis, etc. Agni Mudra is opposite to Earth Mudra. By performing Agni Mudra, the fire elements of the human body are governed. And the excess of earth element comes to an end.

The fire element, which plays key role in Agni mudra practice, is considered the stimulator of the metabolic functioning of the thyroid gland that controls weight gain. Agni mudra regulates the ‘Apana Vayu – downward-moving energy’ (one of the five Pran Vayus) efficiently which helps to detoxify the body. Hence, it’s helpful in weight loss.

As Manipur Chakra is associated with Yellow colour that translates the feelings of Joy and contentment reduces the worries and tensions. Hence by visualizing yellow colour directed towards the Manipur chakra, it can distress and release the blocked energy.



2. LITRATURE REVIEW

Malnutrition in all its forms, including obesity, under nutrition, and other dietary risks, is the leading cause of poor health globally. In the near future, the health effects of climate change will considerably compound these health challenges. Climate change can be considered a pandemic because of its sweeping effects on the health of humans and the natural systems we depend on. These three pandemics—obesity, under nutrition, and climate change—represent The Global Syndemic that affects

most people in every country and region worldwide. They constitute a syndemic, or synergy of epidemics, because they co-occur in time and place, interact with each other to produce complex sequelae, and share common underlying societal drivers. Obesity is a major driver for the widely prevalent metabolic syndrome. Obesity can be seen as the first wave of a defined cluster of non-communicable diseases called New World Syndrome, creating an enormous socioeconomic and public health burden in poorer countries. The World Health Organization has described obesity as one of today's most neglected public health problems, affecting every region of the globe. Due to the long-term consequences, the cost burden of obesity on the health care system is enormous. A better understanding of the numbers and causes can help overcome barriers to the primary prevention of obesity for youth and adults in communities, medical care, schools, and workplaces. **(Prof Boyd A Swinburn 2019)**

Neurobics rehabilitation is a multi-year old mechanism that has re-emerged in present-day times and in restorative fields has been creating leap forward outcomes. The immense influence of our subliminal mind is revealed by this extraordinary device. It is an elective mending technique that should be possible to stay in one position and without reactions of any nature. A very trained and strong mind is not only able to interface with the cosmic vitality that resides in the Cosmos, but also ready to charge through it. An arrangement of Chakras and Nadis comprises the human body. The substantial areas of accumulated vitality are chakras. There are seven notable Chakras. Notwithstanding the chakras, we have 72,000 Nadi multi-sided structures. Nadis' cross-purpose makes up the Chakra. Our Endocrine system, which guides any single hormonal activity in the human body, is closely aligned with both the Chakras and Nadis structure. In order to build human development, vibrational vitality passes through these Chakras and Nadis. The underlying cause for multiple disorders is the lop-sidedness of this vibrational vitality. Neurobics mending uses the Rule of Attraction standard to train the human mind to draw back limitless vitality. **(Neeraj Garg 2020)**

3. OBJECTIVES

1. This aims to study the effect of Joyful Psycho Neurobics to reduce the Weight among individuals.

2. To frame a protocol to help the individuals to manage excess weight and control obesity, with the help of joyful psycho-neurobics exercises.

4. METHODOLOGY

The study was performed to fifty individuals irrespective of age. The weight of these fifty participants taken and BMI was measured using BMI formula. Psycho Neurobics was performed for 45 days for duration of one hour every day. At the end of 45 days their weight was observed.

- Participants having excess weight were chosen.
- The consent of the participants was taken before the study was designed.
- All those participants who had excess weight were listed and fifty individuals were chosen among them.
- A daily schedule for Psycho Neurobics was provided by the participants, which was to be strictly followed over a course of 45 days.
- Joyful Psycho Neurobics was practiced every day for duration of one hour. This was continued for 45days regularly.
- Joyful Psycho Neurobics was practiced every day for duration of one hour. This was continued for 45days regularly. Joyful Psycho neurobics activates the Manipura Chakra, also called solar plexus. Its affirmation is ‘I am a joyful and contented being, I am merged with god in the ocean of joy and contentment. My fire element is perfectly balanced and my digestive system is healthy and strong’. This cleanses the metabolic waste from the body. It was performed using the Agni mudra.
- Agni Mudra also known as the Surya mudra, this gesture is associated with the sun. This mudra must be practiced empty stomach, in a sitting position. Fold the ring finger and touch its tip to the base of the thumb. It is very helpful in in dissolving excess fat from the body, reduce cholesterol, control blood pressure and regulate the thyroid gland.
- These above mentioned Psycho neurobics were strictly followed by the sample population.
- This research is an empirical form of research; hence, the response from the sample population was taken in the form of a questionnaire.

- The questionnaire was filled by all participants once in the beginning of the experimental study, and once at the end of it.
- Each questionnaire consisted of approximately 50 questions which monitored all aspects and variables of an individual's life and lifestyle.
- The responses were collected from all the participants and categorized further for proper data analysis. The data of both, before the study and after the study have been clubbed together to obtain results.

5. DATA ANALYSIS

For this study, a group of 50 participants was taken, along with a group of 70 non participants. The total subjects of study for this research paper were $50 + 70 = 120$ participants. These participants were subjected to variable Psycho Neurobics Exercises.

This variable was tested on the selected group of 50 participants and the results obtained and tabulated on the basis of variable as mentioned above. After this, the Pearson's Chi Square Test was performed on this variable and their data to check for the effectiveness of the variable and its impact on the lives of the participants.

WHAT IS CHI SQUARE TEST

The Chi Square Test is a statistical procedure used during empirical researches to examine the changes or differences between various variables among the same population. This test demonstrates how closely an obtained distribution matches with an expected distribution of the same subject. In simpler terms, it explains the factor of 'goodness-of-fit'. It is very helpful when collecting and organizing data from survey responses. For the sole purpose of various segments of a response, such as gender, age, profession etc. this test gives the analyzer a piece of information about whether or not the methodology undertaken is significant or not. Points to be adhered to for Chi Square Test:

- It tests the impact of variable in a yes or no format.

- It doesn't provide any information or resource explaining the degree of difference.
- It requires the researcher to use numerical values. This limits the flexibility of data.
- Any out of source data considered needs to be factually correct and taken into consideration at its lowest possible estimate.

5.1 Chi Square Test For Psycho Neurobics Exercises

Variable	Change in Weight	No change	Total
Psycho Neurobics Exercise	36	14	50
No Psycho Neurobics Exercise	5	65	70
Total	41	79	120

Considering the above data obtained after survey responses, two hypotheses were assumed to checked Null Hypothesis and Alternate Hypothesis for effectiveness of psycho neurobics.

Original Hypothesis H₀: Psycho Neurobics is not effective.

Alternate Hypothesis H_a: Psycho neurobics is effective.

$$X^2 = \sum \frac{(O-E)^2}{E}$$

Using formula, we obtain relation of the original and expected values in the table as follows:

Variables	Change in weight (O)	Expected value (E)	No Change (O)	Expected Value (E)
Psycho neurobics	36	17.08	14	32.92
NO Psycho Neurobics	5	23.92	65	46.08

Total	41		79	120
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Expected value has been obtained as follows:

$$E = \frac{\text{ROW TOTAL} \times \text{COLOUMN TOTAL}}{\text{TOTAL PARTICIPATE}}$$

$$\text{Hence, } X^2 = 20.96 + 14.97 + 10.87 + 7.77 = 54.57$$

$$X^2 = 54.57$$

Now $V = (C-1)(R-1)$ Where C is number of columns and R is number of row

$$V = (2-1)(2-1)$$

$$V = 1$$

Hence $V = \text{Degree of freedom} = 1$

For no value significance mentioned, we by default take 5% as the value of significance.

Hence, $X^2_{0.05} = 3.84$ (value obtained from Chi test table)

And, X^2 (Calculated) = 54.57

We observed that calculated value > tabulated value

Therefore, the Original Hypothesis H_0 fails

And we fail to reject Alternative Hypothesis H_a

This indicates that Psycho Neurobics Exercise is effective in reduce weight.

6. RESULTS AND CONCLUSION

The value obtained by CHI Square Test, it is found that practice of psycho neurobics reduce weight without any side effects. Effect of psycho neurobics supports us in various forms of self-healing. Psycho Neurobics in reducing weight have taken notice just because there are no medications that cause side effects involved in this self-healing.

7 LIMITATION OF STUDY

With the limitations of the study, the following conclusions were drawn from the study of effect of Psycho Neurobics in reducing weight:

- 1) The main drawback of the study is that there are chances that the respondents will not be able to continue with the daily practices of psycho-neurobics strictly, which may have a insignificant impact on management of weight.
- 2) The sample size will be selected on random basis, which will not help in generalizing the results of the study.
- 3) There is no guarantee that the subjects may continue practicing this therapy lifelong, hence the results (even if achieved successfully) may revert over a long duration.

The experiment was performed daily over a period of 45 days and proved to be successful. All two Hypotheses assumed have been verified by the Chi Square test and clearly indicate that Psycho Neurobics is very effective in dealing with management of excess weight. These are very easy to perform regimes and cause long terms benefits, if done regularly.

8. SCOPE OF STUDY

Given the promising evidence that psycho neurobics exercise have shown, this is effective in promoting weight loss and minimizing other health risks also. The scope of study was very limited in this condition due to time constraints, number of participants and many other reasons. There is insufficient data and research done to prove this method as a more effective approach; we suggest that a longitudinal study must be carried out with random controlled interventions and follow up periods of at least two years.

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