

### **Qt> My IQ is quite good...Is brain Training for me ?**

Brain Training is a mental sports activity just as playing a football, swimming, gymnasium etc for keeping oneself fit. Everyone needs to keep fit physically as well as mentally to lead a happy & healthy life style. Mind training can help to focus and concentrate properly, sharper thinking and decision making process, easy recall of information , statistics etc when required.

### **Qt> Why is it important for us at this age to undergo Brain Training ?**

At any given age, one needs to be mentally fit to perform various physical, mental activities & decision making process.

### **Qt> I am quite OK and everything is smoothly moving. How will Brain Training affect me ?**

You are physically fit then why the need to exercises everyday, daily walks, ? Only to keep yourself fit throughout the life. Reaction time and processing speed are related functions that deal with how quickly someone can react to stimuli and process information, respectively. Studies generally found positive effects from brain-training (not surprising for small preliminary studies), but in most cases results were mixed with some positive and some negative studies. Brain-training was generally found to be as effective as traditional book and pencil training, but less labor intensive. ( Source : <http://www.sciencebasedmedicine.org/does-brain-training-work/>)

### **Qt> We use the latest gadgets & it solves our purpose? Do we still need any brain training program ?**

Latest Gadges such as Laptops, Phones, I-pads makes our life easy and helps getting speedy information. It contains - circuit board containing the brains of the phone. The circuit board is the heart of the system. Chips translate the outgoing & incoming audio signal .Similarly our brain is the heart of our system to communicate incoming and outgoing signals and react accordingly. Interestingly its in our control if trained properly.

Further, it is well documented that there is an age-related decline in complex perceptual-cognitive processing, which can be reversed with training.

### **Qt> What are the advantages of Program?**

- » Whole Brain Development.
- » Improvement in overall result & performance.
- » Enhance IQ, EQ and SQ.

- » Improves retention capacity, concentration and focus on work.
- » Improves different thinking process.
- » Understands creative, lateral, divergent thinking methodologies.
- » Memory and grasping power increases.
- » Overall personality improves and gets enhanced.