

36^Mind

E-Magazine

World Record HOLDERS



2nd EDITION

APRIL 2024



BRAIN RHYME

Coaching | Championship | Innovation | World Records



TOPIC

04	Editors Note	- Col.Sushobit Kamra, Veteran
06	The Impact of Narcotics on Individuals Suffering from Brain Disorders	- Sayyad Anam
08	Nurturing young minds: Strategies to Elevate Your Child's Cognitive Development	- Krupa Thakkar
10	World Record Holder	- Jerrick Saji
12	HARMONY UNVEILED : Yog's Dance with Academic Brilliance	- Shiraz Mukherjee
14	Encourage Expression Not Suppression of Overwhelming Emotions	- Mani Elavia
16	Exploring A Journey Through Time Haridwar and Spirituality	- Preet Purani
17	World Record Holder	- Jiana Shah
18	Exploring Dubai and its Beauty	- Sushobit Kamra
21	World Record Holder	- Snehil Prakruth
24	How Food Affects Our Brain	- Hetvi Joshi
26	The Psychological Plate : How Food and Nutrition Shape Our Minds	- Khushboo Thakkar
27	World Record Holder	- Sai akshara Vemuri
28	The Rise Of Ecotherapy : Exploring Nature's Healing Power on Mental Health	- Kirti Parmar
31	Quizzes: The Psychology Behind Boosting Memory and Learning	- Bhavin
32	Bodybuilding : Sculpting The Temple Of The Self	- Mihir Kakaiya
34	Exercise Memory	

Published by : Brain Rhyme
Project Head : Dr. Sushant Mysorekar
Chief Editor : Colonel Sushobit Kamra ,Veteran
Sub Editor : Mrs. Madhu Jhawar
Design By : Ganesh D.
Research Team : Hetvi Joshi
Marketed By : Mr. Jayant VKamat
Legal Head : Adv.Sudarshana V. Jagdale
Published by : Self Publication
Total Page : 36
Email : info@brainrhyme.com

Image Source : www.freepik.com

Reach Us
India : +91 98334 01292
HongKong : +852 5441 7070
US : +1 (973) 809-3548
Dubai : +971 588212164
Malaysia : +60 12-354 2236
Sri Lanka : +94 77779 0008
Oman : +968 7914911

36Mind
E-Magazine

**For Advertising Space
Call +91 87675 19752**



“
**THE BRAIN
IS A MUSCLE
THAT CAN
MOVE THE
WORLD**”

- Stephen King

EDITORS *Note*

Greetings of the day!!!

My Dear Readers,

Do not know how many million migratory birds have flown across multiple continents just between our last issue. In the present one also do not know how much water has flown through our river Ganges and merge into the ocean..

Time flies Wish that we have the power to account for our minutes or hours, and here we present to you another edition of our magazine, which you all have been loving!

This issue would like those ones before have been packed with just not knowledge, but information come entertainment as well.

The issue covers various segments of demographics and aims to give you an enriching experience more than ever before

We are thankful that you stood by and soon our Anniversary Issue is also going to be rolled out after this.

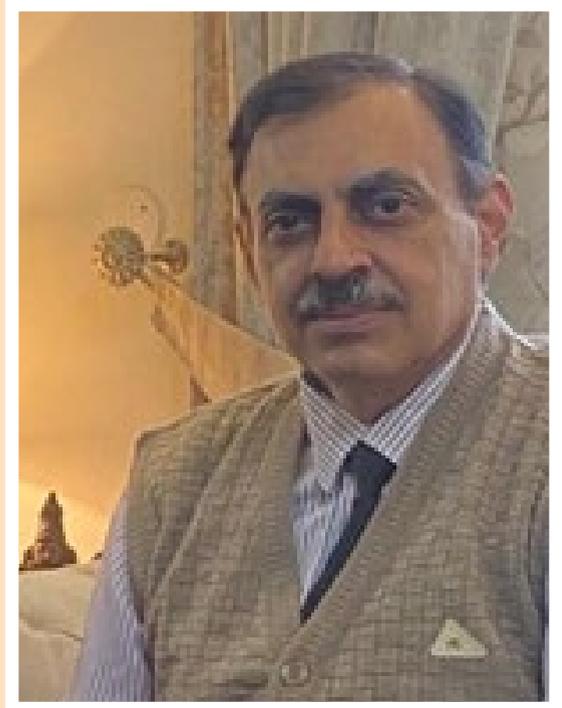
Feel free to share the issue with your loved ones and your friends too.

Your help and support encourages us to keep this effort as continuous.

Lastly, we look forward for your feedback, comments as well as seek your contributions. If you would like you share something in our upcoming issues.

Happy reading and God bless

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



ARTWORK



Art by - Shashwat Menon



Art by - Hetvi Joshi



The Impact of Narcotics on Individuals Suffering from Brain Disorders:

A Review of Scientific Evidence

Narcotics, including opioids and other powerful pain-relieving medications, have significant effects on brain function. While these drugs are often prescribed for pain management, their use can have profound implications for individuals suffering from various brain disorders. This article reviews scientific evidence regarding the effects of narcotics on individuals with psychiatric disorders, neurological conditions, cognitive impairment, and the risk of addiction.

Research suggests that narcotics can intensify symptoms of psychiatric disorders such as depression, anxiety, and bipolar disorder (Ray, 2014). Individuals with these conditions may experience increased mood swings, agitation, and increase risk of suicidal ideation when exposed to narcotics.

In neurological disorders like epilepsy and Parkinson's disease, narcotics may interfere with medication effectiveness, leading to worsened symptoms and impaired motor function (Devinsky et al., 2014). This interference can result in increased frequency and severity of seizures in epilepsy patients and Aggravating movement difficulties in those with Parkinson's disease.

Narcotics have been shown to worsen cognitive impairment in individuals with dementia or Alzheimer's disease (Kuerbis et al., 2014). These individuals may experience confusion, memory loss, and overall cognitive decline when exposed to narcotics. Individuals with brain disorders may be more susceptible to developing addiction to narcotics due to alterations in brain chemistry (Everitt & Robbins, 2016). This helplessness can lead to additional complications in managing their underlying condition and may require specialised treatment approaches to address both addiction and the primary disorder.



Conclusion:

The effects of narcotics on individuals suffering from brain disorders are complex and complicated. While these drugs can provide pain relief, their use must be carefully considered in the context of each individual's specific condition. Healthcare providers should weigh the potential benefits against the risks of intensifying psychiatric symptoms, interfering with neurological function, worsening cognitive impairment, and increasing the risk of addiction. Further research is needed to better understand the underlying mechanisms and develop tailored interventions for this vulnerable population.



Article by
Sayyad Anam

Madhur Bhagya Beauty Parlour

Certificate Course

**Self-grooming
Beauty Tips**

**Bridal Makeup
Siders Makeup
Saree Wrapping**



**Become a
Professional
Makeup Artist**

- Duration : 1 month Course
- Days : Batch 1 M/W/F
- Timings : 2pm to 5pm
- Contact : +919769255904
- Location : Dadar (W)
- Certificate:  Skill India
कोशल भारत - कुशल भारत

**Fees
Rs.6999/-
Only**

Contact : 9769255904 / 8355987150

***FACE & BODY CARE PRODUCTS AVAILABLE**

NURTURING YOUNG MINDS

Strategies to Elevate Your Child's Cognitive Development

Hey fantastic parents! Welcome to the exciting adventure of unlocking your little one's super brain. Think of me as your friendly guide from the psychologist's corner, offering detailed suggestions to boost your child's cognitive development.

Cognitive development is like the superhero training ground for your child's brain, where memory, problem-solving, and other brainy skills gear up for the challenges ahead. Researchers like Jean Piaget and Lev Vygotsky have delved into how children actively construct their understanding of the world, emphasizing the importance of these early years.



Parental Challenges: Real Talk

We get it – life is a rollercoaster, and parenting is its own wild ride. Work, chores, and the endless juggling act can make you feel like a circus performer. Screens are like sneaky magicians stealing your kid's attention.

Super Playtime: Embrace the power of playful learning. Get your hands on puzzles, storybooks, and crayons. Play isn't just fun; it's a powerhouse for learning. When your child is stacking blocks or matching shapes, their brain is absorbing skills like a sponge. Try a fun game like "I Spy" to enhance observation skills.

Screen Time Patrol: Screens are cool, but balance is key. Stick to a healthy screen diet. Limit screen time and explore alternatives like family board games, outdoor adventures, or even building a fort together.

Curiosity is Key: Encourage questions, even the wild ones. You're not just answering; you're nurturing curiosity. A curious mind is like a treasure chest of possibilities. Explore topics together – if they're curious about space, watch a fun documentary or read a space-themed book.

Rise and Shine Routine: Consistency is the magic potion. A steady routine helps your kiddo feel secure and ready to learn. Create a visual schedule together with pictures or drawings. This not only helps them understand the routine but also lets them feel in control.

You're the Role Model: Kids watch everything, like little detectives. Show them your problem-solving moves and how you tackle challenges. If you're working on a puzzle or fixing something, let them join in. You're not just solving a problem; you're teaching resilience and creativity.

Areas most parents struggle in:

Time Constraints

Balancing work, household responsibilities, and parenting can leave little time for focused interactions that promote cognitive development.

Screen Overload:

With the omnipresence of digital devices, children are often drawn to screens, potentially hindering cognitive growth if not managed effectively.

Parental Stress:

The stressors of daily life can inadvertently impact a parent's ability to engage in meaningful, cognitively stimulating activities with their children.

Limited Resources:

Not all parents have access to a wide array of educational toys or materials, posing a challenge in providing diverse stimuli for cognitive growth.

Practical Suggestions to Overcome Challenges:

Quality Over Quantity

Prioritize quality over quantity when spending time with your child. Even short, focused interactions can have a significant impact on cognitive development.

Screen Time Guidelines:

Establish clear guidelines for screen time. Instead of completely eliminating it, make screen time an interactive experience. Choose educational apps or programs that encourage active engagement and discussion.

Stress Management Techniques:

Recognize the importance of your well-being. Engage in stress management techniques, such as mindfulness or deep breathing exercises. A relaxed and present parent is more likely to foster an environment conducive to cognitive development.

Everyday Learning Opportunities:

Turn daily activities into learning opportunities. Simple tasks like grocery shopping can become a cognitive adventure by involving your child in counting items, identifying colors, or discussing shapes.

Affordable Creativity:

You don't need a lot of resources for stimulating cognitive growth. Everyday items like pots, pans, or cardboard boxes can become tools for creativity and problem-solving. Engage in activities that spark your child's imagination, like building a fort with blankets or creating a simple DIY project.

Let's Wrap It Up, Superparents:

Being a parent is like directing a blockbuster movie. You've got the script, the cast, and the power to make it legendary. By trying out these strategies, you're not just parenting; you're sculpting a brainy masterpiece.

So, here's to you – the unsung heroes of cognitive development! Your efforts today are the building blocks for a brighter, brainier tomorrow!

Remember, each child is unique, and these suggestions can be adapted to fit your family's lifestyle and circumstances. Embrace the small wins and enjoy the learning adventure with your child!



Krupa Thakkar
Psychologist
(School and Family Specialist)

World RECORD HOLDER



Watch On



<https://youtu.be/CajsMZpUhPw>

JERRICK SAJI

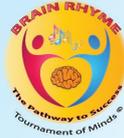
Jerrick, a 9-year-old young boy from Dubai has made a world record by reciting Olympic Games, Number of players in each team, Number of countries participating and Rules of the game. He studies in The Millennium School, Dubai and is a total sports freak. He is a keen learner, enthusiast and a total performer. Jerrick has created his world record with the help and support of his coach and mentor Dr. Sushant Mysorekar. He has created a world record with 28 minutes 19 seconds.

The record title was decided during the period of classes taken by Dr Sushant Mysorekar when he realised the interest of games in him. After making the world record he realised that anything is possible with hard work and giving your 100%. His parents could see him try to learn new things and improve his general knowledge after this success. The memorising techniques helped him in his daily academics. They could see him thinking more logically and improvement in his academic performance too.

Jerrick has learned so many things while in training which are helping him in his present too. The best technique he has learned from coach is memorising techniques for numbers which helped him a lot.

Today's Kids have the power to do so many things simultaneously. They are capable of handling their academic performance with extra-curricular activities. If we utilise our timing effectively we are able to crack anything which we think of. We wish Jerrick the best of his career.

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



BRAIN RHYME

Coaching | Championship | Innovation | World Records

CERTIFICATE PROGRAM IN "SHADOW TEACHER"

Program designed for teachers, parents, nurses to identify & assist special need students, to understand their behavior pattern & help them to find their inherent potential. This program is for all age groups.

Eligibility

Preferably B.Ed, or Teacher with atleast 1 year experience, Psychologist, Educationalist, Pursuing Nursing.

Benefits

- Can understand & help students
- Can communicate with them better
- Can identify their learning disabilities
- Can create IEP & help improve performance
- Can use tools, methods and systems learnt
- Use material provided during the session
- Can work with Schools, Institutes, Play schools or even from home
- Can earn around Rs.250 to Rs.700 per hour

Content

- Introduction to Shadow Teaching
- Who/What is a Shadow Teacher
- Roles, Responsibility & Tasks
- Science behind working of Brain
- Behaviour, Tools and techniques
- Learning & Working Styles
- Identifying Multiple Intelligence
- Types of Behaviour's
- How to handle Disorders
- What is IEP? How to prepare IEP
- Working & Implementation
- Scales and Performance Evaluation
- How to use reinforcement
- How to prepare monthly reports
- Assessment and tools
- Remedial action plan

TAKE AWAYS

- Study Material, Presentations
- Internationally used Tools & Systems
- IEP, Assessment Reports, Case Studies.
- Interactive Videos
- Participation Certificate
- Placement Assistance
- Regular Updates & Follow-up Sessions.



FACILITATORS

Dr.Sushant P. Mysorekar

Director - Brain Rhyme LLP

Neuro Strategy Analyst

Cognitive Behavior Therapist - Practitioner

Certified Carl Roger's Centric Councilor

Musical Windows© Senior Certified Trainer

INDIA | UAE | SINGAPORE | AUSTRALIA

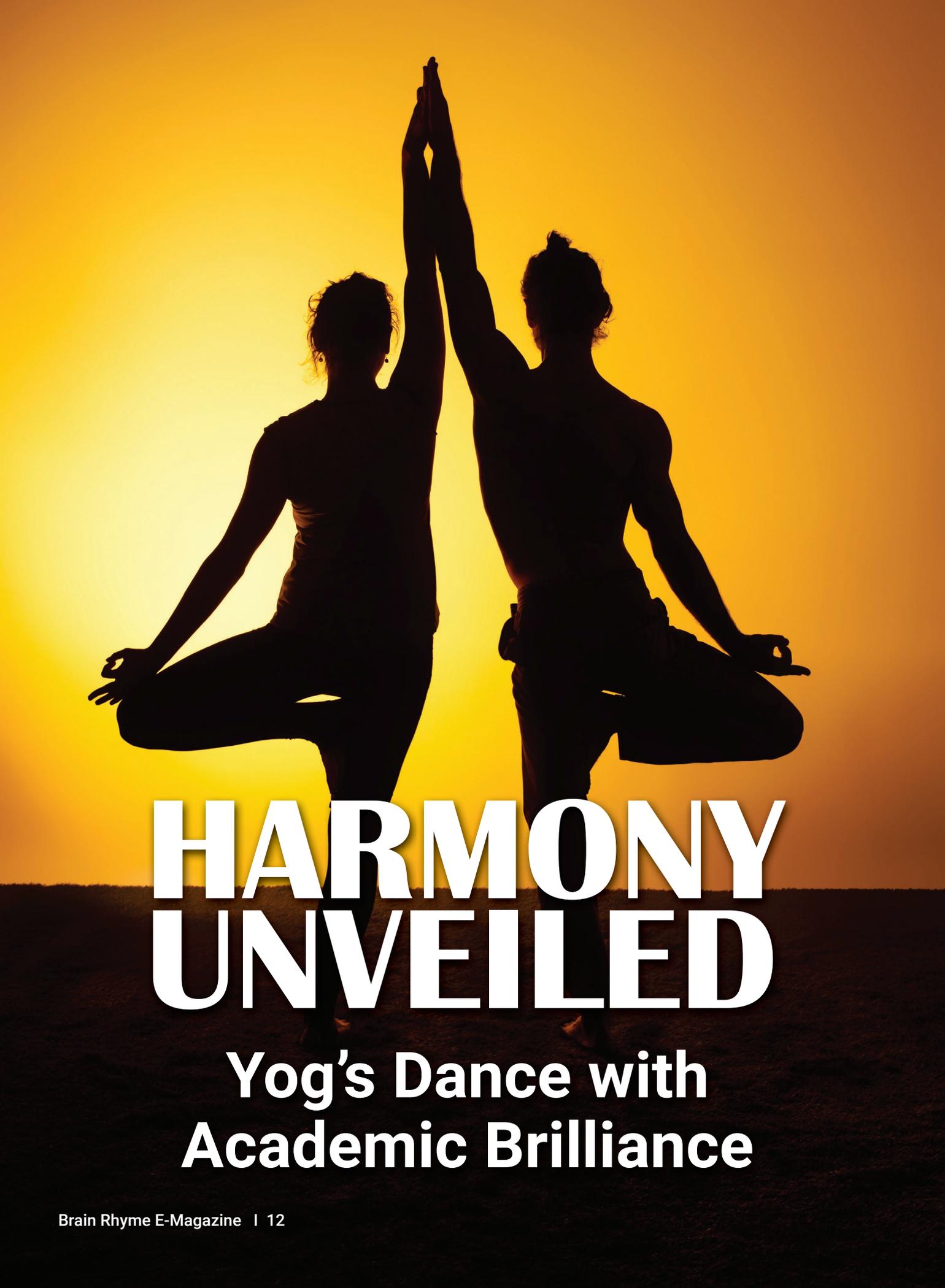
Associate Partner



Contact

+ 91 91675 40230

+91 93238 94501



HARMONY UNVEILED

Yog's Dance with
Academic Brilliance

Firstly the correct word is Yog not Yoga. The Western world has termed it Yoga. It was always You and it shall ever be so. In academia's whirlwind, students face storms of stress and strains. Enter Yog, a poetic symphony orchestrating well-being in academic realms. Many believe that Yog is only a physical exercise. But it isn't. Yog emerges as a mystic dance, a poetry of the soul, distinct from the rhythmic beats of mere physical exercise. It is not just the flexing of sinews or the rhythmic thud of a heartbeat; it is an alchemy of mind, body, and spirit wherein Yog's serene notes reduces stress, crafting a sonnet of clarity, boosting cognition, and elevating academic performance.

With the regular practice of Yoga the human being becomes a warrior. In the pauses between breaths, he finds a rhythm. Controlled breathing becomes their sacred hymn, a preparation for the struggles that await them. Within the fortress of the mind, the human being becomes a warrior with poses and his own breath moulds their mental armor through meditation. This silent communion sharpens their focus, preparing them for the challenges of the battlefield.



In the fluid dance of Vinyasa, warriors mirror the ebb and flow of battle. Sequences of poses become a choreography of adaptability, training them to face the chaos with grace.

After the battles, warriors rest in Shavasana, a moment to reflect on the struggles faced on the mat. It echoes the victories and defeats in life, offering a well-deserved reprieve.

As students stand on life's edge, let the echoes of Yog guide them. Through simple poses, rhythmic breaths, and mindful reflection, the warrior within is primed and ready to face the battles both known and unknown, prepared to unfurl their destiny. As students don Yog's poetic mantle, a ballad of balance emerges – a harmonious fusion of mind and body, leading to a symphony of academic brilliance. And students waltz into happiness and glory.



**Article by
Shri. Shiraz
Mukherjee**



We tend to avoid talking about any trauma experienced by children to protect them from being overwhelmed with emotions. We are in fact making a mistake. The child may not talk about the experience but the trauma gets stuck in the brain and keeps brewing. It may surface years later as irrational fear, guilt, anxiety or any other emotion.

When the child talks about the trauma he starts understanding the situation in a broader perspective while conversing with others. Venting out his emotions makes him feel lighter, the trauma does not get stuck in the brain. He can be taught to handle his emotions in a positive way.

When six year old Trehan fell with his cycle on a dog and was bitten by him, his parents encouraged him to talk about the incident a few times.

His mom reminded Trehan of an incident that had occurred in his school. "Sunny what happened when Jai threw sand on your face". "I pushed him back and he fell," replied Trehan. "So you pushed him back in self-defence. Darling, the dog also bit you in self-defence. He mistook you for trying to hurt him".

When he shared the incident with his friends they expressed surprise as that dog had never attacked or even barked at anybody. Trehan could connect the dots between the conversations with his mother and his friends which changed his understanding of the dog's reaction and helped him deal with his fear which could have otherwise affected him for a lifetime.

ENCOURAGE EXPRESSION NOT SUPPRESSION OF OVERWHELMING EMOTIONS

Article by
Mani Elavia



MAITRI GLOBAL
CONSULTING • IT SERVICES • OUTSOURCING

Leading provider of
**Technology and Staffing
Solutions** tailored to your
evolving needs.



Maitri is an IT services company, with a focus on providing niche technology solutions that help our clients create superior technology and business outcomes.

OUR GLOBAL PRESENCE

50+ Years of collective experience	25+ Roles Hired	100+ People Placed
--	---------------------------	------------------------------



For Info : **+971-50-2057705, +91-9920030184** | **+91-9309810714**

info@maitriglobal.com | careers@maitriglobal.com www.maitriglobal.com

Exploring HARIDWAR

A Journey
Through Time
and Spirituality



Article by
Preet Purani



TRAVELLING TO HARIDWAR,

nestled in the foothills of the Himalayas along the sacred Ganges, offers an unparalleled psychological journey. This ancient city, revered as a spiritual haven, extends beyond a physical destination; it's a pilgrimage into the self, an exploration of inner peace and understanding. Haridwar's spiritual ambiance, accentuated by the holy Ganges, provides a serene backdrop for introspection and mindfulness, making it a unique confluence of geography and psychology.

The ritualistic Ganga Aarti at Har Ki Pauri, where hundreds gather to offer prayers, becomes a collective experience of devotion and surrender, offering insights into the communal aspects of human psychology.

It highlights how shared rituals and beliefs can foster a sense of belonging and identity among individuals. Moreover, the act of taking a dip in the sacred river, believed to purify the soul, serves as a metaphor for the psychological concept of cleansing and renewal. It's an embodiment of letting go of past burdens and embracing a renewed sense of self. This ritual encourages a psychological rebirth, emphasising resilience and the human capacity for change and healing.

Haridwar also offers a retreat from the relentless pace of modern life, allowing travellers to slow down and engage with the present moment. The natural beauty of the surroundings, coupled with the city's rich spiritual life, prompts a deeper connection with nature and oneself, reinforcing the psychological benefits of mindfulness and the healing power of natural environments.

In essence, a journey to Haridwar is as much about exploring the external world as it is about delving into the depths of one's psyche. It offers a reflective space to contemplate life's transient nature and one's place within it, making Haridwar not just a travel destination but a significant journey into the heart of human psychology.

World
RECORD
HOLDER



Watch On



https://youtu.be/Re0N8MBa_0c

JIANA SHAH

Jiana a 7-year child from Indore, MP set a world record on 2nd October 2021 by recalling countries, capitals, flags, currencies, languages, continents and famous tourist places/landmarks/monuments of 195 UN-recognized countries by their flags was set by Jiana of Indore.

She has achieved this in 9 minutes 31 second and 82 Milliseconds and she is the youngest in the world to do the same. She gives credit to his parents and his Mentor and coach Dr. Sushant P. Mysorekar who provided support both online and offline. Jiana Shah has created his world record with the help and support of his coach and mentor Dr. Sushant Mysorekar.

The title to set a world record was not pre decided and it was set after discussion with the coach. She got the opportunity to learn and remember the 7 things about all the 195 countries. The techniques which she learned in training are still helping her in day to day life. After cracking the record, she became more focused and determined.

Best thing Jiana learned from his coach is, there are many techniques which can be used in learning. Mugging up is not the way.

Brain rhyme team congratulates and wishes Jiana the best for the future. May she set many world records and fly high in her career.

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



EXPLORING DUBAI AND ITS BEAUTY

Dubai is the city of gold and dreams, a place that inspires awe and wonder. It's the city that never ceases to amaze visitors with its stunning architecture, breathtaking landscapes, and extravagant lifestyle. Whether you're a traveller or a resident, Dubai offers endless opportunities for capturing beautiful moments and memories.

From dunes to cityscapes, Dubai's evolution is inspiring.

Dubai is home to a stunning coastline that stretches along the Persian Gulf. The city's pristine beaches offer a serene escape for those seeking relaxation and natural beauty. The turquoise waters and powdery white sands of Jumeirah Beach, Kite Beach, and Black Palace Beach provide the perfect backdrop for a day of sun-soaked leisure. Whether

you're into water sports, beachside picnics, or simply watching the waves roll in, Dubai's coastal charms have something for everyone.

TO EXPLORE THE BEAUTY OF DUBAI THE MOST PROMINENT NECESSITY IS THE MONEY TO BE USED!

Dubai has its own currency i.e., Arab Emirates Dirham which is more commonly known as Emirati Dirham. It is used throughout the UAE. The Dubai currency – when abbreviated – is known as the "AED" (officially) or the "DHs" (unofficially). Currency notes come in the Denominations of 5, 10, 20, 50, 100, 200, 500 and 1,000, each with an alluring yet similar colour, which can also get confusing at times. 1 Dirham makes up 100 Fils (A subdivision of Dirham).

Exploring Dubai's Beauty

Dubai has been an Oil producing country and has in recent years converted as one of the most popular tourism destinations and tops in the lists for Indians. Let's know about some of these attractions

Dubai fountain

Dubai fountain is a mesmerising choreography of water, light and music. Its nightly performances set against the city skyline create a symphony of elegance. Leaving visitors enchanted by its rhythmic beauty into a magical dynamic oasis that transforms the area into a captivating spectacle.

Burj Khalifa

Dubai is the tallest structure in the world. Burj Khalifa has several swanky lounges and open air viewing decks which offers magnificent views of the UAE and the Persian Gulf. This record breaking skyscraper in downtown is over 2,700 feet and 163 floors high and one of the most wanting places for every visitor to Dubai.

The Dubai Mall

Dubai is known for its world famous Dubai mall which includes luxury stores like Cartier and Harry Winston. It also consists of an aquarium, ice rink and most amazing 360-degree views of the city from the world's tallest building, The Burj Khalifa.

Atlantis Aqua venture Waterpark

World's largest waterpark, Atlantis Aqua venture Waterpark, is the greatest of all ages. The world's tallest waterslide, the Odyssey of Terror; experience on the weightless Zoomerango's vertical wall; and a shark-filled underwater that zooms through a tube.

The Majestic Desert Landscapes:

Dubai's desert landscapes are nothing short of awe-inspiring. The vast and undulating sand dunes of the Arabian Desert present a unique opportunity for visitors to experience the raw beauty of nature. Venture into the heart of the desert on a thrilling dune bashing adventure or embark on a serene camel ride at sunset. The tranquillity and stillness of the desert provide a stark contrast to the bustling city, allowing you to connect with the Earth in a whole new way.

Enchanting Coastal Charms:

Dubai is home to a stunning coastline that stretches along the Persian Gulf. The city's pristine beaches offer a serene escape for those seeking relaxation and natural beauty. The turquoise waters and powdery white sands of Jumeirah Beach, Kite Beach, and Black Palace Beach provide the perfect backdrop for a day of sun-soaked leisure. Whether you're into water sports, beachside picnics, or simply watching the waves roll in, Dubai's coastal charms have something for everyone.

Ras Al Khor Wildlife Sanctuary:

Situated at the intersection of Dubai Creek and the Persian Gulf, this sanctuary is a haven for migratory birds, including flamingos. A boardwalk allows visitors to observe these graceful creatures in their natural habitat without disturbing them.

Lush Urban Oases:

In the midst of the urban hustle and bustle, Dubai is also home to lush green oases that provide a refreshing respite. One such oasis is the Al Safa Park, a verdant haven boasting jogging tracks, picnic areas, and serene lakes. For a truly unique experience, visit the Dubai Miracle Garden, a dazzling display of vibrant flowers and intricate designs that bloom against all odds in the desert climate. These urban oases remind us of the city's commitment to preserving and celebrating nature.

Jumeirah Beach Park:

While Dubai is known for its lavish beaches, Jumeirah Beach Park offers a more relaxed and natural setting. With lush greenery, soft sands, and stunning views of the Arabian Gulf, this park is an ideal spot for unwinding and enjoying a leisurely beach day.

Jumeirah Mosque

A focal point for 'Open Doors. Open Minds', The Jumeirah Mosque has been programmed for over two decades, an opportunity to interact with your guide, ask plenty of questions and take photographs

Hajar Mountains' Timeless Beauty:

Nestled on the eastern border of Dubai lies the Hajar Mountain range, a natural wonder that showcases the rugged beauty of the region. The mountainous landscapes are a paradise for adventure seekers and outdoor enthusiasts. Hike along the winding trails to discover hidden wadis (oases), traditional villages, and stunning vistas that offer a different perspective of Dubai's natural allure.

Dubai Miracle Garden:

While man-made, the Dubai Miracle Garden showcases the astonishing creativity that can emerge from the desert landscape. This enchanting garden features an array of intricate floral displays, including towering structures covered in vibrant blossoms.

Now you must be wondering what is the best time to visit Dubai?

November to March is the best time to visit Dubai, with temperatures ranging from 15°C to 25°C. All the major attractions and outdoor sites are easily enjoyable and accessible during this period. The days are sunny and comfortable, unlike the rest of the Northern Hemisphere, which experiences winter during this time. You have the opportunity to explore the iconic landmarks, go on a desert safari, visit theme parks, and enjoy water sports. The Dubai Shopping Festival (January-February) and the Dubai Tennis Championships (February), outdoor events, festivals, and sports activities also happen during these months.

Conclusion:

Dubai's natural beauty goes beyond its iconic skyscrapers, providing a rich tapestry of landscapes that captivate the senses and soothe the soul. From the mesmerising desert dunes to the tranquil coastal shores, and from the lush oases to the majestic Hajar Mountains, Dubai's natural wonders are a testament to the city's harmonious blend of modernity and nature. So, when planning your next visit to this enchanting destination, remember to explore beyond the skyscrapers and immerse yourself in Dubai's awe-inspiring natural beauty.

Just a small word about "Uniset Go" here:

UniSetGo - U & I Set Go! Is a Travel Venture. It has multiple Domestic and International offerings.

It is based in Chandigarh Tricity and is a veteran-facilitated venture. Uniset is into Corporate Conclaves. Domestic/ International Tourism and more. For the Student fraternity, there are curated offerings for adventure and explorations or just weekend getaways.

UniSetGo

CONTACT: 9499162350

Do Visit www.unisetgo.com to learn more and to collect a copy of a free Tourism Guide. Follow @Unisetgo



Article by **Sushobit Kamra**



World RECORD HOLDER



Watch On



<https://youtu.be/aK7pk4yBowg>

SNEHIL PRAKRUTH

Snehil is a 9 years old kid who recites in Hyderabad. He is an amazing kid with 14 World Records and 3 Awards in Memory since he was 2 years old. Records include memorizing Country- Capitals, Fastest to recall Founders of Search Engines, 66 books of Holy Bible in order, 100 Indian Freedom Fighters Date of Birth, Recall names of social networking site founders, Chemical Formulas in one minute. Snehil has been mentored by his father and has also been trained under Dr. Sushant P. Mysorekar guidance.

In setting the world record, the title was pre decided. World record setting helped snehil sharpen his memory. He mentioned that while in training, the image method helped him a lot. His parents personally observed that he takes active participation in everything which is related to knowledge.

Snehil mentioned that his coach was really fascinating and his methods are helping him in learning step by step in every aspect.

Today's kids are really true inspiration who not only inspire their age of children but also to adults with their talents. We hope snehil succeeds in whatever he does further.

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



Home Hygiene



Oral Care



**Agriculture
(Kitchen
Garden)**



**Personal
Care**



**Health
Supplements**

**Mach Drive
Engine
Oil**

**Air
Purifier**

**Water
Purifier**



**Face &
Body Care**



**Agriculture
Product**



**Health
Food**

CONTACT

9769255904

SECRETS OF A HUMAN MIND:

Insights from Dr.Sushant Mysorekar on Kabirr Vani

Episode 9

In an engrossing Kabirr Vani podcast episode, Dr. Sushant Mysorekar, CEO of Brain Rhyme and a Neuro Strategy Analyst, together with host Kabirr Zariwala, embarks on a journey through the realms of neuroscience and cognitive studies. Their conversation sheds light on the brain's intricate operations and its role in shaping our cognitive processes, including thinking, learning, and memorizing.

Dr. Mysorekar, prompted by Kabirr's thought-provoking questions, describes neuroscience as a fusion of cellular biology, physics, chemistry, and biology, aimed at decoding the brain's functionality. They explore cognitive talents, emphasizing the importance of decision-making, analytical thinking, logical reasoning, and creativity in improving learning and problem-solving capabilities. The conversation focuses on approaches for enhancing cognitive skills, emphasizing the necessity of an in-depth understanding and application of knowledge, creative enhancement, and targeted memory improvement practices. They address the negative effects of stress on cognitive function and emphasize the importance of



constant learning and mental stimulation in preserving cell viability and brain activity.

The finale of their dialogue focuses on customizing learning strategies and the use of cognitive tools to improve memory and cognitive functions. Kabirr's facilitation makes neuroscience topics understandable, providing practical insights for using cognitive studies to improve mental sharpness. Identifying and understanding individual learning styles—whether visual, auditory, or kinaesthetic—can dramatically enhance the absorption and recall of information. Dr. Mysorekar's expertise lights the way for optimizing cognitive capabilities, offering listeners the tools to navigate the network of their minds with new found clarity and purpose. **Be sure to catch the Full Episode of Kabirr Vani with our Guest Dr. Sushant Mysorekar on our YouTube Channel of @KabirrVani for in depth details on NeuroScience & Cognitive Ability.**

Watch On



<https://youtu.be/Mo0T0cFh9Fo>

HOW FOOD AFFECTS OUR BRAIN



Article by
Hetvi Joshi

Mental health problems are believed to be the result of factors like age, genetics and environmental situation. One of the most obvious, yet unrecognized factors 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, the majority of the processed foods we eat are addictive and trigger the dopamine centers 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 and 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.



Leafy greens

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

Blueberries

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



Dark Chocolate

Improves blood flow and enhances memory

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

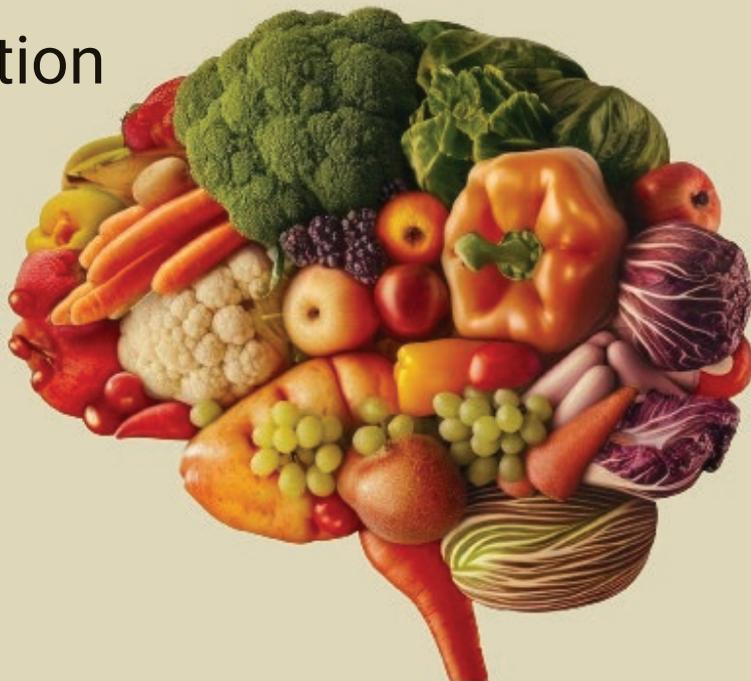
THE PSYCHOLOGICAL PLATE

How Food and Nutrition Shape Our Minds

The intricate dance between food, nutrition, and psychology unveils the profound impact of our dietary choices on mental well-being. Far beyond mere sustenance, the foods we consume play critical roles in modulating mood, cognitive function, and emotional health, forming an essential pillar of psychological resilience.

Emerging research in nutritional psychology suggests that a balanced diet rich in fruits, vegetables, whole grains, and lean proteins can elevate mood and combat the symptoms of depression and anxiety. Nutrients like omega-3 fatty acids, found in fish and flaxseeds, are linked to reduced rates of mood disorders, illustrating how dietary fats are integral to brain health. Similarly, antioxidants in colourful fruits and vegetables combat oxidative stress, protecting the brain and fostering mental clarity.

Conversely, diets high in processed foods and sugars are associated with an increased risk of depression and can exacerbate feelings of anxiety and stress. This negative impact highlights the psychological toll of poor nutritional choices, underlining the connection between gut health and mental health, where the gut-brain axis serves as a bidirectional communication network.



Understanding the psychological implications of our dietary choices encourages a more mindful approach to eating, emphasising nutrition's role in supporting mental health. It's a call to view our plates as tools for nurturing not just the body but the mind, advocating for a diet that feeds both physical and psychological well-being. As we navigate the complexities of nutrition and psychology, it becomes clear: what we eat doesn't just transform our bodies—it shapes our minds.



Article by
**Khushboo
Thakkar**

World
RECORD
HOLDER



Watch On



<https://youtu.be/GQrEvpCV4ds>

SAI AKSHARA VEMURI

Sai Akshara Vemuri, 15yrs student from Vijayawada, recited 6020 digits of Square Root of Two totally from Memory without errors and with accuracy on 15th November, 2020 in 5 minutes 12 secs Sai Akshara has created his world record with the help and support of his coach and mentor Dr. Sushant Mysorekar.

The record title was pre decided. When Akshara drew inspiration from a newspaper article about a boy who made a world record by reciting pi value, she decided to choose another irrational number and that was root 2. So, she decided to make world records in root 2 value. The world record helped her gain many insights like Perseverance, Focus, Goal setting, Personal growth and Inspiration. Though she didn't use any techniques to make the world record, this experience helps her in daily life. When her friends used to take 20-30 minutes to learn a paragraph or a topic, she used to learn it in 5-10 minutes only. Her parents were also inspired by her grasping power.

After the world record, she became more confident and her memory power improved. She also learnt that anything can be achieved if we have the will power and commitment to do it.

Her coach used to encourage her and motivate her saying that she can do the world record and he helped her present her talent in a wonderful platform and even organised her world record event in a memorable way.

It's such a wonderful thing that children are an inspiration to their parents. Our team feels proud and glad that we set a world record with such inspiring children. We wish Sai Akshara a healthy and successful life ahead.

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



THE RISE OF ECOTHERAPY

Exploring Nature's Healing Power on Mental Health



Article by
Kirti Parmar

In the midst of our bustling lives and fast-paced routines, a potent remedy for the strains of modern living emerges—eco-therapy. This groundbreaking approach harnesses the therapeutic benefits of nature to restore mental equilibrium and nurture holistic well-being. In this article, we delve into the remarkable rise of ecotherapy, unveiling its profound impact on mental health, and exploring the dynamic connection between nature and our inner psyche.

The Natural Healing Paradigm

As urbanization and digitalization encroach upon our lives, our detachment from the natural world takes a toll on mental health. Ecotherapy recognizes that the human psyche and nature are intrinsically intertwined. Research underscores that exposure to natural environments reduces stress, anxiety, and depression, while promoting emotional resilience and fostering creativity.

Nature's Therapeutic Bounty

Ecotherapy comprises various approaches, such as forest bathing, nature meditation, and horticulture therapy, each facilitating a unique healing journey. The Japanese practice of Shinrin-yoku, or forest bathing, involves immersing oneself in the forest atmosphere to reap its calming benefits. Nature meditation invites us to align with the rhythm of the natural world, cultivating mindfulness and tranquility. Horticulture therapy empowers individuals to nurture plants, fostering a sense of purpose and connection.

Unleashing the Healing Potentia

1. Eco-Mindfulness

Practicing mindfulness in nature amplifies the present moment, allowing worries and distractions to melt away, and nurturing a state of tranquility.

2. Biophilia Connection

Biophilia, the innate affinity humans have for nature, underpins ecotherapy. Harnessing this connection revitalizes our sense of belonging and enhances emotional well-being.

3. Green Spaces in Urban Landscapes

Integrating green spaces within urban environments introduces a breath of fresh air, offering respite from the concrete jungle and serving as havens of renewal.

4. Eco-Therapeutic Gardens

Cultivating gardens, whether communal or personal, encourages hands-on engagement with the earth, fostering a sense of accomplishment and grounding.

Ecotherapy in Practice

In a recent study, participants engaged in a 3-month ecotherapy program reported remarkable shifts in mental health. Their stress levels significantly reduced, sleep quality improved, and a heightened sense of connectedness to the natural world was observed. A woman, who had been battling depression, shared her transformative journey of tending to a rooftop garden. She expressed how nurturing plants had not only improved her mood but also offered a newfound purpose.

The ascent of ecotherapy highlights an overdue shift towards recognizing the symbiotic relationship between humans and nature. As cities expand and screens dominate, it becomes imperative to reintegrate the healing embrace of nature into our lives. The bounteous benefits of ecotherapy reverberate across cultures and demographics, offering solace to the weary mind and rejuvenation to the fatigued soul. Through this compelling alliance with nature, we stand on the precipice of a mental health revolution—one that echoes the whispers of the wind and the rustle of leaves, guiding us towards holistic well-being.

SHILPA GANATRA'S



presents

HOOLAHOOP AUTHENTICATION PROGRAMME

powered by

Kata Vrund

Brings You A Confidence to Learn

and in collaboration with



The students
will get
authentication
certificate from
YZDA

World Record
attempt
certificate
from



Venue :
Country Club,
Kandivali (W)

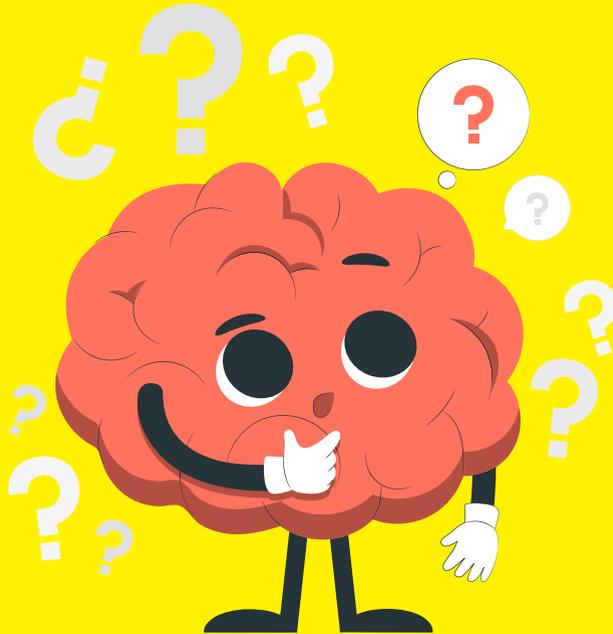
Food coupons, and gifts for
excellent performance
on various
categories!!



Date :
27th
April 2024

QUIZZES:

THE PSYCHOLOGY BEHIND BOOSTING MEMORY AND LEARNING



Quizzes, often associated with school exams or trivia nights, hold a powerful psychological function beyond mere assessment: they significantly enhance memory and learning. This cognitive phenomenon is rooted in the “testing effect,” a concept in educational psychology that suggests the act of recalling information improves its later retrieval more effectively than continuous studying.

When individuals engage in quizzes, they actively retrieve knowledge from memory, making that information more accessible in the future.

This process strengthens neural pathways, making recall quicker and more efficient. Moreover, quizzes introduce a desirable difficulty level, challenging the brain

just enough to promote learning without causing frustration or disengagement.

Feedback is another crucial element in the learning process during quizzes. Immediate feedback helps learners correct mistakes, reinforcing the correct information in their memory. This feedback loop is vital for adjusting learning strategies and improving future performance, illustrating principles of operant conditioning where behaviors (in this case, study habits) are shaped by consequences (feedback).

Psychologically, quizzes also harness the power of spaced repetition, a technique where information is reviewed at increasing intervals to combat the forgetting curve—a hypothesis that suggests information is lost over time when there is no attempt to retain it. Quizzes spaced over a learning period encourage the spacing effect, leading to more durable memory retention.

In essence, quizzes are not just tools for evaluation but powerful psychological instruments that enhance memory, learning, and understanding, making them invaluable in both educational settings and lifelong learning endeavors.



Article by
Bhavin

BODYBUILDING :

SCULPTING THE TEMPLE OF THE SELF

Bodybuilding, often seen merely as a physical endeavor, is deeply intertwined with psychology, offering insights into the mental fortitude required to transform the body. This discipline goes beyond lifting weights; it's a test of persistence, self-discipline, and the psychological resilience needed to overcome physical and mental barriers.

The journey of bodybuilding is as much about sculpting the mind as it is about sculpting the body. Setting and achieving goals, whether it's improving strength or changing body composition, contributes to a sense of accomplishment and self-efficacy. This process mirrors psychological principles of goal-setting theory, emphasizing the importance of specific, challenging goals for motivation and self-confidence.



Moreover, the repetitive nature of training routines in bodybuilding requires a significant degree of mental focus and mindfulness. Athletes often describe entering a 'zone' or a state of flow, where they are completely absorbed in the activity, enhancing both mental clarity and the connection between mind and muscle. This state, studied extensively in psychology, highlights the meditative aspect of bodybuilding, promoting mental well-being alongside physical health.

Bodybuilding also confronts individuals with their limits, teaching resilience and the psychological concept of grit. The ability to persevere in the

face of setbacks, to maintain motivation over long periods, and to continue striving for improvement, reflects the psychological growth that accompanies the physical.

In essence, bodybuilding is a powerful tool for psychological development, offering lessons in resilience, focus, and the profound satisfaction that comes from pursuing and achieving personal growth goals. It underscores the indelible link between physical health and mental well-being, revealing that true strength is built not just in the body, but in the mind as well.



Article by
Mihir Kakaiya



Atharva Group Of Institutes
Presents

STRATEGIC PARTNER



RHYTHM EMBER '24

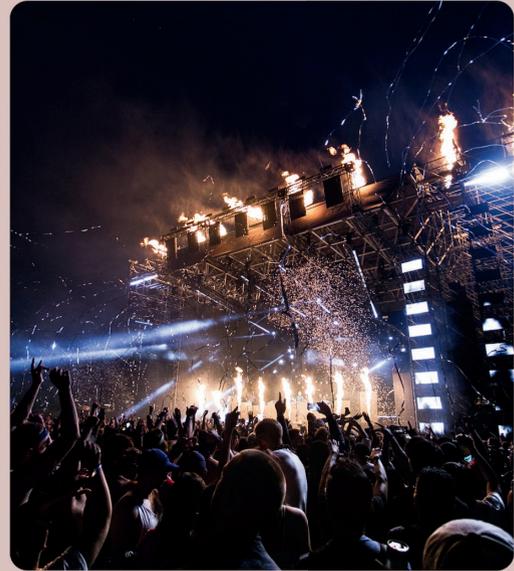
WHAT IS RHYTHM - EMBER?

RHYTHM-EMBER - where the culture blends with Technology since 1999. Shri. Sunil Rane, Executive President, Atharva Group of Institutes believes in the all round development of every student to be the competent citizen of the nation to serve the society. We have started the cultural festival called RHYTHM EMBER where students showcase their talents in multiple cultural events, technical fests, celebrity performances and competitions make them confident and job ready. RHYTHM EMBER is an amazing festival which entertains and plays a significant role in shaping the career of students. We at Atharva encourage students to volunteer and organize college fests which display their self-starter attitude, which is highly appreciated by recruiters.

Each year Rhythm-Ember has a unique and inspiring theme, this year's theme for Rhythm-Ember is "**HOGWARTS**": *Embrace The Magic Within You*. Hogwarts School of Witchcraft and Wizardry is a fictional school in the Harry Potter series created by J.K. Rowling. It transforms any occasion into a magical adventure, immersing participants in the captivating world of Harry Potter. This enchanting theme, drawn from J.K. Rowling's iconic series, offers a unique and nostalgic experience, resonating with diverse audiences across generations.

The inclusive identity of Hogwarts houses fosters a sense of belonging, while the timeless appeal ensures a lasting and cherished memory for attendees. Embracing Hogwarts is more than a choice; it's an invitation to step into a world of wonder, fostering community engagement and shared excitement among those captivated by the magic of wizardry and friendship. The magic of Hogwarts extends beyond its fictional pages, captivating readers and inspiring real-world events and experiences. Recreating Hogwarts as a theme offers an opportunity to transport individuals into this fantastical realm, allowing them to experience the wonder and excitement of the wizarding world.

From creative events to sports events we have got everything covered in the 5 day event course, with 50+ day events planned out!! We've got lots of different categories like Neon Events, Cultural Events, fun games, Strongman Events, Creative contests, and many more Fun Events. There's something for everyone, so make sure you don't miss out on all the excitement!



Get ready to dance to the beat because from April 14th to 18th April, Atharva Group of Institutes is hosting Rhythm Ember, a cultural fest packed with excitement!

14th April - Starting off with a *Marathon* themed "Miles of Hope: Every step brings us to the cure" But the real magic unfolds at night, with our unmissable evening events.

15th April - *Live Night* takes the stage, filling the air with electrifying beats and unforgettable melodies.

16th April - *Fashion Night* brings glamour and style to the forefront, showcasing the creativity of our students.

17th April - *Prom Night* which offers the students a chance to dress up and dance away, celebrating friendship and unity.

18th April - *DJ Night* wraps up the fest with a bang, promising an epic finale of music and merriment.

Throughout the fest, the campus buzzes with enthusiasm as students come together to create memories and forge friendships. Don't miss out on any of the action – stay updated with our social media handles for all the latest news and updates. Rhythm Ember awaits – get ready to experience the rhythm of life like never before!

☎ Aditya Joshi : +91 9137487322
☎ Vedant Reddy : +91 7678088949

📍 Atharva College Of Engineering Campus, Phase 3, Lawn

📷 @rhythm.agi.24
📺 Rhythm Ember '24
📢 @agi_council



EXERCISE- MEMORY



This exercise routine is designed to stimulate and improve your memory through various mental challenges and activities. Consistency is key, so aim to practice these exercises regularly for optimal results.

Word Association

- Write down a random word.
- Set a timer for 60 seconds.
- Within this time, write down as many words as you can think of that are associated with the initial word.
- Review your list and see how many connections you made.



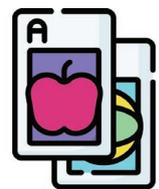
Memory Palace

- Choose a familiar location, such as your house or a route you take often.
- Mentally place objects or items you want to remember along this route in a specific order.
- Visualize yourself walking through the location and recall each item as you pass by it.



Card Memorization

- Shuffle a deck of playing cards and lay them face down.
- Flip over one card at a time and try to memorize the sequence.
- After going through the entire deck, try to recall the order of the cards.
- Repeat this exercise with increasing numbers of cards for a greater challenge.



Historical Events

- Choose a historical event that interests you.
- Write down as many details about the event as you can remember without looking up any information.
- Afterward, research the event to see how accurate your memory was and to fill in any gaps.



Mnemonic Devices

- Choose a list of items you want to remember, such as a grocery list or a set of random words.
- Create mnemonic devices, such as acronyms or vivid visualizations, to help you remember the items in order.
- Test yourself by recalling the list from memory without referring back to it.



Sudoku or Crossword Puzzles

- Engage in puzzles that challenge your cognitive abilities, such as Sudoku or crossword puzzles.
- These puzzles require you to remember numbers, words, and patterns, which can help strengthen your memory over time.



Reflection

- Take a few moments at the end of each day to reflect on your experiences and what you've learned.
- Try to recall specific details, conversations, or events from the day.
- Writing in a journal can also help reinforce your memory of daily occurrences.



Remember to stay patient and consistent with these exercises. Over time, you should notice improvements in your memory retention and recall abilities.

**Hope you liked the
April 24 Edition.**

**We would love to have your
feedback, suggestions to improve
and make our magazine more
enjoyable learning experience.**

Scan & Drop your feedback

**info@brainrhyme.com
www.brainrhyme.com**

