

# 360Mind

## E-Magazine

5<sup>TH</sup> EDITION  
JAN 2023

Art Expression

Health

Science &  
Technology

Life Skills

Creativity

Neuroscience

Wellness

Music

**TRAIN  
YOUR MIND  
TO STAY CALM  
IN EVERY  
SITUATION !**



**BRAIN RHYME**

Coaching | Championship | Innovation | World Records



# INDEX

**36Mind**  
E-Magazine

Pg No	Article	
03	About Founder	
04	Editor Note	- Col.Sushobit Kamra, Veteran
05	World Record	
06	Mental Health	
08	Creative Combustion	- by Dilip Mukerjea
09	Cognitive Coruscations Via Conspicuous Communication	- by Dilip Mukerjea
10	The best thing you can do is to win against yourself	- by Dilip Mukerjea
11	Beat the Pandemic: SOARR!!!	- by Dilip Mukerjea
13	Neurobytes	- by Aditi Nandi & Anam
16	Interview with Dr. Alka Chadha	- by Madhu Jhawar
18	Interview with Mukta Shama	- by Madhu Jhawar

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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*

Hello my dear readers!!

Trust that you are all doing good and enjoying the winter.

The Christmas of 2022 has just gone by and the jingles are ringing for the new year just around the corner.

We here team BrainRhyme feel happy to present our fifth edition of E-magazine.

Magazine is for your mind, body and soul . Mind so that you get some help in achieving your professional aims, thoughts which helps you relax and as well as stir the neurons inside your brain.

Do enjoy the articles, snippets and much more which has been presented in this edition.

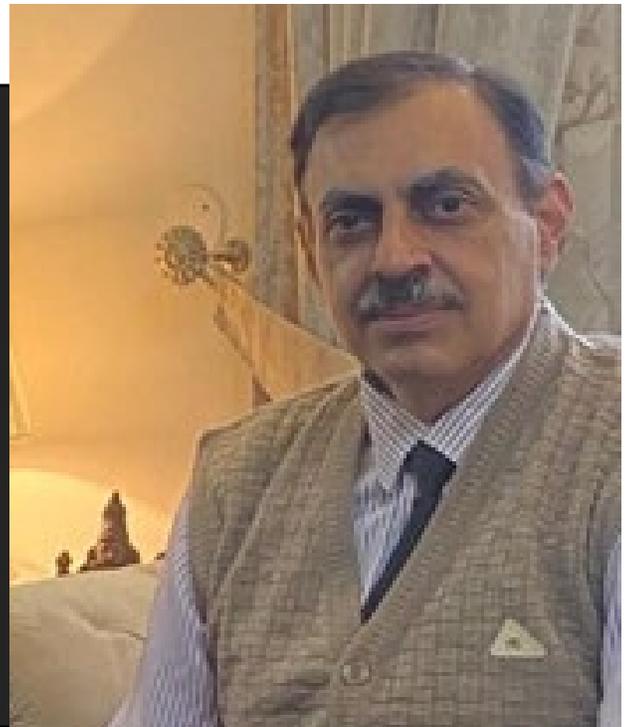
As always, we will look forward to your comments, feedback and what more do you want to be added?

- 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



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

# ESHAN JAGDISH

8+ Years Old | Dubai, UAE

## OMG Book of Records International Book of Records

**Record of Memorising 181 Acronyms related to Information technology has been created by Master Eshan Jagdish of Dubai, UAE in record time of 12 minutes and 34 seconds on 6th December 2022.**

- Pursuing level 2 in keyboard affiliated to Trinity college.
- Pursuing level 2 in abacus.
- Participated in international abacus competition held recently in UAE.
- Runner up in Intra School Yoga Competition.
- Interest : Music, Swimming, Karate & Computers.





# MENTAL HEALTH

**B**rain Rhyme has initiated a whatsapp platform where we post questions everyday and participants contribute their experiences and wisdom. You can pickup, advice, suggest in form of audio, video, article, links, case study, whichever suits you. Every magazine we shall cover a few questions and answers received from participants.

Anyone interested to join pls send message with subject  
**FUN#Mental Health**

Whatsapp On  
+91 9833401292

## FUN # MENTAL HEALTH01

### What are Simple & Practical ways to concentrate better ?

Make a list of Activities. Once we make a list, we can concentrate more about the subject. Controlled and disciplined breathing. Prepare a to do list (weekly, quarterly, monthly, etc.). Categorize and priorities your work. This helps to focus and concentrate even in emergency situation.

Choose 1 or 3 "Most important task" daily. Try to accomplish them in first half of the day. Doing this everyday will create reference of achievements in the mind leading to more work done and achievements daily. Multitasking can be one of the reasons for distraction, so avoid multitasking . Secondly unorganized project management can lead to distractions – Divide the tasks into Focus on Task | Ignore others.

Keep a background low tone instrumental music running in the background. Being in Meditation keeps absolutely focused. Having a discipline to meditate before sleep 10-15 mins and just after waking up can add huge focus to concentrate better whole day. Anyone interested to join pls send message with subject FUN#Mental Health

# FUN # MENTAL HEALTH 02

## How do you Handle Stress ?

Take a shower after you wake up during morning hours. It helps in morning alertness and can complete the work in half the normal time.

One way is to avoid every kind of distraction. No phone, No Music, No refreshment. Just put the nose to the grind and things happen! Other way is to use creative tools such as music, walk, power nap in between your work in hand.

Do the activity which you like the most. Relaxing in nature, breathing some fresh, cool air and meditation. Keep out of thoughts which you are feeling stressed out. When you start with a fresh mind you automatically attract ideas, good thoughts and energy.

## A Pot was once asked – How do you remain cool in every situation ?

A Pot was once asked – How do you remain cool in every situation? The pot answered, “I just remind myself that I am made of to mud. Then why have Pride

Stress is our body’s reaction to event that’s bothering us. negative. When negative stress lives that’s when it becomes

Identify the trigger within and or coach to help manage in wellbeing activities: Eat a move around, exercise, journal talk to loved ones, engage in happy hormones in our body. bliss: a way to handle stress. All the mind are at full force during 2 or 3 seconds and you can frames with extreme clarity & it is solving mechanism of the body really kicks off.



any internal or external Stress can be positive or becomes common in our problematic.

seek help from therapist the trigger. Engage balanced, nutritious diet, your thoughts and worries, hobbies – it releases Sometimes ignorance is the sensory facilities of those extremely stressful remember split second those times that the stress

Perceived Stress and real stress are different. When faced with real stress, there’s a fight and flight response. Flight could also mean that one simply freezes! Nature has designed creatures differently. The animals like rabbits are more prone to freeze when faced with danger. They often die or fright than injuries. Those like deer are more likely to flee, without an inkling of where they’re fleeing, often ending up getting killed in the process of fleeing.

Everyone would love to handle stress like James Bond, but to do that, one needs to have a mind that can be trained to react like that. That’s why during interviews, the candidate is first either stressed or their stress is relieved, depending on the kind of interviewer and type of Job.

To relieve stress following things can work wonders – listen to music / songs, drink hot coffee, start something creative like painting, planting, etc. Stress can also be handled by thinking about the end in mind, getting things done which are in our control, No if’s and but thoughts and ready to face any situation with courage.

# CREATIVE COMBUSTION

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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.

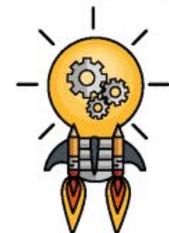
We come into this world with a specific destiny -- something to fulfill, some message to deliver, some work to be completed. We are not here accidentally -- we are here meaningfully. There is a creative purpose within us. The Whole intends to do something through us.



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."



# THE BEST THING YOU CAN DO IS TO WIN AGAINST YOURSELF

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**YOU** are swimming...in an ocean of Opportunity!

**Within a Cosmos of SuperAbundance!**

Opportunity Recognition is the **FIRST SKILL** to an entrepreneurial mindstate.



**Ask yourself this question:**  
**What would you do if you knew you could not fail?**

Once you know, you are ready to answer these three crucial questions:

- (1) Who are you?
- (2) What do you possess?
- (3) Why should I care?

**YOU** are surrounded by...the raw materials of Success! **YET ...** you have been conditioned to fail ... even though

**YOU were Born to WIN!**

“Are you bored with life? If so, throw yourself into some work you believe in with all your heart; live for it, die for it, and you will find happiness that you had thought could never be yours.”

— Dale Carnegie



“The Chinese use two brush strokes to write the word ‘crisis.’ One brush stroke stands for danger; the other for opportunity. In a crisis, be aware of the danger--but recognize the opportunity.” ~ John F. Kennedy

Know that your biggest problem could be the biggest gift that you have ever received, because, within the problem lies the lesson that will make you successful. If you stop looking at what happened and whom to blame, and start looking for and at the gift within the problem, it can transform your life. Stop staying stuck with whining, justifying and laying blame, and start shifting your perspectives; it WILL transform your life ... automagically!



“A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.”

~ Winston Churchill

**The best thing you can do is to win against yourself!**



# BEAT THE PANDEMIC: SOARR!!!

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Everything magic is challenging. It is the process of life; there's no way to avoid adversity, but if you can look upon it as an asset, you will win...against yourself! See who you are as better than you are. Then transport yourself into the future, to see your possibilities.

As human beings, it is our birthright to participate in the miracle processes of life. SOARR is an acronym that illustrates the pathway to greatness. It stands for (1) Seeding (2) Overcoming (3) Achieving (4) Rejoicing (5) Re-Seeding.

Life begins when a **seed** is planted ... at which time, we are defenceless, surrounded by predators that prey upon our vulnerabilities. But with care and nurturing, we soon **overcome** the demons, and break through all barriers, **achieving** a measure of freedom. With perfect persistence and indefatigable determination, we grow and develop into success ... a time for **rejoicing!** But success can lead to failure! So we must **re-seed** our gains and nurture the cycle

of success into the long-term future...to develop and grow.



**NOTE:** Development and Growth are NOT the same thing! Rubbish heaps grow but do not develop. Einstein continued to develop long after he stopped growing. Some nations grow larger without developing, and others develop without growing.

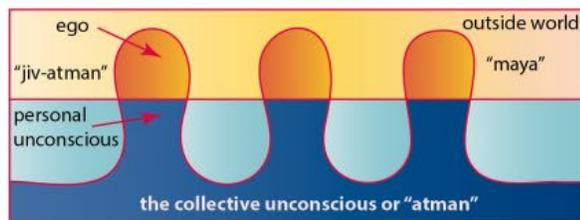
Growth is an increase in size or number. Development is an increase in competence, the ability to satisfy one's needs and desires and those of others.

Growth is a matter of **EARNING**.

Development is a matter of **LEARNING**.

**CAUSE-and-EFFECT** is about **ACTIONS**, not **INTERACTIONS**, which are about **LIFE** and **SYSTEMS!**

**THINK!** Life is a system! Everything connects to everything else! Interact with Life!



The Jivatman or spirit, as it is usually called in English, is self-existent above the manifested or instrumental being - it is superior to birth and death, always the same, the individual Self or Atman. It is the eternal true being of the individual.

**If you go through life being casual, you become a casualty!**  
**Be bold!**  
**Take life on. SOARR!**



We are all connected: it is the nature and methods of evolution from matter to spirit, the role of a Supermind or Supreme Spirit in the creation/involutionary process.

From down-in-the-dumps depression to cliffhanging ecstasies, from caves to condominiums, we have always possessed the means of overcoming our divided nature through higher consciousness, the transformation from our divided nature into a supernature. Even though the human being is treading in ignorance there is in each of us a possibility for Supreme manifestation, a supramental force that can transform mind, life and body. Take this seriously, as it is a tribute to your infinite capacity to manifest miracles.



At this level, on the seabed, everything connects to everything else!



**“The human brain is an incredible  
pattern-matching machine.”**

**- Jeff Bezos**

# NEUROBYTES 21

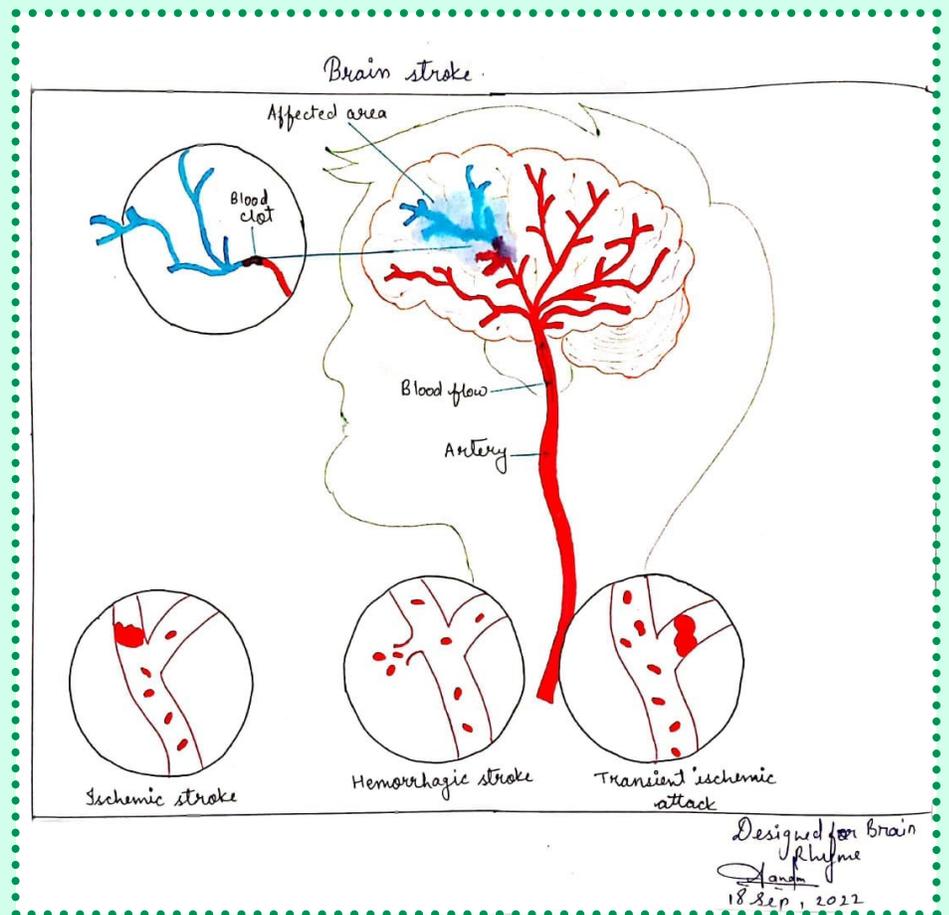
## How much do you know about Brain Strokes?

Read below to know a few interesting reasons and facts about it!! A stroke is a medical condition in which poor blood flow to the brain causes cell death.

### There are two main types of stroke :

**Ischemic** Due to lack of blood flow and Ischemic strokes are further divided into 2 groups:

**Thrombotic strokes** These are caused by a blood clot that develops in the blood vessels inside the brain. **Embolic strokes** These are caused by a blood clot or plaque debris that develops elsewhere in the body and then travels to one of the blood vessels in the brain through the bloodstream.



### Hemorrhagic- Due to bleeding.

Hemorrhagic strokes are divided into 2 main categories, including the following: Intracerebral haemorrhage- Bleeding is from the blood vessels within the brain. Subarachnoid haemorrhage- Bleeding is in the subarachnoid space (the space between the brain and the membranes that cover the brain). Both cause parts of the brain to stop functioning properly.

A stroke is a medical emergency, and prompt treatment is crucial. Early action can reduce brain damage and other complications.

Picture Credit: Anam  
Content Credit: Aditi Nandi

#Neurobyte #Neuroanatomy #brainstudy  
#BrainRhyme #BrainStroke #knowledgeaboutBrain

## BRAIN STROKES PART II

### How much do you know about Brain Strokes?

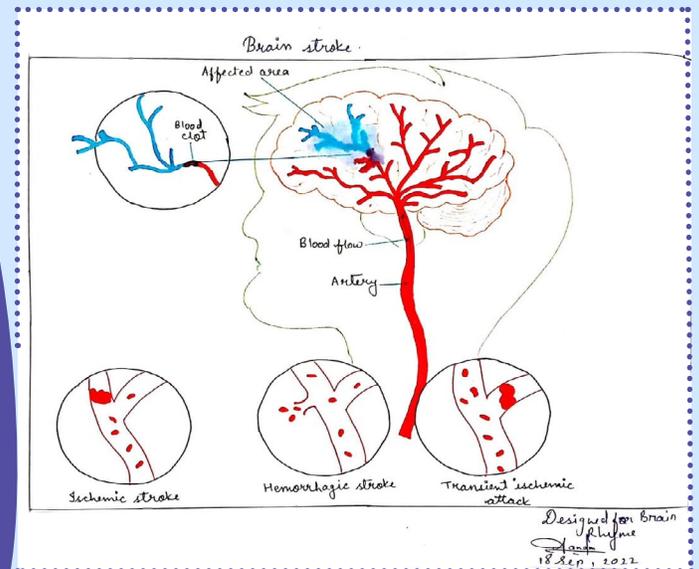
Read below to know a few interesting reasons and facts about it!!

#### Signs and symptoms of stroke include:

- Trouble speaking and understanding what others are saying
- You may experience confusion, slur words or have difficulty understanding speech.
- Paralysis or numbness of the face, arm or leg- You may develop sudden numbness, weakness or paralysis in the face, arm or leg. This often affects just one side of the body. Try to raise both your arms over your head at the same time. If one arm begins to fall, you may be having a stroke. Also, one side of your mouth may droop when you try to smile.
- Problems seeing in one or both eyes- You may suddenly have blurred or blackened vision in one or both eyes, or you may see double.
- Headache- A sudden, severe headache, which may be accompanied by vomiting, dizziness or altered consciousness, may indicate that you're having a stroke.
- Trouble walking- You may stumble or lose your balance. You may also have sudden dizziness or a loss of coordination.

### Fact

**Recurrent strokes occur in about 1 in 4 people who have had a stroke within 5 years after a first stroke. The risk is greatest right after a stroke and decreases over time. The likelihood of severe disability and death increases with each recurrent stroke. About 3% of people who have had a stroke have a second stroke within 30 days of their first stroke, and about one-third have a second stroke within 2 years.**



Picture Credit: Anam  
Content Credit: Aditi Nandi

#Neurobyte #Neuroanatomy #brainstudy  
#BrainRhyme #BrainStroke #knowledgeaboutBrain

## BRAIN AND MEDITATION - Part 1

Have you ever wondered why meditation is still believed to be better medicine for long and stable life!!!!

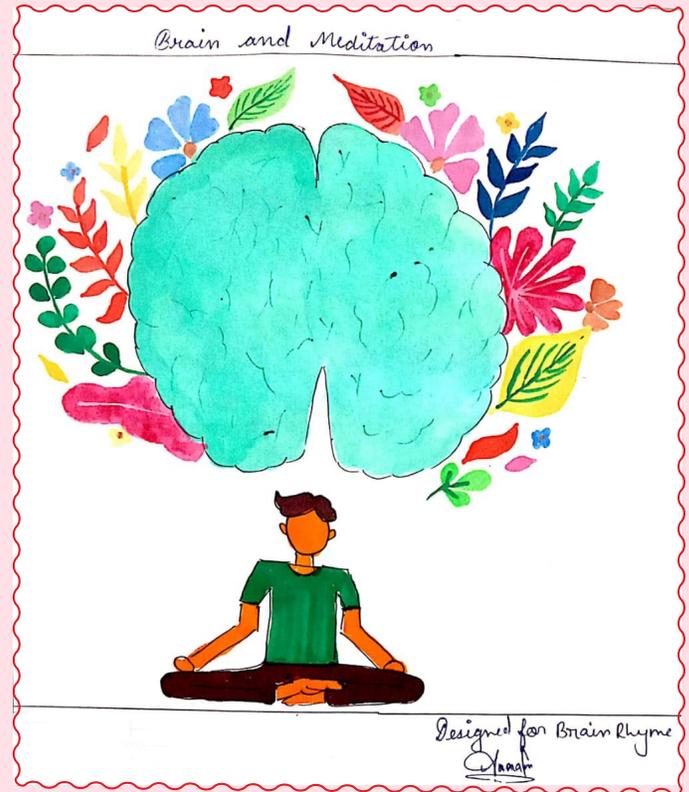
In today's hyper-connected, fast-paced environment, the main challenge is to have the discipline to slow down. Modern-day technology also inundates your life with distractions that draw your focus outward.

Taking a "brain break" - relearning how to slow down and go inward-has become increasingly popular.

Meditating is a great way to ease the frantic state of mind many find themselves in. Anyone can start a mindful practice of meditation to find a new level of calm. It's all about the discipline of sitting down and going inward. Meditation benefits for the brain are abundant. Meditating strengthens neural connections and can literally change the configuration of these networks.

### Brain Structures and Neuroplasticity

Mindful meditation can create physical changes in the brain through neuroplasticity. This increasingly popular concept refers to the brain's ability to reorganize and change continuously throughout its lifespan. Behaviour and lifestyle are major influencers on the brain. So, your life makes your brain constantly create new neural connections.



## BRAIN AND MEDITATION - Part 2

Meditation, just like exercise, can transform your brain.

### Chemical Helpers with Mediation

Your brain naturally releases key neurotransmitters (brain chemicals) that help regulate the balance of vital hormones. They influence systems throughout the mind and body.

Studies show practising meditation can directly impact the level of these crucial neurotransmitters produced in the brain. Mindfulness can have a measurable impact on these brain chemicals:

- **Serotonin** - Increases this "feel good" chemical to help regulate mood
- **Cortisol** - Decreases this stress hormone
- **DHEA** - Boosts levels of this longevity hormone
- **GABA** (Gamma-aminobutyric acid) - Improves the calming effect of this major inhibitory transmitter in your central nervous system (CNS)
- **Endorphins** -Increases the "natural high" of this overall happiness neurotransmitter
- **Growth Hormone**- Elevates levels of this youth-preserving chemical that naturally declines with age
- **Melatonin** - Boosts this "sleep hormone" responsible for restful sleep and helps with mood regulation.

Picture Credit: Anam  
Content Credit: Aditi Nandi

#neurobyte #brainlobe #studyofbrain #brainrhymes #brainfacts  
#neuroanatomy #meditationandbrain



## Interview with **DR ALKA CHADHA** by Madhu Jhawar



Watch On



**I**nterviewing Dr Alka Chadha was a pleasure and immense learning! her beautiful smile tells us all about her! In an Interview with The Happiness Ambassador Dr Alka Chadha at UniqEduStory You tube channel, talks on how to bring happiness in everyday life raising kids as a Conscious Parents.

Dr. Alka Chadha, a practicing Doctor, Author, Speaker, Yoga and Meditation Guru, is founder of the "Hope and Care Centre and "The School of Happiness" where she teaches the Science and Art of being happy.

She believes "Being happy is the greatest gift that we can give to others". Dr Alka has surveyed and studied her patients for more than 30 years, and she found that "The happy people are healthier and more productive".

Her book "SHUKRIYA ZINDAGI" is on Amazon. 'Shukriya' symbolises her mom, and 'Zindagi' is her dad. Her mom taught her about Gratitude and Papa taught her about LIFE. Through her book, she is inspiring youngsters how to

use their values as a compass, to navigate through life, to find their purpose, to accomplish success and happiness.

She runs "The Senior's club" which is a powerhouse of inspiration. We learn so much from them.

She believes "Yoga is a way of Life". She has been teaching Yoga for last 20 years. When we live a life of discipline, we are on the path of ACTION. She is the faculty of the online Global Yoga teaching program of Yoga Vidya Niketan.

When she started her private practice with zero money, in the year 1991, Life looked tough. But the Universe has always helped her. With the help of NLP, Mindfulness and Yoga, she moved in an upward spiral. Not to forget Dancing and Singing, which are her passions, which keep her in the best state of mind.

"Pride in oneself," this was a value which really helped her gain confidence. This way she has been spreading wellness

amongst her patients and empowering them to feel better about themselves.

Accepting people for who they are, with all their flaws is the secret to long term loving relationships. Accepting situations and circumstances helps us to understand people better.

By accepting ourselves, we learn to accept others with all their imperfections. Excuses, blaming, makes us powerless. When we take responsibility for our actions, can we really be progressive and happy.

"Why do you hurry so much"? were her mom's words whenever she saw anyone running. Slow down she would say "smell the flowers on your way. Enjoy your journey. Talk to people. Life is beautiful. When we expect to see beauty, we see beauty. The choice is always ours. We can drink deeply from the fountains of beauty and we can reflect on it."

Neuroscience shows us that the structure of our brain changes

throughout life. This is neuroplasticity. When we focus on happiness, peace, love, compassion, and gratitude, then that pathway in our brain is activated. When we stop complaining, fault finding, we are happier, more focused, more productive. We can waire our brain the way in which we want. Changing one's perspective towards life helped her see life with new eyes.

The most beautiful things in life cannot be seen, cannot be touched, they can only be felt by the heart-Helen Keller. Her mission now, is to help youngsters create happy, spectacular lives. She integrates her medical clinical research with the latest Neuroscience research, with knowledge from ancient yoga, from Indian scriptures.

Frank Clark rightly said "A baby is born with a need to be loved and never outgrows it." Yes, the hunger for love is the greatest hunger, more than the hunger for food. Whether in business, in organisations or in families, "Love is the essence of life."

We can live our life as if everything is a miracle, or as if nothing is a miracle. The power is within us. We can create the life we want, a beautiful, successful life. A life of our dreams, a life of fulfilment, a life of content.

# We always have a choice

**"A Man Sooner or Later Discovers That He is The  
Master-Gardener of His Soul, The Director of His Life."  
- James Allen**



An online initiative for  
holistic child development  
BY  
MADHU JHAWAR  
**ARE YOU  
FUTURE  
READY?**

For more details, contact  
Madhu Jhavar at 8087124682  
mail : [uniquedustory@gmail.com](mailto:uniquedustory@gmail.com)



We at UniqEduStory are happy to share learnings of many such bright kids on our YouTube channel- UniqEduStory by Madhu Jhavar... Please like and share with people who will be benefitted and send your feedback on [uniquedustory@gmail.com](mailto:uniquedustory@gmail.com)



An online initiative for  
holistic child development  
BY  
MADHU JHAWAR

- ① HOW TO FILL THE GAP BETWEEN SCHOOL EDUCATION AND IMPLEMENTATION
- ② HOW TO DEVELOP A MINDMAP OF YOUR JOURNEY AHEAD
- ③ KNOW YOUR GOALS AND HOW TO ACHIEVE THEM
- ④ LEARN TO MANAGE YOUR TIME, AVOID DISTRACTIONS AND MANAGE EMOTIONS

For more details, contact  
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# #uniquedustory



## Interview with **MUKTA SHARMA** by Madhu Jhawar



**E**ducators often underestimate the importance of their role in children's lives. The words of encouragement, praise, and recognition don't go unnoticed by children.

Active involvement of parents in the learning processes have positive impact on the child's performances. Parents and family members must learn strategies to support the child's development and academic performances.

UniqEduStory by Madhu Jhawar was in conversation with Mukta Sharma who is a passionate professional and stands for the cause of Quality education across schools in the country. To support the cause she travels extensively for professional development of teachers and school leaders. She has experienced various facets of education industry including but not limited to School Administration, Curriculum design and implementation, Student/parent Counselling, Macro management of K 12 schools, Teacher training and development, training of school Principals and leaders for enhancing personal and professional effectiveness.

She has a degree in Biotechnology from Madurai Kamaraj University where she had the privilege to work with accomplished Bhatnagar award winner scientists in the department. Her professional journey started with the leading Biotech consulting company namely Biotech Consortium India Limited where she supported commercialization of Biotechnologies She also worked



in medical research lab in Rush University, Chicago, US.

After her return from US, she strongly felt the need for education transformation in schools and joined school education sector. She has worked with reputed group of schools specifically Maple Bear Canadian School, Mother's Pride- Presidium, Rama International School, Delhi Public School Ghaziabad Society, Seth Anandram Jaipuria group of educational Institutions etc. As School Principal, she provided academic leadership and proactively worked towards capacity building of her team in addition to other responsibilities of administration. She loves writing articles in leading education magazines and is also involved in content and curriculum development projects with various organizations. Her Forte lies in Pedagogical and leadership development sessions for enhancing personal and professional effectiveness of participants. She is also working as Resource Person for CBSE, Kendriya Vidyalaya Sangathan(KVS), Aditya Birla Education Academy and private schools of repute in Delhi NCR.

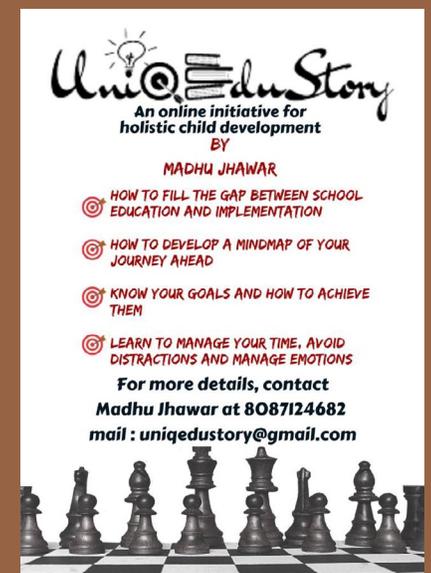
## Flagship Projects

- Capacity Building session for teachers in collaboration with COE, CBSE Dehradun  
(<https://www.linkedin.com/feed/update/n:li:activity:6987973632434008064/>)
- Leadership development training for Kendriya Vidyalaya Sangathan(KVS) Assistant Commissioners & Principals.
- Pedagogical development training for KVS and Army Public school(APS) teachers during the in service course.
- Professional development of teachers and school leaders at Delhi Public School Ghaziabad(DPSG) Society, Jaipuria Group of schools, Sela Qui International School, Mother's Pride Presidium, Maple Bear Canadian school, DPS Kalyanpur, Superhouse group of schools, Shri Guru Harkishan Public school (SGHPS), Mangal Newton School, DPS Sahibabad, K.R. Mangalam World School, Dwarka International School, Cambridge International School etc.
- Parenting Session at Maple Bear Canadian School  
(web link: <https://www.linkedin.com/feed/update/urn:li:activity:6979136514534305792/>)
- Advisory board member of School like JayESS Academy.
- Principal's conference by TeacherSITY, the training vertical of DPSG
- Leadership development sessions for the employees of Border Security Force(BSF), Indian Oil, United Airlines(USA) etc.



## Publications

- Video Link to one hour conversation on UniqEduStory platform on the issues concerning child development.  
<https://youtu.be/kTlom8zMxm8>
- Article on Developing Independent learning skills in the learners in the magazine Brainfeed Dec 2019 issue.  
Web link: [https://www.google.com/url?q=http://online.fliphtml5.com/odxsw/e/&sa=D&source=hangouts&ust=1576562726163000&usg=AFQjCNGcz5lqAWBmXK\\_gqVokC2UzscWNfA](https://www.google.com/url?q=http://online.fliphtml5.com/odxsw/e/&sa=D&source=hangouts&ust=1576562726163000&usg=AFQjCNGcz5lqAWBmXK_gqVokC2UzscWNfA)
- Article on ACADEMIC TENACITY FOR LIFELONG LEARNING in the magazine Mentor, July 2018
- Article on Key competencies focused curriculum in the leading educational magazine BRAINFEEED April 2018 issue web link: <http://www.brainfeedmagazine.com/brainfeed-magazine-april-2018-122631/>
- Article on Personalized learning plan in the leading educational magazine BRAINFEEED October 2017 issue web link: <http://fliphtml5.com/fitu/oubp>
- Co-author of Business Opportunities in Medical Diagnostics in India- A Market Report. The author of the publication is Dr P.K. Ghosh, Advisor, Department of Biotechnology, Ministry of Science and technology, Government of India.





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Internationally Certified Intelligence Coach  
Global World Record Ambassador.

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# Birthday Calendar



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	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
SAT				01			01					
SUN	01			02			02			01		
MON	02			03	01		03			02		
TUE	03			04	02		04			03		
WED	04	01	01	05	03		05	01		04	01	
THU	05	02	02	06	04	01	06	02		05	02	
FRI	06	03	03	07	05	02	07	03	01	06	03	01
SAT	07	04	04	08	06	03	08	04	02	07	04	02
SUN	08	05	05	09	07	04	09	05	03	08	05	03
MON	09	06	06	10	08	05	10	06	04	09	06	04
TUE	10	07	07	11	09	06	11	07	05	10	07	05
WED	11	08	08	12	10	07	12	08	06	11	08	06
THU	12	09	09	13	11	08	13	09	07	12	09	07
FRI	13	10	10	14	12	09	14	10	08	13	10	08
SAT	14	11	11	15	13	10	15	11	09	14	11	09
SUN	15	12	12	16	14	11	16	12	10	15	12	10
MON	16	13	13	17	15	12	17	13	11	16	13	11
TUE	17	14	14	18	16	13	18	14	12	17	14	12
WED	18	15	15	19	17	14	19	15	13	18	15	13
THU	19	16	16	20	18	15	20	16	14	19	16	14
FRI	20	17	17	21	19	16	21	17	15	20	17	15
SAT	21	18	18	22	20	17	22	18	16	21	18	16
SUN	22	19	19	23	21	18	23	19	17	22	19	17
MON	23	20	20	24	22	19	24	20	18	23	20	18
TUE	24	21	21	25	23	20	25	21	19	24	21	19
WED	25	22	22	26	24	21	26	22	20	25	22	20
THU	26	23	23	27	25	22	27	23	21	26	23	21
FRI	27	24	24	28	26	23	28	24	22	27	24	22
SAT	28	25	25	29	27	24	29	25	23	28	25	23
SUN	29	26	26	30	28	25	30	26	24	29	26	24
MON	30	27	27		29	26	31	27	25	30	27	25
TUE	31	28	28		30	27		28	26	31	28	26
WED		29	29		31	28		29	27		29	27
THU		30	30			29		30	28		30	28
FRI		31	31			30		31	29		31	29
SAT									30			30
SUN												31



**DR. SUSHANT.P.MYSOREKAR, Mentor | Coach | Consultant | Global World Record Ambassador.**

<b>2</b> Copyright Techniques	<b>3</b> Books on Memory	<b>10+</b> Memory Championships (India & Abroad)	<b>25+</b> Years in the field of Cognitive development Memory & Neuroscience	<b>30+</b> Counties BR Radio Listeners	<b>30+</b> World Record Holders	<b>1000+</b> National & International Memory athletes
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