

# 360<sup>M</sup>ind

## E-Magazine



**BRAIN RHYME**  
Coaching | Championship | Innovation | World Records

**ART EXPRESSION  
IN LANGUAGE**

**SCIENCE  
& TECHNOLOGY**

**LIFE SKILLS**

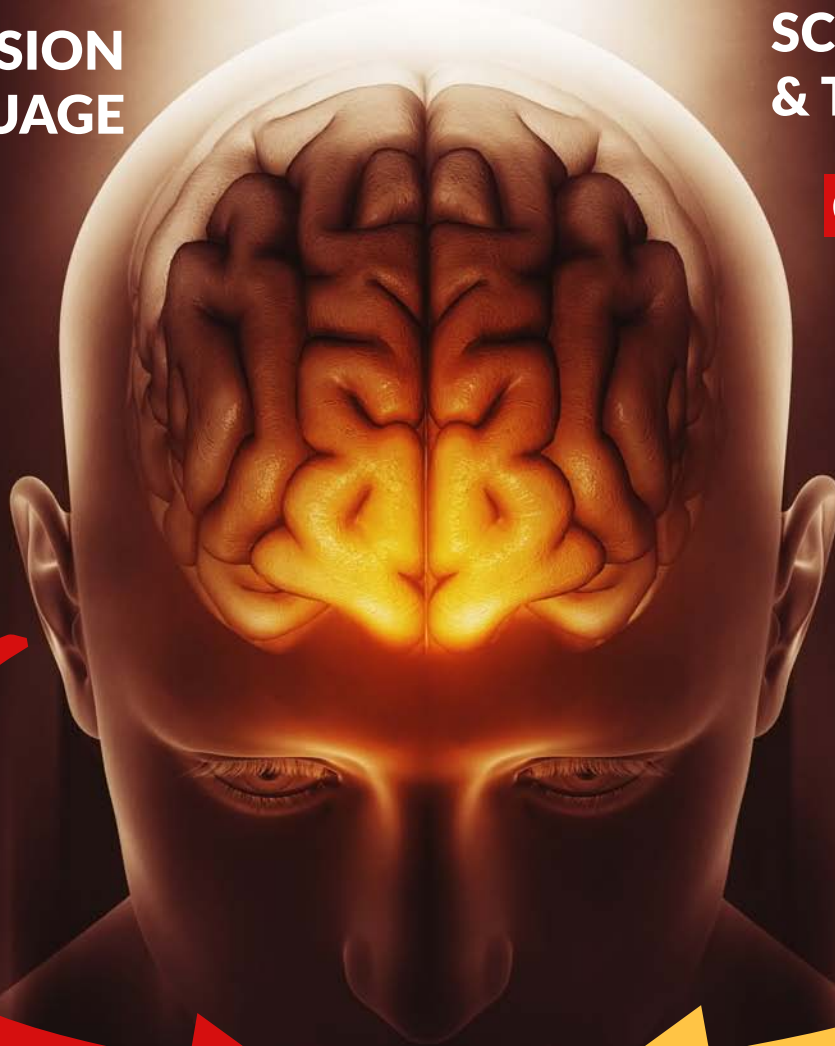
**CREATIVITY**

**MUSIC**

**NEUROSCIENCE**

**HEALTH**

**WELLNESS**



**MAY-JUNE 2022**  
Inaugural Issue

# INDEX

03	<b>Founder</b>	
04	<b>Editor Note</b>	
05	<b>Meet Our World Record Holders</b>	
	<b>Neuroscience</b>	
07	Your Genie – Your Subconscious Mind	- by Dr. Yogesh Daudkhane
08	Most Powerful Mind	
	<b>Wellness &amp; Fitness</b>	
09	10 Resolutions	- by Shreekavi
10	Covid & Digital Education	- by Saumya Singla
11	Covid World's Biggest Stressor for Students	- by Poornima Anand
12	The Environmental Truth of World	- by Bhavya Ingudum
	<b>Music</b>	
13	The Dynamic Relationship of Music And Spirituality	- by Dr. Suruchi Mohta
	<b>Science &amp; Technology</b>	
15	What If We Found A 5th Dimension?	- by Angelina Prem
17	Robotic Surgery	- by Tanishq Saini
18	India To Mars	- by Saanvi Thakur
19	Trains	- by Shvetank Neg
21	Do Wind Turbines Have An Ecological Impact?	- by Manya Khurana
22	6th Mass Extinction	- by Latanaya Tomar
	<b>Life Skills</b>	
23	Ambidextrous Leadership And Innovation	- by Dr.Usha Rajagopalan
24	Online Schools & How to Get Through It	- by Siya Heda
25	Responsibility a Key Element To Success	- by Chetan Abhiraj
26	Do You Fail In Keeping Up Resolutions Promises?	- by Gargi Arya
28	Zhep Udyoginichi	- by Purnima Shirishkar
	<b>Art Expression In Language(Fiction)</b>	
29	My Father	- by Muskan Pathak
30	The Lily In Her Hand	- by Nayana Santhosh
31	Adolescence's Feelings	- by Arya Arora
31	A Mother's Anguish	- by Suman Nair
	<b>Interview's by UniqEduStory</b>	
32	Interview with Shashank Bathija	- by Madhu Jhawar
33	Interview with Gargi Arya	- by Madhu Jhawar
34	<b>Student Work</b>	

Published by : Brain Rhyme  
Project Head : Dr. Sushant Mysorekar  
Chief Editor : Colonel Sushobit Kamra ,Veteran  
Sub Editor : Mrs. Madhu Jhawar  
Content Head : Dr.Usha Rajagopalan  
Design By : Mr.Ganesh Chavan  
Publication Head : Mrs.Vijaya Anandan  
Research Team : Dr. Chaitanya Hoskute  
Research Team : Mr. Manu Faujdar  
Marketed By : Mr. Jayant VKamat  
Legal Head : Adv.Sudarshana V. Jagdale

**Published by**  
Self Publication

**Total Page : 36**

**Reach Us**

India : +91 98334 01292  
HongKong : +852 5441 7070  
US : +1 (973) 809-3548  
Dubai : +971 52 403 6601  
Malaysia : +60 12-354 2236

**Email**  
article@brainrhyme.com

**For Advertising Space**  
Call : +91 98210 40310

**Image Source**  
www.freepik.com  
www.pixabay.com

# FOUNDER

## BRAIN RHYME



**C**areer spanning 25+ years in training, coaching & research in the field of Cognitive Development, Management & Neuroscience. Internationally Certified Intelligence Coach holding 2 Copyrights, authored 3 Books, mentored 25+ World Record Holders, coached 100+ National & International Memory Athletes and assisted more than 2 lac students & professionals in improving their Productive skills. Presently connected with Institutions, Universities for Innovation & Research Cell at National & International level.

### **BRAIN RHYME OFFERINGS**

- Coaching students and professionals in identifying Neuro skills and how it can transform their intellectual capabilities.
- Strong experience in Creativity, Innovation, Customer Relationship & Problem solving skills.
- Mentoring & Coaching all age groups in creating World Record Holders.
- Incubating Innovation & Research Cells.

### **OUR STRENGTHS**

- Cognitive Development Programs for all age groups.
- Community Development Programs for all age groups
- Bi-Monthly E-Magazine "360Minds" covering Neuroscience Articles & Case studies, Science & Technology, Creativity, Innovation, Research & Life Skills.
- 24 x 7 x 365 day dedicated online Radio with unlimited listener's capacity.
- Dedicated Team of Trainers, Social Media & Research verticals.

### **WHAT WE ARE LOOKING FOR**

- Collaborations with Institutions, organization to uplift their Intellectual capabilities & gain an extra edge over others.
- Institutions who would like to conduct unique, result- oriented programs to create a brand for the next generation.
- Connect with institutions across the globe to nurture an innovative centre of excellence in the field of Neuroscience and Management.
- Provide a platform where we can showcase our students' talents and promote them.
- Students & Professionals looking to create World Records..

### **OUR PRESENCE**

An experienced team of around 25+ professionals (project basis) and marketing associates presently promoting us in India, US, Malaysia, UAE, Honkong & Egypt.

# Editor's Note

My Dear Readers,

It's my proud privilege to be the anchor behind the Brain Rhyme e-magazine which was conceived almost 3 months back. The idea of reaching you all filled our thoughts with happiness and became a reason to try to achieve it all in a grand way.

Yes, it started building brick by brick and over the last two months plus were spent in designing and bringing the things in front of you so that it serves as an appetizer for your mind. "A Quality product with a great impact" has been the motto.

We are presenting articles which cover multiple domains of human needs whether it is about Career Management, Higher leadership, Health management, Mind Development, Science or Art and many more. This is thus a platform to fill up and meet the aspirations of many.

Hope you enjoy reading this because we love you and we would like to be connected with you. In case of any feedback please feel free to reach us at [emagazine@brainrhyme.com](mailto:emagazine@brainrhyme.com)

Besides this we are also looking forward for contributions from our readers and yes your efforts will be rewarded too, because we are going to have awards and other forms of Certificates, participation into our Community Development Programs.

All those who are willing to be part of this dream project will be seen by the world, as the contents of the magazine will be viewable in many countries simultaneously talked about on the Brain Rhyme Radio which has a reach of more than 30+ countries. Efforts will be made to advertise and spread it out to the world.

**Colonel Sushobit Kamra (Veteran)**  
**Editor in Chief**



- B.Tech. (Mechanical)-Gold Medal,
- M.Tech. IIT Bombay (IE& OR)
- MBA (General Management)
- PGDM (HR)
- M.Sc.

## **EXPERIENCE**

**3+ Decades (Areas of work)**

- Leadership Skills
- Business Management
- Problem Solving
- Stress Management
- Time Management
- Fight your Procrastination



# MEET OUR STAR'S WORLD RECORD HOLDERS



**Snehil Prakruth**  
07 YEARS



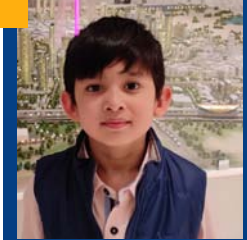
**Sai Akshara**  
18 YEARS



**Ishita Rathi**  
12 YEARS



**Samanvaya K**  
08 YEARS



**Saim Ahmad**  
06 YEARS



**Jiana Shah**  
06 YEARS



**Rutva Pore**  
07 YEARS



**Sanav R**  
08 YEARS



**Rudhav Lahoty**  
07 YEARS



**Shivansh Gujar**  
04 YEARS



**Hari Puttar**  
07 YEARS



**Jerick Saji**  
08 YEARS



**Ira Velankar**  
07 YEARS



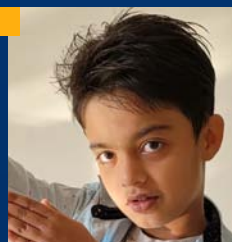
**Sara Chippa**  
10 YEARS



**Moksh S.**  
13 YEARS



**Samrat Prithvi**  
10 YEARS



**Samrat Vikramaditya**  
10 YEARS



**Aasvi Rao**  
04 YEARS



**Zeenpari S.**  
15 YEARS



**Kaira Sharma**  
07 YEARS

# SARA

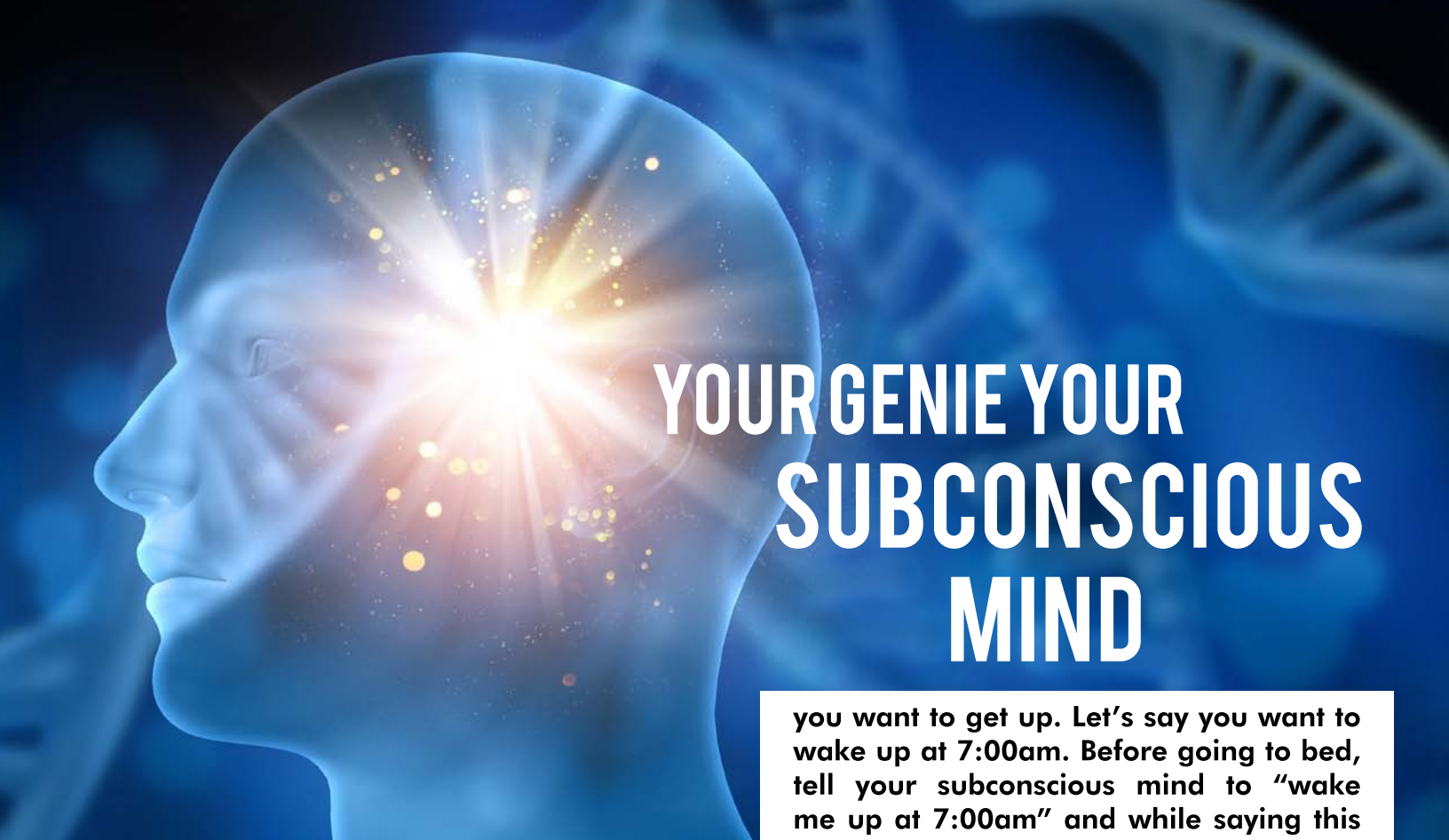
## CHIPPA'S

10 Years Old

World Record Created  
on 23rd April 2021

Could  
Recount  
Capitals &  
Currencies of  
15 countries  
in 12.24 secs





# YOUR GENIE YOUR SUBCONSCIOUS MIND

you want to get up. Let's say you want to wake up at 7:00am. Before going to bed, tell your subconscious mind to "wake me up at 7:00am" and while saying this visualize a clock that reads 7:00.

Scientists say that we only use 10% of our minds. Think about what I just said. We use only 10% of our minds! ....

So why do we put up with using only 10% of our brain? Are you happy with what you've created, or do you think it could be better? Chances are that you are living to only 10% of your abilities. What if you could make your life 100, 500, or 1,000% better?

There have been several great teachers of using the mind, such as Napoleon Hill, Ralph Waldo Emerson, Maxwell Maltz and many others. These men knew the secret to using the power of your mind and how to tap into it.

You currently possess the most powerful tool in the Universe....your SUBCONSCIOUS MIND. Your subconscious mind knows everything. It has all the answers if you just use it correctly.

Let's start off with a very simple procedure. Use your subconscious mind as an alarm clock. Before going to bed at night, tell it what time

The first step in changing your life is to start making impressions on your subconscious mind. You can do this by making affirmations as well as thinking certain thoughts. For example, let's say you want to attract money in your life. You can simply repeat these words "I am wealthy and successful".

This can work for anything. Make sure the affirmations are positive and not stating the negative.

Be still and listen to your subconscious mind. Close your eyes if need be and do not force anything to come to you but just be still and listen. If the answer doesn't come right away, that's ok. It's probably searching for the answer, and it may take a little bit of time.

*by Dr. Yogesh Daudkhane  
Internationally Certified Trainer – ABNLP*



# Most Powerful Mind

**D**on't you think that our mind is the most complicated structure in our whole body? If your answer is yes, you are some way half there to understand this incredible magnificent island. Island? Why am I calling it an island? Because an island is a group of land where people go in search of finding golden nuggets but only a few can find so. In the same way, our mind is also a kind of island or a continent which seems complicated but if understood in the right way, someone can use it as a magnet to attract miracles in his or her life.

Now, the question is "How can we use it for our highest good and contribute back to this world to make it a better place to live in?" What can you do in order to become successful or what kind of mindset do you need to adopt or develop? Hmm, well if you want to grab all of the solutions to these problems, you have to stay 100% committed and be honest. Are you ready? Are you committed?

So, what do you think is exactly mind? My view upon this is mind is a mental process that is designed in such a way that it has the power to recreate the lives we want to live if we understand its magic or the mental activity comprising of beliefs, thoughts, emotions, and feelings. Do you know that we have two kinds of mind? Conscious and subconscious mind? I am sure you have heard these two word. What do you think which among the two is the most powerful? Well, if your answer is the subconscious mind, then you are absolutely correct. For those of you, who don't know, let me introduce both of these terms to you Here are two types of mind – and how I define them using adjectives. Someone has rightly said that "If you want to alter your lives, you must alter the attitudes of your mind"!

The subconscious mind is the most powerful because when you keep visualizing your goals and dreams each day, your subconscious goes through a structural way, and thus it does each and everything to fill the gap between your goals and dreams. So, our main goal is to work on our subconscious mind because it accepts commands that your conscious mind gives to it or in specific terms, to work on our belief system.



# 10 RESOLUTIONS

## A new year with new hopes!

#Formulated 10 Resolutions for the New Year 2022!

### GRATITUDE JOURNAL

Let's be grateful for being alive amidst a lot of chaos that is currently happening. Writing a beautiful gratitude journal everyday morning will show us how blessed we are.

### PRAYER

Let's make a resolution to pray for our mother earth. Yes! Let's just allocate at least 10 mins every day in the morning and the night so send a prayer to heal.

### CREATE SPACE

Let's make space for newness. Let's discard old unwanted things and move away from unnecessary bonds, toxic relationships, and negative things which existed in our past life.

### SET GOALS

Let us make sure that our goal touches all the different spheres of our life from relationships, personal, financial, and health.

### MONEY MANIFESTATION

Let's strive to expand our business, make financial plans, and increase our income/revenues. Let's value and respect the money we have, thank the money received so far.

### FORGIVE

Our current life is so uncertain, so let's think of forgiving people who have hurt us knowingly and unknowingly in the past. Let's start fresh this 2022, letting go of egos and fears.

### IN GRATITUDE FOR EVERYTHING

Everything is made of energy including living and non-living entities. Let's start acknowledging the luxuries we have received and let's spread the love.

### EXPLORE AND EXPERIENCE

Let's make plans to experience and explore the world and the things around us. Make yourself the top priority to enjoy the abundance of nature's resources.

### BODY FITNESS

Let's find ways to stay fit, with regular yoga, meditation, and exercise.. Staying fit and healthy at body, mind, and soul level is prime!

### CHARITY

Contribute with a whole heart to the needy. Let's make a difference in another's life by donating.

*By Shreekavi*

**Life is an  
EXPERIENCE  
and we are here  
to Enjoy this  
Experiment  
LIFE!!**



**DURING** the outbreak of the virus, we were all confined to our houses, and there was no way to reopen schools but by using science and technology , students were able to receive education without attending school because of online classes.

The Covid-19 breakout has thrown children’s life into confusion and suspended lessons and exams across the country in offline mode. Schools have moved lessons to an online format to guarantee that students do not miss out on their academics. When the online lessons first began in 2021, students were having several issues and were unable to adequately cover their syllabus. Some students began to overuse technology in a variety of ways, including viewing movies, using social media excessively, and playing games during online lectures. It was tough to get them to quit doing these things. In the online method, it was also difficult for professors to explain and make learners understand.

They all tried their hardest, but professors and students both agreed that offline mode was far superior. The government ordered the school to reopen for senior classes as soon as the covid 19 outbreak was under control. Learners were thrilled and cheerful when they returned to school after a long absence. They were supposed to connect with classmates and teachers more in offline mode. In comparison to online classes, individuals were able to grasp concepts quickly. Despite the fact that all students and professors were in a difficult financial condition, they were able to study in online classrooms. The crisis taught us the importance of family and money. During the pandemic, we all experienced challenges, but we overcame them with our strengths and patience.



# COVID & DIGITAL EDUCATION

by Saumya Singla





## COVID-WORLDS' BIGGEST STRESSOR FOR STUDENTS

The name Covid itself is enough to give stress to every citizen in the world and the endless effects of covid showed a direct impact on the mental and psychological health of the students. A sudden change of offline to online mode, long time exposure to gadgets, lack of me-time, and 24\*7 staying at home disintegrated the balance of mind of not only students but their parents as well. The greatest pressure of all was to perform well in schools just by virtually meeting the teachers. Students lack the healthy and cheerful environment that boosts them to perform and do it well i.e. their friends and companions. Students at home are not always able to express their feelings and view, especially the introverted students who do not even talk, face problems in online classes. All these complications lead to stress, anxiety, depression, loss of appetite, unbalanced sleep cycles, etc.

Exams are an integral part of the achievement of academic goals and exam stress is very normal for students to have. The problem arises when everything is taken to the online forum where students are either not very confident or lack the determined practice that they used to perform at the schools. The lockdown and restrictions on the life of students made them feel unable to study anymore and when the mind is not cooperating, the body can't do anything alone.

For the children studying in junior class, it became tough to overcome the barriers. It is the age when these children get the chance to discover the society and world to develop their mind and thinking capacity but, all of them are locked.

Students in adolescence age when they are already undergoing numerous changes in the body, problems, and lack of information about everything are burdened with more pressure of adopting the new normal. All these issues end with a negative effect on the students, leaving the question of how to teach the students to cope with these psychological problems?

Simply leaving the point and running away is never a solution. Each individual is different from one another, whether it is their nature, behavior, or attitude. The effective way to come out of the issue is to firstly have a good relationship with yourself, you should understand and know what exactly you are and what is your potential. There should be one with whom we can share our thoughts and feelings, it doesn't matter if it is your teacher, friend, parents, or cousins, as the most important thing is to communicate. Students must be aware of the techniques to overcome all the hurdles because student life is the best time to make them understand what future obstacles are going to be like. There are more problems than solutions but one right and effective solution can make students' lives better. Parents and the school have to go hand in hand to help the students to come out and live their life to the fullest.

*by Poornima Anand*



# THE ENVIRONMENTAL TRUTH OF WORLD

by Bhavya Ingudum

**Have** you ever noticed our soil in the past few years? Imagine the place we live in hit by a lesser amount of fertile soil than ever, and due to its cause, no crop grows, without any growth of the crops there's no food for us. Our place; not only our place lacks fertile soils we all might end up in poverty due to it in future. Leaving us with an early desertification in future. Soil is the only habitat on which zillions of lives flourish, because of that thriving life we grow food, animals grow, everything happens, because the soil is rich but once there is no richness in soil then it means we have forsaken the planet in many ways. As an example, we talk about pollution at various levels. Before all that we need to check out the most important concern because there are some misunderstandings in the world. There is a campaign to protect civic issues as environmental issues.

Right now, if plastic bottles are floating around our cities this is not an ecological issue, it's a civic issue. If our rivers are polluted, these all can be fixed in a year or two only if we set up purification plants and enforce the law because these are some small issues that can be solved with a little change in law and enforcement and awareness. Well, here the actual issue is the soil, as the United Nations agencies with enough scientific data they clearly said that 1/3 of World's soil has been degraded in only 45-60 years is what we have of agricultural soil.

We are all calling this as soil extinction, you all must have heard of dinosaurs going extinct, dodos going extinct, but this soil extinction is what we are looking at. Why is soil extinction the real problem? In the last 30 years, 80% of biomass insects have disappeared from the planet, says Journal of Biological Conservation. Why is soil going away? Where is it going away?

See we all know that, what is sand becomes soil if you add some organic content to it. If you take out all the organic content from it, the organic content in the soil will be over 70%. In normal agricultural soil, the minimum organic content that has to be there to call soil the soil is 3-6% (which is the most minimum). For example, 62% of India's soil has less than 0.5% or below organic content. So literally we are on the verge of desertification, and it's all over the world that is not in one country. The word human comes from the word humus, which means we all are actually living soil. So, it's very important that soil becomes the focus, because if we put one-third to 40% of the land, especially in the tropical world, under tree shade, our climate can be easily reversed. We must also understand, soil is a very significant carbon sink, and soil is the largest water soak on the planet, and soil is the basis of all life. This 36-39 inches of topsoil is the basis of 87% of life on this planet. Every single human being should be conscious about this now before we face the deleterious future.





# The Dynamic Relationship of MUSIC AND SPIRITUALITY

**T**he air was crisp. She had just finished her Riyaaz. Picking up her Taanpura she tucked her saree to her waist. Suddenly, all the music notes she had created, descended and showered upon her like tiny fragments of blessings. She bent down and gingerly picked them up one by one. Wove them in a gajra, and dwelled in his fragrance all day...

[#RiyazKiMehak](#) | [#HisNameShowersLikeBlessings](#) | [#WahPrabhu](#)

Any piece of art is just not what is apparent to the producer, spectator, or any consumer of art. Art is a layered experience. First of all, it comes or emerges from a space that is unknown to any brain scientist or a neurological pathway explorer. The final presentation can be enjoyed, observed by all, but the origin is from somewhere beyond the comprehension of the human mind. When we discuss music, we are actually talking of that phenomenon that is created by a combination of some tones of sound, which have the capacity to grant us pleasure. Ancient societies all over the world have created their own genres and varied styles of music.

But the basic quality of music is that it evokes emotions in the listener, as well as the performer. In our happy moods, we wish to hear fast and foot tapping music, and when we are in a sombre mood, we wish to immerse ourselves in soulful music. What is this capacity of music that enhances our cheer, or offers us solace? When we further explore this idea, we realise that the talent of music is not a man-made possibility, but is a gift given to us by nature, or divinity, or some superior energy, or God, whatever one may decide to term it. In the Indian context, we have the ancient text of Natyashastra, authored by sage Bharata which is a compendium of all performing arts.

If we truly examine, all forms of art are interlinked. Music has some pada, or bandish, which is a form of poetry. Similarly, when we sing, we are expressing something, so there is an element of drama in it as well. So also, the gestures or mudras that a singer performs has an element of dance in it. In the Natyashastra, a legend goes such that when the world had become steeped in greed and desire, in jealousy and anger, in pleasure and pain, the Supreme One was asked by the people to create an entertainment which could be seen and heard by all, for the scriptures were not enjoyed by the masses, being too learned and ambiguous.

If we truly examine, all forms of art are interlinked. Music has some pada, or bandish, which is a form of poetry. Similarly, when we sing, we are expressing something, so there is an element of drama in it as well. So also, the gestures or mudras that a singer performs has an element of dance in it. In the Natyashastra, a legend goes such that when the world had become steeped in greed and desire, in jealousy and anger, in pleasure and pain, the Supreme One was asked by the people to create an entertainment which could be seen and heard by all, for the scriptures were not enjoyed by the masses, being too learned and ambiguous.

Hence, granting their wish, Lord Brahma created the Panchamaveda, the Fifth Veda, or Natyaveda, which was integrated and filtered from the main four Vedas. Natyashastra is thus a text that shows the way for understanding the core essence of human life, by putting it across as performance that one can view and understand.

Now, furthermore, this narrative clearly points to the concept that arts were given to human kind to relieve misery, stress and negative impulses in life. This in turn means that the true aim of art is to free the human mind from impurities, and lead him towards elevation of his soul. This primary important aspect of art, music, and all kinds of performing and as well as fine arts, require a reassessment and review in the current scenario, where art sometimes becomes a medium for popularity, power, name, fame or money.

The #ArtAdda Movement- Art for Life, a brainchild of Sri Gautam Chatterjee, Kashi, and Dr. Suruchi Mohta, Mumbai attempts to explore and unveil the true essence of all forms or arts by focusing on the dynamics of art and spirituality, divulging a new light of knowledge and knowing.

Music is true only if it manages to inspire rasa and bhava, binding the performer and listener in an experiential journey which helps them to elevate their consciousness, bringing them to a higher level of human existence. Through their unique forms of presentations and dialogue series, the duo casts music and art in its true light, creating awareness about the intrinsic relationship of art and spirituality.

*By Dr. Suruchi Mohta, Mumbai*

## About Author

Dr Suruchi Mohta is a musician, entrepreneur, and scholar, with a passion for music and culture since her early years. As Creative Director for the Padma Binani Foundation she composed, directed, and sang for music albums that received wide acclaim. With her venture Saptam Swar, she has produced events and wedding programs across the world. She has been awarded a doctorate from SNTD University, Mumbai, for her research in Ashtanayika, women archetypes that appear across Indian classical music and literary traditions.







# What if we found a 5th Dimension?

**The** laws of physics create the definite guidelines for the many theories humans have created to try and fathom the sprawling universe we live in, but our theories could be wrong and thereality might be structured completely differently.

We are aware of the 4 dimensions till now. Three of the dimensions are spatial and one of them is temporal. These dimensions are length, height, depth and time. The 1st Dimension is relatively simple. Imagine straight lines without any depth. That's the length. Add height and it will become a 2-dimensional square. Throw in some width to create depth and it will become a 3-dimensional cube. Everything around us is 3-dimensional in shape. All the furniture in your house, your friends, family and all the humans you see are 3-dimensional. The planets and stars are also 3-dimensional.

The 4th Dimension is a little tricky to understand. Even though we know what time is, we don't precisely know how it works. Our 3-dimensional cube will again be extended to form a tesseract or hypercube in the 4th dimension. Surely we can create representations of what the cubes in the 4D space will look like, but if they showed up in real life, we wouldn't be able to understand it completely. Let's understand the 4th Dimension more clearly. Suppose our 4D cube was a creature, we would be able to see its timeline, from the beginning of its birth till the end of its life in front of your eyes all at once. We would be able to see its whole life in front of us like a long photo reel we see in ads. If the 4th dimension is fairly difficult to understand, what is this 5th dimension as the title suggests?

We need the 5th dimension to solve a lot of problems we currently face with understanding time. If time flows at the rate of one second for every one second as per our standard knowledge, it wouldn't actually go anywhere at all. So, we need a new spatial dimension to measure the flow of time and that's 5D. If we go back to our 4D tesseract creature and take it into the 5th Dimension, we will now be able to see all the different possibilities for the tesseract's life. **Anything**

that has happened, will happen or could happen, we'll see it all at once. If we take a human instead of a tesseract, you'd see all the possibilities for their life, all the infinite paths that could take place. You'd see parallel universes! You'd have full control over your own timelines as well as others' timeline. That means you'll have influence over others' lives. Well, without the power to change them or alter history. Through the 5D Dimension, you could send information and messages backwards or forward in time. You could even send messages to your past or future versions of yourself and to others indirectly. Sounds like a fantasy plot in movies right?

The 5th Dimension would help us understand our own futures as well as uncover other mysteries of our universe. With 5D, you'd be turning humanity's timeline into a circular path, going back and forth to every point in future or history! But everything has limitations. Our understanding of time completely changes due to the 5th dimension. Even Albert Einstein's idea that nothing could travel faster than the speed of light in a vacuum would be conflicted, by 5D beings going back and forth to past, present, and future. And what if after breaking through the 5th dimension, we uncover even more dimensions!

String theory says that the universe is the manifestation of a single object, A long string of existence made up of protons and electrons all vibrating differently. If this theory is correct, then it turns our universe into an even greater unified body made up of as many as 10 dimensions! M-theory goes further by adding an 11th dimension. And then there's the Bosonic string theory that suggests there are as many as 26 dimensions!

If we travel through all these dimensions, we will practically be overpowered like the main characters in movies. Not only will you be able to see any point in the particular timeline you visit as per 5D, but you will basically see every point in every timeline in every multiverse instantly! You will know everything about everything that exists in the universe!

But let's not get ahead of ourselves, we need to master the 5D first. With 5D, you'd still be able to travel through many, many worlds. In one world, you failed an exam. In another world, world war never happened. And yet in another world, the COVID pandemic never happened. In the 5th dimension, you'd be able to watch all these realities play out like a movie in front of you. We'd be able to understand how the universe works as a whole. And that's what would happen if we would find the Fifth Dimension. What do you think?

by Angelina Prem

**DO YOU WANT TO BE A  
WORLD RECORD  
HOLDER?**

CERTIFICATE  
of ACHIEVEMENT  
Name and Surname

+91 9833401292

# ROBOTIC SURGERY

**S**urgeries carried out with the help of robotics systems are called robot-assisted surgery or robotic surgery. This is relatively a new revolution in the field of medicine. These surgical robots used are computer-controlled, self-powered devices. They are programmed in a way to help the doctors with the positioning and manipulation of surgical instruments which in turn helps the surgeons to carry out complex tasks. Below are a few advantages of robotic surgeries.

- Offers better view thus helps the doctor in making better decisions with clarity
- Helps in performing delicate and complex procedures
- Less tissue damage, thus faster recovery
- Very low chances of infections
- Minimal blood loss

Robotic surgeries are not advised to all kinds of patients and diseases. The most common fields in medicine dealt with robotic surgery systems are cardiology, urology, endocrinology, gynecology, otolaryngology, general medicine etc.

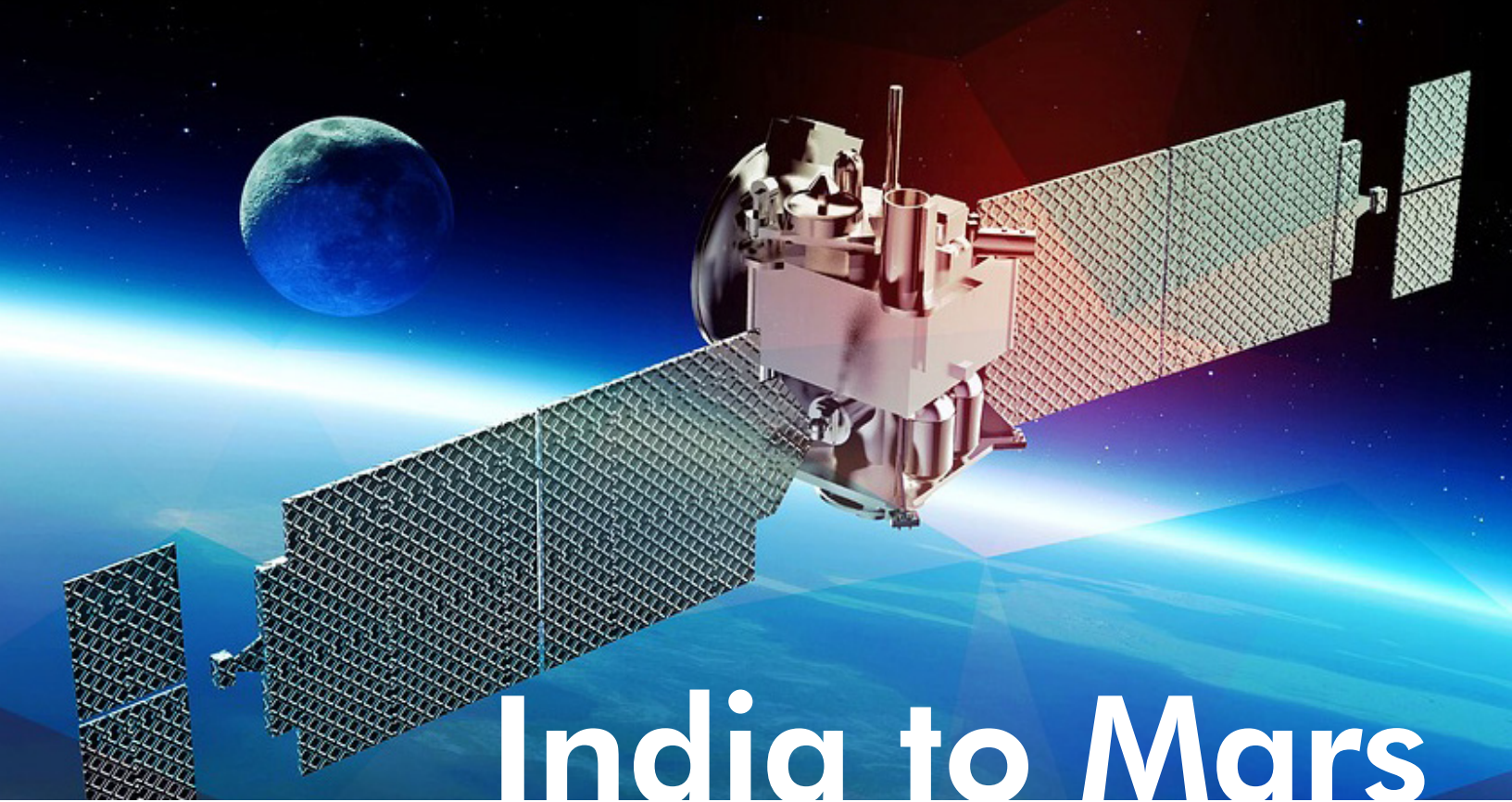
Robotic surgery is a broad field that holds a lot of possibilities in the future. The most foreseen developments in the field of robotic surgery are tele-medicine and long-distance operations. A robot controlled by a doctor from one surgical Centre will be able to operate a patient from another city, state or even continent in another surgical Centre with the help of a robotic surgery system. The constant growth in artificial intelligence and medicine assure a wide scale implementation of robotic surgeries and surgical centers for the same in the near future.

At Specialist Hospital, Bangalore is proud to be the first private hospital in the State to offer robotic orthopedic procedures for patients requiring a partial and total knee replacement or total hip replacement, by making use of Navio Systems.

*by Tanishq Saini*







# India to Mars

**T**he distance between your dreams and reality is called action. This was the action taken by our ISRO scientists, and recorded India's name in World History. You must have got an Idea what I am talking about, Yes Mangalyaan Mission .This is India's first interplanetary expedition which aims to substantiate India's capability to reach the Red Planet. It is an effort to discover the presence of methane as an indicator of life on that planet. This challenging Mission focuses on the Mars Orbiter's capacity to survive and execute Earth bound operations, to carry out navigation functions and space communication as well as to study the Martian atmosphere and its surface features.

The Mars Orbiter Mission marks out a developing country's resolute endeavour to build its stature in aeronautics and space technology on the global arena. If 'Mangalyaan' successfully completes the job entrusted to it, ISRO will become the fourth space research organisation after those of the US, Russia and Europe to undertake a successful Mars mission. This is a feat accomplished by only 21 of the 51 Mars missions as of yet. It is certain that this Mars mission would encourage scientific culture into the country and many more aspiring youngsters would pursue space sciences as a career.Mangalyaan is a space probe orbiting Mars since 24 September 2014. It was launched on 5 November 2013.

The Mangalyaan satellite was confirmed to be in orbit shortly after 0800, Indian time. It is, without doubt, a considerable achievement.This is a mission that has been budgeted at 4.5bn rupees (\$74m), which, by Western standards, is staggeringly cheap.Home-grown components and technologies have also been prioritised over expensive foreign imports.But, in addition, India has been careful to do things simply. "They've kept it small. The payload weighs only about 15kg. Watching 'Mangalyaan' thunder its way into the sky was a very proud moment for every Indian. It surely is a feat to be cherished as India now is in the prestigious run to unravel more of the Red Planet's arcana.

*by Saanvi Thakur*

A photograph of a red and yellow diesel locomotive on railway tracks. The locomotive is facing the viewer, with a yellow section on its front and a red section above it. It has several headlights and a black front bumper with yellow and black diagonal stripes. To the left of the tracks is a long, multi-story red brick building with many windows. The sky is overcast, and there are trees and hills in the background. The image has a warm, orange-toned overlay.

# TRAINS

## THE ONE WHO COULD RUN ON TRACKS

**If** we talk about the evolution and working of trains, it's a bit complicated. P.S. They are not like the one we saw in the British television show "Thomas and his friends". Especially, if we talk about "Locomotion No. 1", surely Locomotion will look a bit lazy. But anyways, Locomotion No. 1 is said to be the first-ever model of a train which was commercially successful and was developed by Robert Stephenson, who worked on his father, George Stephenson's notes of building a steam engine. George Stephenson had tried making one on his own in 1802 after observing a lid being exploded by pressure built by the boiling water in the boiler. Locomotive No.1 also worked on the energy provided by boiling water and weighed around 6.6 tonnes (1,000 kg = 1 Ton). Now I won't deny that we can't say the speed of Locomotion no. 1 was like a turtle if we even compare it to the modern train. Even an average athlete could run at the speed of 24 km/h which was the maximum speed of Locomotion no.1. But the starting was great, as it laid the first brick of a modern train.

Industrialization was on its rise and so was the use of coal as a fuel. Soon, steam engines like which worked on energy obtained by boiling water were replaced with a faster version of it which used coal as its fuel.

It was fast and could carry people and goods, moreover, it consumed less time than Locomotion No. 1 as it traveled with a speed of 100km/h, almost a giant to its predecessor. Everything was going good about the Coal powered steam engine; the only problem was getting it onto the track. It took a good amount of either wood or coal, just to kickstart the train, thus wasting fuel and adding the energy wasted when it arrived at a station. Moreover, it needed a regular cleaning due to carbon release, which might block the cylinder which got all the steam out. Thus, the running of these trains required a good amount of capital.



But the plus point now was, we were able to utilize energy fruitfully. Soon after the invention of the Diesel Engine in 1892 by Rudolf Diesel, there was a rapid change in the evolution of trains. Even though diesel engines came into being in the late 1800s, modern diesel trains came into shape after the 1950s. An average Diesel train can run with a maximum speed of 200km/h, better than coal-powered steam engines in both ways by diesel engines cutting short the time of kickstarting the train and the speed. Soon, electricity which has influenced every aspect of our life since its discovery started being used with diesel engines and soon, diesel engines became history.

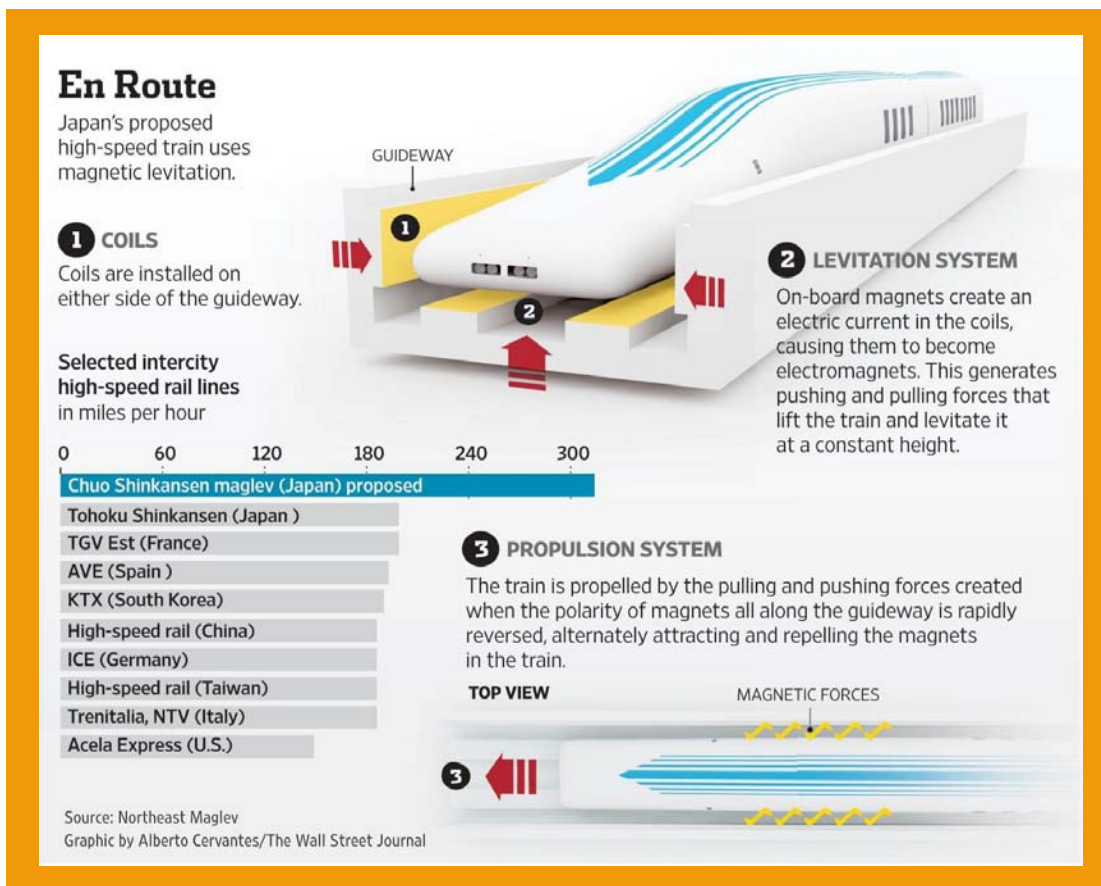
Electric trains are lighter, faster, economical and an eco-friendly mode of transportation (and you can't deny that!!). We observe it every day as Delhiites through the rapid transit system or metro or subways or Light rail (Yes, it has got multiple names). The Fastest running electric train in the current time is the SNCF TGV POS, which can reach a speed of about 320km/h. That's not even a fair game if we race diesel engine trains with Electric trains, isn't it?

Then came the Bullet trains and YES.... The magnetic levitation (or simple Maglev). Bullet trains are the fastest running train "species" on our earth. They

could blister at the speed of 600 km/h. Phew, you can't get late to catch these. The fastest running train in the current time is The Shanghai maglev whose maximum speed is 638 km/h. Bullet trains work on the principle of Magnetic attraction and repulsion. There are two sets of magnets working instead of wheels: one set is for repulsion and the other one is for attraction giving a push to the train. Since there is no contact between the body, friction is almost negligible and thus zooooooooooooom..... (P.S. it's a train, not an airplane)

But we know nothing can't stay at its place forever in our universe. One day, they will also become history and maybe one day we will be able to see a railway system that could talk just like Thomas and his friends.....

- by Shvetank Neg





# Do Wind turbines have an Ecological Impact?

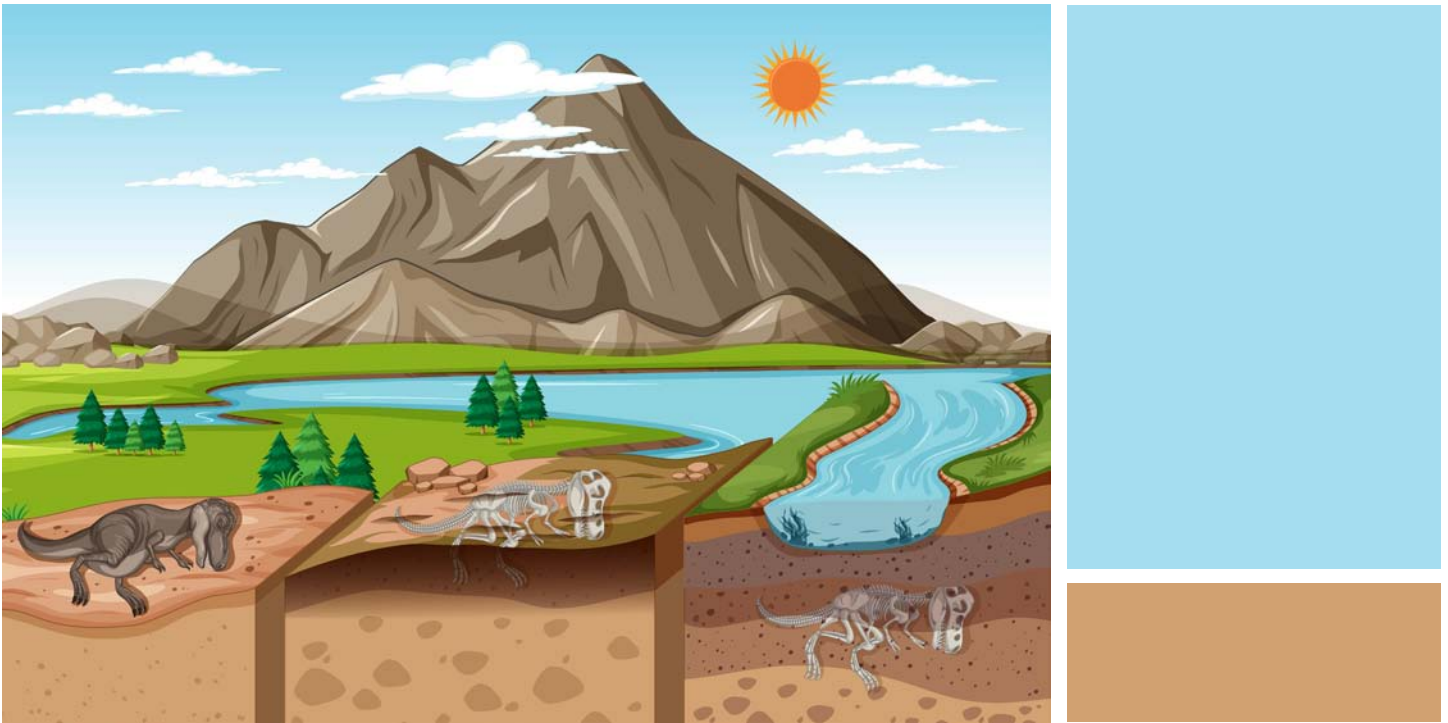
Altho  
docu  
it ma  
three  
durin  
Ame  
adul  
incre  
rathe  
popu

There  
some  
juven  
impo  
food  
plate  
arou  
disco  
the

**Wind** turbines convert the kinetic energy in the wind energy to generate electricity on mechanical power. They are constructed on land and large water bodies like the ocean. Since wind power is a renewable source of energy, it is rapidly expanding. Unfortunately studies have shown that certain bird and bat species are at risk of fatal collision with wind turbines. Raptors( birds of prey) like Eagles and kites as well as migratory birds are easily vulnerable.

Many of the Raptors, particularly the African and Eurasian vultures, are already globally threatened. Raptors often hunt in farmland, where most onshore wind farms are located. Migratory birds faced a great risk of collision, where wind farms are situated. For example, more raptors are killed each year at Altamont Pass, California, which has over 5,000 older and smaller turbines and high raptor use, than at other developments where fatality studies have been conducted.

Most of North America's birds are songbirds, most of these are migratory, and most of the migratory species migrate during the night at altitudes generally above rotor swept areas when weather conditions are favorable. Risk may be greatest during take-off and landing where wind facilities are about stopover sites. Songbirds are vulnerable to colliding with manmade structures such as buildings, communication towers, power lines, or wind turbines during poor weather conditions that force them to lower altitudes. More adults and more male bats tend to be killed by wind turbines.



# 6<sup>TH</sup> MASS EXTINCTION

The history of life on Earth has been marked five times by events of mass biodiversity extinction caused by extreme natural phenomena. Today, many experts warn that a Sixth Mass Extinction crisis is underway, this time entirely caused by human activities

A comprehensive assessment of evidence of this ongoing extinction event was published recently in the journal *Biological Reviews* by biologists from the University of Hawai'i at Manoa and the Muséum National d'Histoire Naturelle in Paris, France.

"Drastically increased rates of species extinctions and declining abundances of many animal and plant populations are well documented, yet some deny that these phenomena amount to mass extinction," said Robert Cowie, lead author of the

study and research professor at the UH Manoa Pacific Biosciences Research Center in the School of Ocean and Earth Science and Technology (SOEST). "This denial is based on a biased view of the crisis which focuses on mammals and birds and ignores invertebrates, which of course constitute the great majority of biodiversity." By extrapolating from estimates obtained for land snails and slugs, Cowie and co-authors estimated that since the year 1500, Earth could already have lost between 7.5 and 13% of the two million known species on Earth—a staggering 150,000 to 260,000 species.

The situation is not the same everywhere, however. Although marine species face significant threats, there is no evidence that the crisis is affecting the oceans to the same extent as the land. On land, island species, such as those of the Hawaiian Islands, are much more affected than continental species. And the rate of extinction of plants seems lower than that of terrestrial animals.

*by Latanaya Tomar*



# AMBIDEXTROUS LEADERSHIP AND INNOVATION

**As** businesses continue to adapt to economic and technological changes, organizations are constantly facing accelerating macro- and micro-level environmental changes. The organizations are forced to become dynamic and adapt to the unstable and heterogeneous context. Innovation has a crucial role to play in driving the change.

Creativity and idea implementation evidences itself in our ability with novel solutions. generation of original is distinguished implementation, generation of the creation of has realized there is more t h a n

F o r activities on a fixed behaviour. on people leader to team and all level. An behaviours may enhance co-workers.

Leadership being predictors of innovation, adapting to their leadership to the demand of innovation.



are two sides of innovation. Creativity to solve challenges or problems Creativity is defined as the and useful ideas. Innovation from creativity by the as opposed to mere ideas. Innovation is something new that value to others. Thus, to being innovative creative.

c o n f l i c t i n g one cannot rely kind of leadership The impact will be involved from individual in the across organizational inventory of leader and other factors innovative behaviour of

one of the most influential leaders have to be flexible in approach and alternate in accordance

Though leadership is one of the most important means to stimulate and ensure the success of innovation, however, it is unclear about the specific leader behaviours that contribute and enhance innovation.

Applying the ambidexterity theory of leadership for innovation, results in predicted employee exploration and exploitation behaviours. Leaders in the context of innovation need to empower subordinates in their attempts to act ambidextrously – by ambidextrous leadership.

By ambidexterity, leaders distinct themselves between task-oriented and people-oriented behaviour and embrace both parts of the dualities of innovation. Different leadership behaviours vary not only across time but also across contexts. Ambidextrous leadership takes different shapes depending on contextual conditions.

*by Dr.Usha Rajagopalan*

**A**lmost two years into the pandemic, online schooling has become the new normal for education. However, the entire last year felt like a temporary thing – and we were all thinking about how we'd be back in offline school with a year. Well, since we're all slowly coming back to offline classes and adapting to the new normal, here are some of the things I've learned along the way, which have helped me adapt easily and can hopefully help you too!

#### Monitor your screen time:

Having a long exposure to the screen is inevitable, with education, socializing, and downtime – all done online, but it comes with several repercussions. So, taking a 5-10 minute break every 1-2 hours is something we should all follow. Utilizing the breaks in between classes to get something done, like cleaning up your room or drawing, or reading a chapter of the book you're currently reading is also a simple way to give your eyes some rest.

#### Focusing during class:

Studying during online classes is not an easy feat to achieve. With distractions through the internet right at your fingertips, focusing during class is understandably hard. To help with focusing, log out of your chatting accounts on the device you're taking classes on. Try not to switch tabs during class and keep your phone away to reduce notifications

#### Take notes:

Taking running notes is an easy way to maintain focus, and remember concepts. It's alright if your notes are messy during class, just note down what you think is necessary, and later categorize and make it neater. Writing what you learn in your own words makes it far easier to understand, and it helps in cementing the topic. Look up different ways to write notes, such as the Cornell or sentence methods, and follow what suits you the best.

#### Self-studying:

Study without the internet. Use physical copies of books or download PDFs of the books you're using online so that you can disconnect from your wifi and only focus on the topic you are currently doing. Also, don't type your answers, write them.

#### Downtime:

Make sure to take at least a 15-minute walk outside your home, or spend some time with friends (while remaining safe). The fresh air and lack of internet will not only revitalise you, but it will also help you clear your mind so you can work on your tasks effectively.



# ONLINE SCHOOL & HOW TO GET THROUGH IT

*By Siya Heda*



# Responsibility

## A Key Element to Success

It's a story about a boy, Sam, who lived in the capital city of Raipur, Chhattisgarh state. Till class 5th he was among the best students of the class, he always used to secure marks in the 90s.

He was made to join a Karate academy when he was in 4th class. Till the end of class 5, he was living a dream life, being a topper of the class, doing good in his Karate and was able to keep his family happy with his performance. But his life completely changed when he entered 6th class. His marks started to degrade, his performance in Karate also started to degrade. He barely managed to pass any exam, even in the revision tests which were conducted in the school.

Due to the bad friendly environment, both in school and in the Karate batch, he became one of the weakest students. He himself didn't want to study, and he was also not getting any impressive results in any of the Karate tournaments. He didn't receive a scolding from his parents. His life was so tough for the following year.

But one moment came in his life, which was a life changing point for him. Weeks after he got the news that his father is getting transferred to National Bank in Delhi. The day after when his father was leaving Karate tournament in Bhilai, Sam had a

On that day, in the morning he had a fight with his father, but unfortunately Sam had to leave for his tournament, they both were upset. Sam won the tournament, after 6 months of efforts. And for the first time in his life, his Karate Sensei loved his fight and he was also proud of himself. When he returned home in the evening, his father was gone off to Delhi.

On that night, when he was sitting alone in his room, he then realized that his father is actually not there in the house, he talked to himself and made a promise, "Now, only I am the one who has to look after my studies, my class 7th, my mother, my Karate and my career." It was the same Sam who used to be a few months back, but this time, one component of life was added to his, RESPONSIBILITY.

From then onwards he worked on himself, he was coming back on track in terms of academics and sports career. Though he was not able to score in the 90s, with getting at least one medal in every tournament, 83% in the academics was not a bad score. Now he is in Delhi, with his father and his big brother who also played an important role in his life by supporting Sam.

**"Maturity comes when you stop making excuses and start making changes"**

**By: Chetan Abhiraj**

Not a day passed when he

his life, which was a life after he got the news that his the headquarters of Punjab when his father was leaving Karate tournament in Bhilai.

had a fight with his father, but for his tournament, they tournament, after 6 months in his life, his Karate Sensei

in the evening, his father was

**"Maturity comes when you stop making excuses and start making changes"**

# DO YOU FAIL IN KEEPING UP RESOLUTIONS AND PROMISES?

Hey friend, hope you are doing awesome. As 2022 is near, I felt the need of writing about this topic, often we humans fail in keeping up our resolutions and promises. We start strong, but sadly we don't finish the game. So, the first exercise I would recommend you here – Start saying, "I am a FINISHER" and repeat this affirmation twice each day and you will start seeing the difference in your life.

Do you know why our resolutions fail? I have an answer to this question. We fail because we don't commit 100%, we fail because we don't take these promises too seriously. Do you agree with me? Apart from these, the two major reasons of the failure are defined by these two questions –

1. WHAT DO YOU WANT?
2. WHY DO YOU WANT?

Ask yourself these two questions and if the reason behind this doesn't inspire you, it simply means you are treating everything like a job! Do you want to grab the solution? Use a habit tracker or a scoresheet to track your growth, this will help you to be straightforward in your direction and thus it will help you to be focused towards the main goal. Remember if you are not tracking your growth every single day, then you are not acknowledging your own efforts.

**Make a special journal for this exercise and every single day, answer 3 most important questions -**

- # What do I need to start doing in order to move closer to my goals?
- # What do I need to stop doing in order to move forward?
- # What do I need to continue doing which will get me even closer to my goals and dreams?

If you have been quite alert while reading my blogs, then you may think that I have repeated the same questions one more time. But, in order to push you to start doing, I felt the need to write it again here. This is the best way to check your own growth!



## Have Strong Intentions

If your intentions are strong enough, then you won't drive your car to the road of distractions. Remember in order to achieve anything in your life, you must keep reminding yourself again and again to do it. Have control over yourself, but this control should not become a kind of barrier or limitation in your own way. Follow the code of honor, well if you don't know, Code of honor is your code of ethics that you need to follow every single day which will keep you authentic and real. In this world of trauma and mess, it's better to come out as a different personality and empower others to do the same. Have a strong belief system, every single day, speak positive mantras to yourself - this will reprogram your subconscious brain thereby sending good and positive vibes to the Universe through your superconscious mind and thus you will be able to achieve the goals you want to accomplish.

## Make Public Declarations

Make public declarations, inform your loved ones about the plans. Even if you procrastinate in doing that particular work, the people around you will guide and remind you about what you said to them. That's the power of sharing goals : you gain clarity as well as accountability. Sharing goals with others is an important success principle because when you share, your chance of actually achieving those goals is greatly increased! ***"Speak Your Truth With Compassion"***

## Write down your goals each day

Every single day, write down "What is that you want to accomplish in your life?" Either you can write this down as your goal or you can simply speak it by making it a powerful affirmation. Remember your subconscious mind does not understand the language of texts and words, it understands everything in a visual form that is nothing but the pictures (accompanied with strong emotions). If you will say or write your goals with a zeal of energy and joy, it will get straight into the infinite intelligence and it will do each and everything to make your dream a reality.

The most powerful exercise I can teach you here is ***"Create Your Own Miracle Morning Routine"***. Start to plan it now and implement this tomorrow. The concept of a miracle morning I learnt from my own observations of seeing patterns and routines of the successful people, as Brian Tracy has correctly quoted "We become successful when we follow the habits and routines of successful people", Isn't it? Since then, every single day I wake up at 4:30 am and I start with the gratitude exercise, affirmations, mirror exercise, reading and sometimes meditation too. If your mornings are great and positive, you have much more strength to thrive the rest of the day, the first hour of the day is the golden one and it's your choice how to start it!

## Act As If

Act as if, is another name of it is embodiment, which simply means act like your goal is already accomplished. Because when you act like this, your subconscious mind undergoes a structural tension within itself and it does each and everything to fill the gap between your reality and your ideal life. That's why they say, start your affirmations with the words "I AM". Remember you need to continue asking until and unless you get a final "YES", God will give whatever is needed to those who have the faith to ask for it! The exercise that I will recommend to you here is "Vision Boards".

### Questions

Ask yourself these questions every day and there you go with a wonderful life -

1. What will you be doing in order to create daily positive habits?
2. What will be those habits?
3. Will you let distractions distract you?
4. How will you reward yourself when your specific goal is achieved?

by Gargi Arya



# Zhep Udyoginichi

Zhep Udyogini has been started with vision to provide a platform for women entrepreneurs to grow professionally. Our aim is to educate women on business networking. We bring women entrepreneurs together to harness inspiration, support and enlightenment on the various aspects of successful businesses.

Zhep Udyogini-meaning The Leap of woman Empowerment came into existence in 2011 year with a focus on microenterprise management training. Zhep Udyogini started by enabling through Savitribai Phule Mahila Vikas Mandal NGOs, through a program of support comprising training for enterprise awareness, management and counselling, to move into developing programs and having-staff with orientation to microenterprise.

Zhep Udyogini works in regions that are backward and 'enterprise starved' and mainly in sectors where there is a connectivity with women workers. The focus areas of Zhep Udyogini work are gender and poverty, market-oriented capacity building for producers, catering to both sub sector and multi-sector business service requirements, bringing about innovation, learning and change in business services content and delivery.

Zhep Udyoginichi social network and working for (MSRLM) 5 Lac self help group's in Maharashtra state 10 thousand Anganwadi Mahila Sangh all over Maharashtra.

## Zhep Udyoginichi Associates with

- World Trade centre Mumbai, Navi Mumbai, Pune, Goa, Jaipur
- Maharashtra Chambers
- MC Chambers
- FICCI Chambers
- DICCI Chambers
- Dubai (UAE) Maharashtra Mandal
- Mauritius Marathi Mandal Federation
- Singapore Maharashtra Mandal
- Australia Maharashtra Mandal
- London Maharashtra Mandal



**Zhep udyoginichi Founder Mrs.Purnima Shirishkar is MA-ECONOMIST, Director of Day2Day Profit Pvt Ltd & Day2DayFoods, Founder of Dalan Maharashtra.**

[www.savitribaiphulemahilavikas.com](http://www.savitribaiphulemahilavikas.com)  
[www.pournimashirishkar.com](http://www.pournimashirishkar.com)

## Associate with govt of Maharashtra

- FDA
- MSRLM
- MSME
- Skill Development of Maharashtra.
- NSIC
- MTDC

*The way you tough grind yourself endlessly  
To make me contented & smiling,  
Under your guidance, I always grew  
Mature, and more empowered.*

*You mentored me at every step  
Neither I fell nor I failed,  
Perhaps, I did, you were there to console me!  
Both as a friend and as a companion.  
Failure is the key to success,*

*You made me realize that  
Whenever I felt low, your inspiring thoughts  
Influenced me to fight against all the odds.  
All those cherished moments weaved  
On the patchwork of my life,*

*Will stay forever and ever, and no  
one like you  
Could ever evolve and possess the  
warmth, tenderness And affection  
you have for me.*

**- by Muskan Pathak**

# *My Father*



# THE LILY IN HER HAND

*A flower in her hand, she stood there looking at it.  
The lily bloomed brightly, it's face riant.  
Oh! how beautiful it looked, wearing a white outfit  
It lay hushed, quite calm and pliant*

*It's long white beautiful petals, outwards it run's,  
It seemed, they invited her to an embrace.  
The yellow in the middle, elated like the sun.  
It looked expectantly at her face.*

*The girl looked at the flower, reluctantly with blurry eyes  
She loved it once, now her heart aches  
Putting it before her mother's headstone, she cries  
Crouching down on her knees, she breaks*

*by Nayana Santhosh*



# ADOLESCENCE'S FEELINGS'

Not sure with what I feel  
It's like someone's ripping off my peel  
Some moments are full of bliss  
In some, there's like something I miss  
It's like there's something running in my bone  
And i can't figure what it is on my own  
I don't know who to talk to  
I m just blowing like a hot summer's loo  
Look, I am not sad  
And definitely not mad  
I just feel heavy carrying these chips on my shoulder  
This is not how I planned to be older  
I wanna feel light like a cloud  
With no regrets and laugh out loud

- by **Arya Arora**



## A Mother's Anguish



Beautiful mountains, snow, waterfall.  
i created them & love them all !

Then i made yo, so Exceptional & Smart  
i was so proud, you're the most wonderful part!

I gave you the stars, the day and night  
i'm the most powerful but tolerant & quiet!

You keep changing me, green to grey.  
Do Safeguard me, you still Pray!

Every morning's Sunshine rises my hope.  
Desires & wants, You will Cope!

You will care for the greens & blue.  
And Love me as much as i do to you!

by **Suman Nair**



## Interview with **SHASHANK BATHIJA** by Madhu Jhawar



### Early childhood is when a child dreams big!

As we grow, these dreams fade or new dreams take their place. As parents, we are bothered about their better future and leave no stone unturned to help our children learn and develop the best skills possible.

We expose them to the best of environments, which will lead them to a successful path of their interests and abilities or passion. To help you as parents we are adding our efforts, bringing you the experiences and development milestones, technique and tools used by these young smart achievers who motivate our children in the journey of growth and development.

At UniqEduStory by Madhu Jhawar, which is an Online Initiative by me, we are interviewing people who have strived hard, worked in discipline and with a mind map of actions to take for achieving the goals they set for themselves. An interview was taken of Shashank Bathija of Bangalore.

Shashank started a Digital Marketing company at 16 yrs and has clients in 4 countries now!

“The world of entrepreneurship had always fascinated me. I would follow up growth and success stories of certain businesses and loved to see how they achieved great heights. This inspired me a lot, to a point where I thought of getting into this as early as after completing my twelfth standard. I had watched young entrepreneurs my age achieved goals, that left me in awe and also motivated me.

I realized that going digital would really help such business and India is still shifting to digital platforms and thus I saw it as a great opportunity. I learned web development and digital marketing

As an 18-year-old, I am always asked that how do I manage my studies. It might have not been easy but with all the classes being held online, it is manageable.

This journey has taught me that the kind of people you surround yourself with matters a lot. The right company will help you immensely and that is what we all should be looking for, creating a positive environment to let brilliant ideas nurture. And hence I want to tell anyone willing to get into entrepreneurship, something that I wish I had known, never be afraid of taking risks.”

We at UniqEduStory are happy to share learnings of many such bright kids on our YouTube channel- UniqEduStory by Madhu Jhawar...

Please like and share with people who will be benefitted and send your feedback on [uniqedustory@gmail.com](mailto:uniqedustory@gmail.com)



by  
Madhu Jhawar

### An online initiative for holistic child development

Inculcating good habits, confidence,  
moral and cultural values through  
stories and activities

For more details, contact  
Madhu Jhawar at 8087124682



We had an opportunity to talk to a young prodigy, whose answers ignited some deep thoughts in me, "At this age, 'At this age of 15 this wonder girl is doing so much! What did we do then at that age? Where was this internet when we were born! If only, I was born now and could get similar opportunities of learning and exposure to the world of knowledge in the comfort of home – a golden age! Gargi writes about the journey that enlightened her soul, a push that deepens her desire to become a coach to help other teenagers build and achieve their biggest dreams!

## A Small Girl With Big Dreams

It was the year 2020, in April, I lost someone I truly loved and one can imagine the pain when someone close to you leaves you! It was a hard time facing mental health issues and being broke from within and I thought it would be the worst phase of my life but after getting sick and tired of being sick and tired, I finally made the decision that changed my entire life and that was "Now, no hiding and no quitting. It's time to face this!" That was the last day of my life and after that, I never ever blamed anyone for whatever happened in my life, no matter whether it was good or bad. Although I didn't know, what was I going to do after that? But, after I took that decision, I finally felt relaxed because I took the power back that I gave away!

Based on my experience, I started writing a book called "The Lion-Hearted Soul" as I felt the need that someone might be in his or her most difficult times of life. I have been asked a couple of times that "Why did I name my book as "The Lion-Hearted Soul"? The answer looks pretty simple, but if you go deep, it is much more than you think. When I was

scratching my itch to write the book name, my mother showed me a motivational video on - "Why is Lion called the King of the Jungle?" It was such an eye-opener for me that it awakened another part of me - this time the roaring one - Lioness! The video said that Lion is called the King of the Jungle because he believes he is the king! An elephant is much heavier in terms of weight as compared to

## Interview with **GARGI ARYA** by Madhu Jhawar



a lion, but still, when a lion comes in front of an elephant, the elephant runs away due to the fear of the lion! This really changed the way I perceived everything about life and thus, I wanted my people to awaken their lions and not live as sheep anymore. So, the credit for naming the book really goes to my mother.

And today, I Gargi Arya who raised her spirit from a powerless loser to a powerful warrior - and now commonly known as the 15-year-old motivational speaker of Adjoa Htc (which is a Global Humanitarian organization, working globally in 17 countries with an aim to improve the lives of poor children) and author of four books is on a mission to create an army of enlightened warriors who can truly inspire, empower, lead and encourage people to go beyond their wildest dreams and never ever settle for mediocrity.

We at UniqEduStory are happy to share the learnings of bright kid and have shared the Interview on YouTube on our channel UniqEduStory by Madhu Jhawar email to us please Like, Share and Comment.



**ABOUT US**

UniqEduStory is an online initiative to teach moral and cultural values, inculcate good habits and build confidence in kids.

Today, most parents juggle their time between jobs, raising kids, daily chores, and many other tasks. While you are being a superman or superwoman, UniqEduStory is here to help!

We aim at teaching your child the best of Indian culture through stories, create awareness on various emotions and help develop good values & mindset.

In each class, your kid will learn -

- Emotions management
- Stories with moral values and their application
- Building confidence to read, write, speak, remember, and focus
- Increase curiosity to learn
- Inculcate good habits and discipline

Age Group - 5 to 10 years  
For more information, contact Madhu Jhawar at 8087124682



# Student Work



MBS International School, Dwarka





## BRAIN RHYME MEMORY POWERPACK

by Sushant Mysorekar – “Brain Rhyme”  
Internationally Acclaimed Memory Expert  
**Brain-Based Brilliance!**



There is no learning without memory!



Brain Rhyme offers the surest pathway to Memory Magic!



**Sushant. P. Mysorekar (INDIA)**  
 +91 98 33 40 12 92  
 ceo@brainrhyme.com  
 www.brainrhyme.com

## SUPERBRAIN, SUPERTEACHING & BRAINDANCING®

by Dilip Mukerjea – “Braindancing International”  
Internationally Acclaimed Learning Systems Specialist  
“Dilip is phenomenally creative and easily one of the world’s Top 10 Master Mind Mappers”  
– Tony Buzan, Originator of Mind Mapping



This is The Century of The Brain  
Is Your Child Future-Ready?  
Are YOU Future-Ready?



Self-Efficacy Skills; Your child must be nurtured to have the unshakable belief that he or she WILL succeed in life, no matter what the challenges!



**Dilip Mukerjea (SINGAPORE)**  
 +65 9820 6851  
 brainaissance@gmail.com  
 www.brain-dancing.com



**“ I am Committed to create National & International Record Holders ”**  
 – SUSHANT P. MYSOREKAR

- Author of 3 Books on Memory
- CEO- Brain Rhyme
- Director- ACF E-University
- VP- Indian Memory Sports Council
- 28 Years of experience
- Impacted more than 5 lakh Students
- 2,500+ Hours of training
- Trainings in more than 30+ Countries

Call & Email for Enquiry  
 + 91 98210 40310  
 info@brainrhyme.com

www.brainrhyme.com | www.acfeuniversity.org

**HEY!! WANT THE ABILITY TO REMEMBER “DATA ON THE GO”?**  
**ARE YOU STILL WRITING IT DOWN AND HOPING THAT BY STARING AT IT 100 TIMES YOU WILL REMEMBER IT?**  
**DO YOU WANT TO REMEMBER ANYTHING THAT COMES ACROSS?**  
 BRING IT TO US, WE SHOW YOU HOW TO REMEMBER IT IMMEDIATELY AND START YOUR JOURNEY TO RETAIN ALL THAT YOU WANT AND IMPRESS.

**DURATION:**  
 2 WEEKS OF 8 SESSIONS FOR 3HRS EACH  
 LIVE WEEKLY QUERY SESSIONS TO ENABLE YOU TO APPLY AND SEE THE CHANGE IMMEDIATELY.

**TIMINGS:**  
 STARTING 10th May 2021 – 12:00PM to 3:00PM  
 MON, TUE, THU, FRI – 200M

**PRICE:**  
 Introductory price of Rs. 7500/- ONLY

**WHAT DO WE DO?**  
 We have been in Neuroscience for 25 years but there is no point in knowing anything until it brings a change to someone’s life. SO WE CREATE CHANGE.

**HOW DO WE DO THIS?**

**WORDS**  
 Ability to remember long list of keywords or any data that applies to you by using our technique (under copyright) using visualization and story creation method.

**NUMBERS**  
 Ability to remember numbers using Shape method whereby you can remember long list of numbers, connect numbers with your keywords to remember graphs/charts/presentations.

**SPEED READING & BRAIN MAPPING**  
 Techniques to speed read and retaining the information via brain mapping techniques. Average reader 250 wpm, by the time you are done you will be reading at 4 times the speed with the information you want to retain.

**LEARN 3 LANGUAGES**  
 Learn 50 words of 3 languages (SPANISH / ... ) and start applying it to sentences immediately. You will use the techniques above to start learning 3 languages immediately. Once the technique is taught apply it to the language you want to learn OR COME TO US AND WE SHOW YOU HOW.

**CAN WE MAKE THIS HAPPEN?**  
**YES 100% GUARANTEED**  
 (or your money back after the 1st session, no questions asked)  
**Sushant Mysorekar, BrainRhyme Singapore:**

- Created 3 international world memory record holders for kids aged 20 & 13 yrs old.
- 13 yr old Sai Akshara- Memorized 6020digits of Root 2 Value in 5:12 sec/Sec Diam Norumy Nish
- 11 yr old Sara Chippa- Memorized 198 countries, capital, currency and continent
- Written 2 books for students & professionals published worldwide “Super Power Memory for Busy Professionals” & “Super Tips for Super Memory”
- Musical Windows Master Trainer in memory
- Strategic Partner- School Memory Champ, Egypt & Executive Member- Egyptian Federation of Mental Sports
- Level 1 Arbitrator, World Memory Sports Council, UK, 2010 & Arbitrator/ Referee – Memory League World Tour 2021

**BrainRhyme SINGAPORE**  
 EXPERIENCE THE MAGIC - YOU BRING IN YOUR QUERIES IN EACH SESSION SO THAT YOU APPLY THE TECHNIQUE IMMEDIATELY TO YOUR OWN SET OF PROBLEMS & DATA. WE WILL SHOW YOU HOW.



# We love suggestions and would be happy to perform to match your heart's rhythm!

## E-Magazine inclusions : you can send us

- Informative Article(IR)
- Promotional Article(PA)
- Advertisements (JPG image)
- Quarter Page (QP)
- Half Page(HP) / Full Page(FP)
- Presentation(Full Page) – PFF
- Award | Certificate(AR)
- Book Promotion - Author Page (AP)

Once in 2 Months : 6 Magazines X Rs.80	Rs.480/- per year
Introductory Offer	Rs.299/- per year
BONUS for first 100 Subscribers	One Article 300words OR One Artwork OR Free 60mins Session on Neuroscience with ExpertCoach.

\*Disclaimer: The article's thoughts and content are totally contributed by the respective Authors and BrainRhyme does not assume any responsibility for it.

Name : BRAIN RHYME  
Current Account. No : 006100100202700  
Name of the Bank : Saraswat Cooperative Bank Ltd.  
Branch : Madhukendra, Dadar (West)  
IFSC Code : SRCB0000006 ( 6 Zero's)

I wish to subscribe  
for the Magazine

पोस्ट कार्ड POST CARD

जवाबी  
REPLY

15  
भारत  
INDIA

Name \_\_\_\_\_

Address \_\_\_\_\_

Contact No \_\_\_\_\_

Email ID \_\_\_\_\_

पिन PIN

Subscribe 



# BRAIN RHYME

Coaching | Championship | Innovation | World Records

