

360Mind E-Magazine

World Record HOLDERS



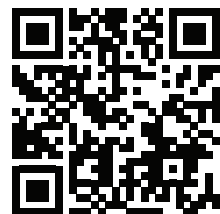
1ST EDITION

JANUARY 2024



BRAIN RHYME

Coaching | Championship | Innovation | World Records





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"I am coming to your country to showcase my Indian products."
Wish to connect with more customers.
Do visit Garima Dubai 2023.

DR. SUSHANT P.MYSOREKAR
BRAIN RHYME

Garima 2023 DUBAI
14th Jan & 15th Jan 2023

Venue: Hotel-Emirates
Timing: 10:00 AM to 5:00 PM

JAN 2023
Expo in Dubai
Participated in GARIMA Expo, Dubai

Date : 14th & 15th Jan 2023

FEB 2023
U.N.GC 26
Our World Record students ambassadors participated at U.N. GC 26 & interacted with 121 schools, 496 participants at the UN Global Chair on the rights of the child.

Date : 5th Feb 2023

IN-U.N.GC 26
In UN Child-citizens influencing the UN draft on ECOLOGICAL RIGHTS OF CHILDREN

BRAIN RHYME
WORLD RECORD STUDENTS
from across the world will give feedback and inputs on the recommendations of students from 121 Schools across the country on this important document.

Rutva Pore, Saim Ahmad, Sara Chhipa, Samanvaya Khandelwal, Eshan Jagdish

Mater Ajinkya Rammohan the youngest kid from Gurgaon, Haryana, India. created record by recalling the countries, capitals, and continents of 195 countries in 7 minutes 40 seconds.

Date : 26th Jan 2023

Witness...
Ajinkya Rammohan's World Record Attempt

YouTube LIVE | **THU 26TH JAN 2023**
Time : 11:00am IST

DR. Sushant P. Mysorekar
Mentor | Coach | Consultant | Global World Record Ambassador

WORLD BOOK OF RECORDS LONDON
CERTIFICATE

Master Hari Vallabh Puttar
Child Prodigy
Cary, North Carolina
United States of America

Has been included for Fastest recitation of detailed description of the American Revolutionary War from memory spanning over 4 years of history in 10 minutes and 45 seconds at the age of 9 years 10 months 14 days on 13 November 2022.

KIDS EDITION
C.No.-WBR/RC-1136/2023
Date : 13th February, 2023

Santosh Shukla
Registrar
President & CEO

MARCH 2023
VISHAK WORLD RECORD

Master Vishak From UAE created World Record on recognizing 182 General Medical Acronyms in 5 minutes 8 secs

Date : 19th March 2023

Witness...
Vishak Ramasubramaniam's World Record Attempt

YouTube LIVE
Sun 19th Mar 2023
Time : 10:00 am UAE
11:30 am IST

GENERAL MEDICAL ACRONYMS

Vishak Bio
Std : 2nd
Gems New Millennium School
Dubai, UAE

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

OUR PARTNERS

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Sri Lanka +94 77779 0008 US +1 (973) 809-3548
HongKong +852 5441 7070 Malaysia +60 12-354 2236



195 COUNTRIES ATLAS
FLAG | COUNTRY
CAPITAL | CONTINENT

RJ Rajvi
Host

Family Trip
Dubai & Abu Dhabi

Date : 16th to 23rd Jan 23

MARCH 2023
HARI WORLD RECORD

Our student Master Hari Vallabh Puttar, USA is registered in WORLD BOOK OF RECORDS for his accomplishment

MARCH 2023
ZHEP AWARD

Appreciated by Zhep Udyoginichi at the Event Hosted at ICC, Churchgate. Blessed to receive Award from Ba.Jaswantiben Popat, Owner of Mahila Gruha Udyog , Lijjat Pappad.

Thanks to Mrs.Pournima Shirishkar for the honour

Date: 24th Mar 2023

FEB 2023
G.T NURSING COLLEGE
G.T.College B.Sc Nursing students participated in Innovative Ideas Presentation.

Date : 7th Feb 2023



MARCH 2023 INTERNATIONAL CONFERENCE

Invited as Special Guest of Honour
at 6th International Conference
on Transformation in Business
& Social practices organized by
NCRD.

Thanks to Dr.Prashant Gundawar,
Director SIMS & Mr.Manish
Phadke, Placement Coordinator

Date: 24th Mar, 2023



GPS Map Camera

Mumbai, Maharashtra, India

93, Sector 19, Near Sea-Woods Railway Station, Nerul (E), Nerul
Sector 19A, Nerul, Navi Mumbai, Maharashtra 400706, India

24408°

Stars of the Week

3rd April to 6th April 2023



Grade 3 to 5

Congratulations

APRIL 2023

YOUNG LEADERS PROGRAM

IQAC Internal Quality Assurance
Cell of VPM's Bandodkar College of
Science organised YOUTH
LEADERSHIP PROGRAM for their
students.

Thanks to Dr.Vinda Majumdar

Date: 24th April 2023



APRIL 2023

STAR OF THE WEEK

Our students Master. Eshan Jagdish
& Ms.Rutva Pore was honoured with
Stars of the week by Ambassador
School, UAE

Date: 3rd April - 6th April 2023

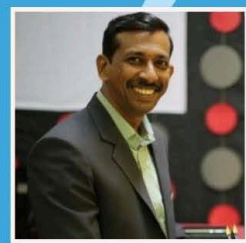


VPM'S B.N. BANDODKAR COLLEGE OF SCIENCE
(AUTONOMOUS), THANE

YOUNG LEADERS'

PROGRAM

IQAC (INTERNAL QUALITY
ASSURANCE CELL)
IN COLLABORATION WITH
BRAIN RHYMES &
TATA AIA BRANDS AND
RESOURCES



SUSHANT MYSOREKAR

Intelligence coach
Founder of Brain Rhyme

ON APRIL 24, AT 11:00 AM

OFFLINE VENUE: PATANJALI AUDITORIUM

ONLINE MODE: [CLICK HERE TO JOIN](#)

MAY 2023

Master Chinmai Mysorekar received the
Gold Medal for his master's thesis.
(Applied Physics)

He was felicitated at a Convocation ceremony
by Defence minister Shri Rajnath Singh
at DIAT, Pune.

Date: 15th May 2023

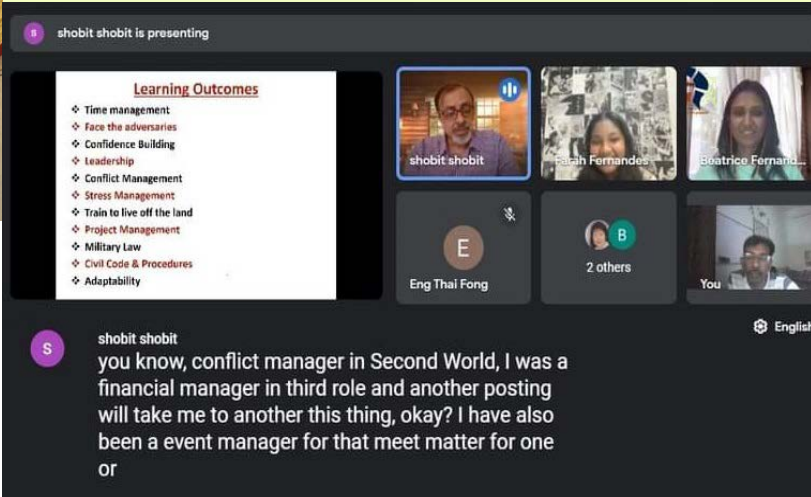


MAY 2023

THE HEARD/UNHEARD SERIES

Community Development program to
motivate students and professionals
by Inspirational Stories of Common
Man.

Date: 20th May 2023



MAY 2023

PSYCHOLOGY INTERNS

First meet with Psycology Interns to
initiate "Neuro Championship" Project

Date: 3rd May 2023



MAY 2023

VIJAYBHOO MI UNIVERSITY
Interacted with Vijaybhoomi
University students for
upcoming project.

Date: 30th May 2023



MAY 2023

SASMIRA CONVOCATION CEREMONY

Invited as Chief Guest at Sasmira Institute of management studies & research , Mumbai for Convocation Ceremony - University of Mumbai

Thanks to Mrs.Roopali More

Date: 5th May 2023



JUN 2023

LIFE POSITIVE

My Interview published in International Magazine "Life Positive" on topic " Boost your Brainpower-Unlock the Magic within your mind" (Page 54-59). Thanks to Rishi Rathod & Kalyaan Kumar.

Date: June 23 Issue



BRAIN RHYME
Coaching | Championship | Innovation | World Records

Event 1

Creativity

Ability to design, create, invent & innovate.
We all are born creative & inherent the talent.
Few recognise, few take action & create innovative products or services, few share while others just watch it happening!

Brain Rhyme is here to assist you!

Neuro Championship

Content, Creative's, Design, Worksheet, Assessment, Puzzle's

OUR PARTNERS

Magazine Partner, Record Partner, Community Partner, Associate Partner, Strategic Partner

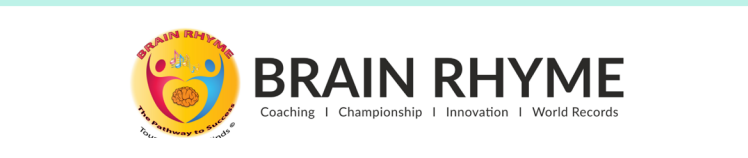
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मुलांना Skill Test करण्याची सुवर्ण संधी



Brain Rhyme Neuro Championship

अधिक माहिती साठी संपर्क करा
9833401292
www.brainrhyme.com
www.brainworldrecords.com



JUL 2023

B.D.SOMANI SCHOOL
Conducted Session for Teachers of B.D.Somani International School, Mumbai.
Thanks to Mr.Bhavin Sheth and Mr.Syemour Brain.

Date: 25th Jul 2023



JUL 2023

MSME EXPO
3 Days "MSME EXPO 23" at
WORLD TRADE CENTER

Date: 27th Jul 2023



MAY 2023

LAUCH OF NEURO CHAMPIONSHIP

We launched our flagship program- Neuro Championship.
Thanks to entire team for their contribution.

AUG 2023

INSTITUTE OF NURSING EDUCATION

Session on "Genius Brain for Genius Minds" for approximately 300 Nurse's at Sir. JJ Nursing College, Mumbai. Thanks to Mrs.Chanda Surve .

Date: 4th Aug 2023



OCT 2023

NEURO CHAMPIONSHIP TRAINING

First round with young enthusiastic YUVA trainers for our championship. Thanks to Ms.Mani Mistry Elavia.

Date: 30th Oct 2023



SEP 2023

META TRAINING

Attended 2- Days Session on META (MSBA) at Delhi . Thanks to Mr.Praveen Khandelwal & Mrs.Pournima Shirishkar

Date: 14th Sept 2023



NOV 2023

MAHESHWARI SAMAJ

"Neuroscience and Mind Games" for 100+ children from across pan India. Thanks to Mr.Arun Chitlangia.

Date: 5th Nov 2023



SEP 2023

SARASWAT BANK

Brain Rhyme appreciates 2 employees of Saraswat Bank, Dadar - Mr.Tanmay Sakpal & Mr.Prashant Kamat for their smart work & promptness.

Date: 28th Sept 2023



NOV 2023

WORLD RECORD

Another WORLD RECORD was registered by our student Ms. Rutva Nikhil Pore, 9 yrs Dubai resident, trekked Tulian Lake, located in Kashmir in July 2023. She started a journey to Tulian Lake on Sunday 30th July, 2023 at 8:30am and reached Lake at 2:30pm and returned back at 07:30pm . Her mother Mrs.Minal Pore & grand mother accepted the Certificate of Appreciation at Hotel Royal Palm, Kharghar on my birthday.

Date: 15th Nov 2023



NOV 2023

**BRAIN BOOK OF
WORLD RECORD**

Children Toy Foundation created a National & International record by inaugurating 36 Mind and Educational Games Library in 36 schools from 36 states on same day. Brain – Book of World Records registered same in 2023 Edition.

Date: 25th Nov 2023 



Witness...
**Vishak Ramasubramaniam's
World Record
Attempt**

YouTube LIVE
FRIDAY 22ND DEC 2023
Time : 5:00pm UAE | 6:30 pm IST

**11 ORGAN
SYSTEMS OF
HUMAN BODY**
Amazing 55 Organs & Tissues
& 65 Interesting Facts

Vishak Bio
▪ Std : 3rd
▪ Gems New Millennium School
▪ Dubai, UAE

Dr. Sushant P. Mysorekar
Global World Record Ambassador
Coach | Consultant | Councillor

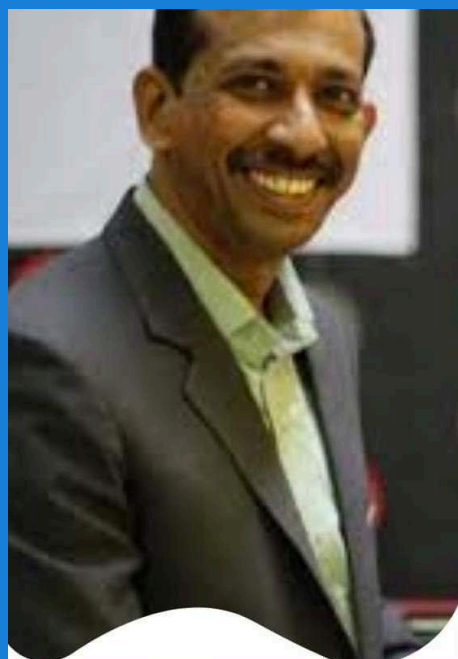


DEC 2023

WORLD RECORD

7 year old Vishak has just secured his **SECOND** world record, he smashed the record for " 11 organ system of human body along with 55 organs and tissues & 65 interesting facts" with an incredible time of 22 minutes and 31 seconds.

Date: 22nd Dec 2023 



**Diploma in Sports
Exercise psychology 3D
Topic
Neuroscience**

Dr.Sushant P.Mysorekar
Career includes 25+ years of training
research in field of Neuroscience &
Cognitive Intelligence

Date 24/12/2023
Time 4 PM

**Live Zoom & Brain
Training OIPA
YouTube channel**

OSHAN INTERNATIONAL

Online session for Diploma in Sports Exercise psychology 3D students organised by Oshan International Psychological Association, Nagpur.

Thanks to Mrs.Sneha Jadhav & Mr.Sachindra Jadhav

Date: 24th Dec 2023 

OSHAN International Psychological Association

Oipa (Oipa)
ओशन आंतरराष्ट्रीय मनोवैज्ञानिक संघ



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

- Jeff Bezos

EDITORS *Note*

Greetings of the day!!!

My Dear Readers,

We are thrilled to unveil and roll out another addition of our wonderful magazine, awaited by you!

As the year end and we all set out to design new goals, new targets, set intentions for the coming year, our issue focuses on something which may be of great interest to you.

Yes! We are talking about the young world record holders!

These amazing record holders have, with their wonderful skill sets and sheer hard work, have achieved all – which may not be achievable even by grown-ups.

We are sure that the achievements which are covered in this issue of the world record holder team certified by OMG book of records has stunned many.

We would like you to enjoy reading through the journey of each and every world record and let us know how it inspired you.

It will be great fun to hear it back from you and as well as act as a motivator for those behind it all.

Did you know dear readers, these records were created by the kids and coached by Brain Rhyme team itself and it is not just one or two, but more than three dozen records have been created in a span of past few years.

You will also find a few interesting articles in the magazine on digital detox and much more!

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)

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

BRAIN RHYME PRESENTS SMART KIDS PROGRAM

(Age : 3-10 Years)



BRAIN RHYME® a registered organization in the field of Neuroscience, having experience of conducting 10+ Memory Championships in India, Dubai, Egypt, & Lebanon.

KEY HIGHLIGHTS

- ✓ 25+ Psychologist have been a part of creating Neuro championship.
- ✓ Author of 3 books on Memory & Spell Bee.
- ✓ Creator of 35+ World Record Holders.
- ✓ Trained, Coached and mentored around more than 5 Lac participants on academic improvement, competitive exams and Championships.

PROGRAM



LEARNING VEDAS



FOREIGN LANGUAGE (Spanish)



GENERAL KNOWLEDGE



ART BASED PEDAGOGY

BENEFITS

Develop Physical, Social, Emotional, Intellectual, & Strategic Quotient

Develop Ideas for Innovation

Be Ready for creating WORLD RECORD

DAYS

Tue's & Thur's
(ONCE A WEEK)

TIME

10:00 to 11:30am | 3:00 to 4:30pm
(OFFLINE SESSION)

VENUE

Malad

SESSIONS

36 Sessions Annually

DURATION

90 Mins / Session

TAKE AWAY

Fun Learning | Memory Techniques & Tools | Worksheets | Overall Development of Child



BRAIN RHYME

Coaching | Championship | Innovation | World Records

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Accreditation
International Association
of Sports & ICT

Pattern
Assessment & Testing of
Value based Employment
& Business skills

NOTE: All can participate in International NEURO CHAMPIONSHIP.

Neuro championship a sporting model designed by 20+ Psychology students under guidance of Dr.Sushant Mysorekar where participants compete against life skills to determine the best or most skilled in a particular event. Championship exists to showcase skills, expertise,& win a title of top performers in respective fields.

Championship shall be hosted in different countries to compete with oneself, & demonstrate abilities & skillets for better performance Approved by International Association of Sports & ICT.



Brand Research Academic Innovation National
BRAIN-BOOK OF WORLD RECORDS

BRAIN - Book of Records is official certificate to promote, appreciate the efforts, skills & talent. The purpose of such a document is to provide an official confirmation of the records pertaining to an individual, entity, or specific subject matter.

BRAIN - Book of Records might be requested for various reasons, such as:

- 1. Employment**
Employers may request such certificates to verify an individual's potential and performance ability.
- 2. Government and Administrative Purposes:**
Required by government agencies or administrative bodies for various applications.
- 3. Personal Reasons**
Individuals might need these certificates to add credits to their personal proficiency , admissions abroad, etc

The certificate includes details about the records held by the individual / group / organization, such as dates, types of records, and any relevant information that has been requested or is permissible to disclose.

www.brainworldrecords.com

World RECORD HOLDER



Watch On

<https://youtu.be/HK-cJd-IB0Q>

AJINKYA RAMMOHAN

- 5 Years Old
- Junior KG
- The Shri Ram School, Gurgaon, India

Ajinkya Rammohan is four and a half years old and currently studying in Pravesh Vatika (Junior KG) at The Shri Ram School, a prestigious school in Aravalli, Gurgaon, India.

He is an inquisitive child always wanting to find answers for typical questions. He has successfully created a world record by reciting 195 Atlas Countries, Capitals, Continents and Flags. He created a world record by 7 minutes 40 seconds. As he was already awarded with 3 world records, Ajinkya was able to select the topic on the spot. The best insight Ajinkya got after setting world records is that he has the confidence to succeed in anything he attempts. While in training, he had learned some excellent techniques useful to him for lifetime. His parents mentioned that they have observed Ajinkya become more confident because he knows that his hard work leads to results which are encouraging and rewarding. Ajinkya mentioned that he learned 'Fun and Patience attitude' while receiving training from Dr. Sushant Mysorekar.

Ajinkya is a true inspiration for other children. We hope his success motivates a lot more parents to encourage their children to participate in such championship programs. The benefit will be beyond just creating a record. The skills and confidence gained in the process will help them succeed in their career too.



Ajinkya was facilitated at the GenZ & Millennial Change Makers Forum 2023 at IIC in Delhi hosted by NewsX, Sunday Guardian and Business World. Ajinkya was one of the luminaries at the event and received award from Union Minister for Health Shri. SP. Singh Bagel for his world record feat.

To More World Record Holder visit us www.brainrhyme.com

Madhu Jhavar is the founder of UniQEduStory, an online platform that focuses on the holistic development of children through stories and activities. Her objective is to help children cultivate and develop emotional intelligence and mindfulness skills.

Emotional intelligence (EQ) and mindfulness are crucial for children's development. EQ helps them recognize and manage emotions, fostering healthier relationships and decision-making. Mindfulness cultivates self-awareness and stress reduction, enhancing focus and resilience.

Together, these skills empower kids to navigate challenges, improve social interactions, and promote mental well-being, setting a strong foundation for their emotional and psychological growth.

What sets her apart is that she achieves this development through stories, fun activities and actively involving kids in the learning. She offers a variety of programs, from short introductory workshops to longer-term courses that enrich and enable the holistic development of the kids.

Madhu applies a tailored approach by celebrating individuality and helping kids realize and find strengths in their uniqueness and that they don't have to be like everyone else to find success and happiness.

She believes that each child is on its own journey and has a unique story waiting to be told. She guides them and provides them with a safe and nurturing space through compassionate coaching to help them unlock the life-altering benefits like reduced stress, improved focus and concentration, better emotional regulation, enhanced self-awareness.

MADHU JHAWAR

Founder of UniQEduStory

Role: Mindfulness Coach

Mission: Help children learn, grow, and heal through simple mindfulness techniques

Techniques: Storytelling, Quizzes, and other Creative Activities



ARE YOU Emotionally Intelligent?

Cultivate your EQ (Emotional Quotient)

At UniQEduStory we Address the following in

1st STEP

Emotions Awareness Workshop

6 DAYS

2nd STEP

Mindfulness Awareness Challenge

90 DAYS

OUTCOMES

- ✓ Improved Relationships with Others
- ✓ Better Decision-making
- ✓ Improved Physical and Mental Health
- ✓ Increased Productivity and Efficiency
- ✓ Greater Overall Sense of Well-being and Happiness
- ✓ Greater Ability to Set & Achieve Personal and Professional Goals

- ✓ Increased Self-awareness and Self-esteem
- ✓ Increased Ability to Cope with Stress
- ✓ Improved Communication and Conflict Resolution Skills
- ✓ Increased Ability To Enjoy Life and Find Meaning and Purpose

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- 25+** Roles Hired
- 100+** People Placed

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World RECORD HOLDER



Watch On

<https://youtu.be/O8Vo24Eln28>

HARI PUTTAR

- 9 Years Old
- Grade 4
- Hortons Creek Elementary School, USA

Hari is eleven-year-old. He is a multi-talented child and has received various certificates, medals, and trophies in Art, taekwondo, advanced math's, swimming, golf and Shlokas. He has a creative mind and enjoys doing art, building legos, playing music, reading books, and is also a good sportsman! He has successfully created a world record in the American Revolutionary War. He Created world record by 10 minutes and 45 seconds.

The title for setting a world record was decided later. His journey started in learning world history events that shaped the different world wars. One of his teachers suggested the US independence and civil war. However, the finest insight Hari got after setting a world records is that he started to correlate historical events from different time periods, also he uses statistics and dates in his narrations and writings. Most importantly, his parents saw improvement in ability to synthesize a lot of information and recall later.

Hari is able to use techniques in his academics, which he has learned while training. His parents also observed that he is always excited to learn more and use it while communicating with others. After setting a record he also understood the meaning of saying- When the going gets tough, the tough gets going. The coach instilled discipline and confidence in completing his record during the low points.

"Every child is an individual with a different growth rate and a varied and vast potential". We respect Hari's talent, his potential to become king of his trade.

To More World Record Holder visit us www.brainrhyme.com



Chatrapati Higher Education Intellectual Forum (CHIEF)

PROVIDES

CONSULTATION AND GUIDANCE

- ✓ NAAC accreditation
- ✓ Autonomus College Status
- ✓ Skill Development Programs (State Govt / Central Govt)
- ✓ RUSA Scheme

For more details contact  + 91 98334 01292



Dr. Dilip Patil
(M.A. M.B.A.LL.B., Ph.D.)

President, CHEIF,
Former Director DLLE,
University of Mumbai.

World RECORD HOLDER



Watch On



https



RUTVA PORE

- 8 Years Old
- Grade II
- Ambassador School, Dubai

Rutva is a 7-year-old young, intelligent and super talented girl from Dubai, who successfully made a world record on our Solar System in English and Arabic. She created a world record by 4 minutes and 39 seconds.

The title for setting the world record was Pre- Decided, earlier only the English version was planned but later they decided to do the Arabic version too. Her parents mentioned that everyone appreciated her skills of memorizing and reciting facts with numbers in speed. Her Arabic version was more recognized as she is non- non-Arabic child. Techniques which she has learned are still helping her occasionally.

Her parents observed that after setting a world record she became more confident and focused on her studies and other activities. Rutva Mentioned that she learned to remember numbers by creating funny stories was the real fun she found in the entire journey of her world record. Her coach encouraged her and showed trust in her that she can do it.

Rutva is a wonderful child and beautifully articulates her skills. May she inspire many kids to set world records.

To More World Record Holder visit us www.brainrhyme.com



International Tours

Domestic Tours

Adventures

MICE & Corporate Conclaves

Conferences

Cruises

Hotels

Events

Flights





Took hard 25 years for Trans Asian Chamber to achieve today's Success !

For the Inaugural Event of Trans Asian Chamber of Commerce & Industry, the main Auditorium of Yashwantrao Chawhan Pratishthan, on 24th February 1999, the Dais was full.

On the Dais, were Consul Generals of Netherlands, Israel, Zhongguo i.e. China and Representative of Honorary Consulate of Mongolia with the Chief Guest Shri. Atul Bhagawati, President of Indian Merchants' Chamber and former President of Indo-Viet Name Chamber & Council for Fair Business Practices, Shri. P.N. Dewarajan, designated Founder President of TACCI, designated President and former Group President of Reliance Industries Limited, Shri. Nakul Patil, designated Founder Vice President of TACCI and Chairman of CIDCO & former Minister of Maharashtra Government and Shri. Larry D'Souza, Executive Director of Mumbai Chamber of Commerce & Industry, my personal friend & the Advisor to our new Chamber.

In the audience, also was Consul General of Viet Nam. But in a total 300 sitting capacity Auditorium, the total Audience present was just 17 Persons inclusive of Consul General of Viet Nam & 3 door-keepers.

And in this Event, I was running around as the Founder of the Chamber on the Dais and as a Photographer as well as in the Audience as a part of the Invitees, with my genuine friends, who always supported me to fulfill my dreams !

My friends had liked my concept of expanding Indo-Mongolian Chamber of Commerce & Industry, (which was inaugurated exactly 5 years earlier on 24th February 1994) as Trans Asian Chamber of Commerce & Industry as an International Chamber.

My ambitious concept was to form a common platform to bridge the gap between Poor Countries & Rich Countries for the even-development of Poor Countries with the support of Rich Countries by exercising ethical practices to avoid exploitation of the Poor by the Rich, like the good old story of the past !

Thus, our Trans Asian Chamber of Commerce & Industry was ultimately inaugurated on 24th February 1999 in the hands of Shri. Atul Bhagawati. Shri. P.N. Dewarajan took over as the Founder President and Shri. Nakul Patil as the Founder Vice President.

This was a humble beginning of Trans Asian Chamber of Commerce & Industry ! We had expanded our Indo-Mongolian Chamber of Commerce & Industry.

Many of my acquaintances, posing to be my well-wisher friends, earlier used to sarcastically comment that, it is not a joke to start an international Chamber and further comment that, soon this racket named as Trans Asian Chamber of Commerce & Industry will collapse and vanish !

On coming 24th February 2024, our Trans Asian Chamber of Commerce & Industry is completing glorious 25 years with great pride ! Yes, we shall celebrate Silver Jubilee next month.

And what have we achieved in previous hard-fought 25 years !

We have more than 1000 Members in the Chamber, not only in all parts of Hindustan, but also handful Members in USA, UK, Netherlands, Mauritius, UAE, Poland, Nepal, New Zealand, Israel and Baanglaa Desh.

We have signed more than 15 Memoranda of Understanding with Chambers of Commerce & Industry in following Countries Kazakhstan, Iran, Ethiopia, UK, Belarus, Zhongguo i.e. China, Mongolia, USA, Afghanistan, Botswana and with International Legal Alliance.

We have established Contact Offices in Poland, Netherlands, Canada, USA, UK, Brazil, Nepal, Baanglaa Desh and just last year in Mauritius.

We have received Delegations from UK, Netherlands, Nepal, Russian Federation, Mauritius, Poland, Namibia, Ethiopia, Misr i.e. Egypt, USA and Poland so far. Whereas, we have taken Delegations to Kazakhstan, Mongolia, South Korea, Zhongguo i.e. China, Baanglaa Desh, Hong Kong (former British Colony), Misr i.e. Egypt, Israel and Palestine.

Except for 2 years of Lockdown, our Trans Asian Chamber of Commerce & Industry has maintained its consistency to hold the average number of more than 14 Meetings for our Chamber Members over 25 years. For these Meetings, we invite Ambassadors, Consul Generals, Trade Commissioners as well as our own Government Officials to give presentations on International & Local Business & Trade Opportunities, Policies & Taxation etc. We have also participated and/or supported Cultural Events for our Chamber Members.

Our Trans Asian Chamber of Commerce & Industry invites all those Entrepreneurs, Startups and Businessmen, who wish to start, promote and expand their activities. They can achieve their goals by joining our rapidly expanding Chamber.

Eligibility to join our Chamber is very simple. The Applicant can be from any Country, but must be legally adult without any criminal record !

Approach us to join our Chamber by calling upon us on WhatsApp numbers +91-9820964687 & +91-9967064687 or writing an e-mail to us on transasian.1994@gmail.com & transasianchamber.office@gmail.com any time !

Dr. Sanjay Bhide

B. Arch., M. Journalism, Ph.D. Journalism (USA), FIV, MCA, AIIA, MPETA, AIID

**Founder and Convenor & Secretary,
Trans Asian Chamber of Commerce & Industry**

Office Address : 301, Hind Service Industrial Premises, 3rd Floor, near Sant Dnyaneshwar Mandir & Chaitya Bhoomi, Jaambhekar Mahaaraaj Path, Daadar Choupaatee, Mumbai 400028, Maharashtra, Hindustan.

THANE HOSTS INAGURAL MINI JAVELIN EVENT EMPOWERING YOUNG ATHLETES

Thane, Abhishek Poddar:

Maharashtra - In a ground-breaking initiative, Thane played host to the first-ever Mini Javelin sports event on June 4th, 2023. The Unicorn Sports Association, in collaboration with Amentum Sports, organized this unique workshop cum competition, held at Bane School Ground in Thane West. The event received staunch support from former Nagar Sevika, Mrs. Jayshree Jerry David, and Mrs. Sneha Jadhav, Thane District Sports Director - Special Olympics, who was instrumental in proposing this pioneering project. Enthusiastic participants hailing from Thane, Navi Mumbai, and Airoli eagerly took part in the event, which catered to two age groups: under 14 and under 25. The organization and execution of the event were flawlessly managed by Sachindra Jadhav



from the Unicorn Sports Association and Siddharth-Aditya from Amentum Sports. The primary focus of the event was to impart essential skills and techniques related to Mini Javelin throwing to the young athletes. The participants had the opportunity to learn the nuances of the sport, including warm-up exercises, while also engaging in healthy competition. This holistic approach ensured that the participants gained valuable knowledge and experience in a

supportive and encouraging environment. Expressing her delight, Sneha Jadhav emphasized her vision of conducting more events throughout Thane District, catering to individuals of all age groups, be it the young, adults, or seniors. Her determination to provide opportunities for athletes in Thane remains unwavering, ensuring that sports flourish and inspire generations to come. The success of the Mini Javelin event in Thane serves as a testament to the collaborative efforts of the Unicorn Sports Association, Amentum Sports, and the passionate individuals working towards promoting sports and athletic development. With such ground-breaking initiatives, Thane is establishing itself as a hub for inclusive sports activities, fostering the growth and potential of young athletes.

Sneha Jadav

Profession- PG in Sports Psychology, Sports Counselor.
Adapted Physical Educator

 <https://www.youtube.com/watch?v=y91EDTLy5t4>

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https

SAIM AHMED

- 6 Years Old
- Grade I
- Gems Modern Academy, Dubai

Saim is six-year-old. Saim Ahmad was born and brought up in Dubai, UAE and his family originally hails from Lucknow, Uttar Pradesh, India. Saim is a student of Grade 2, Gems Modern Academy, Dubai. Saim can speak English, Hindi, French and Arabic. Saim had developed interest in countries and capital at the young age of 3, after watching a countries and capital song on YouTube and since then Saim has been exploring countries through books and the internet. It was finally in July 2021 when Saim started the preparation of his world record attempt as a summer vacation project and created the world record after 2 months of training and preparation on 9th September 2021.

The world record for being the fastest to recall countries, capitals, flags, continents and country code of all UN-recognized countries was set by Saim Ahmad of Dubai on 5th September 2021. He created this record in 9 minutes and 7 seconds. The title for creating a world record was predefined. His mother reported that Saim got a high level of confidence after setting a world record. He learned so many excellent techniques which may help him for life. His Parents personally observed that he is now willing to face new challenges and appear for competitive exams. From Sushant Mysorekar he learned that learning could be made easy with fun. Motivation from his coach was the key factor that ended in the desired result.

Saim made everyone believe in this quote *"Success is the sum of small efforts - repeated day in and day out"*. We hope Saim's journey of world record inspires many other children to participate in such championships & create world record to build a strong profile.



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<https://youtu.be/4HOGbEMZesM>

ESHAN JAGDISH

- 8 Years Old
- Grade III
- Ambassador School, UAE

Eshan is 8 years old. He recites in Dubai UAE. Record of Memorizing 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.

The title for setting world records was pre described based on his interest. After setting a world record, Eshan could use simple techniques for any problems he faces. He uses his brain wisely. The techniques which he has learned are playing major roles in daily chores and vital needs. Eshan's Parents observed that he has also improved his observation skills, communication skills, and listening skills.

Eshan mentioned that his coach's (DR. Sushant Mysorekar) 's way of keeping his mind intact with every child and himself becoming a child was fun loving and fascinating. DR. Sushant also made a complex topic easy to understand using simple techniques to improve his IQ.

Eshan is an admirable child. We hope his talent inspires other children to set world records across the globe. We all are in chains to help each other learn many things. We hope Eshan gets a lot more success in his life and just like that he motivates many children.

To More World Record Holder visit us www.brainrhyme.com

HELLO THERE! I'M RAJVI CHANDNA

Your dedicated growth hacker and Strategy Expert, specializing in empowering service-based businesses, coaches, and consultants. My passion lies in organically amplifying client brands through result-oriented strategies, impactful content, and proven growth tactics.



Let's talk about income expansion through coaching and consulting. I bring to the table a wealth of experience and a toolbox of proven tactics to ignite your business.



When you work with me, you get customized support tailored to your unique needs. From bespoke marketing plans and consistent design solutions to niche identification, goal setting, and ongoing expansion strategies – consider it all taken care of.

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- Orchestrated multi-channel marketing success
- Executed impactful pre-launch strategies
- Managed successful corporate events
- Enhanced community communication strategies
- Delivered a remarkable 40% surge in organic leads through LinkedIn
- Achieved a stellar 45% engagement boost on Instagram organically (without any ads)
- Optimized project workflows, elevating completion rates by 30%
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RUDHAV LAHOTY

- 7 Years Old
- Grade III
- Rajasthan

Rudhav is 7-year-old, recites in Rajasthan, India. World record of Identifying 196 countries Map and Drawing the World Map Continent wise has been set by Rudhav Lahoty of Kota Rajasthan. This record was achieved in 28 minutes and 21 seconds on 7th December 2021.

The title to set a world record was pre- decided. It was decided on the basis of the number of countries guessed by him in 1 minute which was 103 in guiness record. After playing for the world record he was feeling grateful and that his parents nailed their success successfully. The techniques which he has learned are still helping him. It is helping him to concentrate more in all other activities and how to learn a country's map in an easy way with the help of story formation. Also it is increasing the vocabulary of countries and their capitals too. His parents observed that his grasping power has increased and also learning capabilities as it helped him to scope up in academics.

The thing which inspired him from the coach for lifelong was to always try to improve your imagination power and you should always think out of the box.

Rudhav is really unique child. We hope he sets more world records and inspires many other kids.

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CHESS

When I first learned to play chess as a youngster of twelve I thought it was a wonderful game. I still do after more than twenty five years of teaching. What makes chess fascinating is that it is an unbeatable mixture of the complicated and the simple, the difficult and easy.

This Royal, noble and finest of all games which originated in India contains creative elements of artistic expressions. Chess develops in the player methodical, logical and consequential thinking and gives scope to analytical ability and imagination. But above all, Chess is a struggle, a war of nerves, demanding for the achievement of victory, persistence, endurance and iron-will. The charm of this ancient game is that it can be enjoyed by players of all ages irrespective of their playing strength.

Even the amateur level in chess is a desirable attainment that enables one to enjoy a friendly cerebral battle or take delight in going through master games in leisure hours. Chess is the most satisfying of all the games because it limits the elements of luck, leaves nothing to chance and emphasises the triumph of logic and reason.

True Story

It was early in 1945. Just as the Western Allies were pouring through France on their way to Germany, so the Soviet Red Army was making a big push against the German divisions massed along the Eastern front. In Budapest, the capital city of Hungary, hand-to-hand fighting raged as the Germans fought fiercely over every inch of territory. Yet below ground, in an air-raid shelter a fourteen-year-old Hungarian boy sat quietly playing chess with a German soldier, both for the moment safe from the noise and fighting outside. Suddenly another German called in a warning. Red Army Soldiers were in the street! The Germans had to leave immediately.

A few minutes later, a soviet soldier burst into the cellar, waving his submachine gun around. Someone screamed. Then the soldier saw that unfinished chess game and the Hungarian boy sitting before it. Realising that he was in no danger, the soviet soldier, only a young man himself, lowered his gun.



SHASHWAT MENON
Profession- Chess Coach
Artist and Art Teacher

He sat down on the other side of the board and won the game that the German – his enemy – had started. After the war, the young Hungarian said that those two soldiers, the German and the soviet, were the two nicest people he had ever met!

The Moral of this story is clear; Chess is an international game, a world game, crossing all boundaries even those of war. Even those who cannot speak each other's language can play together.

BENEFITS OF CHESS

1. Chess develops Concentration
2. Chess develops Problem Solving Skills
3. Chess Improves Memory
4. Playing Chess can raise your IQ
5. Chess teaches planning and foresight
6. Chess helps with strategy thinking
7. Chess improves the Attention Span
8. Chess improves reading skills
9. Chess increases Creativity
10. Playing Chess Uses and develops both sides of the Brain

Left Brain	Right Brain
Thinking in words	Feelings / Visualization
Sequencing	Imagination
Linear thinking	Intuition
Mathematics	Rhythm
Facts	Holistic Thinking
Logic	Arts



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VISHAK RAMASUBRAMANIAM

- 8 Years Old
- Grade III
- Gems New Millennium School

Vishak Ramasubramaniam he is 3rd year student from Gems New Millennium School, Dubai, UAE created a world record in reciting 182 General Medical Acronyms in 5 minutes 8 secs and set a new world record. Vishak has been guided by his parents and coached by Dr. Sushant P. Mysorekar.

The title to set a world record wasn't decided. He is super curious about how our bodies work, especially the heart and other organs. He was learning about organs systems in science in class, which made him select this topic and it was mutually decided by his parents and his coach.

Best insight Vishak got after setting world records is that he has become more confident, learned the power of persistence, and sees the importance of setting goals. He is thrilled about absorbing what is covered in his brother's year 10 science book on organ systems. The techniques which he has learned while training are still helping him. However, DR. Sushant teaches how to create mind maps and remember difficult words using simple techniques, which greatly aids him in his higher studies.

Vishak's Parents personally noticed that he has grown more confident and focused, not just in his studies but also in other activities. Vishak learned creating mind maps, where he drew and explained each organ as if he were a doctor, was the fascinating part. Along with vishak his parents also learned a lot, which has helped them understand how to take care of health and organs better. It was a bonding experience filled with learning and enjoyment for the whole family.

To More World Record Holder visit us www.brainrhyme.com

Zhep Udyoginichi

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

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

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

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

Zhep Udyoginichi Associates with

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



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

- 8 Years Old
- 4th Standard
- Bharat Ram Global School, Ghaziabad

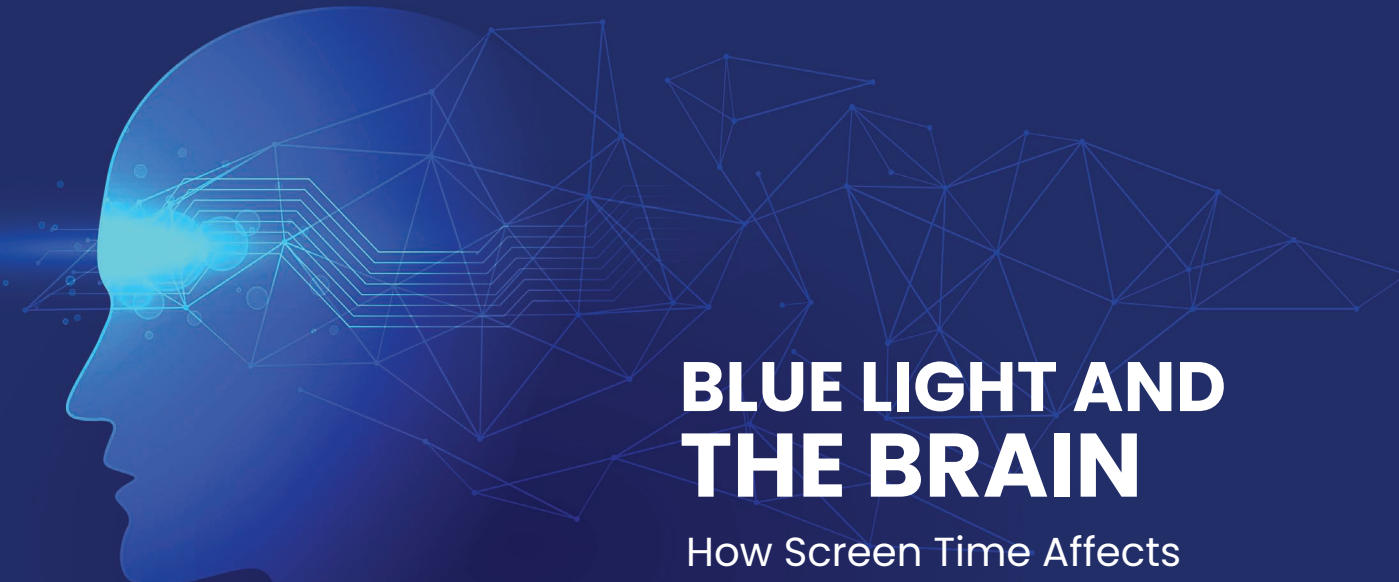
Samanvayak Khandelwal, a 8-years-old, was born on 15 August 2012 in Kota, Rajasthan, India. Master Samanvayak created a world record on July 11, 2021 by naming Country, its capital, currency, language and continent by looking at flags for all 195 countries in 12 minutes and 31 seconds & it is officially recorded by OMG book of records and International Talent of records.

He has interest in Astronomy and wishes to continue further studies in this field to serve in ISRO. He also has interest in world modern history and International relations. He loves to spend time watching his favourite YouTube channels, playing chess & solving Rubik's cube, dancing, cycling, playing cricket and badminton.

The title to set world record was pre decided. After setting a world record he learnt new techniques to remember things. The techniques are helping him in day to day life. His parents personally observed that he is more confident now and willing to take new challenges. Samanvayak has learned a lot from his coach DR. Sushant Mysorekar, as learning longer words by breaking them down into funny words was engrossing.

We are proud that we have students like samanvayak. Who is full of talent and perseverance Kudos to samanvayak and his coach's efforts that made his crack the world record.

To More World Record Holder visit us www.brainrhyme.com



BLUE LIGHT AND THE BRAIN

How Screen Time Affects
Our Cognitive Functioning

In the age of digital connectivity, our lives are illuminated by screens—phones, tablets, computers, and televisions. While these tools offer incredible convenience, they also emit a high-energy, short-wavelength blue light. This blue light is increasingly coming under scrutiny for its potential effects on our brain and cognitive functioning.

At the heart of the debate is our circadian rhythm—a natural, internal process that regulates the sleep-wake cycle. Blue light exposure, particularly during the evening, can disrupt this rhythm. It tricks the brain into thinking it's still daytime, suppressing melatonin, a sleep-inducing hormone. The result? Difficulty falling asleep, reduced REM sleep, and consequent fatigue. Over time, this disrupted sleep pattern can lead to cognitive impairments in memory, attention, and reaction time.

Additionally, prolonged screen time has been linked to digital eye strain, known as computer vision syndrome. Symptoms like blurred vision, dry eyes, and headaches can emerge, all of which detract from our ability to think and process information sharply.

However, it's not all doom and gloom. The brain is a resilient organ. While excessive blue light exposure can hinder its function, moderation and preventive measures can mitigate risks. Simple practices like adopting the 20-20-20 rule—every 20 minutes, look at something 20 feet away for 20 seconds—can reduce eye strain. Blue light filtering glasses,

screen protectors, and software that adjusts screen colour temperature according to the time of day can also help in managing exposure.

In conclusion, as digital devices become ever-present, understanding the effects of blue light on the brain is paramount. Through awareness and simple modifications, we can continue to harness the advantages of our screens without compromising cognitive health.



Article by
Devi S M

CHILDREN TOY FOUNDATION



Children Toy Foundation honoring UNO's Article 31 is working for the Right of the Child to Play since 1982. In Children Toy Foundation C=Creative, T=Time and F=Fun.

At Foundation children have creative time & fun. Our aim is to educate children beyond reading and writing, so as to help them acquire real skills and develop positive attitudes in their life to instill a sense of pride in them and further boost their confidence. For this we use the potential force of toys and games to mould the character and temperament of the young ones and hone their Latent talents. Games give training in life skills such as decision making, time management, negotiation, critical thinking and leadership.

To achieve our objectives, We have so far established 393 libraries covering all states of India. We run 3 Static and 2 Mobile Khelvigyan projects.

- 1.Revive old games and develop new ones.
- 2.Arrange Inter school, Inter College and family contests in fun & mind games

For a majority of India's child population, quality toys remain a pie-in-the-sky.

Through our network of 357 libraries and Mobile and static Khelvigyan projects, we have served countless children and continue to serve many more. Due to our new venture given below 25000 new children will benefit.

25th November 23,marked a great achievement for more than 25 thousand students across all States of India. Children Toy Foundation created a National & International record by Inaugurating 36 Mind & Education Games Library in schools from 36 States on same day.

Brain - World Book of Record appreciates & registers in 2024 Edition. Mr.Devendra Desai Director & Trustee Children Toy Foundation was felicitated along with their entire team. Brain Rhyme congratulates the entire team & 36 schools.

ALLOW YOUR CHILDREN TO FAIL



Yes dear parents if we want our children to win we have to allow them to fail.

Some parents constantly hover over their children to protect them from failure or any harm. They do so with good intention but little do they realize that it is actually retarding the growth of their children. By shielding them from failure, conflicts, or any other negative experience, we are denying our children the exposure to the real world. This hampers the natural process of developing resilience as they grow up.

Cultivating resilience in children is as essential as good education or good health. It is important that in the secure environment of their family, children learn to cope with hurt and see failure as a learning experience, not a mere regret.

Here, parents have a crucial role to play. Don't rush to help your kids in crises. Give them time to navigate through the adversity, allow them to go through pain. Empathize with them, and guide them to find a solution. This will help them develop trust in their own capacity to solve problems. Only then will they be able to confidently face challenges in their adult life, be ready to take risk and grow.

We parents can also be open about our mistakes, our failures, our struggles. It will help them realize that we cannot always be perfect, we may not always get what we want in the first go. It is crucial to convey this message to the present generation of children as with the modern gadgets and fast and easy access to services and information they are missing out on the struggle and patience that seasoned the earlier generation.

Let's make our children future ready with a good blend of head and heart.

Article by
Mani Mistry Elavia
Life Skills Catalyst for
Toddlers to Teenagers





APPLYING AN INTERACTIVE PSYCHOLOGICAL APPROACH TO YOUR LIFE



by Dilip Mukerjea

Peace of Mind not Pieces of Mind!

Are you at peace with yourself? The quality of life is determined by how you direct your inherent sources of energy. Calmness and composure, serenity and substance, tranquillity and teleonomy (the characteristic of being governed by an overall purpose). These are the ingredients of an undisturbed mind.

Lose these qualities, lose your vitality. Energy leakages proliferate. They drain us, make us bitter, and set off an unwelcome chain reaction of misery throughout society.

The great sages of the past inform us of three main dissipating channels for energy leakage:

- 1 Memories of the past:** we are burdened by past baggage, especially by those of 'failure.' Past underperformance dictates subsequent action.
- 2 Excitement of the present:** we are assaulted by any number of events rushing at us; as soon as we are preoccupied by one event, another takes over, then another, and so on. The avalanche assumes control. Focus evaporates, panic sets in.
- 3 Anxieties for the future:** unrealistic expectations, fear of failure, terror at confronting the unknown, these are the typical demons that assault our composure.



The Attitude Calculation

Arithmetic addressing the outcome of human thought and behaviour has been encapsulated in an 'attitude calculation': Adapting this formula to our context, as depicted by the following, it is easy to see how we become what we think.

$$\begin{matrix} \{ \text{Your Perceptions} \} & & & & \text{The Outcome (-200 to +200)} \\ [\text{What you Think} + \text{What you Feel}] & \times & \text{Your Attitude in the Matter} & = & (\text{Resulting Action that will most} \\ (0-10) & & (0-10) & & \text{likely be taken by you}) \\ & & (-10 \text{ to } +10) & & \end{matrix}$$

This calculation enables one to predict the outcome of an event in advance of acting on it. Most importantly, it demonstrates the vital importance of our thoughts, feelings, and attitudes. We have free will to choose where we stand. In the final analysis, we are what we think, not what we think we are.

In the past, the gap between thought and action was often very long. This was affordable. Today, it takes one-eighth of a second for a signal to travel from one end of the globe to the other. Competition has become more real than ever. Yet, technology enables it to be invisible, inscrutable, and intangible. How do we meet the demands of a fuzzy 'marketspace?' We need top quality thinking, expression of feelings, and the cultivation of an attitude that is in sync with the electronic agility that defines our daily actions and interactions.

Our energies should be directed towards constructive action. Wishful thinking needs to be superseded by willful doing. There is no way we can win the lottery if we do not buy a ticket. Luck can be leveraged, like anything else. And if there is a way for us to predict the outcome of our thoughts, feelings, and attitudes, our journeys would receive the illumination to guide us safely through our lives.

We have an infinite capacity for spectacular accomplishments. Yet most of us fail to draw on this reservoir and so we fail to 'realise our potential.' We can calculate the potential results of the computation between our thoughts, feelings, and attitudes, in the following manner:

- Consider a specific situation that you need to deal with at present.
- Your 'perception' about the situation is made up of your 'thoughts' and 'feelings.' Assign a value between 1 and 10 to each of these two items. For example, you may give say, 6 to 'thoughts' and 3 to 'feelings.'
- Add these two numbers (values) to each other to obtain a total of $6 + 3 = 9$.
- Now multiply the above total by your attitude towards the situation. Assign a value between -10 and +10. Thus, say you score 'attitude' with a -5, then the product emerges as:

$$(\text{Thoughts} + \text{feelings}) \times \text{Attitude} = \text{Outcome}$$

In our example, this works out to: $(6+3) \times (-5) = -45$. This means that the action you are expected to take is pretty negative, and the outcome may not be in your favour. You should perhaps

reconsider your options, and possibly defer acting on the situation until the scenario looks considerably better.

An 'attitude' score of zero means that you are passive or neutral about the situation. This means that there is a great possibility you will not act on the matter, or that there could be an indifferent outcome from your actions.

Naturally, you would wish for a score as high as possible. This correlates with the outcome of your actions being proportionately more satisfying and enjoyable.

Happiness, wealth, and success are by-products of goal-setting; they cannot be the goal themselves.
~ John Condry



Goals emerge from our dreams. They should be filled with fun and excitement. We should experience a sense of accomplishment in attaining our goals.

Our lives acquire significance through a sense of purpose ~ this comes from having goals.



Article by : Dilip Mukerjea

MENTAL HEALTH OF ADOLESCENTS



Mental health problems doesn'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 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 behaviours of people. What I understand about mental health after having years of experience is that if your mental health isn't well it can create a lot of complications in your life. Mental health of Adolescents is as important as mental health of adults.

Adolescents is the phase of life between childhood & adulthood, from ages 10 to 19. It is 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 been treated. This is the phase where many Adolescents encounters depression, anxiety, behavioural disorders including intense level 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 behavioral 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 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 important role, as sometimes we know we have to reduce stress but dont have control over stress. Doing meditation, exercising regularly and having enough sleep can help u maintain stress.

As I started putting my mind into reading researches about mental health I got wonderful quote it 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 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 BEHAVIOR
- 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
Hetvi Joshi**

MINDFUL TECH CONSUMPTION

Balancing Productivity and Mental Health in the Digital Age

Article by Kirti Parmar



In an era marked by incessant technological advancement, the rhythm of modern life is set to the pulse of digital devices. Yet, as we immerse ourselves in this digital whirlwind, it becomes imperative to explore the synergy between technology and our mental well-being. This article delves into the concept of mindful tech consumption, illuminating the path to striking equilibrium between productivity and preserving our mental health in the digital age.

Harmony Through Mindful Consumption

Amidst the allure of perpetual connectivity, the concept of mindful tech consumption emerges as a beacon of balance. By mindfully navigating the digital landscape, we can harness the power of technology while safeguarding our cognitive and emotional realms.

NAVIGATING THE DIGITAL DELUGE

1. Tech Hygiene

Similar to personal hygiene, we must cultivate tech hygiene—being cognizant of our digital habits and cultivating practices that preserve mental clarity and emotional balance.

2. Digital Detox

Scheduling tech-free intervals allows us to disengage from screens, fostering presence, and reinforcing our connection with the real world.

3. Purposeful Engagement

Consciously choose how and when to interact with technology, transforming it from a mindless distraction to a tool that enhances our lives.

4. Notifications Mastery

Gaining mastery over notifications minimizes interruptions, empowering us to be present in our activities and conversations.

5. Digital Sabbatical

Regularly disconnecting from digital devices, even for a day, offers profound rejuvenation and heightens our appreciation for the analog world.

TECH AND MENTAL HEALTH SYMBIOSIS

1. Digital Wellness Apps

Leveraging mindfulness and meditation apps promotes mental clarity, emotional balance, and stress reduction.

2. Unplugged Rituals

Establishing tech-free rituals, such as morning journaling or evening walks, cultivates mindfulness, fostering inner tranquility.

3. Screen-Time Management

Setting boundaries on screen time not only enhances productivity but also carves out space for real-time experiences.

4. Digital Mindfulness

Applying mindfulness techniques to digital interactions enhances engagement and minimizes the strain of constant multitasking.

THE TRANSFORMATIVE SHIFT

In a poignant instance, a professional shared how embracing mindful tech consumption transformed his work-life dynamics. By adhering to designated tech-free periods during critical work tasks, he unearthed deeper focus and a sense of empowerment. This shift not only bolstered his efficiency but also bestowed a renewed sense of serenity and well-being.

The evolution of technology has unfolded novel avenues of innovation, knowledge dissemination, and communication. However, the delicate fabric of our mental health can be strained amidst the incessant digital barrage. Mindful tech consumption emerges as a powerful counterbalance, enabling us to partake in the digital era while nurturing our mental fortitude. By weaving mindfulness into our tech interactions, we lay the foundation for harmonious coexistence, where technology enhances our lives without overshadowing our well-being. In this symphony of the digital age, let us conduct our devices with intention, ensuring that productivity and mental health dance in perfect harmony.

WHY MAKE READING A HABIT!!



Enjoying Books Helps Kids Think Better and Feel Happier Once upon a time, in the bustling world of parenting and teaching, a magical discovery was made. It turns out that the simple act of reading to children is like planting seeds of wisdom in the fertile soil of their minds. Yes, reading for pleasure isn't just about enjoying a good story – it's like giving our little ones a golden key to a world of cognitive wonders and mental well-being.

You see, just like a tiny sprout grows into a mighty tree, our children's brains are busy developing during their childhood and adolescence. This is the perfect time to sow the seeds of behaviors that support their brain health. Researchers from the universities of Cambridge and Warwick in the UK, along with Fudan University in China, set out on a quest to uncover the secrets of this magical connection between reading and brain development.

In their grand study, they peeked into the lives of over 10,000 young adventurers from the Adolescent Brain and Cognitive Development (ABCD) cohort in the US. What did they find? A treasure trove of insights! The children who embarked on the journey of reading for pleasure at an early age, between two and nine years old, emerged as the heroes of the story.

These young champions not only dazzled on cognitive tests measuring verbal learning, memory, and speech development but also excelled in the enchanted realm of academic achievement. Imagine that – the simple joy of reading setting the stage for future success! But the magic didn't stop there. These early readers also held a shield of mental well-being, facing fewer dragons like attention issues and behavioral problems. Professor Barbara Sahakian, the wise sage from the Department of Psychiatry at the University of Cambridge, shared her wisdom, "Reading isn't just a pleasurable experience – it inspires thinking and creativity, increases empathy, and reduces stress."

The story unfolds further as the researchers carefully studied the amount of reading that worked like a potion for optimal benefits. Brace yourself – the golden key to success was spending around 12 hours per week immersed in the pages of enchanting tales. It seemed that beyond this magical number, the benefits plateaued. In fact, there was a gentle decline in cognitive prowess, hinting that perhaps the young minds were spending too much time in the stillness of reading and not enough in the excitement of other activities like sports and social adventures.

Now, parents and teachers, the wise Professor Jian Feng from Fudan University in Shanghai and the University of Warwick has a message for you. He encourages you to be the wizards and fairy godparents who awaken the joy of reading in your little ones. It's not just about pleasure and enjoyment – it's about setting the stage for a lifelong love affair with books. This love affair, he believes, can weave its magic into adult life, offering benefits that stretch far beyond the enchanted realms of childhood.



As you read to your little ones, you're not just flipping through pages – you're opening portals to imagination, creativity, and empathy. You're helping build bridges in their brains, connecting the dots that will shape their future. So, let the adventure begin! Dive into the world of stories with your children, let their minds soar on the wings of words, and watch as the magic of reading unfolds its wonders in their lives. After all, every page turned is a step toward a brighter, more enchanted future for our young ones.

Note: This article written based on:

<https://www.cam.ac.uk/research/news/reading-for-pleasure-early-in-childhood-linked-to-better-cognitive-performance-and-mental-wellbeing>



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ALZHEIMER'S PART-I



WHAT CAUSES ALZHEIMER'S?

Combination of genetics (scientific study of genes and heredity), environmental genetics (study of how genes and environmental factors interact to cause adverse health effects, disease, and aging) and lifestyle factors (the way you live in the society individual or along with the group). Any one of the factors can affect in increasing or decreasing the risk of developing Alzheimer's. It may vary from person to person.

SIGNS OF ALZHEIMER'S

Memory challenges are typically one of the first signs of cognitive impairment related to Alzheimer's disease. Starts with memory issues, a condition called mild cognitive impairment (MCI). In MCI, people have more memory problems than normal for their age, but their symptoms do not interfere with their everyday lives. It's prominently not noticeable for a few days or even months. For many, decline in non-memory aspects of cognition, such as word-finding, vision/spatial issues, decision making or judgment, may signal the very early stages of Alzheimer's disease.

HOW CAN IT BE IDENTIFIED?

The damage initially appears to take place in the hippocampus, the part of the brain essential in forming memories right from our early age. As more neurons die, additional parts of the brain are affected, and they begin to shrink. Damage occurs in areas of the Brain that control language, reasoning, decision making, & conscious thought process. At a later stage memory loss and confusion grow worse, and people begin to have problems recognizing family and friends.

HOW CAN IT BE CONTROLLED?

In case you are able to recognize the symptoms, you can first take him / her into confidence and provide a helping hand to recall with hints and motivation to recall things at its pace. Early intervention can help to identify courses of action such as playing chess, hand exercises, Word Puzzles, Rubik's cube, Reading, Jigsaw puzzles, Scrabble, Call to Mind, Bingo, Snake and Ladder etc.

HOW DO YOU KEEP ALZHEIMER'S PATIENTS BUSY?

- Ask them to look at family photo albums and recognize the people & events.
- Listen to music / podcast,
- Read topics of interest
- Prepare Tea / any small thing of their interest
- Watch movies and later ask them to repeat.
- Write their own autobiography.
- Play chess, Table Tennis, Rubik's cube, origami, etc.
- Discuss, debate on any topic.



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