

360^Mind

E-Magazine

7TH EDITION
JULY 2023



BRAIN RHYME

Coaching | Championship | Innovation | World Records

PRESENTS

NEURO

INTERNATIONAL



Discipline 1
Creativity

Discipline 4
Memory

Discipline 2
Neuroscience

Discipline 3
Attentiveness & Listening Skills

Discipline 5
Critical Thinking & Problem Solving


City Level

5
Discipline's

24 Hrs
Training

3 Hrs Neuro
Championship

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ABOUT FOUNDER

BRAIN RHYME



DR. SUSHANT P. MYSOREKAR

- Global World Record Ambassador.
- CEO- Brain Rhyme Pte. Ltd, Singapore
- Founder – Exponus Communication, India
- Chairman- International Memory Sports, Dubai
- Director – ACF E-University (Arts & Music)
- VP- Indian Memory Sports Council, India

Career includes 25+ years in training & research in field of Cognitive development, Memory & Neuroscience. Author of 3 Books, Internationally Certified Intelligence Coach, created 35 World Record Holders, Trained more than 100+ National & International Memory Athletes, Mensa certified student, 2 Copyrights & assisted students & professionals for Research Paper Presentations at National & International level.

PROFESSIONAL SKILLS

- Excellent verbal, written, visual/presentation and interpersonal skills.
- Practical Exposure to Service Processes & hands-on training skills.
- Strong experience in a Creativity, Innovation, Customer Relationship & Problem solving skills.
- Ability to manage large service operations & processes.
- Strong Project management, leadership and decision making skills.

AREAS OF EXPERTISE

- Managed 130 students - Interns for 3 days MSME Startup Expo at WTC, Mumbai
- Managed 24 Psychologists - Interns for our Neuro Championship Project.
- Managed 550 IT Centers - Mumbai, Raigad, Ratnagiri & Sindudurg District.
- Demonstrated ability to manage online admission programs for 3.5 lac students in Maharashtra.
- Ability to identify & create assessments & training programs according to the organization's needs.
- Projects like Digital University, Digital College & EASY (Employment Assistance and Services for Youth) benefitting more than 25 lac students.

CAREER HIGHLIGHTS

- Our Record Holder students provided feedback & inputs in UN GS 26, 2023
- Appointed Global World Record Ambassador, 2021
- Created 30+ World Record Holders, 2020, 2021, 2022
- Appointed Director of ACF E-University (Asia's 1st Virtual University), 2020
- Appointed Chairman of Dubai Chapter by IASI, 2020
- Certified Practitioner Cognitive Behavior Therapy, 2018
- Certified "Musical Windows Master Trainer" in memory, 2018
- Certified Carl Roger's Person Centric Councilor, 2017
- Certified "Child Psychometric" - IPH, Mumbai 2016
- Program Certified by Maharashtra State Board of Vocational Examination, 2010
- TAP Certified 'Memory Trainer' (Gold Medalist) 2008
- Faculty International B-Schools.

DOCTORATE

Honorary Doctorate in Cognitive Neuroscience - Southwestern American University, USA.

PUBLICATIONS

- Bi-monthly E-Magazine "360 Degree Mind"
- Published Book "Super Power Memory for Busy Professionals", 2021
- Published International Paper on "ICT in Education", 2019
- Published Book "Super Tips for Super Memory", 2019

CONFERENCE- SEMINARS

- Radio Partner & Organizer at MSME Startup Expo @WTC, Mumbai
- Participant at Expo organized at Dubai.
- Speaker at Council for Sustainable peace -Ministry of Corporate Affairs, GOI, Mumbai.
- Speaker at World Creativity conclave organized by Asia Africa Devl. Council. Mumbai
- Speaker at Indian Society for Training & Development (ISTD), Mumbai
- Speaker at Conference conducted by Al-Batool British Pvt. School, Saudi Arabia.
- Organized 1st International Conf on Entrepreneurship & Cognitive Development, Pune.
- Technical Partner @First Scientific Memory Conference, Egypt.
- Moderator@ International Conferences, Mumbai & Jaipur.
- Moderator @Hackathon conducted by Katalyst, Mumbai

MEDIA

- Featured in International Magazine "Life Positive" in June23 Issue.
- Featured in Magazines newspapers, bulletin for creating World Record Holders- Mumbai, Raipur, Chhattisgarh, Rajasthan, Hyderabad, Uttar Pradesh, Kuwait, Egypt, Dubai, Singapore, Malaysia & USA.
- Video Interview by 1learning (uploaded on Bharati Vidyapeeth Univ, Pune.)
- Egyptian TV Channel along with Mr. Phil Chamber, Chief Arbitrator, World Memory Sports Council (WMSC), UK & Organiser of 1st Memory Championship in Egypt, Mr. Mohammed Shalaby, Egypt.
- Interviewed by ALLATRA TV, UK on Cognitive Development.

AWARDS

- Special Appreciation Award by Zhep Udyogini, 2023
- Best Performer Award in Online "BRAIN STROME" 2022
- Best Performer Award in Offline "BRAIN STROME" 2022
- Aanandshree Recognition for Guidance & Leadership 2021.
- Global Digisportscon 3.0 & E-Digisports Award 2021.
- Asia-Africa ICT Award of Excellence for Cognitive Training, 2019
- Uttarakhand Education Ministry for Best Educational Program, 2019
- Felicitated at First Egypt Scientific Memory Conference. Egypt, 2017
- 'Special Contribution Award' by University of Mumbai. DLLE., 2016

LANGUAGES:

Training Sessions: English, Hindi, Marathi and Gujarati. Communicate: Kannada, Deutsche, Arabic, and Spanish.

COMMUNITY DEVELOPMENT

BR Radio | MasterPraQ | Innovation HUB | FUN (Business) | Fun (Mental Health) Teen Talks | AstroClub | Theater Magic | Neurobytes | Explore Destination | Heard-Unheard | Trainer's Voice.

MEMORY CHAMPIONSHIPS

- Organiser & Promoter of "Neuro Championship", 2023
- Executive Member; Egyptian Federation of Mental Sports "Egypt, 2019
- Strategic Partner "School Memory Championship, Lebanon, 2018
- Promoter Indian Memory Championships in Mumbai 2016.
- Promoter 1st Open Memory Championships in INDIA 2014.
- Level 1 Arbitrator, World Memory Sports Council, UK, 2013



Editor's *Note*

Greetings of the day!!!

My Dear Readers,

Once again it is my privilege to present to you the next edition of the 360-degree Mind e-magazine.

Well, as we all know that mind is the main place where thoughts arise. Mind is the origin of positivity inside us and sometimes even negativities are the mind's creation.

The mind is the one which controls our health and even sometimes our feelings.

We at Brain Rhyme always feel that whether it is your career or it is your education or even if it is your post-job management it's the work of mind behind it.

As per God's design, the moment we get up from our bed in the morning the first thing that our mind tells us is that we are awake, ready for the day, and ready mentally to take up new challenges or complete all tasks today!

In the current edition, we have tried to talk about some specific areas of importance like Mental well-being, Auditory processing, Symbolic representation, and also how our food affects our brain the most.

Not taking more time of yours I leave you and hand over to this edition of the e-magazine all free for you to explore more.

As always a humble request that I always say, we will be actually waiting for your suggestions and reactions.

God bless and take care!!!

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)

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- Time Management
- Fight your Procrastination

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Brand Research Academic Innovation Nation

BRAIN-BOOK OF WORLD RECORDS

BRAIN - World Book of Records is just not a World Record entity – Its an ACRONYM which stands for:

Brand – Creation and establishing of Brand using design skills.

Research – New research in any field which helps the society and country.

Academics – New concepts, techniques or creation to help easy learning.

Innovation – New / modified products, services or concept .

National – Celebration of any national event in unique way.

We are registered under MSME bearing no.MH-19-0142556 under Udyog Aadhar Memorandum MH19D0116668 Unit Name Brain-Book of World Records.

We are looking for Aspirant Record Holders / Innovators / Researchers who would like to Invent / Break the Record wheel !

STEP 1 : We help / Support participants to understand their true potential Assessment through Art Therapy ,Graphalogy and / or Braiinwaves.

STEP 2 : Analysis based on the report which provides details about Personality, Attention, Creativity, Cognitive Abilities,Brain Waves, Thought process etc.

STEP 3 : Discussion of STEP 2 and finalise the World Record Topic and preparations.

STEP 4 : Mentoring – Coaching to help / assist participants for World Record Attempt.

STEP 5 : Conduct of World Record Attempt LIVE (Online / Offline)

STEP 6 : On successful Record Creation honoring participants with Certificate, Medal and Trophy (Individual / Group)

STEP 7 : Promotion of the Event on our & our global partners on Social Media Platform's.

We offer Individual / Group Records Online as well as Offline.

ONLINE

1. Once we understand your requirement , we shall provide you with a dedicated executive who shall guide you in the process.
2. If you are not sure about the World Record, we provide you with assessment services alongwith mentoring and coaching.
3. Invigilator based on the topic shall be provided to you during your record.
4. We provide you with designing your campaign. We customize as per requirement.
5. The World Record Event shall be conducted on our youtube Channel / any other.
6. We also help in promoting the event through our Social Media Team.

OFFLINE

1. Once we understand your requirement , we shall provide you with a dedicated executive who shall guide you in the process.
2. If you are not sure about the World Record, we provide you with assessment services alongwith mentoring and coaching. Our executive shall support you in filling the application form.
3. Invigilator based on the topic shall be provided to you during your record.
4. We provide you with designing your campaign. We customize as per requirement.
5. The World Record Event shall be conducted on Stage. Our Invigilators shall visit the location and record the LIVE Event.
6. If the Event is more than 8 Hours , we shall be providing you with 2 or more Invigilators.
7. We also help in promoting the event through our Social Media Team.

Do you know what it takes to be a
WORLD RECORD HOLDER ?

Check this video on our YouTube Channel

www.youtube.com/watch?v=9289aG2blAM

For more information connect with us on 9769255904

or mail us at info@brainrhyme.com

PRIVILEGED PEOPLE CHOOSE NOT TO WAIT



This morning, my father returned from the market and told me that some social workers are distributing bundles of notebooks free of cost to students in a ceremonial hall near my building. All I had to do was show my original marksheet to them. I write regularly and so I like to keep extra blank books. I decided to go.

Outside the hall entrance, there was a long queue of students and parents with marksheets in their hands, waiting under the sun. This is not to arouse sympathy, but to share an observation. Standing there, I tried to calculate the time it would take for me to get the books. At least an hour. I decided not to wait that long.

On my way back home, I was thinking about the whole situation. When I was leaving my apartment to come downstairs, my housemaid was preparing breakfast in the kitchen. If I could not afford a cook, I would have had to prepare my own meal. I might not have gotten the time to come downstairs. While most of the people standing in the queue must have kept aside some important work only to avail for free what they cannot afford otherwise. This signals towards a paradox. Privileged people are supposed to have more leisure time, but it is the needy that are more willing to wait.

Upon research, I learnt that studies in the fields of behavioral economics and psychology suggest that individuals with limited resources have a

“scarcity mindset” that drives them to prioritize immediate gains, even if it means waiting in line for more than an hour. On the other hand, privileged individuals might have alternative means to acquire the same or similar resources. This makes waiting less appealing or necessary in their eyes.

The incident gave me a better understanding of how different individuals’ circumstances, resources and mindsets influence their choices.



Article by
Mrinmayee Wadke

SYMBOLIC REPRESENTATION



Article by : **Farah Fernandes**

Symbolic representation refers to the use of symbols to convey meaning or represent abstract concepts. Symbols are visual or auditory representations that carry cultural, social, or individual significance. They are used across various disciplines, including literature, art, religion, and communication, to communicate complex ideas in a concise and impactful manner.

In literature, symbolic representation is often employed to add depth and layers of meaning to a text. Authors use symbols to represent ideas, themes, or emotions that are difficult to express directly. For example, in Nathaniel Hawthorne’s “The Scarlet Letter,” the scarlet letter “A” worn by the protagonist, Hester Prynne, symbolises her adultery and serves as a constant reminder of her guilt and societal judgement.

In art, symbolic representation is a powerful tool for artists to convey abstract concepts or evoke specific emotions. Artists use visual elements such as colours, objects, or images to represent ideas or convey a deeper meaning. For instance, the use of a dove to symbolise peace or a red rose to symbolise love and passion.

Religious and spiritual traditions often rely heavily on symbolic representation. Symbols such as the cross in Christianity, the lotus flower in Buddhism, or the star and crescent in Islam hold significant religious and cultural meanings. These symbols serve as a visual representation of complex beliefs, values, and narratives within a particular faith tradition.



Symbolic representation is also crucial in communication and advertising. Companies often use logos or brand symbols to represent their values, identity, and products. For example, the golden arches of McDonald’s are a recognizable symbol representing fast food and the company’s global presence.

Symbols can have different meanings and interpretations depending on cultural and individual contexts. They tap into our shared cultural knowledge and personal experiences, creating a sense of connection and understanding. However, it’s important to note that symbols can be subjective, and their interpretation may vary among different individuals or cultures.

In conclusion, symbolic representation is a powerful tool used across various disciplines to convey complex ideas, emotions, or concepts. Whether in literature, art, religion, or communication, symbols provide a concise and impactful way to communicate and evoke meaning. They add depth and layers to our understanding, making the world more rich, diverse, and interconnected.



AUDITORY PROCESSING

A person will get the most from listening to lectures, presentations, and oral sessions when engaging in auditory learning. Auditory/Verbal learning is a type of learning method. Information is better understood by verbal and auditory learners when it is delivered audibly. The advantages of this learning method include the ability of a chosen group of people to listen to lectures and nearly memorize what has been stated after just one hearing. There aren't many people like this.

Only 10% of the world's population is made up of them. They may appear rude to the majority of people. Because auditory/verbal learners comprehend information best when it is delivered to them, they frequently struggle to look someone in the eye while being spoken to. When they can fix their gaze on an object, they can understand the information without needing to know where the voice is coming from. Those who appear to be "staring into blank space" may give the impression that they are ignoring others, but in reality, their brains are carefully processing and storing the information considerably more effectively than non-auditory/verbal learners.

This "storing" of information puts a strain on their brain, therefore they frequently ignore using vision to make the brain's job easier. According to studies, it is nearly hard for an auditory/verbal learner to understand what they are reading without background noise. Because of this, the auditory/verbal learner must play music while reading. These persons who possess such a valuable "skill" frequently appear to have social problems. Many people, though not all, appear to be quiet because they have taken in all the acoustic information taking place all around them and don't feel the need to add much of their own. When there is noise, "they seem to enter a trance."

Article by
Juhi Baghel



EMPATHY

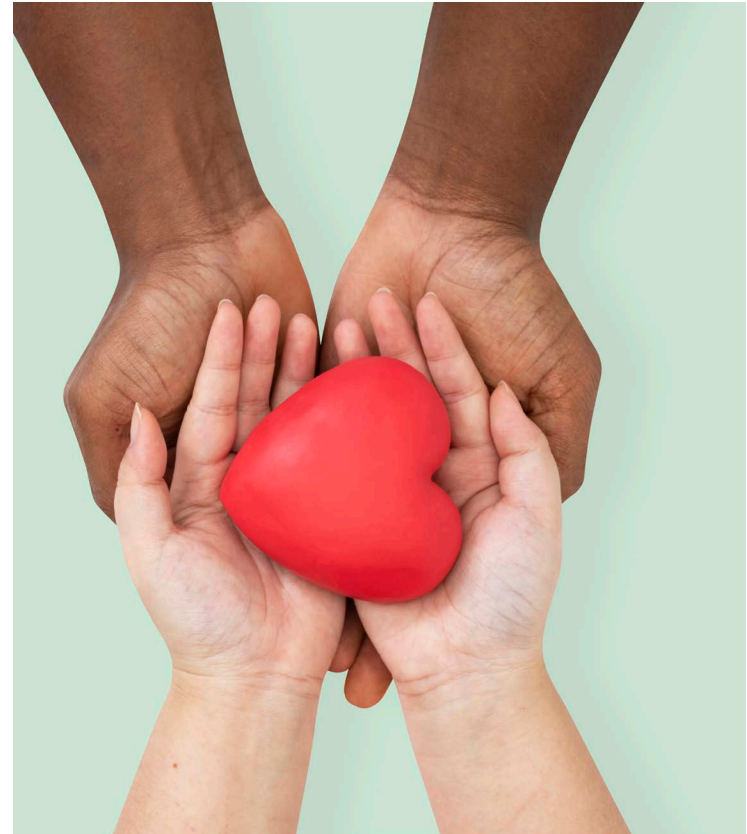
Empathy is a complex psychological phenomenon that involves multiple components and influences. It is not solely dependent on an individual's personality traits but it is also shaped by social, cultural, and contextual factors.

One significant factor in empathy development is early attachment and caregiving experiences. Secure attachments in infancy and early childhood provide a foundation for empathic responding, as they foster emotional sensitivity to other people's emotions. However, experiences of neglect or abuse may hinder the development of empathy.

Additionally, cultural, and social norms play a role in shaping empathic responses. Cultural values and practices influence how empathy is expressed and experienced.

Empathy is also influenced by situational factors. Research has shown that time pressure, cognitive load, and perceived similarity or dissimilarity to others can affect empathic responses. For instance, people may be more likely to empathise with individuals they perceive as similar to themselves, whereas differences in social categories such as race or socioeconomic status can sometimes interfere with empathic responses.

Furthermore, empathy can be influenced by personal experiences and exposure to diverse perspectives. Having direct contact with individuals from different backgrounds and cultures can enhance empathy by broadening



one's understanding of others' experiences and promoting a more inclusive worldview.

In terms of neurological mechanisms, studies have implicated several brain regions in empathy. The mirror neuron system, located in areas such as the premotor cortex and the inferior parietal lobule, is thought to play a role in understanding and imitating others' actions and emotions, contributing to empathy. Other brain regions involved in empathy include the anterior cingulate cortex, the insula, and the prefrontal cortex, which are associated with emotional processing, perspective-taking, and decision-making.

Empathy basically is a multifaceted construct influenced by individual, social, cultural, and situational factors. It is a vital aspect of human interaction and has implications for promoting social behaviour, reducing conflict, and building greater understanding and compassion in society. By understanding the various factors that shape empathy, we can work towards fostering empathy on both individual and societal levels.



Article by
Farah Fernades

MUSIC & MATH

For quite some time, the relationship between music and math has established many proven researches and inferences. There are a bunch of similarities and differences between the two. The practical application of this relationship has helped individuals improve their cognitive and reasoning abilities. Although they are related, being good at math does not automatically mean that the individual will be good at music too, and vice versa. It may rather enhance their level of understanding of some similar concepts and foster better understanding.

Just like in mathematics, music needs some calculations and analysis. The creation of music has a very systematic and calculated pattern. The right mathematical combination creates a melodious and rhythmic sound. Similarly, the right combination when applied even complex problems of math are solved. Music can enhance complex cognitive abilities like analytical skills, problem-solving, and reasoning skills. Studies have shown that when children are taught mathematical formulae or concepts with the help of music and movement, their understanding and retention of these concepts. Children learn better with the help of music and it also improves concentration and interest. Some experts posit that individuals with ADHD can be benefited if they listen to light and classical types of music while doing various chores. This is because it improves the communication between the two brains and stimulates brain activity. There also are some 'math songs' that trigger some emotions and are hence very popular, proving a strong connection between the two.



Mathematics is a very structured and measured subject. Every formula and concept has a strong base. Similarly, music also has a structured way of creating any rhythm. The right combination and a measured compilation of beats and sounds can create wonders. Musical lessons can be translated effectively into mathematical principles to explain the rhythm and structures of both their concepts. Even in dance forms like Kathak and Bharatnatyam, the careful calculation of beats helps the dancers and tabla players to communicate in the form of a common language of 'Taal' which consists of notes with equal divisions.

The attempt to understand this complex and strong connection has been the focus of many researchers for ages. Many successful studies have highlighted the inseparable connection between the two. Therefore the application of this relation can do wonders in the field of academics and



creativity. Not only children but also adults can be helped with such effective application strategies.

Article by
Nupur Hathi

HOW FOOD AFFECTS OUR BRAIN

Article by
Kanyaka Iyer

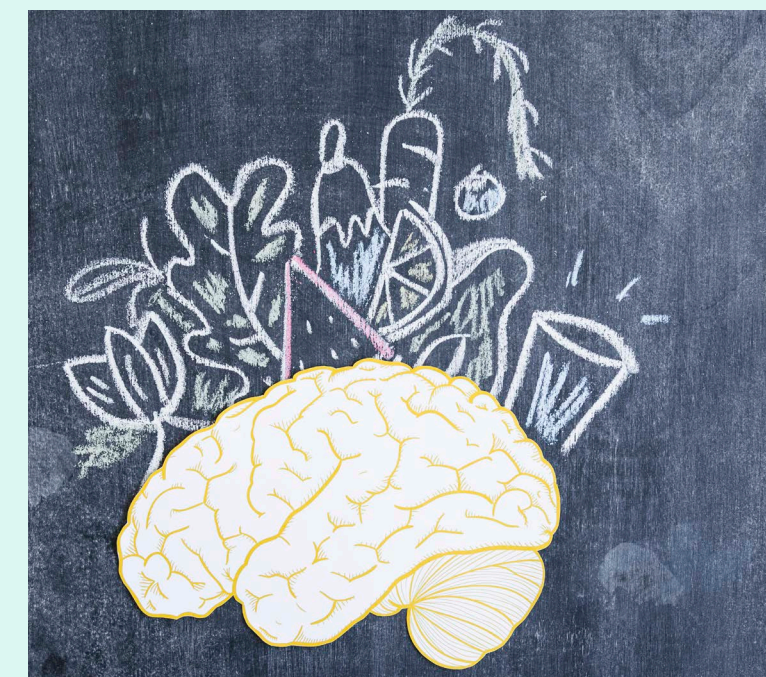


Mental health problems are believed to be the result of factors like age, genetics and environmental situation. One of the most obvious, yet unrecognised factor in the development of major trends in mental health is the role of food and nutrition.

The role of diet and nutrition in the field of mental health is quite intricate and is yet to be acknowledged. It is proven that food contributes to the overall development, prevention and management of mental health conditions. Moreover, there is further fact-finding going on on how food affects the gut microbiota (organisms in the GI tract), neuroplasticity (brain's ability to change through growth), oxidative stress and things that lead to Alzheimer's and dementia begin years before noticing obvious symptoms. These processes include chronic inflammation of brain cells and blood vessels when our bodies break down unhealthy foods. In today's modern day and age, one of the biggest health impairments is society's reliance on processed foods.

So how does food affect our brain? Well, majority of the processed foods we eat are addictive and trigger the dopamine centres of our brain, which usually are correlated with satisfaction and reward. When you stop eating these kinds of foods, the

brain automatically stops craving them. Hence, when you start decreasing the intake of refined sugar and unhealthy carbohydrates, you will notice a difference in the brain's physiology. In addition, a healthy microbiome helps our immune system may help our brain to influence mood and cognitive activity.



Best foods for a Healthy Brain

Salmon
Rich in omega-3 fatty acids, which are crucial for the development of the brain.

Eggs
Helps in reducing inflammation and promotes memory.

Blueberries
Stimulates the blood flow and oxygen in the brain, which boosts concentration.

Leafy greens
Leafy veggies like spinach, arugula help in preventing cognitive decline.

Dark Chocolate
Improves blood flow and enhances memory

Although healthy eating habits do not cure the mental illness, it can often increase people to feel better. It is important to realise what is being put into our bodies and what we can do to better ourselves.

UNDERSTANDING THE IMPORTANCE OF MENTAL WELL-BEING:

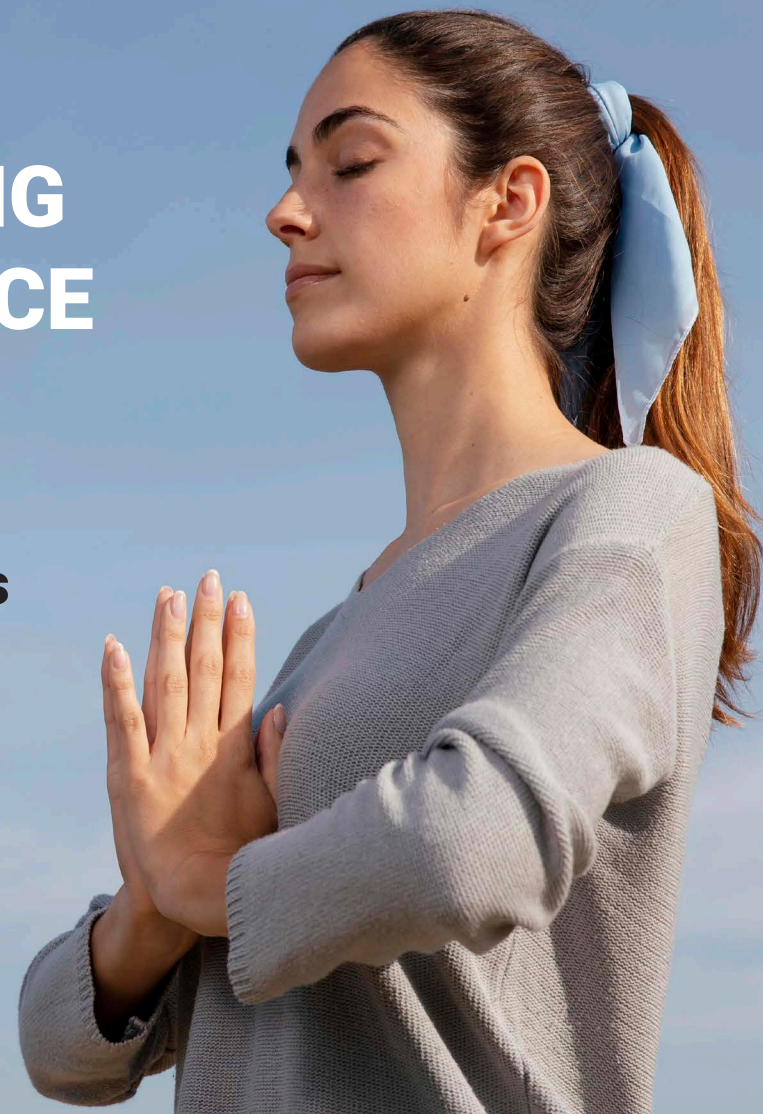
Challenges & Strategies for Enhancement



Article By
Nikita.Priyanka.D'SA

The significance of mental well-being cannot be overstated, as it encompasses our emotional, psychological, and social state, influencing our thoughts, feelings, and actions. It plays a fundamental role in our ability to cope with stress. Besides, it facilitates making informed choices and cultivates encouraging relationships.

The phenomenon of mental well-being is not simple. It greatly impacts our physical health and overall sense of well-being. If our mental well-being is compromised, it can lead to several physical health issues like cardiovascular problems, diabetes, and obesity. In addition, mental well-being is influential in our productivity and success.



It impacts our concentration, decision-making abilities, and general performance at work or school. Moreover, mental well-being is vital for nurturing and maintaining healthy social connections. It would definitely affect our communication skills, our capacity to forge healthy relationships, and our ability to foster and offer support.

Yet, maintaining ideal mental well-being comes with its challenges. One noteworthy obstacle is the stigma associated with mental health complications. This often results in people feeling embarrassed and avoiding seeking professional help. Furthermore, the process of diagnosing and treating mental health problems can be intricate and hard. Another hurdle in positively addressing the mental health concerns would be the cost of treatment including lack of access to adequate mental health facilities.

The following are some of the strategies that can facilitate enhancement in mental well-being:

1. *Regular physical movement releases natural mood-enhancing chemicals called endorphins, diminishes stress and anxiety, and helps in gaining overall well-being.*
2. *Cultivating mindfulness involves being fully present in the current moment, which can help reduce stress, anxiety, and depression.*
3. *If a person is facing mental health challenges, it is essential to reach out to qualified mental health professionals who can provide diagnosis, treatment, and support.*
4. *Building a strong support system by connecting with friends, and family members, or joining support groups can contribute to improved mental well-being.*
5. *Taking care of oneself is vital. This includes getting enough restful sleep, maintaining a balanced and nutritious diet, and engaging in activities that bring joy and fulfillment.*



In conclusion, mental well-being is of prime importance for our overall health and functioning, affecting physical well-being, productivity, and social relationships. However, problems such as stigma, complex diagnosis, and high cost of treatment can dissuade the preservation of good mental well-being. Nevertheless, by employing strategies like regular exercise, mindfulness, seeking professional support, fostering social connections, and practicing self-care, people can improve their mental well-being and lead happier, healthier lives.



COMMUNICATION

Communication is the best way to share your feelings and sorrows with each other and it is the most important thing that we should do to establish ourselves. When we talk about communication, it is the way to tell people what you want and for it you need good communication skills. It is very simple you can't expect a person to understand what you are thinking, he or she is not able to read your mind, you need to communicate with them. Example if you want a burger, you need to communicate that you need a burger. Communication is as simple as "Express yourself – communicate".

There are two types of communication, one is good communication and the other is bad communication. In good communication the message is clear and understandable by the listener. Example: active listening, friendliness etc. In bad communication it is just the opposite, the message said is not understood by the listener. Example Mixed and conflicting messages from multiple sources etc.

There are many different means to communicate with each other. In olden days people used pigeons to take the letters from one place to another. But as the era changed, methods of communication also changed to newspaper, cinema, magazines, telephone and now the latest mode of communication is mobiles, internet, e-mails which is the fastest mode.

Today only few people are communicating through letters and everyone uses the latest technologies. Video calling has become common now, people sitting in any part of the world can make a video call and can view the dear one and have a talk with them. How to improve communication skills?

Stay updated with latest technologies, self confidence, respect, take feedback, active listening, volume is very necessary for good communication. We should always try to be very precise and clear in our communication. We should use very simple and lucid language so that the opposite person understands very clearly. We should also give a chance to the opposite person to ask doubts in case he has not understood what we want to say. In this case we should also be good listeners. To conclude, a good communicator is also a good listener.

*Article by
Khushi Malunjkar
Atomic Energy Central School No 5
7R*

Mental Health of Adolescents

Mental health problems don't define who you are. They are something you experience. You walk in the rain and you feel the rain but you are not the rain.

My mental health is my priority, As I started studying psychology it was so fascinating to gain knowledge about mental health. How it affects our mind, our physical body, and the behaviour of people. What I understand about mental health after having years of experience is that if your mental health isn't good it can create a lot of complications in your life. Mental health of Adolescents is as important as the mental health of adults.

Adolescence is the phase of life between childhood & adulthood, from ages 10 to 19. It is a unique and developmental time, where one's emotional, physical, social life changes and it can change drastically on the basis of how you are nurtured, and how you are being treated. This is the phase where many Adolescents encounter depression, anxiety, behavioural disorders including intense levels of mood swings. Bullying, Sexual harassment, violence is a risky factor during adolescence.

Poor mental health in the youth can lead to other health and behavioural risks like experiencing violence, increased risk of drugs, and higher risk of indulgence in sexual behaviours which can lead to HIV, and unintended pregnancies.

How one can maintain good mental health during adolescence is by having the right people around who motivate you, by being compassionate towards self, by taking good nutrients, by having good nurturing from parents and other family members, good sleep and by reducing stress. Stress again plays an important role, as sometimes we know we have to reduce stress but don't have control over stress. Doing meditation, exercising regularly and having enough sleep can help you maintain stress.

As I started putting my mind into reading research about mental health I got a wonderful quote that says "Nothing, I repeat nothing is as important as your mental health. You cannot achieve your desires, be successful or be in a healthy relationship if your mind is not at peace."

At last after getting plenty of knowledge about mental health I came to the conclusion that if not mental health, not anything, everything starts with mental health and ends at mental health.

- M - Managing your emotions**
- E - Being Empathetic Towards one's self**
- N - Negotiations analysis of your behaviour**
- T - Turning your anger into calmness**
- A - Asking for help from loved ones when needed**
- L - level up mental health**

- H - Have time for self**
- E - Elaborate your emotions in your diary to relax your mind**
- A - Accept that it is normal and happens**
- L - Love your self**
- T - Thank yourself for coming this far**
- H - Have healthy nutrition food**

*Article by
Hetavi Joshi*

HEALTHY LIVING

Healing yourself naturally... Listen to your Internal Doctor

Did you know that we have our own personal doctor, always in attendance and always with us? This doctor is not in any hospital, but within us. And yes, this doctor has an amazing ability to monitor and maintain our health, naturally.

Yes, our systems work with a regular rhythm and precision governed by our own vital force. Our needs are communicated through hunger, thirst, tiredness, etc., to maintain optimal function and performance. Not only that, but our bodies also have the built-in ability to repair themselves and fight off any external threats.

We all know that small cuts and wounds heal by themselves without leaving any scar behind. Many external threats like diseases are also fought off without us even knowing about them. But can the body heal itself from anything? Well, the ability of a human body to protect and heal itself can be said to be amazing to say the least. Even a fractured bone will heal, damaged tissues are regenerated! But it is important to not disturb this natural ability with unnecessary external chemicals.

How do we go about healing ourselves naturally? It is actually very simple but requires us to unlearn certain things that have been drilled into us for years.



When our health is not optimum, and our bodies need healing, our internal personal doctor sends signals of tiredness, lack of energy or pain. Then, we should not suppress these signals by any means, but we should listen to them and take complete rest that gives time for self-curing. Generally, we see that our bodies do not ask for food during the time of pain/recovery. Again we should listen to this and not force feed ourselves. Certain amounts of discomfort and other symptoms are the signals of our own recovery mechanism and should not be suppressed at the first instance artificially by chemicals.

Even when we are generally healthy, and not sick, to continue to maintain optimal health, follow certain basic rules of healthy living principles:

- Eat (only) when hungry; Drink (only) when thirsty; Rest when tired or sick
- Eat healthy food. Avoid packaged and processed food, carbonated drinks; reduce chemicals in our day to day life (it could be chemicals in your toothpaste, soap, shampoo, deodorant, plastic, creams, lotions etc.). Go for products with natural ingredients
- Stop unwarranted self-medication.
- Adopt a healthy peaceful lifestyle. Wake up early by 6 am, sleep by 11 pm, follow nature's rhythm. Sleep in a well ventilated room. We heal ourselves every night with good sleep.
- Exercise regularly. Include breathing exercises. Start meditation from a young age (8+ years).
- Reduce digital usage to essential use (go for a digital detox, if needed).

But sometimes, our modern lifestyle, polluted environment or diseases push our bodies beyond its ability to rebalance. What to do then? Think of natural alternatives to cure – those that are non-invasive or do not involve us taking any chemicals in. Two options come to mind that are ideally suited for many ailments including many chronic ailments.

Acutouch:

Traditional Acupuncture without needles. This treatment method works to rebalance our internal vital energy to bring back health. This is completely non-invasive and relies on energy balance and lifestyle modifications.

Sound healing:

Focuses on balancing body and mind using sound and is very effective against many chronic conditions including pain. Such non-invasive healing options which do not involve needles, chemicals provide support to our internal doctor to heal our bodies and mind for better health.

Our internal doctor is truly working hard 24 x 365 days for our health. We need to follow the signals from our internal doctor, respect our body systems, lead a healthy lifestyle and provide support to strengthen our internal doctor naturally.



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Read Rupa's Amazon no 1 best seller book *3 Secrets to reverse diabetes by eating your favorite food to get practical insights and tips on daily healthy living.*



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<https://www.facebook.com/groups/viphealthiswealth>



UPGRADE YOURSELF BEFORE GETTING OUTDATED

How can you do this?

The answer is very simple, the following points will help you to plan your upskilling journey.

01. Set your Goals - decide where you want to reach in all areas of life
02. Make your personal Development Plan
03. SWOT- analyze yourself
04. Find the gap - this step is very important to save time and unnecessary efforts
05. Learn from Coworkers
06. Use Digital platforms
07. Acquire new knowledge, enrol yourself for upgradation courses may be online or offline.
08. Go for in-house training at your workplace. Relearn and upskill not only job-specific skills but life skills also.
09. The most important thing is to express yourself, communicate with your team members and coworkers
10. You can approach the training unit of your company with your ideas.
11. Brainstorm with your leaders, ask experts or discuss with your mentors

These are the best ways to upskill, because your learnings can help your industry to reach its potential level.

As I always say, 'Upgrade yourself before getting Outdated'



Vaishali Gawhankar
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Nowadays technology has entered all parts of our life. It is the time for transformation for all of us. We are moving towards a completely new digital backdrop. Growth was expected, but due to the pandemic, it has shifted early.

This era is a technology era, with advanced technology like AI, machine learning, IoT, and robotics, captivating the world by storm.

After the pandemic, everyone must adopt new normal with high-speed, real-world scenarios of life and future workplaces rapidly accept a digital culture

In today's period, we must repeatedly upgrade our knowledge and grow through academic programmes with hands-on involvement and industry acquaintance to learn skills that show worth to employers.

This Upskilling is possible through education and training. In short, developing new or more skills are needed for future growth. It is time to transform from within.

Upgrading skills can help potential candidates and existing employees, take their competencies higher so that they can tackle new challenges.

HAPPY TO SHARE that now we have upgraded to an Advanced version of Radio Channel 24x7 (Dolby HD)

Here you will enjoy

- Information on Brain & Neuroscience
- Podcast series
- Motivational Stories
- Inspiring Interviews
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- Conference/ Seminars & Much more.



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If you have downloaded our Radio before 1st June , Uninstall same & download new version from Google Play Store." Brain Rhyme Radio"

[Download Now !](#)

Happy listening !!

Best Regards
Dr.Sushant P.Mysorekar
 Internationally Certified Intelligence Coach
 Global World Record Ambassador.

Explore

Destinations

Article by : Harshali Dhatavkar



INDIA

Country : INDIA
Capital : Delhi
Continent : Asia
Currency : Rupees

1. India has 22 recognized languages.
2. Total of 121 languages.
3. Bollywood produces between 1,500-2,000 feature films a year.
4. India is the second-largest market of newspapers in the world - over 100,000 publications and 1300 million readers.
5. The first rocket in India was transported on a bicycle in Kerala!
6. With 7,172 stations, the Indian rail network is the largest in Asia - carrying a whopping 23 million passengers daily in 12, 617 trains.
- 5..World's Only Floating Post Office in Dal Lake is in Srinagar.
6. India is 2nd largest English-speaking country.



TONGA

Country : Tonga
Capital : Nuku'alofa
Continent : Oceania
Currency : Pa'anga
Language : Tongan and English

1. Tonga issued the world's first self adhesive stamps in 1963.
2. 90% population are over weight
3. It's illegal to conduct business, play sport or even do chores on a Sunday .
4. Years ago, the island did not have any postal service so to receive any mails/supplies from outside world. So a swimmer would swim out to ships that would throw mail stuffed in a biscuit tin for the swimmer to retrieve
5. There is a disappearing island in Tonga. This island is called Fonuafo'ou which means "New Island" In 1894, the island went missing but reappeared again two years later before disappearing again.
6. Tonga is a great place to spot humpback whales. The whales migrate from Antarctica to breed in the warmer waters of Tonga from July to October.



CANADA

Country : Canada
 Capital : Ottawa
 Continent : North America
 Currency : Canadian Dollar
 Language : English & French

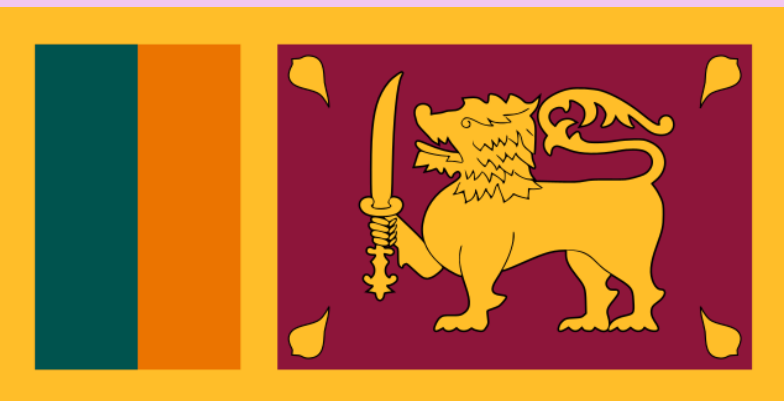
1. Canada is the second-largest country in the world with a total land area of 2 million square km.
2. The country's forests cover 347 million hectares of land, approximately 42% of the country.
3. Country has 1.2 million speakers of Chinese languages and Punjabi speakers around 5Lac people
4. 71% of the world's maple syrup comes from Canada.
5. Wood Buffalo National Park is the largest natural park in Canada. (second-largest national park in the world)
6. The Trans-Canada Highway is one of the world's longest highways.
7. Canada is a Polar Bear Capital. It is home to around 15,500 of the world's 25,000 polar bears.
9. Canada has almost 3 million lakes with 20% of the world's freshwater.
11. The world's biggest underground shopping complex it's called PATH (comprises 4 million square feet of retail space)
12. Canada Has Two National Sports - Ice Hockey and Lacrosse.
14. Basketball was invented by Canadians.



MEXICO

Country : MEXICO
 Capital : Mexico City
 Continent : North America
 Currency : Peso
 Language : Spanish

1. Mexico is the 7th most visited country in the world.
2. 69 Different Languages are Spoken.
3. Chichen Itza, Mexico is the seven wonders of the world.
4. Tacos, enchiladas and Picante – traditional Mexican cuisine is officially World Cultural Heritage.
5. 59 various types of corn are cultivated.
6. Pyramid of Cholula, is the largest pyramid in the world.
7. Cancun, Tulum and Puerto Vallarta are the most popular locations to explore.
8. The country is famous for Corona and Sol beers which are a hit worldwide.
9. There are more than 6,000 underground cenotes.
10. City has the largest fleet of taxis.
11. Cabo San Lucas' most iconic natural attraction



SRI LANKA

Capital : Sri Jayawardenepura Kotte,
Colombo
 Continent : Asia
 Currency : Sri Lankan rupee
 Language : Sinhala and Tamil

1. Sri Lanka has two nicknames: Pearl of the Indian Ocean and Teardrop of India.
2. Country has south Asia's highest literacy rate.
3. Sri Pada(Adam's Peak) is an important pilgrimage site known for its sacred footprint
4. Sri Lanka is the fourth largest exporter of tea in the world.
5. One of Buddha's Teeth is housed in a temple in Kandy.
6. Sri Maha Bodhiya is the world's oldest human-planted tree(aged 2,300 years old).
8. Dambulla cave temple also known as the Golden Temple of Dambulla.
9. The cuisine of Sri Lanka is a mixture of Indian, Dutch, Persian, Arab, British, and Portuguese. It is recognized as the spiciest food in the world.
11. Volleyball is the national sport of Sri Lanka.
12. East Coast of Sri Lanka has beautiful beaches with adventurous water sports.
13. In Sri Lanka cell phones have a unique name "Celltel"



QATAR

Country : QATAR
 Capital : Doha
 Continent : Asia
 Currency : Qatari Riyal
 Language : Arabic

1. Qatar is considered the richest country in the World.
2. It is the safest & second flattest country in the World.
3. Qatar has the third-largest oil reserve in the world.
4. Qatar is home to the longest drilled oil well in the world, at 40,320 ft.
5. There is no income tax in Qatar for employees.
6. Hamad International Airport, Qatar, is the World's Best Airport.
7. Qatar Airways claim the title of the best carrier at the annual World Airline Awards.
8. Khor Al Adaid in Qatar is where the sea meets the dunes.
9. Qatar is the first smallest country to host the FIFA World Cup Qatar 2022
10. Souq Waqif is a great place to experience the culture and traditions of Qatar.
11. Robots are used for camel racing in Qatar.
12. The National Museum of Islamic Art (MIA) is the largest of its kind in the world.
13. Only 12% of people in Qatar are Qataris. 60% are from South Asia.



BRAIN RHYME

Coaching | Championship | Innovation | World Records

PRESENTS



NEURO CHAMPIONSHIP 2023

BRAIN RHYME® takes pride in conduct of a unique first of it's kind NEURO Championships for School students across major cities in India & Abroad.

PURPOSE

- To unlock the potential & explore the Neural connections in Human Brain.
- Helping participant understand importance of Mental Skills
- To contribute significantly to the intellectual empowerment.
- Tests cognitive abilities in various dimensions.
- Help identify, improve and test brain abilities.
- To showcase & prove Individual power of Super Brain at School, National & International Level.

OBJECTIVE

Memory is one of the Five "Learning Mind Sports" which caters to :

- Thinking
- Intellectual Quotient
- Creativity
- Mapping
- Reading

Mission being to transform participants learning style by providing tested techniques throughout the globe..

DESCRIPTION OF EVENT

NEURO CHAMP is both a fun, valuable hobby, as well as an amateur sport. Neuro Championship is a program to test ability of neurons to perform various cognitive task. With proper training you can keep your cells active and train for better performance and productivity.

BENEFIT TO SCHOOL

- Feasibility to Conduct Inhouse Championship.
- Students can be trained on Mental Skill by providing training at affordable cost.
- Guaranteed Result oriented training by Trained Psychologist.
- Helps create Social Responsibility.
- Guaranteed improvement in student's academic & competitive exams.
- Involvement & Experience in National and International Level Championships.
- Facilitates School Image building.
- Better Value addition satisfaction for Parents & Students.

BENEFIT TO STUDENTS & PARENTS

- Students improve in memory skills, focus & attention span,
- Personality and Confidence grows multifold.
- Inhibition Vanishes & Eagerly participation in competition increases.
- Unstressed about exams, since pure involvement in competitions.
- Parents relieved & delighted with initiatives of School & Management.

NATURE OF CHAMPIONSHIP

- Offline Paper- Blue/Black Pen Based.

Registration Details

Registration Starts : 15th July, 2023
Last Date of application : 22th July, 2023


Contact Details

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Project Head Coordinator

Mob. : +91 87675 19752.

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FAQS

What is NEURO Championship ?

Neuro Championship is a program to test ability of neurons to perform various cognitive task. With proper training you can keep your cells active and train for better performance and productivity.

Key cognitive skills such as attention, listening skills, auditory processing, analytical skills, Creativity, Emotional Intelligence, Kinesthetic processing, Memory, Numerical ability, Oral presentation , Problem solving, Speed reading, symbolic presentation, Thinking Skills, Vocabulary, Visual presentation are tested through a set of questionnaire .

Why is there a need for such Championship ?

In techno savvy age we hardly use our intellectual property ie BRAIN. Due to this the cells die and the thumb rule is "Use it or loose it" . IF we don't perform , we are bound to perish. Such Championships can help individual to first train their cells in respective disciplines and then test their abilities for better understanding. You can get trained till you fill the gap and test again to improve & sharpen your skills for better performance and productivity.

Who are the organisers & is it affiliated to any organization ?

Brain Rhyme one of the premier organization in the field of Neuroscience established in 2012. NeuroChampionship is been designed by more than 20+ Psychologist . Content, design, exercises, worksheets, puzzles are created so that the participants are well equipped with desired skills. Affiliated by International Association of Sports & ICT . Many global organizations in the field of Neuroscience and Cognitive Development have partnered with Brain Rhyme.

What is the Eligibility Criteria ?

- Any student from any board (VIth to XIIth Standard) are eligible
- Age : 10 yrs to 18 yrs can participate in this Championship.
- Separate Championship is designed for Professionals and Sr.Citizens too.

How many Events / Discipline ?

- City Level Championship : 5 Events .
- State Level Championship : 5+5 i.e 10 Events
- National & International Level Championship : 5+5+5 i.e 15 Events

Following Events need to be conducted by the NEURO Center for City level NEURO championship :

- | | | |
|--------------|---------------------------------------|------------------------------------|
| 1.Creativity | 2.Neuroscience | 3.Attentiveness & Listening skills |
| 4.Memory | 5.Critical Thinking & Problem Solving | |

Following additional Events need to be conducted by the NEURO Center for State level NEURO championship:

- | | | |
|---------------------------------|--------------------------|---------------------|
| 6.Reasoning & Analytical Skills | 7.Kinesthetic Processing | 8.Oral Presentation |
| 9.Visual Processing | 10.Speed Reading | |

Following additional Events need to be conducted by the NEURO Center for National & International level NEURO championship:

- | | | |
|-----------------------------|-------------------------|---------------------|
| 11. Symbolic Representation | 12.Vocabulary | 13.Numerical Skills |
| 14. Emotional Intelligence | 15. Auditory Processing | |

What is the Procedure to register for NEURO Championship in India ?

- 1.Understand the details of Neuro Championship from our Neuro Center
- 2.Fill the Application form
- 3.Pay the Fees
- 4.Online course starts at the Neuro Center
- 5.Offline Championship in respective States.

Is the Training Compulsary ?

No the Training is not Compulsory, but with proper training you understand your true potential & where you need more guidelines, training and mentorship to improve your performance and productivity.

Can I directly enroll for the Championship ?

Yes you can directly register for the program at our Neuro Centers.

Who will provide the Certificate ?

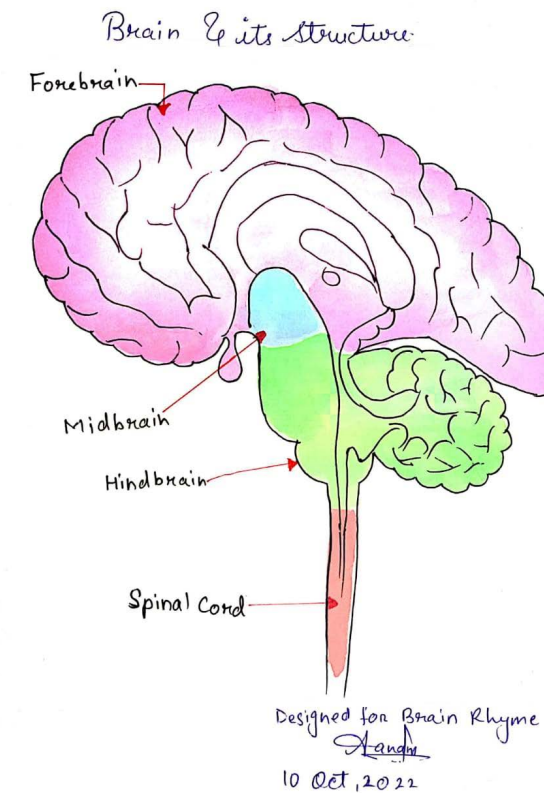
Brain Rhyme & International Association of Sports & ICT shall provide you with the Assessment Certificate based on your performance.

NEUROBYTES



NEUROBYTES 31

BRAIN STRUCTURE



Forebrain, midbrain and hindbrain are the three areas of the brain, constituting different parts of the brain. Forebrain comprises cerebrum, thalamus and hypothalamus. Midbrain is located between the thalamus of the forebrain and pons of the hindbrain. Hindbrain comprises pons, cerebellum and medula.

Forebrain is responsible for most of the complex functions such as thinking, memory, decision making.

Midbrain is responsible for auditory (sound) & Visual (images) processing.

Hindbrain is responsible for Feelings & emotions

Image credit : Anam Sayyad
#brainrhyme#forebrain#midbrain #hindbrai

NEUROBYTES 32

BRAIN ANATOMY

CEREBRUM

Coordinates and processes sensory and motor functions required by the body, as well as to provide reasoning functions, process emotions and contribute the unique personality traits that make each human being an individual.

Responsibility of Cerebrum

- Balance and posture
- Mental function
- Movement
- Motor learning
- Vision

THALAMUS

The thalamus translates neural impulses from various receptors to the cerebral cortex. Your thalamus also plays a role in sleep, wakefulness, consciousness, learning and memory.

Responsibility of Thalamus

- Relaying sensory information.
- Relaying motor (movement) information
- Prioritizing attention.
- Role in consciousness.
- Role in consciousness.

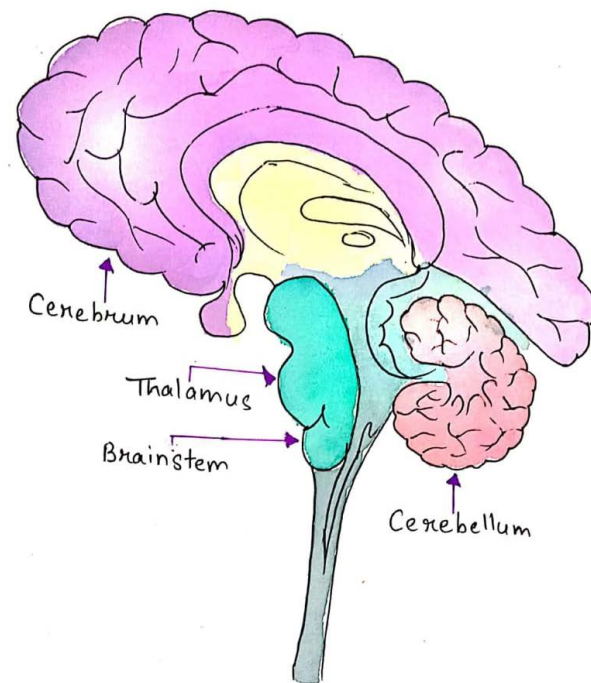
BRAIN STEM

The brain stem is the stalklike part of your brain that connects your brain to your spinal cord

Responsibility of Brain Stem

- Balance.
- Blood pressure.
- Breathing.
- Facial sensations.
- Hearing.
- Heart rhythms.
- Swallowing.

Brain Anatomy - I



Designed for Brain Rhyme
Anam
11 Oct, 2022

CEREBELLUM

Is a major structure of the hindbrain that is located near the brainstem. The cerebellum is the part of the brain that is responsible for coordinating voluntary movements. It is also responsible for a number of functions including motor skills such as balance, coordination, and posture.

Responsibility of Cerebellum

- The main functions of the cerebellum involve movement. This structure helps create balance and precision and memories of those movements to increase their accuracy and efficiency in the future.

Image credit : Anam Sayyad
#brainrhyme #cerebrum #thalamus #brainstem
#cerebrum

NEUROBYTES 33

CEREBELLUM

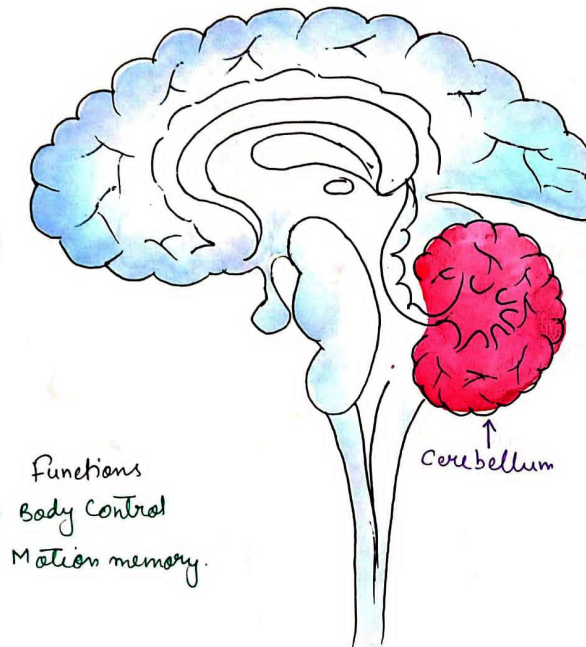
The part of the brain at the back of the skull in vertebrates. Its function is to coordinate and regulate muscular activity.

The cerebellum doesn't have much volume, but it holds about 80% of the brain's nerve cells. Those are cells that take information back and forth between different parts of your brain and nervous system. This "little brain" plays a major role in balance, posture, and muscle coordination.

In order to fine-tune movements, the cerebellum sends signals to various muscle groups. However, when the cerebellum is damaged, the timing of the messages sent from the cerebellum to the muscles is affected. This results in a lack of coordination known as APRAXIA -Apraxia is a motor disorder caused by damage to the brain (specifically the posterior parietal cortex or corpus callosum) which causes difficulty with motor planning to perform tasks or movements. The nature of the damage determines the disorder's severity, and the absence of sensory loss or paralysis helps to explain the level of difficulty. Children may be born with apraxia; its cause is unknown. Agnosia that is a loss of the ability to map out physical actions in order to repeat them in functional activities.

Image credit : Anam Sayyad
#brainrhyme #cerebellum #littlebrain #apraxia

Cerebellum



Functions
• Body Control
• Motion memory.

Designed for Brain Rhyme
Anam
13 Oct, 2022

NEUROBYTES 34

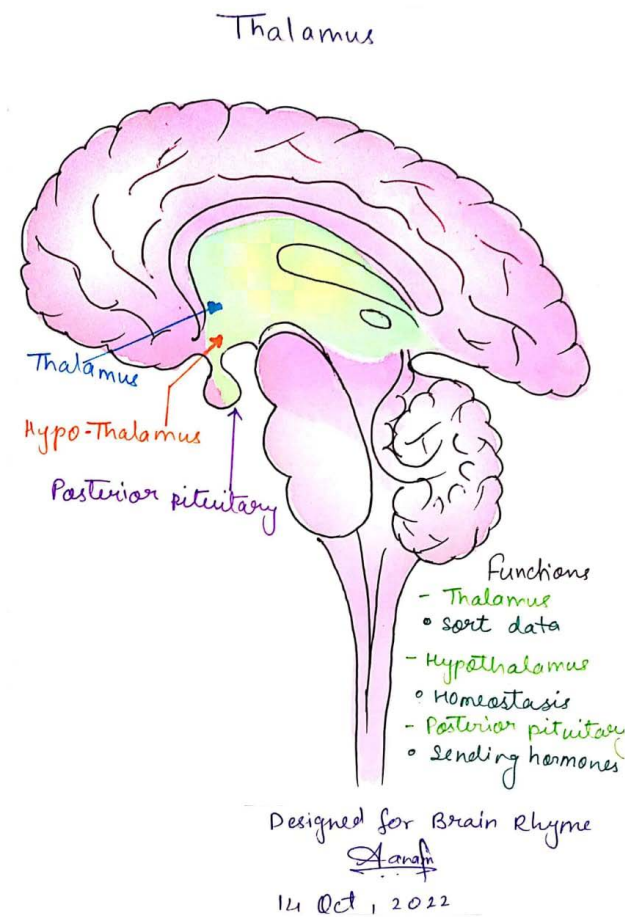
THALAMUS

Thalamus is an egg-shaped structure in the middle of your brain. It's known as a relay station of all incoming motor (movement) and sensory information – hearing, taste, sight and touch (but not smell) – from your body to your brain. Like a relay or train station, all information must first pass through your thalamus before being routed or directed to its destination in your brain's cerebral cortex (the outermost layer of your brain) for further processing and interpretation.

Functions of Thalamus

- Relaying sensory information. Each sensory function has a thalamic nucleus that receives, processes and transmits the information to its related area within your cerebral cortex.
- Relaying motor (movement) information. Motor pathways all pass through your thalamus.
- Prioritizing attention. Focus on vast amount of information that it receives.
- Role in consciousness. keeps you awake and alert.
- Role in thinking (cognition) and memory. In processing and regulating emotions, formation and storage of memories, sexual arousal and learning.

Your thalamus also contributes to perception and plays a role in sleep and wakefulness.



Symptoms of damage to your thalamus include:

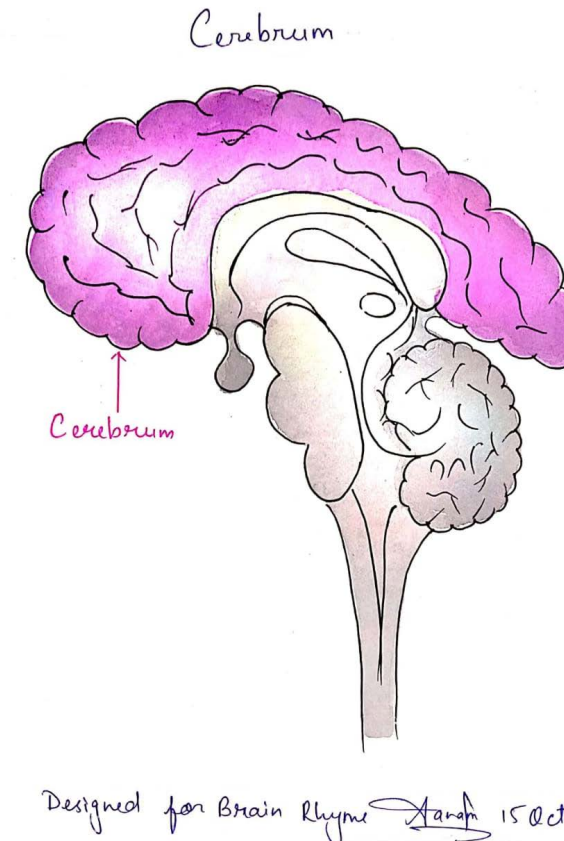
- Memory loss (amnesia).
- Lack of interest or enthusiasm (apathy).
- Loss of ability to understand language or speak (aphasia).
- Trouble with attention, loss of alertness.
- Trouble processing sensory information.
- Impaired movement.
- Sleepiness.
- Chronic pain.

Image credit : Anam Sayyad

#brainrhyme #thalamus #motor #sensory #memoryloss #language #sleepless

NEUROBYTES 35

CEREBRUM



Your cerebrum is the largest part of your brain and handles conscious thoughts and actions. Different areas within your cerebrum also have different responsibilities like language, behavior, sensory processing and more. Areas of your brain also commonly work together on the same tasks, helping you understand what's happening in the world around you.

Functions of Cerebrum

- Your five senses: Your cerebrum manages and processes everything your senses take in. That includes sight, sound, smell, taste and touch.
- Language: control your ability to read, write and speak.
- Working memory: when you remind yourself to pick up something from the grocery store.

- Behavior and personality: Part of your cerebrum is your frontal lobe, which manages your personality and behavior. It's the part of your brain that acts as a filter to stop you from doing or saying things you might later regret.

- Movement: Certain areas of your cerebrum send signals that tell your muscles what to do when you need to use them.

- Learning, logic and reasoning: Different areas of your cerebrum work together when you need to learn a new skill, make a plan of action or puzzle out a problem.

Any condition affecting your brain can affect your cerebrum, including mental health conditions. Some major examples include:

- Alzheimer's disease
- Anxiety disorders.
- Attention-deficit hyperactivity disorder
- Stroke
- Concussion and traumatic brain injuries.
- Dementia
- Depression
- Dizziness
- Epilepsy
- Genetic disorders (conditions you have at birth that you inherited from one or both parents, such as Wilson's disease)
- Infections
- Parkinson's disease
- Post-traumatic stress disorder (PTSD)
- Schizophrenia
- Vitamin deficiencies and nutrition problems (such as low vitamin B12 levels and hypothyroidism)

Image credit : Anam Sayyad

#brainrhyme #cerebrum #dementia #five senses

NEUROBYTES 36

BASAL GANGLIA

The basal ganglia (BG), or basal nuclei, are a group of subcortical nuclei, in the brains of vertebrates. In humans, and some primates, there are some differences, mainly in the division of the globus pallidus into an external and internal region, and in the division of the striatum. The basal ganglia are situated at the base of the forebrain and top of the midbrain. Basal ganglia are strongly interconnected with the cerebral cortex, thalamus, and brainstem, as well as several other brain areas. Functions, include control of voluntary motor movements, procedural learning, habit learning, conditional learning, eye movements, cognition, and emotion.

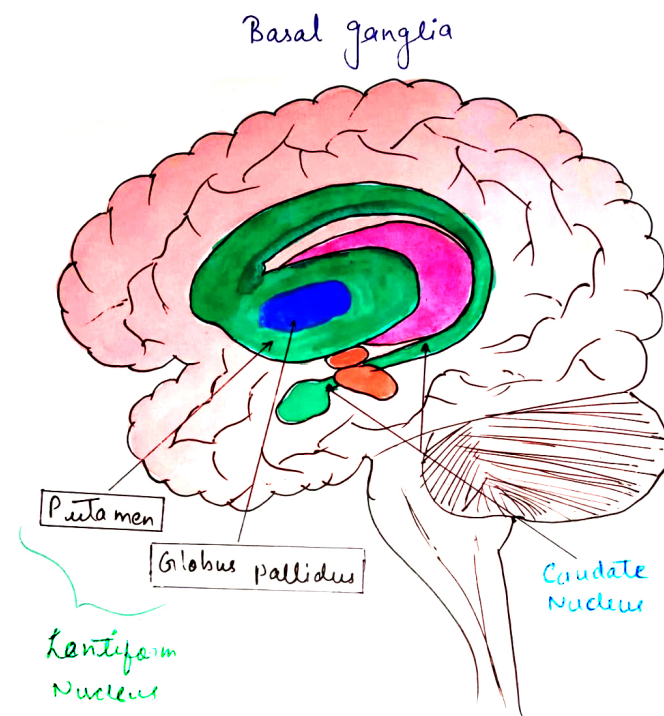
The basal ganglia consist of five pairs of nuclei:

Caudate nucleus, Putamen, Globus pallidus, Subthalamic nucleus, & Substantia nigra.

Damage to the basal ganglia cells may cause problems controlling speech, movement, and posture. This combination of symptoms is called parkinsonism. A person with basal ganglia dysfunction may have difficulty starting, stopping, or sustaining movement

Disorders associated with the basal ganglia?

- Parkinsonism
- Huntington's disease
- Dystonia
- Hemiballismus
- Epilepsy
- Tourette syndrome/obsessive-compulsive disorder
- Sydenham's chorea
- PANDAS



Designed for Brain Rhyme *Anam* 16 Oct, 2022

Parkinson's

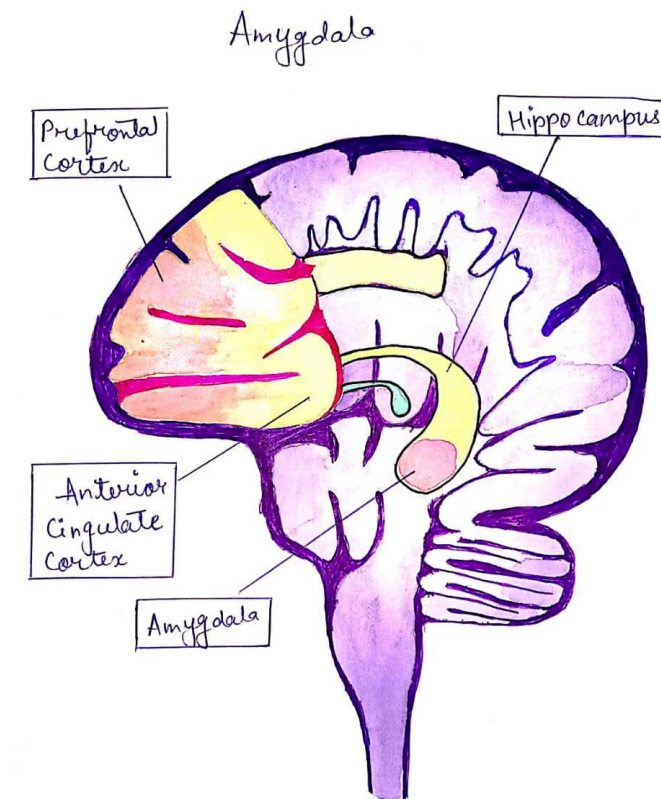
Parkinson's is the most notorious disease of the basal ganglia. Classic clinical symptoms include bradykinesia, resting tremor, postural instability, and shuffling gait. This disease is a result of neurodegeneration of the SNpc dopaminergic neurons.

Image credit : Anam Sayyad

#brainrhyme #Neurobytes #basal #ganglia

NEUROBYTES 37

AMYGDALA



Designed for Brain Rhyme *Anam* 17 Oct, 2022

Region of the brain primarily associated with emotional processes. The name amygdala is derived from the Greek word amygdale, meaning "almond," owing to the structure's almondlike shape. The amygdala is located in the medial temporal lobe, just anterior to (in front of) the hippocampus. Similar to the hippocampus, the amygdala is a paired structure, with one located in each hemisphere of the brain. The amygdala is part of the limbic system, a neural network that mediates many aspects of emotion and memory.

It's responsible for processing strong emotions such as

Fear | Pleasure | Anger | Anxiety | Aggression

These emotions trigger Amygdala's fight - flight or freeze responses.

Image credit : Anam Sayyad

#brainrhyme #neurobytes #amygdala #emotions

STRESS LIFE

Life is simple sometimes we make it complicated by thinking about the past and worrying about the future. Stress only enters our body when we are not in present state of mind. Stress affects the brain functions and creates anxiety, depression, fear resulting in headache, increase in heart beats and chest pain.

How to avoid : Take a deep breath from the Nostrils and leave smoothly through your mouth. Repeat this till the blood flow starts running smoothly in your body. You will feel the relaxation while you take air in and out.

FAMILY HISTORY

A certain pattern which is been seen among family members of the same family about certain illness and medical history attached to it. Includes Health status, medical conditions age and cause of death. Many a times we have heard about ancestral tree, bloodline, hereditary. These are terms used to connect diseases or symptoms related with Family history. Typically broader details about the family and their medication information of about 3 generations would be collected.

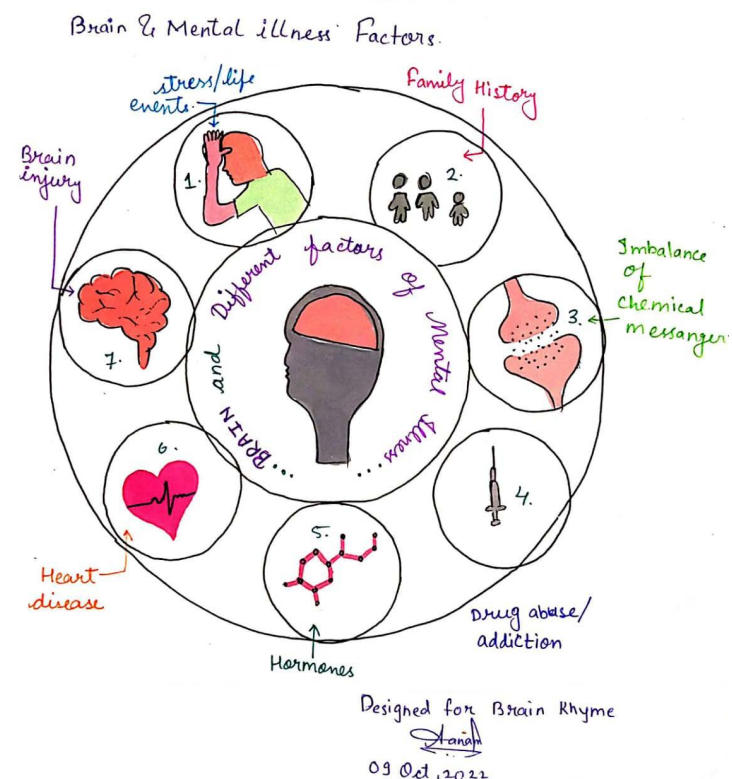
IMBALANCE OF CHEMICAL MESSENGER

Chemical imbalance in the brain can occur when the brain has either excessive or insufficient chemical messengers called neurotransmitters. Genetics, Environment, chemicals and nutritional deficiencies are few factors causing imbalance. Most common signs are loss of appetite, restlessness, sadness.

How to rebalance : healthy balanced diet, get enough sleep, exercise daily, listen to music, meditate and spend time with nature.

Image credit : Anam Sayyad

#brainrhyme #Neurobytes #mental illness
#stress #familyhistory #imbalance #drugabuse



DRUG ABUSE / ADDICTIONS

Excessive use of psychoactive drugs such as alcohol, pain medications or illegal drugs can lead to physical, social, emotional harm or job related problems. Side effects of drug addiction may include increased strain on the liver, seizures, strokes, mental confusion, brain damage, lung disease. Problems related to memory, attention and decision making which can make daily living more difficult.

How can you prevent : Avoid temptation and pressure, examine the risk factor, keep well balanced life, seek help for mental illness, avoid friends / family members who are involved.

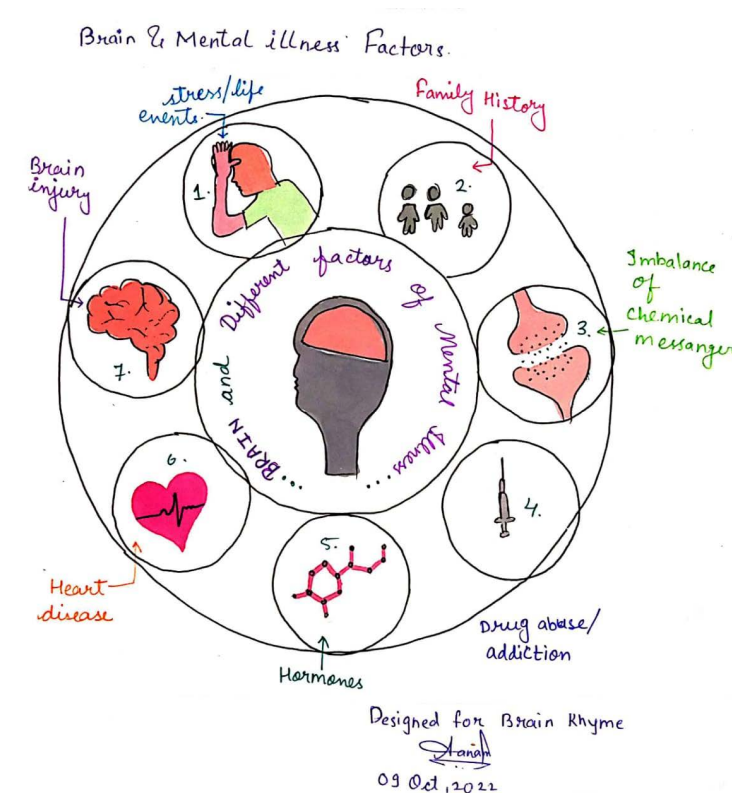
HORMONES

Hormones are your body's chemical messengers. They travel in your bloodstream to tissues or organs. They work slowly and affect many different processes, including growth and development.

How to balance : Get enough proteins, Exercise regularly, maintain weight, reduce stress, get enough sleep, eat healthy fats. Raspberries, blueberries, blackberries and strawberries are all hormone balancing foods. Lemon water and other infused waters are best natural drinks for hormone balance. Green tea and matcha latte are two best green drinks.

HEART DISEASE

There are 4 main types of heart disease – Most common type of heart disease is Coronary artery disease (CAD), Strokes and TIAs, Peripheral heart disease and Aortic disease. Decrease in blood flow to heart causes heart attack. High blood pressure, high blood cholesterol and smoking are key risk factors.



How it can be cured : CAD cannot be cured but treatment can help manage they symptoms and reduce the chances. It can be treated by changing lifestyle, exercising regularly and stopping smoking.

BRAIN INJURY

Usually results from a violent blow or jolt to the head / body. An object that goes through the brain tissue, for eg Bullet can cause brain injury. It can also result in torn tissues, bleeding and other physical damage to the brain. Symptoms include headache, nausea or vomiting, drowsiness, problem with speech or loss of balance.

Image credit : Anam Sayyad

#brainrhyme #Neurobytes #drugabuse #hormones
#heartdisease #braininjury

NEUROBYTES 40

MUSICAL INTELLIGENCE

MUSIC THERAPIST

It's a broad field - Understanding on Clinical and evidence based use of music. An MT analyse patient's mental health and physical disorder or any other disabilities. 2 essential qualities are required to sustain in this field – patience and persistence.

MUSICIAN

Technically speaking musician is a person who plays musical instrument or writes music. Musician write, record and perform music. Daily activities include rehearsing, recording, writing lyrics and delivering performance. To become a professional musician it takes dedicated practice and determination.

MUSIC TEACHER

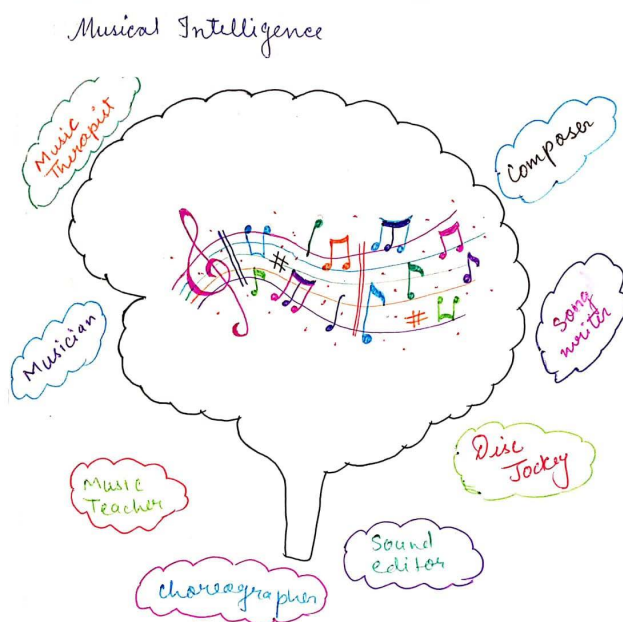
Teacher who teach students how to sing and play instruments, instructs them fundamentals such as scales and chords and lead school band , orchestras, choirs and ensembles. If you love to work with and teach children it is worth been a music teacher.

CHOREOGRAPHER

Creates and plans dance routine for performance, to entertain at live shows, events or for TV and films. You need to be creative, fit movement for music, work in coordination with producers, costume designers and musical directors, record dance steps using notation system. Choreographers are usually specialize in particular forms, such as classical ballet, contemporary dance, ballroom dance and folk dance, jazz or non western (indian or African)

SOUND EDITOR

Responsible for finished sound in movies and television shows. Process involves Selection, Polishing and assembling 3 primary elements – recorded dialogue, sound effects and music into a complete integrated soundtrack.



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DISC JOCKEY

Plays and sometimes mixes, recorded music at dance parties, social event and nightclubs. In 1935, American radio commentator Walter Winchell coined the term "Disc Jockey" to describe radio announcer Martin Block, the first Radio announcer.

SONG WRITER

Is a musician who professionally composes musical compositions and writes lyrics for songs. Becoming a Song Writer requires patience and practice.

COMPOSER

A composer uses Creativity and knowledge of music theory to write and transcribe musical scores for television, films etc. Composer should possess skills of paying attention to details, Industry knowledge, Creativity, Musical Ability, Visualization and proper communication.

Image credit : Anam Sayyad
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#musicalintelligence

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