



## Praxis in Academic Gauging: A Critique to Scholastic Module of Neuroplasticity Dialogue

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**Abstract** - The paper focuses over the inauguration of neuroplasticity in mental health issue in the macrocosm of academia. The objective of the respective paper is to analyse the importance of neuroplasticity as an academic course module. The objective of the paper is to pedagogue the scientific reasons of the crux and to decode as the surface smooth technique to recondition mental health issues. The methodology included that the paper has conducted non - academic researches regarding psycho-cognitive studies including it's traces from literature and providing an explanation of the function of mind as an agent that mollycoddles the overall denouement of an individual and prompts the contraction and relaxation of energy transmission along with how mental faculty like imagination, neuroplasticity, meditations, healing, self-love and heterogeneous thinking can influence a mental health as an generic recuperation. The pathological conditions have been corroborated in scientific manner with a sociological explanation so that the educationists can itemize it to the fathomable understanding of why neuroplasticity is a climacteric arena for the learners. The findings and analysis of the fundamental desire of the paper is to create solicitude about mental health issues experimenting with the unembellished neural programming and its pros and cons are crucial component and the attestation for introducing of neuroplasticity in mental health as a subject to be evaluated as an academic concern and introducing it as a course module in Universities and colleges in terms of theory and practice as a methodology of teaching, Also mental health pedagogy must onset for vogue in Indian curriculum to achieve the target results of a convivial nation.

**Keywords** – education; brain; neuroplasticity; curriculum; academia.

Literature consummates innumerable samples of works that revolves around multidisciplinary intersection of subjects especially masterpieces followed by Woolf's To the



Lighthouse and Mrs. Dalloway, Huxley's *Brave New World*, Beckett's *Waiting for Godot* and *Endgame*, Don DeLillo's *Underworld* and though not the least but Ian McEwan's *Saturday* can be taken into well consideration for the explorations of themes that revolves around the tangent of human experiences, consciousness, then Huxley's *Doors of Perception*, Beckett, DeLillo and McLewan's contributions intersects the connections of neuroscience, human consciousness, psychology and literature. Now from contemporary perspective the concept of mental health issue is not a neoteric other but its symptoms and metamorphose in trends are a liaison of recurring complication in the global scenario. The manifestation of mental health disorder betides in the overall change of behavioral pattern, emotions and cognition that's generated from numerous rudiments especially from the external environment. With the increase in the complexity in the matrix the advancement in psychological ailments and pathological disarrays these issues have evinced to catastrophic outcomes but a particular rationale cannot be taken under consideration due to several factors like being complex, multi-faceted in treatments, trauma, genetical conditions, stressful events, maladaptive strategies of coping up with abuses, stigmas, lack of resources, chronic anxiety and vulnerable relationship issues which are some of the million dollar exchanges of mental health degradation. But the point of consultation is to look within than without, to simplify it we need to adopt the strategies of intramural nursing than external diagnosis where neuroplasticity is a pre-eminent formula in this contemporary world. The term neuroplasticity defines our brain's ability to reorganize and adapt to new strategies and environment so that its functioning ability becomes more tenured, though it may not be a sandal stone cure but it's intervention can be largely a wipe hand for pathological treatments. The function of neuroplasticity and its work should definitely be bought under the pedagogy to treat mental health issues and be sanctioned for grad and undergrad learners because this age is a crucial hour for the creative, analytical, critical development among youth that will act as a benefactor for them (Stringer, 2024). A poignant issue should be under high consideration for the curriculum developers that adding courses or modules to combat mental health issues is a very important part of the degree credits as a curriculum's main aim is to fetch out the overall diagnosis of a learner and install a positive outlook in learner's content ability. The main aim of developing neuroplastic framework of mental diagnose in academia is to understand the importance of mental health issue as an emergency subject in academia, to analyse how neuroplasticity and its related links can deal with amateur methodologies of mental health issues, to decode the best methodology for countering recurring contention of soundness of mind, to indoctrinate the subject of neuroplasticity in simple brogue for a



thorough insight into the proposition, to aware the conspicuousness of neuroplasticity among learners and pedagogues, to assist learners in terms of cognitive sustenance of their intrinsic development and condiments, to motivate the future generation and make them enlighten that the power of thoughts and behaviour pattern can transform a brain blueprint, to navigate academia with a road map on neuroplasticity to deliver the technicality of the subject and lastly to highlight the reason for introducing mental health as an academic course evaluation paper with the design of neuroplasticity. This paper chooses to experiment with the topic neuro - linguistic programming and academic achievement which investigates academic restructuring, emotional intelligence and critical thinking. Critical thinking is an integral part of any broad area of study as it sets goals and regular challenges to create new zones of proximal development that has a macro cosmic responsibility in the society.

The term neuroplasticity is believed to be used by Jerzy Konorski, a Polish Neuroscientist by 1948 but was proposed by William James who first considered it as a medical terminology to address that habits are established by changing nervous pathways as neuroplasticity helps to rewire the thought patterns, behaviour and emotional responses for the promotion of coping healthier mechanisms of the body. Neuroplasticity can be alternatively called as a compensation for damage caused by trauma, stress or mental health conditions and recovery promotion. The body has its own capacity to generate automatic healing with thoughts which are directly connected with neural pathways that releases signals and cognitive flexes when they are redirected with positive cognition the anatomy can generate those signals to the brain that also congregate the high metabolism. "(Dispenza, 2014)". It builds strong neural connection via practices such as neuroplasticity related exercises and performances of cognitive activities, improving mood regulations, focus and emotional intelligence that reconstructs the entire setup of the brain by reprogramming the triggers. Neuroplasticity is a great thoroughfare for reconditioning the mind from antecedent mindsets and cynical rallies. The brain's ability to reorganize and restructure itself on a cellular level could bring about positive changes in an individual's cognitive capability. These changes could come from new experiences for example, if a child finds it difficult to solve problems based on BODMAS he/she has to be specifically assigned to some known or familiar terms ,so that the student becomes comfortable with the basic concept of BODMAS. Early theories suggest 'that the brain is not fixed' was first proposed by William James in 1890. Modern theorist Dr. Michael Merzenich discovered that the brain and its neurons are plastic his proposition suggested that lost skills stored in damaged tissue could be rehearsed in other parts of the brain and repeating



an activity and retrieving memories help build stronger connections in the brain. (Perry, 2021). Therefore, if BODMAS is an extremely difficult concept for a student to grasp at the initial stage, time will allow the child to develop this as a new skill to form stimulating exercises which will eventually become the 'river of change' for any individual. Here, it is important to note that any intricate work of art requires a substantial amount of focus and dedicated hard work to bring about desired results. Another personal experience is a proof of the above-mentioned statement wherein an experiment with Mandala painting augmented and pushed the focus level to a new height. These remarkable experiences further validate the idea that a high rate of neural plasticity can invigorate the connections between these new neurons. This can further amplify one's memory and learning abilities. In the field of academics, it is important to seek new ways and means to magnify the scope of thinking, creating and acting in new ways which can facilitate learning.

Addressing to learners who employ their cerebrum and discharge havoc cognitive pursuits can face academic, personal or any scholastic related truculent issues that may chance to fatal. Academia is an industry of cognitive competition, scholastic challenges, research innovations, qualitative and quantitative inquisitions that generates a strong ground in the industry for lengthening, as this industry possess varied learners of unique brain capability it's unjustified to claim that homogeneous outcomes can be claimed from each learner. The term 'student' is a secondary identity for the society or any academic institution and the respective learner must be considered as an anthropoid primarily. Therefore, it must be taken under consideration that mislaying, sufferings, failure, anguish, adversity are a part and parcel of human dictionary. The functioning of the brain is quite complex and beyond human comprehension wherefore neuroplasticity can be a pragmatic process to strengthen the ability of the brain in scientific methodology.

According to Dr. Joe Dispenza, a scientist, doctor, international lecturer and a mystic of this digital world has simplified the semantics of neuroplasticity into the concept of 'you'. Dispenza's opinion is an individual has the power to rewire not only the human brain but one's entire personality with disciplined methodology or practices in daily lives. The methodology of neuroplasticity usually concerns functional neuroplasticity including clinical procedures but with the advent of quantum physics, psychoneuroimmunology, epigenetics and neuroendocrinology the procedures has simplified to a greater extent. In the case studies it has been proven that with meditation including clear intention and elevated emotions can signal new genes to make healthy proteins that can make a healthy body. (Dispenza ,2023) . The

following procedures can embrace healthy adaptability of the brain to be flexible enough to cope up with mental distortions:

*Mindfulness Meditations:* This is a meditation technique that allows the individual to be aware of their current feelings along with associated emotional regulations being aware of their present moment and delve deeper into the senses. The term mindful itself reveals being in inspection of the thoughts and redirecting into a positive one that elevates the vibrations of the neural pathways releasing dopamine responsible for happy moods.

*Physical Exercise:* Sounds surprising but physical exercise promotes brain derived neurotrophic protein that can revive and pillar the existence of neurons that is ultimately a behavioral influence exerted over the brain to redirect stress and anxiety.

*Affirmations:* Creating positive statements and repeating can generate positive frequencies that elevates the vibrations of the brain and helps to reconstruct the magnetic field of the person. This is a quite simple and taking practice of neuroplasticity.

*Visualization:* It's a process where an individual visualizes a set of positive images and repeats it, this process elevates the feelings of the person, the more realistic the imageries become, the frequency of brain waves increases to release dopamine and with long term continuation the neurons in the brains alters and the mind has only one programming and that is being happy. It's quite a quick process to eliminate mental health issues as visual imagery impacts a strong impression over brain's blue print. "(Murphy, 2020)".

*Cognitive Behavioral Therapy:* CBT is a kind of psychotherapy that decodes and alters the patterns of negative thoughts in an individual and also helps to change the behaviour as well. Its main aim is to reconstruct the past cognitive design and improve the mental health of the person.

*Gratitude:* It's not a word, it's a frequency which is considered equivalent to love. Practising gratitude 'I am grateful' before each positive affirmation can shift the mindset and lifestyle of an individual. Since it's a vibration that alters the magnetic field of the individual by cultivating positive mindset and controls moods and thoughts. As Ruth Ratliff states :

*We can't always change what's going on around us, but we certainly can control how we react - and that's what gratitude helps us with - to remember that we have the power to cultivate a frequency of gratitude. This begins by making the decision, your will, that you wish to make this change (Ratliff, 2024).*

*Intellectual Stimulation:* Learning new skills or engaging in a new platform of studies, involving in new hobbies can qualify neuroplasticity by creating new neural connections and





pathways inside the brain and heal the detriments of mental health.

*Social Connections:* It depends with the kind of people you are interacting as it can lead to a very positive or a vice versa effect. Having a positive and healthy social connection can definitely uplift one's mental health, interacting with people who are empathetic, kind or a very good listener can also neuroplast one's brain if the drilling is healing and positive enough.

The education system especially in country like India with a high population rates and less availability of resources and opportunities in desired industries should definitely introduce a separate course paper on mental health issues and it's combat. With advance studies and research varied possibilities have been discovered to promote this serious plight. One's mental peace is a birth right as it's an individual realization of responding than reacting to unfavourable situation. But another logical reason to be taken under consideration that an individual needs to acknowledge the fact that the world or in other words the external factors of life can not always or cannot be altered for one's peace of mind moreover, one needs to take control of one's emotion which is simply energy in motion and redirect it to possible outcomes that exist in the world. Though admonition is necessary from academic institutions in a proper technical frame to reach the learners over a mass scale.

How neuroplasticity can help the young mind to unfold a better mental health ? It's a very true understanding that neuroplasticity or it's simple practicals though time taking can leverage and motivate recovering from drastic conclusions or mental injuries as it's a natural process. Neuroplasticity can optimize learning and cognitive development and help from hindering academic failures of a learner providing self motivation and tranquility and engages multiple senses while practices creating strong neural connections. Learning activities of various sensory can be introduced in the curriculum that can help the learner to gather deeper insights. Varied learning experiences that stimulates basic understanding of brain functioning can help the learners to resonate how this complex material works. Educators can simplify the semantics of neural studies with simple explanation and use keywords to represent ideas to the learners. Case based studies or success stories of neuroplasticity can inspire learners or motivate them to engage in actions. Hands on activities like application of neuroplasticity in real life world including interactive sessions on mental health, group discussions where the learner will share their experiences and gather insights or clues to rewire them via practices can be organized to promote communication and open heart regarding the respective theme. Educators can invite professionals like doctors, meta physician coaches, manifestation



coaches, clinical councilors that will allow the students to understand the challenges and practical point of view of a hardship with scientific narration that how the power of brain rewires the conditions. Nevertheless, definite understanding should be fostered among learners that it's a theme of lifelong learning that encourages curiosity, exploration and creativity for lifelong brain development. A perfect module or courses should be designed by the professionals depending upon the ages of the learners with various insights and best quality books should be considered for integrated learning. Interdisciplinary approaches like psychology, sociology, philosophy and also biology can be amalgamated with neuroplasticity for a comprehensive piece of understanding. Courses like short term meditation courses and gratitude courses can be launched as per the intake and capability of the learners including self care practices modules on emotional intelligence and stress management.

There are a lot of myth regarding neuroplasticity that it's a byproduct of spiritual studies and many religions in the world do not promote these practices due to it's hypnotic nature therapies and witchcraft. This is a very narrow minded concept that has no connection with sensitive narrations as neuroplasticity is a complete scientific process to train the brain and open new neural pathways to make it adaptive and strong enough to support external changes. And introduction of neuroplasticity into the academic discipline of mental health issue is a recent research to combat it's early intervention so that it can facilitate the identification of the causes. Mental health as an academic discipline will cultivate a society that prioritize other's mental well being, empathy and understanding along with a hand in need. The sectors will grow in harmony tallying professionalism and personal needs as well. ( Wu, et.al, 2023). This research can also contribute and motivate further cultivation of other interdisciplinary studies as well like quantum humanities, medical literature to simplify the medical terminologies into prose, plays, poems, critical theories to re-investigate and generate more relevant content on medical narrative of neuroplasticity. Concerning socio-cultural issues the respective research can alter the shift in perspective of the people regarding the medical industry with a greater prevention on extremist medicinal concern that will acknowledge patient's active participation in overall development of lifestyle and implement positive thought process where in the coming future people will be more concerned about a sound mind to earn a sound health based on cognitive anatomy of diagnosing.

Introducing neuroplasticity or acknowledgement of it's practices by the educators or professionals isn't enough. A learner also needs to be equivalently shrewd enough to recognize what's the finest layout for it's own mental peace therefore, before digging or a brief idea of



neuroplasticity a learner or any curious academician should definitely get it's hands on paperbacks like *The Power of Your Subconscious Mind* by Joseph Murphy, *Becoming Supernatural* and *You are the Placebo* by Dr. Joe Dispenza, *Change Your Brain, Change Your Life* by Dr. Daniel Amen, *The Power of Habit* by Charles Duhigg, *The Woman Who Changed Her Brain* by Barbara Arrowsmith - Young ( a collection of inspiring stories over brain transformation), *Breaking the Habit of Being Yourself* by Joe Dispenza and *Limitless Barriers* by Jo Boaler are some of the quick start topics on the idea of neuroplasticity that can be a huge transformation. The respective sources aren't theories, as science also deals with practice and experimentation, therefore these books needs thorough practices under a mentor who will redirect the learner towards a positive outcome. Breaking stereotypes on medical sciences is also a point to be raised therefore, it's a sole responsibility of a learner, a academician, an educator or any individual to have a proper knowledge and depth of one's biology and neuroplasticity's red carpet in academia will be a blend of an extraordinary wavelength.

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Society Language Culture