

# World Record Holder

for Memorising American Revolution

Record on 13<sup>th</sup> Nov 2022

Record Time : 10mins 45secs



## Certificates

from Art, Sloka,  
JL taekwondo,  
Tamil language  
class and excellent  
advanced math

## Medals

Art, Sloka, Tamil  
language,  
jl taekwondo

## Hobbies

Art, Building Legos,  
Music, Reading, and  
Playing games

## Sports

JL taekwondo  
advanced level  
with brown belt,  
Swimming and golf

## Trophy

Art, jl taekwondo  
and sloka

360<sup>M</sup>ind  
E-Magazine

NOV-DEC  
2022  
Fourth Edition



# 360ind

## E-Magazine

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# ABOUT 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

## ISSUE 4

Hi Dear Readers !!!

Trust that by gods grace you all are doing good.

Well the excitement continues with the November 2022 edition of our e-magazine which you have in your hands, has been specially curated this time with interesting topics.

For all the budding entrepreneurs too specially curated article with innovative techniques for problem-solving are going to be of good help.

And yes a special series of useful articles by our writer Dilip Mukherjee for helping you use your mind power and much more is uniqueness of this edition.

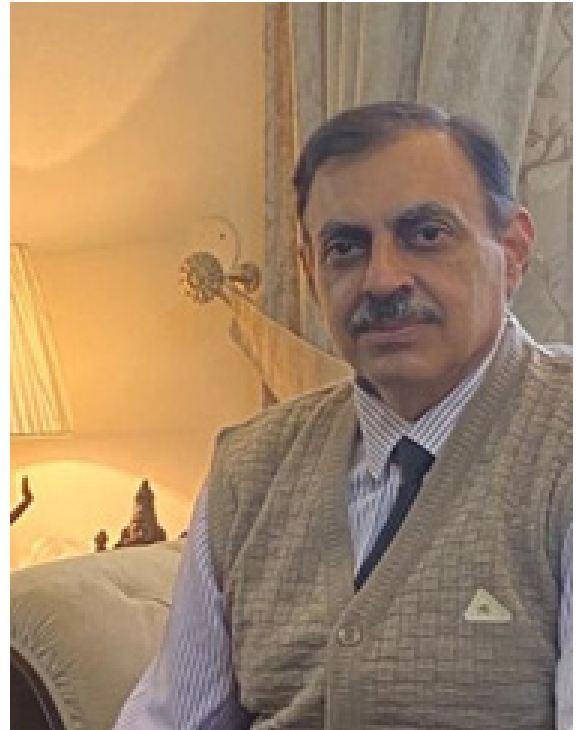
Lastly the special touch by Sushant giving valueable inputs called Neuro-bytes will also be adding flavour for making it an interesting read.

Good bye till next.

Please do remember to give us your suggestions for upcoming issues.

au revoir!!!

**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



**“The Brain is a Muscle  
that can move the world”**

**-Stephen King**

# AASGON President re-appointed on AUAP Advisory Council



The Founder and President of the Africa Asia Scholars Global Network (AASGON) and the Global South Economic Forum (GSEF) Abdul 'Dewale Mohammed, has been appointed Distinguished Member of the Advisory Council of the Association of Universities of Asia and the Pacific (AUAP) for the year 2023/'24

The AUAP Advisory Council provides independent specialist advice on matters relating to the design and delivery of the missions and objectives of the AUAP.

Currently serving on the Advisory Council for the year 2021 - 2022, ADM as he's habitually called by close associates, first served on the AUAP Advisory Council in 2014

Conveying the Board of Directors re-appointment of Abdul 'Dewale Mohammed as Member of the Advisory Council, the Executive Secretary of the AUAP, Ms. Supaporn Chuangchid, last week, expressed the association's deep appreciation to ADM for his contribution toward the progress of our association in the past years. "Your advice and suggestions on matters relating to the policies of our association have moved the AUAP in the right direction. Thus, we would like to request your continued support to the association by serving as a member of the AUAP Advisory Council for another two years from January 2023 to December 2024" the Executive Secretary articulated in her email.

In his letter of acceptance, the AASGON President who is also the founder of the Global South Universities Association (GSUA) and the Global South Centre for Research Innovation Peace and Technology for Sustainable Development (G-SCRIPTS-D) both of which are to be launched

in India on April 14th to 16th 2023 under the auspices of the Ministries of Education and External Affairs, expressed his sincerest appreciation for the trust and confidence the Association has in him.

Humbled and deeply honoured to be reconsidered for the third time to serve on the Advisory Council of the AUAP, he reiterated his commitment not only to the mission and objectives of AUAP but most importantly, to contribute to the intrinsic value AUAP adds to the management and development of its member institutions.

According to Prof. Muhammadou M.O. Kah, Ambassador and Permanent Representative of The Gambia to the UN Office at Geneva, World Trade Organisation(WTO), and other offices in Geneva as well as Vice President Human Rights Council and Advisory Council Member of AASGON and GSEF, "With the launch of GSUA in April, Abdul 'Dewale Mohammed's depth and breadth of expertise and wider network is expected to help the AUAP advisory council become a powerful platform to provide insightful and challenging advice".

In continuation of his efforts at driving forward AUAP's vital work and helping to

deliver on its missions to spread opportunity and prosperity, ADM wishes the association best of luck in the forthcoming 15th AUAP General Conference and General Assembly Meeting, scheduled for the 14th to 16th November 2022, at Daffodil International University (DIU), Dhaka, Bangladesh.

For more information on AASGON:

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A photograph of a man with a beard and a young child with curly hair, both smiling and laughing. The man is holding the child. They are outdoors, with trees and greenery in the background.

# Wake up with a smile!!

Every Sunrise is a new chapter in our life waiting to be written. Our mind accumulates thousands of thoughts and worries while we sleep. But we keep them aside and pray for a blissful tomorrow. In this beautiful mess of life we often forget to take care of ourselves. Isn't it?

Get ready for something new and exciting on your way tomorrow... I am sure it would bring new opportunities and experiences to learn from and a chance to make a different choice.

Wake up and take a look around you; life is beautiful. There is beauty all around us: in logic, in the natural world and in our relationships with others. What is more, we can make life even more beautiful by virtue of our actions. Considering how lucky we all are to be alive, it definitely makes sense for us to make the most of the beauty of life – and to help other people to discover it as well.



**Dr. Lata Lakshminarayanan**

Motivational Speaker Business Consultant  
Leadership Coach

**UAE National Cricket Team (U17, CISCE Board) for Girls** has Won the Final and lifted the Trophy in an interesting match against 'Maharashtra & Goa' at Tuticorin, Tamilnadu, India...

It's a superb moment, as 5 days National tournament for U17 Girls category happened first time and UAE is the Proud Winner. Our world record holder student from UAE, Sara Chippa, became the youngest player to participate in U17 National Tournament and sincere gratitude for all the love, blessings and support for her.







The series of 1-page articles in this publication has been crafted by Dilip Mukerjea to comprise the theme of Sparking Human Greatness. Each article is a fabric in the tapestry of human consciousness to address the panorama of positive possibilities that lie before us, and into which we are called upon to sow the seeds of aspiration and inspiration.

**Everything rises and falls on leadership, ergo, my hope is that we lead by**

- Wisdom tempered by humility
- Justice tempered by empathy
- Reason tempered by compassion

My purpose is to help those who want to learn on purpose. All change is self-change, driven by the precepts of self-leadership, with the final aim of exhibiting self-efficacy. Purpose

directed at self-change appears in direct proportion to the passion of the energies we expend, rather than to our degree of expertness. We receive from life what we give, and in the process we understand more of what it means to discover our purpose.

To keep rising above the status quo, human greatness is a manifestation of a growth mindset, impelled by the tenacity to excel with confidence.

Confidence comes from having goals, taking risks, holding on to our convictions, and building up a small arsenal of successes...and failures. Our failures tell us that it is possible to survive and to move on. Our successes reveal that it is possible to prevail in the future. Both these are vital in helping to reassure us that in the end, all will be well.

Thus, imbued with a warrior spirit to meet and defeat all adversities and adversaries, we must always aim to make a positive and disproportionate impact upon the world. With such a prescription, we are strengthened by a mandate to keep achieving exponential levels of success, thereby guaranteeing winning outcomes into the long term.

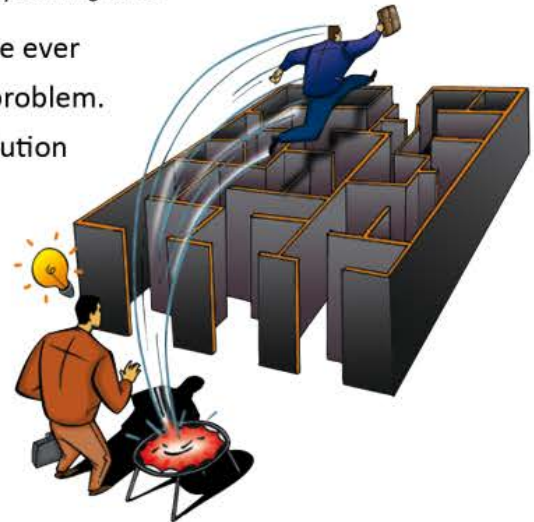
# TRAMPOLINING THE MAZE

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L.I.F.E. Coach, Author, Consultant, Presenter, Learning Guide

We often get busy solving the wrong problem... that is, if we ever get started. This is due to our failure to recognise the real problem. Defining the real problem leads to creative insights; the solution emerges almost as if it were a formality.

“Each problem has hidden in it an opportunity so powerful that it literally dwarfs the problem. The greatest success stories were created by people who recognised a problem and turned it into an opportunity.”

Joseph Sugarman

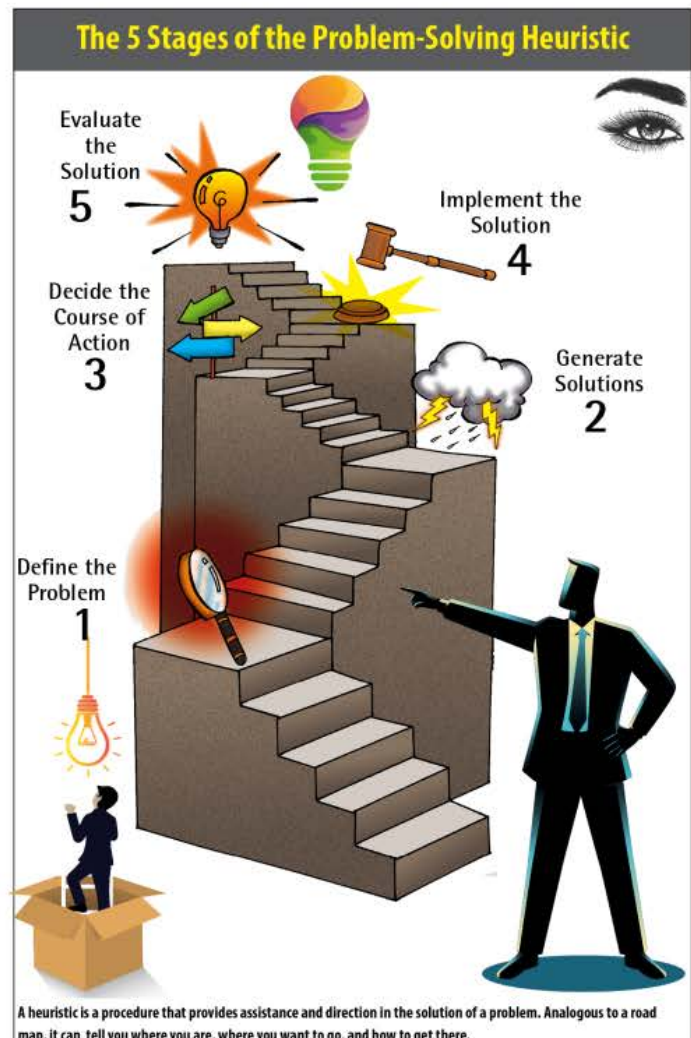


In *New Venture Strategies*, Karl Vesper reported that the greatest number of ideas emerged from unlikely, overlooked sources. Examples he cites include:

- After losing his wallet one evening, Ralph Schneider decided to form Diners Club.
- Drinking soda straws were born when Ott Diffenbach serendipitously created a tube by absent-mindedly twisting the wrapper from a cigarette pack.
- Ole Evinrude parented the outboard motor in a state of rage: His rowboat was too slow in taking him to an island picnic spot; his icecream melted! He was thus impelled to devise a faster means of transportation over water.

- The automatic toaster was created by Charles Strite, when he was incensed by the burnt offerings from his lunchroom in the factory where he worked. The rest is history.
- Q-tips came into being when Leo Gerstenzang noticed his wife cleaning their baby's ears with toothpicks and cotton.

The ability to solve problems cuts across every challenge. But, there is no point in coming up with the right solution to the wrong problem. To the right we see the **Five Stages of the Problem-Solving Heuristic** graphically. The first imperative is to **define the problem correctly**. Only then can you proceed to the next step: **Generating solutions**. There are numerous remedies and resolutions to issues, but many of them die prematurely. Solutions should be converted into action. We must **decide on a course of action** and then **implement the solution**. Playing safe and doing nothing is often more dangerous than taking action and failing dramatically. The final step in the process is to **evaluate the solution**. This sequence of events should be transformed into an iterative loop if a satisfactory solution fails to emerge: The problem needs to be redefined if the initial definition was not concise or specific enough.



# LOVE IS THE ONLY OPERATING SYSTEM

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**“Set your life on fire. Seek those who fan your flames.”** – Rumi

## AN INTERPRETATION OF LOVE



**L** Linking of two complementary spirits, souls uniting. Twin Flames reconnecting in Divine Timing. A relationship where I and thou disappear, a relationship where two persons no longer function as two but function as one. A tremendous unity, a harmony, a deep accord – two bodies but one soul, the highest quality of love.



**O** The Opening of channels to allow the merging of yin and yang, being and non-being, light and shadow, manifest and non-manifest, man and woman, in a swirl of passionate harmony. Move towards that which makes you feel most alive. In Japan, they call it waku-waku.



**V** Manifesting the Vision of lovers as a fusion of two, becoming one, via Unity in Diversity; joined at source, yet free to grow unhampered. The union is complementary, it compensates and completes the original duality into an accord of oneness. What we focus on, expands.

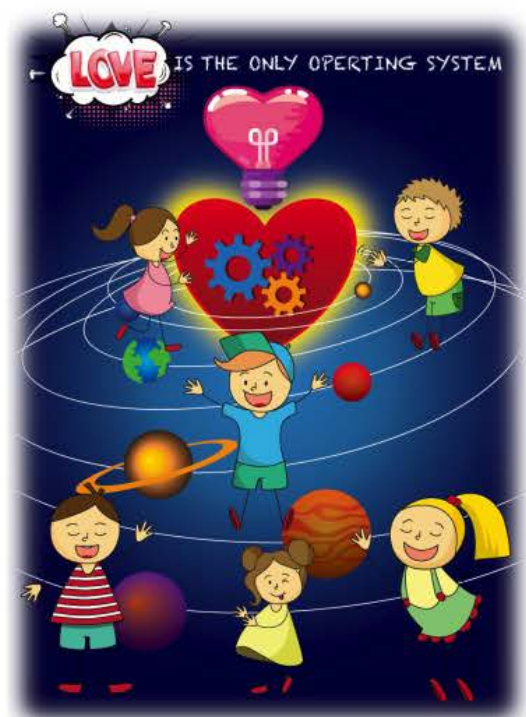


**E** The Expression of Love within the union of two lovers emerging as one, producing the offspring of bliss. A breeze passes and your every cell is thrilled by its touch; this is the lover being caressed by his beloved: perfect timing for the flow of bliss.

Our souls long for communion and connection ... and to find it in another, entwined in bliss ... what excites us or moves us to tears, what makes the blood rush to our heads, our hearts skip a beat, our knees shaky, and our souls sigh. To not be able to live without the other, fused into a beloved unity, shaped by God's Hands.

We don't change when we are given another option; we change only when we realise there is no other option. Time is precious; we must ensure we spend it with the right people.

In staring at a discarded flower vase we realise that no matter how broken one is, we can always start and be better than before. When we suffer a loss, it is like being sucked into a void. Being unable to breathe. Resilience is the strength and speed of our response to heartache. How much we are able to overcome it or how well we do to persevere in the face of it. We can build resilience over time by changing how we process negative events. Severe adversity brings real perspective, which is about finding appreciation and recognising life could be worse, and realising how fortunate we are to have the good things in life. Truly, love IS the only operating system.



# SUCCESS-CONSCIOUSNESS

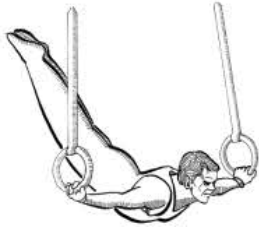
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## The Ingredients of Success



**COMPOSURE:** We need to feel a sense of calm, an enduring peace of mind that forms a foundation to realise our visions.



**CARDIOVASCULAR FITNESS:** We must be physically fit and full of energy. Mens sana in corpore sano ... a healthy mind in a healthy body!



**COUPLING CLOSENESS:** We should feel constantly nurtured by loving relationships. They energise us and give us a sense of security. Our visions stay in focus.



**CASH:** This is a necessary function for survival on our commercial planet. We must have enough financial freedom to release us from nagging concerns over monetary shortage. Different people have different needs, so the amount is not the issue. It is the belief that you have enough not to let anxiety sabotage your plans. Wealth is not how much you have; it's how little you need.



**CLARITY:** We must have a crystal clear perception of our visions and goals. Aim to extract clarity from the clutter that constantly assaults us. If you keep focused on your vision, your purpose will remain undimmed, undarkened, luminous. Uncontaminated aspirations keep you impassioned about life.



**CONQUEST:** This is the pinnacle of Maslow's Pyramid: self-realisation and self-actualisation inevitably attract success. This step integrates the preceding five stages on your path towards accomplishment.

SUCCESS comes from having goals, *impelled by the systems behind them*, taking risks, holding on to our convictions, and building up a small arsenal of triumphs...and defeats. Our failures tell us that it is possible to survive and move on. Our achievements reveal that it is possible to prevail in the future. Both these experiences are vital in helping reassure us that in the end, all will be well. In such a quest for the best, we need to keep learning daily, and to know that it is a simple fact that we will never outperform our own level of self-belief. So keep asking: **In what ways can I make a disproportionate and positive impact upon the world?**



# THE AFFINITIES WITHIN SYNCHRONICITY

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The ancient Greeks used a personification for *fate*: the three spinning sisters [*The Fates*, Destiny's Deities of Ancient Greece and Rome] who decided on the length of each person's thread of **life**, **love**, and **power**.



**Lachesis** controlled the length of the thread; **Clotho** spun the thread; and **Atropos** cut the thread when the time for ending had come.

This is a metaphor for the presence of a transcendent force or power that disposes what the ego proposes.

Each human project, lifetime, relationship, power bond, consolation, grief, and so on, has its own lifespan. There is a sense of something "greater than" oneself that is at work beyond our control. This plan is our fate when we are at its mercy, that is, caught off guard, fighting tooth and nail, shaking one's fist at heaven. It is the destiny of every individual when he or she joins in with it, with choice, consciousness, and cooperation—although there is no harm in trying to massage and cajole the fates for some extra time too!



Synchronicity is what shows me where the thread is leading, how long it is, and who or what in my life is spinning it at the moment.

Synchronicity joins something going on outside us with something happening inside us. In essence, synchronicity gives us a clue that there is no real separation between inside and outside, between internal and external reality. There is continual interplay. In this sense, synchronicity is a spiritual event, one that shows the unity of human, natural, and divine reality.



**"We are dragged along by fate to the destiny we refuse to walk toward upright."** ~ Carl Jung (26 July 1875 – 6 June 1961)

Jung is considered the first modern psychiatrist to view the human psyche as "by nature religious" and make it the focus of exploration.

**"The true Person is not an isolated entity, his individuality is universal; for he individualises the universe ... He individualises divine transcendence."** ~ Sri Aurobindo (born Aurobindo Ghose; 15 August 1872 – 5 December 1950)



**"There are many events in the womb of time which will be delivered."**

~ William Shakespeare (baptised 26 April 1564; died 23 April 1616)



**"The difference between the cosmos and man is only one of degree, not essence....Nature expresses something which transcends it....The display (what we see) is dual but the reality is identical... The reality of matter is the psychic self."**

~ Mircea Eliade (March 13 [O.S. February 28] 1907 – April 22, 1986) was a Romanian historian of religion, fiction writer, philosopher, and professor at the University of Chicago).

**"No fraction of Himself did God endow you with — for He is unfractionable; but with His Godhood entire, indivisible, unspeakable did He endow you with all. What greater heritage can you aspire to have? And who, or what, can hinder you except your own timidity and blindness?"** ~ Mikhail Naimy

In light of the prevailing pandemic, some events are meaningful coincidences in that they touch off a chain reaction, for example, a painful loss leads eventually to a surprisingly happy outcome. We may not know how what is happening right now really fits into our future, but we must live on with positive expectation!



# THE MOST POWERFUL SUCCESS TOOL IS INSIDE YOUR HEAD

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Live your life with positive expectancy! The highest forms of ignorance, incompetence, and indifference occur when we reject something we know nothing about.

We are in a new renaissance ~ a renaissance of the brain ~ *Brainaissance!* It finds us walking along the tightrope that cuts through vital options that call upon us to choose between maintenance and greatness, caution and courage, dependency and autonomy. What do you choose?



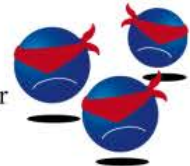
**“Man’s basic vice, the source of all his evils, is the act of unfocusing his mind, the suspension of his consciousness, which is not blindness, but the refusal to see, not ignorance, but the refusal to know.”** ~ Ayn Rand

Beware of:

**Groupthink**, a term coined by social psychologist Irving Janis (1972). It occurs when a group makes faulty decisions because group pressures lead to a deterioration of “mental efficiency, reality testing, and moral judgment.” Groups affected by groupthink ignore alternatives and tend to take irrational actions that dehumanise other groups. A group is especially vulnerable to groupthink when its members are similar in background, when the group is insulated from outside opinions, and when there are no clear rules for decision making.



**Tunnel Vision and Blind Spots:** obsolete internal convictions that cause one to adhere to wrong strategies, ignoring all evidence that they should be modified or replaced; a victim of internal schemas that blind one to reality.



**True success ensues when we overcome the fear of being unsuccessful.** We have to keep learning, but learning in a vacuum cannot lead to the kind of profound discipline it takes to reach beyond ourselves into a new world of ability and experience. Discipline is the key and aspiration is the spirit in learning that enables us to extend beyond our limits, to reach our dreams.

We’ve got to know that there is more out there in the world than we’ve experienced. We are in a mental economy, and thus must learn to create mental momentum. To do this effectively, we need what the Japanese term as ‘sunao’ ~ the untrapped mind.



**“Is your job in jeopardy?”**

**“NO! My job is fine. But I have become obsolete!”**

Thus, to stay relevant, and competitive, we must unlearn incongruous past beliefs, and keep learning new skills, attitudes, and behaviours. Never let your brain get irredeemably contaminated. Too many of us are not living out our dreams because we’re living inside our fears! Nothing ever goes away until it has taught us what we need to know. Life assumes meaning when you

motivate yourself to set goals, and charge after them with unstoppable zeal. Set yourself free!



**“When I set a glass prism on a windowsill and allow the sun to flood through it, a spectrum of colours dances on the floor. What we call “white” is a rainbow of coloured rays packed into a small space. The prism sets them free. Love is the white light of emotion.”** ~ Diane Ackerman



Most peoples’ formula today is to fill the tub, pull the plug, and fight the current. We rarely change when we see the light; we change, when we feel the heat. You can decide whether it’s going to make you bitter, or better; what happened to cause you grief can either be a stepping stone or a stumbling block. Your greatest ministry will come out of your deepest hurt. Yes, the most powerful success tool IS inside your head. Your thoughts CAN cause humankind to shift, learn, transform: to move from misery to joy, bondage to freedom, significance to transcendence. Success IS your birthright!

# MOVING AHEAD, FROM IDEAS TO CASH

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Helping you get a Return On Ideas

To be relevant in the multifold contexts of the emerging world, and be globally competent, we need to possess cutting-edge skills that enable us to:

1. **Investigate the world** beyond any immediate environment, framing significant problems and conducting well-crafted and context-appropriate research.
2. **Recognise perspectives**, others' and our own, articulating and explaining such perspectives eloquently, thoughtfully and respectfully.
3. **Communicate ideas** effectively with diverse audiences, bridging geographic, linguistic, ideological, and cultural barriers.
4. **Take action to improve conditions**, viewing ourselves as transformative players in a volatile, uncertain, complex, and ambiguous world, and participating reflectively.

Can your organisation outperform the world economy? See if you can answer the eight questions below. Plot your responses on the radial grid. The ideal shape is a circle of the largest diameter. A sample shape is shown dotted within the grid. These questions are related to the CEO's Mandate shown to the left. Keep testing yourself so that you and your organisation can get a continual Return on Ideas (ROI).

## Organisational Self-Assessment Questionnaire



1. If the standard operating procedures are the driving force behind all the corporate decisions in your organisation, is it seen as a problem?
2. Are your people tuned in and switched on to the challenges of working in real (unreal) time?
3. Do your people feel safe to express divergent ideas, and do these ideas, if any, have a mechanism (a conceptual conveyor belt) to move them into action?
4. Does your organisation have Innovation Teams to translate ideas into action?
5. Does your organisation have an effective innovation system that can spot talent, identify opportunities, assemble smart teams, allocate time and other resources, and set direction in order to remain continually viable for the long term?
6. Do your people know that by not continually questioning the status quo there is no status to their quo?
7. Do you accept that information is not good enough ~ we need ideas and imagination to create impact?
8. Beyond intellectual capital, do you recognise and act on the value of imaginative capital, so as to reap a Return on Imagination (ROI)?

# DETERMINING YOUR REALITIES WITH ANTICIPATORY INTELLIGENCE

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For leaders, it is especially important to bridge the present and the future. **WARNING!** It is easy to let the urgency of today cause you to squander the opportunities of tomorrow.



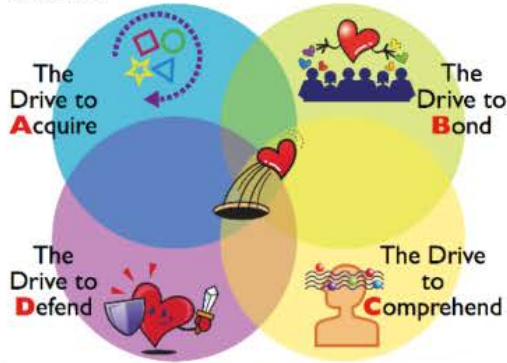
“Looking ahead in time and feeling a sense of connection to one’s future self can impact long-term financial decision-making...”



SmartBlog on Leadership, March 7, 2014

We are now discovering that the most successful organisations are made up of people doing what they *like* to do and believe in doing, rather than people doing what they are “supposed” to do. Ergo, a shift from ‘compliance-based’ organisations to ‘commitment-based’ organisations. Or, a paradigm shift from ‘requirements’ to ‘desires’.

Desire is the vital ingredient of powerful motivation, and powerful motivation is crucial to success. Anything less is staying stuck in mediocrity!



To fully enliven yourself, and where relevant, your employees, you must address all of these four fundamental ‘abcd’ drives that underlie motivation.

Good anticipation is the result of good strategic exploration.

With STRATEGIC EXPLORATION, you can discover the possible futures, and, once you have found out what is possible, you are in a position to anticipate it.



- POWER:** Over yourself, not over others. Once you have power, you are stable, centred.
- OWNERSHIP:** Being connected to something that is identified with you alone.
- COMPETENCE:** Exhibiting the ability to move in the direction of mastery.
- ACHIEVEMENT:** A sense of having accomplished something significant, and that gives your life value.
- MEANING:** A revelation of the embedded worth and value of having a rationale for your existence, for your actions, your relationships, and your legacy.
- AFFILIATION:** Your desire to have and maintain relationships that evoke sentiments such as

love, companionship, friendship, camaraderie, in a world where we are all somehow connected to one another.

**RECOGNITION:** Being ‘seen’ and ‘heard’ and if relevant, ‘felt’ by the world around you, and at large, not so much to be famous, but to be acknowledged as another being who comes from the deepest interconnections of life. You matter!

**ACTIVITY:** To be involved in life in some manner that evokes your interests, desires, and passions, and which manifest all the preceding seven elements ... you are a player in the game of life! Retirement then becomes ‘refirement’!

**Never permit your dreads to determine your destiny. Start getting enthused over starlight and sunrise, ocean waves and cool breezes, joyous laughter and unabashed love.**

“The race against oneself is the only race that’s never won.”

~ motto of car maker Porsche





# BELIEVE IN MIRACLES

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1440 Miracles

MINUTES

ASK! Have I done all that I am capable of doing?  
START! ... thinking, learning, creating,  
ACTING, manifesting ... MIRACLES!



You cannot Win by wishing, dreaming, hoping!

Hope is not a plan...hope is for folks who are  
hopeless...just a four-letter word! Instead of  
wishing, dreaming, hoping, you must COMMIT!

DESIRE TO COMMIT! TO YOUR SUCCESS.



VIA PROPER PLANNING & EXECUTION!



SUCCESS:

**S** = Significance (having meaning and reverence for life) **U** = Unexpectedness (happy surprises, variety, diversity)

**C** = Certainty (predictability, security, surety, assurance and insurance) **C** = Care, Love, Devotion (love is the only operating system)

**E** = Energy (to power us on towards our goals) **S** = Spirit (to move from inside out, and thus remain authentic)

**S** = Soul-Conscious Service (to give back, contribute, with sincerity, with devotedness and devoutness, via the sanctity and sacredness of soul) = **Fulfillment!**

You can't shrink your way to success. Fly! Get out of Dark Age Thinking! Get to know love, freedom, peace, serenity, joy. Meditate upon these aspects of what it means to be alive in the best sense possible. Be willing to challenge the status quo. Never become paralysed by the fear of going too far. And never let the dead past control you! Accept the past, present, and future as uncertain, but be positive about the uncertainty! Which bridge to cross and which bridge to burn will always bedevil you. Be bold, let loose your authentic individuality, and create convictions that shape your destiny with beauty, for you were born to win!

**What does it take to turn passion into success?** We have to tap into deep processes to unleash the forces of attraction, influence, and serendipity. YOU can do this at an elemental level; please do so, with strength and surety, for you have it within you to inspire titanic transformations within yourself. Know that everything you do to help others is sacred and significant: small and strategically placed interventions can cause large-scale profound change ~ doing more with less, and manifesting miracles along the way! Unwrap your infinite greatness! Start NOW: with who you are, with what you have, where you stand!

There are 1440 minutes in every day...

How do you spend your minutes?

Know that EACH Minute is a Miracle waiting to be awakened!

START thinking in terms of Miracles!

YOU are a Miracle!



Everything we do,  
and everything  
we accomplish, is  
only the tip of the  
iceberg of what's  
possible for us.

As long as we're  
trapped in old  
structures, we  
cannot adjust.  
We grow because  
of awareness, not  
because of hope.

# CREATIVE COMBUSTION

© Dilip Mukerjea CEO Braindancing International  
L.I.F.E. Coach, Author, Consultant, Presenter, Learning Guide

**Are you currently getting the right answers to the wrong questions or the wrong answers to the right questions?**



What is at stake when we ask the wrong questions and come up with the right answers? Everything, that is, everything that includes the interactions between people, organisations, and technologies. These are the ingredients of systems within ecosystems.

It is far better to ask the right questions and get a stack of wrong answers, for they are markers that lead the way to solutions.

We learn far more when things go wrong than when they go right. We must welcome wrong answers so that we can understand them, relate them to past experience, and infuse them into the wisdom of an organisation. When we refuse to recognise and acknowledge the importance of errors, we commit the most damaging error possible.



The right questions can lead initially to chaos. This is healthy. Our wrong answers churn away within us, much like a carburetor preparing a mixture for combustion...except that this is creative combustion, often leading to breakthrough innovations.



Creativity is inborn; it is the quality we bring to the activities we perform. It is an attitude, an approach that is inside-out, not outside-in. Do not confine creativity to anything in particular. In expressing ourselves, no matter what we do, even in mere walking, there is creativity. When we sit silently, in contemplation, doing nothing, it is the non-doing that can be a creative act. Buddha sitting under the Bodhi Tree, doing



nothing, is one of the greatest creators the world has ever known. Recognise that creativity is within; then consciously let it loose...and enjoy its flow.

We come into this world with a specific destiny -- something to fulfill, some message to deliver, some work to be completed. We are not here accidentally -- we are here meaningfully. There is a creative purpose within us. The Whole intends to do something through us.



Ideas are meant to be alive, dynamic, oxygenated through participation, experimentation, and cross-fertilisation. They are worthless unless they can be put to use, and continually grown, improved, destroyed, and reincarnated afresh. Their core remains the same, but their scope enlarges with successful use. The inherent, dynamic nature of ideas inspires unexpected, often serendipitous, results. As long as we have a creative brain, we can never run out of ideas!

We realise more of our divinity as we become more creative. The more creative we become, the more our spirits soar. When our creativity reaches a climax, when our lives radiate with creativity, we live in God (whatever our concept of Him or Her may be). When we love what we do, creativity emerges as a fragrance from the blossom that lives within us. The value is intrinsic. Creative acts are love-affairs of the human spirit. No matter how small an experience may seem, it becomes great by the touch of love and delight.

**When, through creative combustion, the heat and light of the fire within you comes to a climax, when your whole life becomes creative, you live in the realm of Providence.**



EMPLOYER:

"Are you looking for work, young man?"

APPLICANT:

"No, but I'd like a well-paid job."



# BRAIN RHYME

Coaching | Championship | Innovation | World Records

## PROGRAMS

Empowering Youth  
Creative Story Kids  
World Records  
Young Minds  
Memory Championships

## PROJECTS

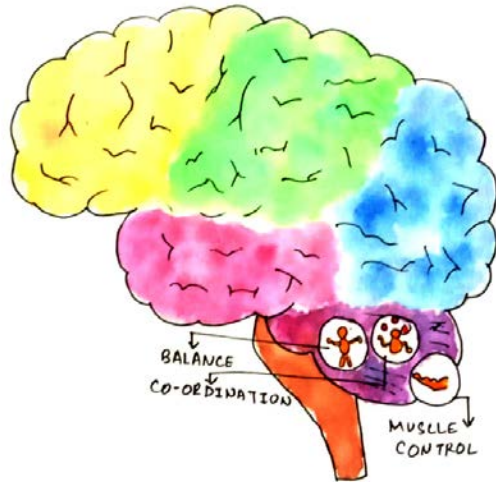
Innovation Club  
Innovation Book of Records  
Brain Rhyme Radio  
E-magazine - 360 degree Minds  
International Exchange  
Entrepreneur & Startup

**BrainRhyme®**, is a registered brain training organization in India & Singapore started its operations from May 2012, with a clear & focused approach in mind, to provide training and assisting students, Professionals, Senior Citizens on **“How Neuroscience plays role in Cognitive Development”**.

### VISION

To add value to Global Human resource through developed systems, tools and resources available to improve individuals skills by improving their cognitive abilities.

# NEUROBYTES 11



## Cerebellum

Also called as "little brain", Chotta dimag – located at the back of the brain. Accounts for just 10% of the VOLUME of the whole brain, BUT contains more than 50% of the total number of NEUROONS in the Brain. In case anyone wishes to know more information, functions & disorders you can check "The Cerebellum" a bi-monthly peer-reviewed scientific journal published by Springer Science+Business Media on behalf of the Society for Research on the Cerebellum and Ataxia.

### Cerebellum is responsible for Balance

Cerebellum is primarily responsible for muscle control, The movements, coordination between eye and object, (pouring tea in cup).

### Co-ordination

Information is sent to the cerebellum which then coordinates with the appropriate motor neurons to perform the function. (Ball is thrown, you either catch Or Kick)

### Muscle Control

Voluntary movements are commanded by the motor cortex. The motor cortex sends a neural message that moves through the brain stem along the spinal cord and into the neural network to the muscle being commanded. Walking, Eye moments, Speech are examples of Muscle Control

Picture Credit- Anam  
#brainrhyme  
#cerebellum

# NEUROBYTES 12



## How many crucial facts do you know about our brain?!!

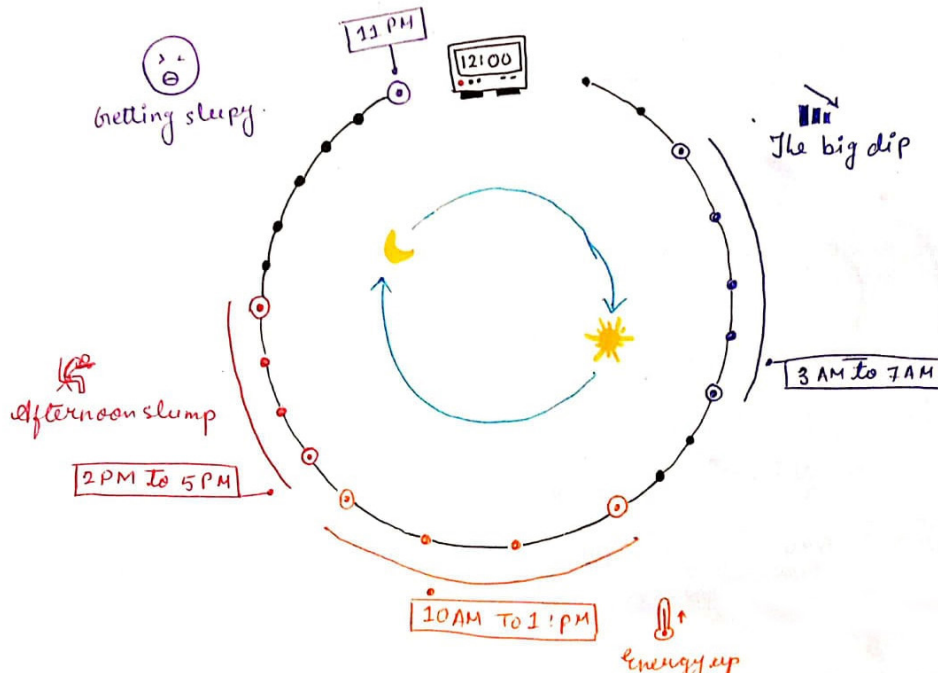
Synapse, also called neuronal junction, is the site of transmission of electric nerve impulses between two nerve cells (neurons) or between a neuron and a gland or muscle cell (effector). A synaptic connection between a neuron and a muscle cell is called a neuromuscular junction.

Due to synapse, we do have tons of brain functions and that's why our brain is called the The Controller of Human Body.

### For today let's learn a few astonishing facts about our brain:

1. The brain transmits 1000 nerve impulses per second.
2. A brain consists of 86 billion Neurons.
3. Sixty per cent of the human brain is made of fat.
4. Your brain isn't fully formed until age 25
5. Your brain's storage capacity is considered virtually unlimited.
6. Brain information travels up to an impressive 268 miles per hour.
7. On average, your spinal cord stops growing at 4 years old.
8. The spinal cord is the main source of communication between the body and the brain.
9. It's a myth that you only use 10 per cent of your brain
10. The human brain weighs 3 pounds. (That's about as much as a half-gallon of milk.)
11. The human brain can generate about 23 watts of power (enough to power a lightbulb)
12. Dreams are believed to be a combination of imagination, psychological factors, and neurological factors.

# NEUROBYTES 13



## Keep Your Brain Young with Music!!

If you want to keep your brain engaged throughout the ageing process, listening to or playing music is a great tool. It provides a total brain workout.

Research has shown that listening to music can reduce anxiety, blood pressure, and pain as well as improve sleep quality, mood, mental alertness, and memory.

Experts are trying to understand how our brains can hear and play music. A stereo system puts out vibrations that travel through the air and somehow get inside the ear canal. These vibrations tickle the eardrum and are transmitted into an electrical signal that travels through the auditory nerve to the brain stem, where it is reassembled into something we perceive as music.

Music is structural, mathematical and architectural. It's based on relationships between one note and the next. You may not be aware of it, but your brain has to do a lot of computing to make sense of it.

The power of music isn't limited to interesting research. Try these methods of bringing more music and brain benefits into your life.

## 1. Jump-start your creativity

New music challenges the brain in a way that old music doesn't. It might not feel pleasurable at first, but that unfamiliarity forces the brain to struggle to understand the new sound.

## 2. Recall a memory from long ago

Listening to familiar music helps to recall memories tied up with when you have heard the music.

## 3. Listen to your body

Paying attention to the forms of music and how your body and brain react to it, helps you to put yourself in a different mood song with the music it suits.

**NOTE:** Well, many suggest music can help to heal a damaged brain. But do you know there is no curative treatment for diseases causing brain injury? Music causes extensive activation of the brain, promoting the repair of neural systems.

**Picture Credit: Anam**

**Content Credit: Aditi Nandi**

#neurology #brainstudy #neuroanatomy  
#brain\_facts #brainrhymes #braindimensions  
#knowledgeaboutbrain

# NEUROBYTES 14

## BRAIN STEM

Your brainstem is the bottom, stalklike portion of your brain. It connects your brain to your spinal cord. Your brainstem helps regulate some body functions, including your breathing and heart rate. The brainstem also controls your balance, coordination and reflexes.

Sudden injuries, and brain or heart conditions may affect how your brainstem works.

### Few integral functions Brain Stem control are:

1. Balance
2. Blood pressure
3. Breathing
4. Facial sensations
5. Hearing
6. Heart rhythms
7. Swallowing

Your brainstem also contains 10 of the 12 cranial nerves (nerves that start in your brain). These nerves control your facial movements, sensations and taste.

### Your brainstem consists of three parts:

#### 1. Midbrain

The top part of the brainstem is crucial for regulating eye movements.

#### 2. Pons

The middle portion of the brainstem coordinates facial movements, hearing and balance.

#### 3. Medulla oblongata

The bottom part of the brainstem helps regulate your breathing, heart rhythms, blood pressure and swallowing.

Your brainstem also contains your reticular activating system (RAS). The RAS is a network of neurons. Your RAS controls your sleep and wake cycles. It also helps you stay alert and attentive to your surroundings.

### A wide range of injuries or conditions can damage your brainstem. Some of these include:

1. Blood clots
2. Brain tumors
3. Encephalitis: Inflammation in your brain tissue.
4. Heart attack
5. Stroke
6. Sudden cardiac death
7. Traumatic brain injury (TBI)

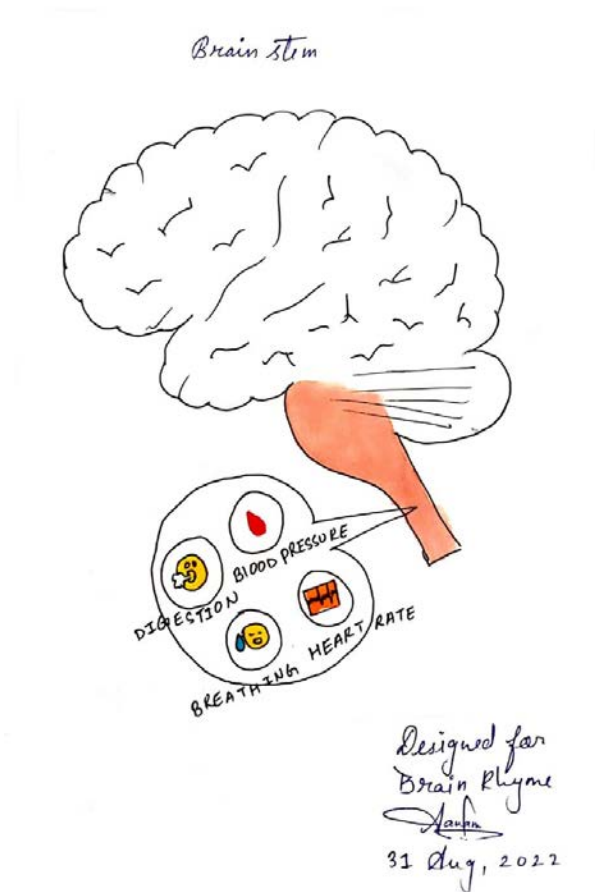
### Do you know some common Signs or Symptoms for Brain Stem Damage?

Let us know below in comments.

Picture Credit : Anam

Content Credit: Aditi Nandi

**#neurobyte #brainlobe #study\_of\_brain #brainrhymes #BrainStem #neuroanatomy**



# NEUROBYTES 15 (NeuroDynamics - Part 1)

## Do you know neurodynamics and the 2 Fold Neural examination?

Neurodynamics refers to the communication between different parts of the nervous system and to the nervous system's relationship to the musculoskeletal system. It has been shown that the nerves move independently from other tissues. Neurodynamics is now seen as an important part of injury assessment and treatment.

The treatment and or assessment relies on influencing pain physiology via the mechanical treatment of neural tissues and non-neural structures surrounding the nervous system. This mobilisation activates a range of mechanical and physiological responses in nervous tissues.

### Example

- Neural sliding
- Pressurisation
- Elongation
- Tension and Changes in intraneural microcirculation,
- Axonal transport and nervous impulse movements.

### 2 Fold Neural Examination

- Neural (Traditional) Examination
- Neural Subjective
- Dermatomes and myotomes
- Muscle strength
- Reflexes
- Romberg's Test
- Babinski's Reflex ( Plantar response)

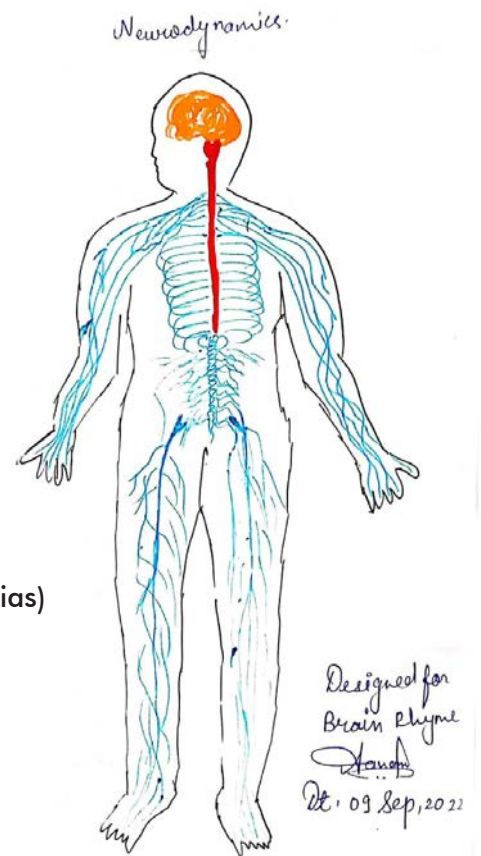
### 2- Neural Provocation Tests

- ULTT1 (median nerve bias)
- ULTT2a (median nerve, musculocutaneous nerve and axillary nerve bias)
- ULTT2b (radial nerve bias)
- ULTT3 (ulnar nerve bias)
- PNF (Lhermitte's Test)
- SLR (sciatic, tibial, and peroneal nerve biases)
- PKB (femoral nerve bias)
- Slump (Dura)

**Picture Credit: Anam**

**Content Credit : Aditi Nandi**

**#neurodynamics #neurobytes #brainrhyme #brainstudy  
#Knowledge\_about\_brain #neuroanatomy #brainstem**



# NEUROBYTES 16 (NeuroDynamics - Part 2)

Have you ever read in detail about these 2 fold neural examinations? Here are a few pages on them.

## Neural mobilization

To treat neurodynamic dysfunction to date is still needing justification through research of high-quality homogenous studies. To date, however, most studies have shown positive therapeutic effects through the use of neurodynamic treatment. To apply the principles of neurodynamics, a good understanding of the neural basics, as defined below, is needed.

## Neuroanatomy

To apply the principles of neurodynamics, a good understanding of the neural basics, as defined below, is needed.

## Neurophysiology

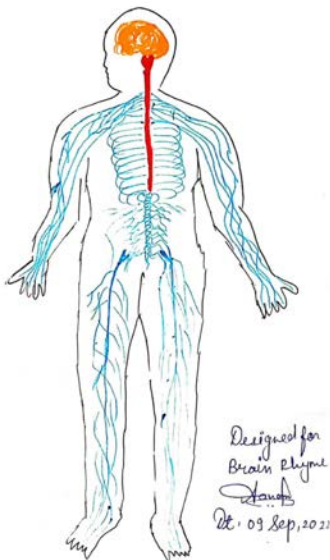
The study of the function of the nervous system.

## Neurobiomechanics

Restoration of the biomechanics of the skeletal system in order to measurably improve nervous system function, health, function, quality of life, reduce pain and the progression of degenerative joint and disc disease.

## Neuropathology

The study of diseases of the nervous system.



## 1 Neural (Traditional) Examination-

Neural Subjective:

<https://www.physio-pedia.com/>

Category:Neurological\_-\_Assessment\_and\_Examination

## Dermatomes and myotomes -Myotomes

[https://www.physio-pedia.com/H\\_-\\_Reflex\\_in\\_Lumbosacral\\_Radiculopathy](https://www.physio-pedia.com/H_-_Reflex_in_Lumbosacral_Radiculopathy)

A dermatome is an area of skin that is mainly supplied by a single spinal nerve. There are 8 cervical nerves (note C1 has no dermatome), 12 thoracic nerves, 5 lumbar nerves and 5 sacral nerves. Each of these spinal nerves relays sensation from a particular region of the skin to the brain.

Dysfunction or damage to a spinal nerve can trigger symptoms in the corresponding dermatome. Nerves damage or dysfunction may result from infection, compression, or traumatic injury

The nerves from the

- C2 to C4 supply the skin of the neck.
- C5 to T1 nerves supply the arms.
- T2 to L2 nerves supply the chest and abdomen.
- L3 to S1 nerves supply the skin of the legs.
- S1 to S4 nerves go to the groin.

## Muscle Strength

[https://www.physio-pedia.com/Muscle\\_Strength\\_Testing](https://www.physio-pedia.com/Muscle_Strength_Testing)

## Reflexes

<https://www.physio-pedia.com/Reflexes>

## Romberg's Test

[https://www.physio-pedia.com/Romberg\\_Test](https://www.physio-pedia.com/Romberg_Test)

## Babinski's Reflex ( Plantar response)

[https://www.physio-pedia.com/Babinski\\_Sign](https://www.physio-pedia.com/Babinski_Sign)

## 2- Neural Provocation Tests

### SLR (sciatic, tibial, and peroneal nerve biases)

[https://www.physio-pedia.com/Straight\\_Leg\\_Raise\\_Test](https://www.physio-pedia.com/Straight_Leg_Raise_Test)

### PKB (femoral nerve bias)

[https://www.physio-pedia.com/Femoral\\_Nerve\\_Tension\\_Test](https://www.physio-pedia.com/Femoral_Nerve_Tension_Test)

### Slump (dura)-

[https://www.physio-pedia.com/Slump\\_Test](https://www.physio-pedia.com/Slump_Test)

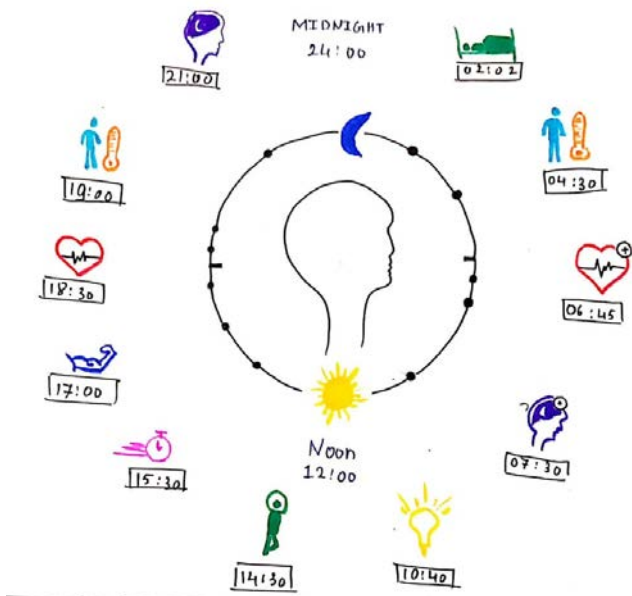
Picture Credit: Anam

Content Credit: Aditi Nandi

#neurodynamics #neurobytes #brainrhyme #brainstudy  
#Knowledge\_about\_brain #neuroanatomy #brainstem



# NEUROBYTES 17 (Circadian Rhythm - Part 1)



Circadian and diurnal rhythms, which control functions like sleep, body temperature, and hormonal changes, are most affected by light.

Chronobiology is the study of circadian rhythms. One example of a light-related circadian rhythm is sleeping at night and being awake during the day.

A master clock in the brain coordinates all the biological clocks in a living thing, keeping the clocks in sync. In vertebrate animals, including humans, the master clock is a group of about 20,000 nerve cells (neurons) that form a structure called the suprachiasmatic nucleus, or SCN.

The SCN is in a part of the brain called the hypothalamus and receives direct input from the eyes.. The SCN controls the production of melatonin, a hormone that makes you sleepy. It receives information about incoming light from the optic nerves, which relay information from the eyes to the brain. When there is less light—for example, at night—the SCN tells the brain to make more melatonin so you get drowsy.

Changes in our body and environmental factors can cause our circadian rhythms and the natural light-dark cycle to be out of sync.

For example:

- Mutations or changes in certain genes can affect our biological clocks.
- Jet lag or shift work causes changes in the light-dark cycle.
- Light from electronic devices at night can confuse our biological clocks.

**Picture Credit: Anam**

**Content Credit: Aditi Nandi**

**#Neurobyte #Neuroanatomy #brainstudy  
#BrainRhyme #CircadianRhythm  
#knowledgeaboutBrain**

Does our body have a personal internal clock, What are the factors it is responsible for Read more below to know!!!

Let's first understand what is Biological rhythms!

\_They are a series of bodily functions regulated by your internal clock. Rhythms can influence important functions in our bodies, such as:

- Hormone release
- Eating habits and digestion
- Body temperature

Your body maintains its rhythms through a variety of chemicals at the molecular level in response to your environment. Your light exposure, eating habits, and other environmental cues can maintain or disrupt your biological rhythms. Disrupting your biological rhythms can lead to serious health problems.

Most biological rhythms work in roughly 24-hour cycles. Others, such as menstrual cycles, work over longer timeframes. Each type of biological rhythm has a certain name to show how long it lasts:

- Diurnal (night and day)
- Circadian (24 hours)
- Ultradian (less than 24 hours)
- Infradian/Circalunar (1 month)
- Circannual (1 year)

# NEUROBYTES 18 (Circadian Rhythm - Part 2)

Older adults may notice their circadian rhythm changes with age, and they begin to go to bed earlier than they used to and wake in the wee hours of the morning.

**Your biological rhythms influence important functions such as:**

- Metabolism
- Heart rate
- Blood pressure
- Body temperature
- Hormone levels
- Urine production

**How are circadian rhythms related to jet lag?**

Jet lag occurs when you travel over several time zones quickly, and your body is not aligned to the time of your new environment. Your circadian rhythm is attuned to the place where you left, and it has to readjust. This may result in feeling

- Insomnia
- General sleepiness or fatigue
- Indigestion
- Irritability
- Lack of focus

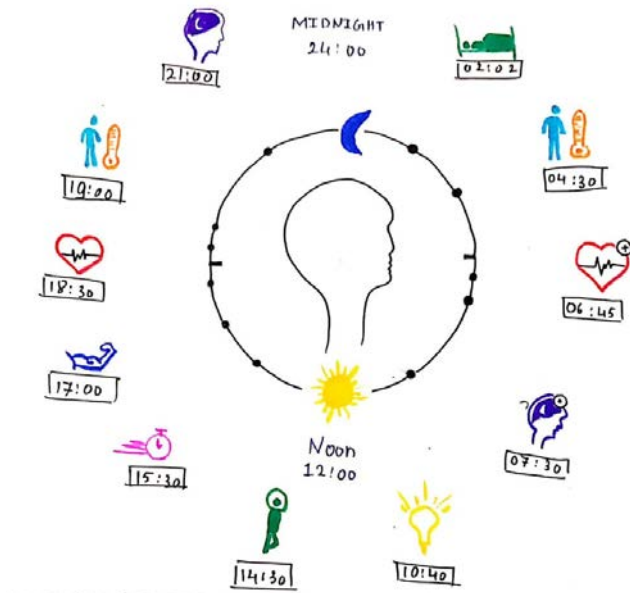
**Sometimes it is not possible to follow your circadian rhythm, and your lifestyle needs and internal clock clash. But maintaining these at least helps to keep your Biological Rhythms in check**

- overnight or off-hours work shifts
- Travel that spans the course of one or more different time zones
- A lifestyle that encourages late-night hours or early wake times
- Medications, Poor sleep habits or Stress
- Mental health conditions like brain damage, Dementia, Head injuries, or Blindness

**Picture Credit: Anam**

**Content Credit: Aditi Nandi**

**#Neurobyte #Neuroanatomy #brainstudy  
#BrainRhyme #CircadianRhythm  
#knowledgeaboutBrain**



**How Circadian Rhythm works in different age groups:**

## **Circadian rhythm in babies**

Newborns do not develop a circadian rhythm until they are a few months old. Their sleeping patterns are erratic in the first days, weeks, and months. Babies begin to release melatonin when they are about 3 months old, and the hormone cortisol develops from 2 months to 9 months old.

Toddlers and children have a fairly regulated sleep schedule, Children need about 9 or 10 hours of sleep a night.

## **Circadian rhythm in teens**

Teenagers experience a shift in their circadian rhythm known as sleep phase delay, teenagers may not get tired until much later in the night. Melatonin may not rise until closer to 10 or 11 p.m. or even later, Their peak sleepy hours at night are from 3 to 7 a.m.

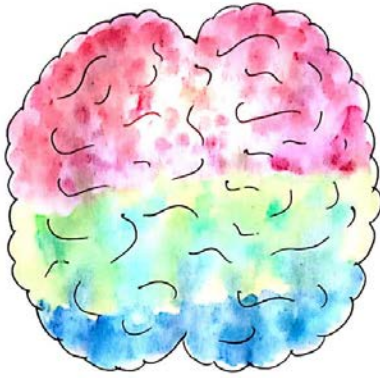
## **Circadian rhythm in adults**

Adults should have a pretty consistent circadian rhythm if they practice healthy habits for 7 to 9 hours of sleep every night. Adults likely get sleepy well before midnight, as melatonin releases into their bodies. As adults, we reach our most tired phases of the day from 2 to 4 a.m. and 1 to 3 p.m.

# NEUROBYTES 19

## LEFT BRAIN

IQ  
ANALYTIC THOUGHT  
LOGIC  
LANGUAGE  
SCIENCE & MATH  
SPEECH  
READING  
WRITING



## RIGHT BRAIN

EQ  
HOLISTIC THOUGHT  
INTUITION  
CREATIVITY  
ART & MUSIC  
PERSONALITY  
MEMORY

## MID BRAIN

Upgrade Memory, Absorption,  
& Learning capabilities

## Mid Brain Activation- Part2

Midbrain activation is a pseudoscientific training method claiming to allow the development of blind vision and to improve memory and concentration. The trick often works by training participants to see through blindfolds to give the illusion that they are reading objects without being able to see.

### Interesting fact:

- Since the MidBrain is responsible for communication with the left and right hemispheres of the brain, the process of Activating the MidBrain will result in better communication with the left and right hemispheres.
- As individuals grow older, the brain has the tendency to automatically assign one hemisphere of the brain to become more dominant in performing a certain task (a process known as Lateralization).

This means we end up using much less of our brain that we actually could! The process of activating the MidBrain reverses this trend and allows us to use our brain more efficiently, hence the improvement in cognitive abilities.

**This skill may sound supernatural (to read with their mind, not eyes!), but it is merely a form of brain ability that we possess:**

- Improved memory power.
- Enhanced concentration power.
- Higher self-esteem and confidence.
- More articulate thinking style and a sharper mind.
- Stress management during revision and homework.

### MidBrain Activation helps in:

- Super IQ
- Speed Learning
- Multiple Languages Master
- Superb Intuition
- Nurture sharp sensitivity
- Creative Talent
- Photographic memory
- And many more...

## Mid Brain Activation- Part1

**Have you ever wondered how if one sensory organ doesn't work efficiently, the power of another increases??**

Well, its all the power of our midbrain, read more to know more!!!

Midbrain activation is a pseudoscientific training method claiming to allow the development of blind vision and to improve memory and concentration. The trick often works by training participants to see through blindfolds to give the illusion that they are reading objects without being able to see.

The midbrain serves important functions in motor movement, particularly movements of the eye, and in auditory and visual processing.

MidBrain (Interbrain) has to be awakened by stimulating a hormonal discharge. In the human body, it is the pituitary gland that regulates the hormone secretions and this function has to be awakened.

The pineal body secretes two hormones: Melatonin and Serotonin.

- The secretion of Melatonin increases in the dark and decreases when it is bright.
- Serotonin is said to be very closely related to the evolution of species and has the capacity to increase the intelligence of the right brain.

**Picture Credit: Anam**

**Content Credit: Aditi Nandi**

**#Neurobyte #Neuroanatomy #brainstudy  
#BrainRhyme #MidbrainActivation  
#knowledgeaboutBrain**

## Interview with **SANDEEP NATH** by Madhu Jhawar



In Interview at UniQEduStory by Madhu Jhawar, Sandeep Nath beautifully explains, what is Inner power and how can children to tap inner power and make it useful to them!

He also explains gratitude according to him, how we can practice and receive results?

He then gives a wonderful technique, how we can prioritize tasks in life and achieve more! To know about – 'Flying Fish Have Walking Shoes':- watch the complete interview with Sandeep Nath @UniQEduStory by Madhu Jhawar <https://youtu.be/YiBp0-kR6jA>

Sandeep Nath is the founder of RENEWALism. An IIT-IIM alumnus, he founded and ran a successful strategy consulting company before heading to the Himalayas in search of the purpose of life and what drives our energetic consciousness.

As a Coach, he has taken the sacred wisdom of our Inner Power to more than 46 cities spread over four continents. He is an international Reiki master, Business Qigong guide, Mindfulness coach, Belief Clearing coach, and Author of two books; Arrive at Success and RENEWAL.

As a Mentor, Sandeep brings a unique approach to mentees as he helps them discover their own inner power, which he says lies obscured by years of conditioning - both social and educational - which limits every one of us.

He has worked with a wide range of global organizations and provides them with a competitive edge based on his unique understanding of how the world works. He is passionate about raising human consciousness and believes that the world is a mere 30 habits away from Renewal.

His intervention success is based on his belief that behaviour is an outcome of thinking. And to bring individuals into action you have to work on their thought-perception, which is easily achieved through working on habits. Sandeep's methodology can quickly move hindering habits into profitable perception, providing the spark needed to reset mindset.

To provide background into his story, while he was running a successful consulting company in Hyderabad since 1998, around 2005 he began to be disturbed by existential questions. His largest multinational clients, it seemed to him, were creating more problems than

they were solving for the world. And that got him to turn to Vedic gurus in search for answers about purpose and consciousness.

This led to an understanding of how energy moves all of us, and by 2010 he handed his company over to the other Directors and moved to the Buddhist monasteries to deep dive into personal energy and the body-mind-spirit from Tibetan lamas. With his knowledge of Qigong and Reiki, from Chinese and Japanese masters, he put together what he calls Inner Power Programs, to apply ancient oriental wisdom to reverse modern business and lifestyle challenges.

Sandeep is available for personal mentoring, group coaching, as well as for you to buy the Inner Power Programs (at the lowest prices online) to begin a journey to discover your inner power.

**SandeepNath.com**

## Interview with **SHOBITHA SHETTY** by Madhu Jhawar



Interviewing Ms Shobitha Shetty was an eye opener to the world of counselling and how the opinion of the child is taken care of while counselling them for further studies and help choosing various career options.

Career confusion and indecision can affect you at any stage of your career. Career counselling will provide necessary inputs and guidance to students enabling them choose their career in tune with their skill and academic abilities.

A Career Assessment is a test designed to understand where your unique set of strengths, aptitudes and skills lie, in order to recommend the right careers for you. Personality, Aptitude, Interest, EQ and Orientation Style tests are taken to suggest your top career options, so you can take the first step towards achieving your career goals. Such career assessment taken helps you make the most accurate and well-informed career decisions.

Career Guidance takes the benefits of career assessments and career counselling to the next level. Being successful in a career takes extensive efforts, and with an experienced coach/mentor, your career development efforts can find the right direction.

Shobitha, an Electronics and Communication Engineer by Education, Teacher by Profession and a career counsellor by passion.

Most passionate about teaching resulted in working as lecturer / teacher for different levels of students. As lecturer in NIT Karnataka, Nitte Engineering College and Sri Narayana guru college Mangalore. Worked also as a teacher in Riyadh in Saudi International, Delta International, Middle East International, and Geniuses of Knowledge International Schools.

She has interaction with thousands of different age group of students starting from Grade one to Grade 12. Helping them build communication skills, mentoring them to face challenges in studies and in life, was her favourite part of teaching. Also, many students Aced their Mathematics scores when she took A and O level IGCSE Mathematics.

She is also a certified yoga and meditation instructor. Helping students explore personality development through NLP (Neuro Linguistic Programming) That's not all, she is also a passionate toastmaster

serving as vice president of Education in Elite 30 advanced TM club Riyadh, which is an online club. She has taken part in Division level contests in Div. N, Dist79.

She always wanted to do something for the future of students. So, she became a Student Career Counsellor as a certified career counsellor from UCLA University. She is all the happier to talk to student who needs help weather it is career or about their personal matter which bothers them.

Her aim is to see "world filled with purpose driven people" when passionate energy transcends and moves the world to be a Happy Place and Everyone has a 'smile' on their face.

You can reach her on the Facebook group  
<https://www.facebook.com/EduQuast>

You can join WhatsApp group to get updates about career advices  
<https://chat.whatsapp.com/D4Seij5A115DoMXtV8Ng3z>

To Connect with her yoga classes from 5-6 am Mon-Fri  
<https://chat.whatsapp.com/L1BoqLNmjet2tldPvgojQx>



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