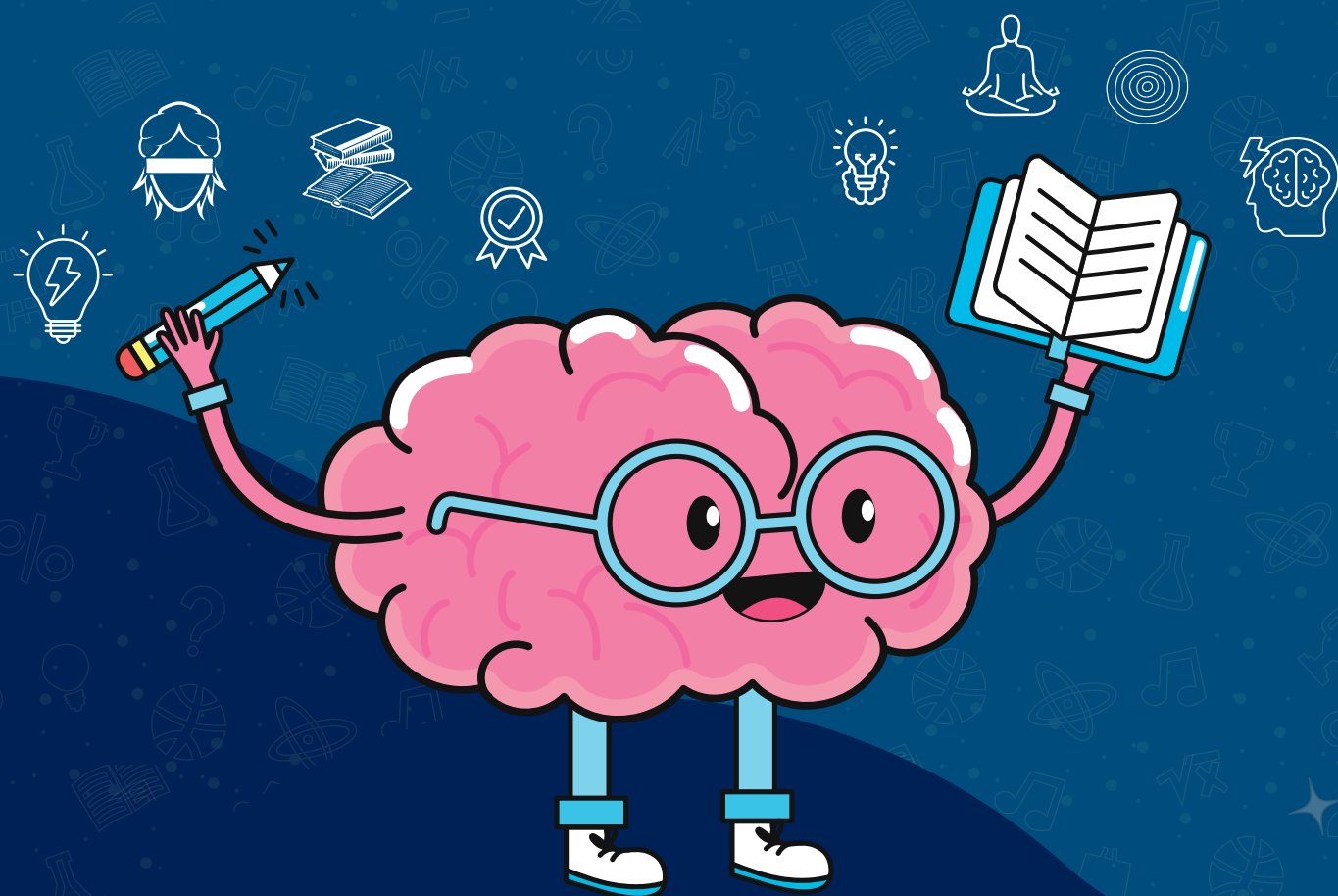


**BRAIN RECODING**  
PRESENTS

# **BRAIN GYM**



**A REVOLUTIONARY STEP INTO EDUCATION**

CERTIFICATE NO:  
DIPP102320

#startupindia



Government of India  
Ministry of Commerce & Industry  
Department for Promotion Of Industry and Internal Trade

Certified and Recognised by Department for Promotion  
of Industries and Internal Trade for working in  
Education and Skill Development.

————— If an egg —————  
is broken by an outside force,  
**LIFE ENDS.**  
If broken by an inside force,  
**LIFE BEGINS.**

*Great things always begin from the inside.*

**BRAIN RECODING WORKS INSIDE THE BRAIN.**

# PREFACE

As the world is trying to cope with the uncertainties posed by 21st-century needs, lots of social intricacies are striving to calibrate global social equilibrium. India is not left out from all the changes. In all those preparedness and planning results are being co-related globally, especially aftermath of covid 19, the uncertainty about education in our government, society, and students have enforced visible apprehensions. Today in the era of massive information, technology expansion, advanced scientific innovations, volatile social conditions, change in scenario of employability along with transient process, formations have accelerated higher demand for change as clearly seen in the government through its vision document of National Education Policy (NEP-2020) trying to curb out the redundant objectives with relevant options.

Society as a whole is not at all clear about where to go and our students are left in a vortex of uncertainty. And in absence of any clear path it is observed that millions of students are stranded in lack of proper guidance and authority. Rampant social media intrusions, visual stimulations, and multiple distraction platforms have subsided the attention and focus of our students. Hereby to promote the transformative approach brain gym program is hypothesized and driven which scientifically works on students' mental, psychological and physical area by imparting concentrated focus on student's brain. It is the program that is visioned to root out the unwanted energy from students' mind and help them to remain focused so that they contribute, collaborate, and adapt effectively in this changing scenario by bringing glory to their families and society.

## Parent's Expectation FROM THEIR KIDS

### DISCIPLINE

- Thoughtful
- Health & Hygiene
- Time Mangement



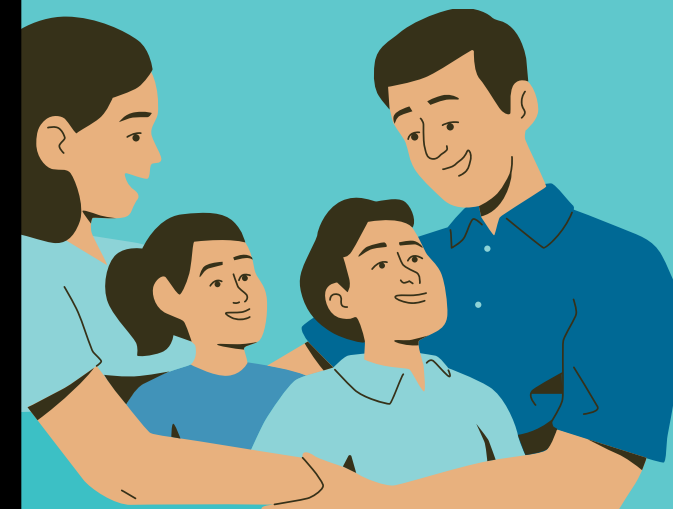
### ACADEMICS

- Formal Excellence
- Attention & Focus
- Self Motivated



### SOCIAL

- Brings Appreciation
- Accomplishments
- Empathy



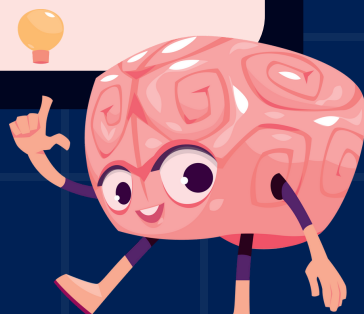


## What is Brain Gym ?

- Brain Gym is the central regulatory part of human brain which includes most important organs
- pineal gland, hypothalamus, hippocampus and amygdala, these all organs collectively are responsible for thinking. Discipline, fear, motivation and cognizance.

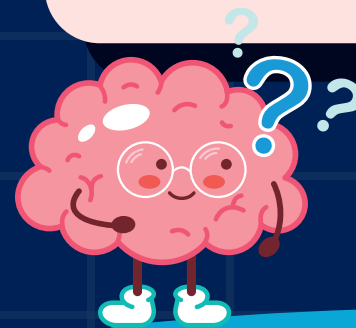
## How Brain Gym Works ?

- Since all sorts of work in human life such as thinking, creativity, innovation, discipline, focus and attention are directly associated with mindset and approach, thus by training the brain scientifically will bring the harmony among these all organs and help every student achieve their desired success.



## Why should I do Brain Gym Activity ?

- Since the brain gym program directly approaches the functional, controlling and coordination parts of the brain, therefore very effectively and in very less time they will acquire precise training and bring out amazing changes in their life.



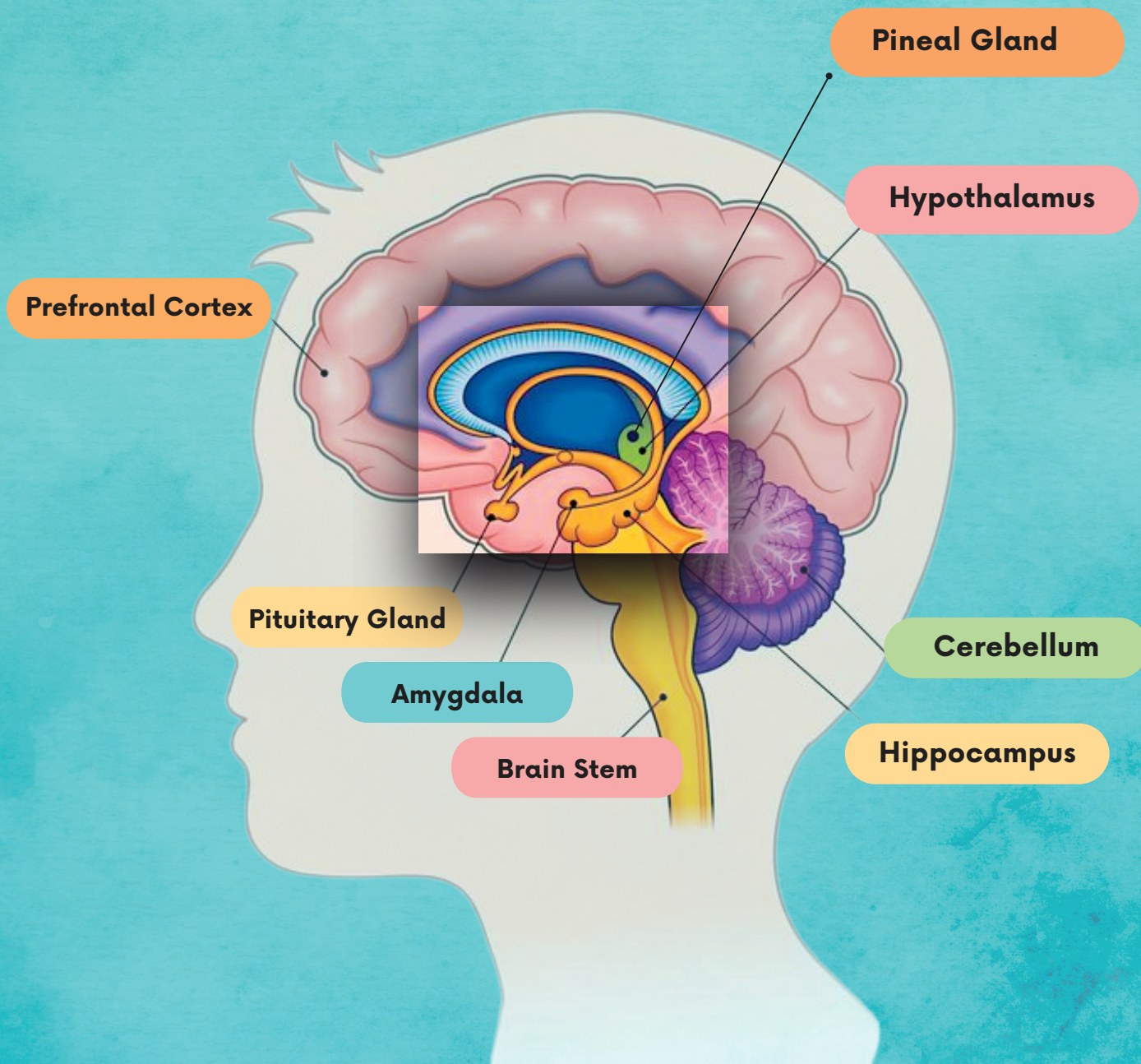
## How Brain Gym will help in Academics ?

- Academics in today's time revolves around Competition, grades, percentages, and relevance which can be achieved through focus, consistency and perseverance and Brain Gym trains a mind for same.





# REGIONS OF TRAINING



Specific Internal Organs of the brain evolved to perform specific tasks which are subjected to be controlled Brain Gym Training Programme.

# Impact of Brain Gym on Brain

Everything that happens in our life actually is the output of our imaginations, consciousness, and cognizance based on the information perceived through knowledge and social platforms and at the brain level, all actions and reactions play the role of stimulants to behavior. At the Anatomical level, various Chemicals and hormones affect behavior which is reflected in form of attitude, aptitude, focus, and concentration perceived as personality.

**DOPAMINE**

ADDICTION, FOCUS AND ATTENTION

**ENDORPHIN**

COMFORT, EMPATHY, SOCIAL ATTACHMENTS

**CORTISOL**

STRESS, ANXIETY, DEPRESSION

**MELATONIN**

SLEEP, CIRCADIAN RHYTHM

**SEROTONIN**

APPETITE, SLEEP, LEARNING

**GLUCOCORTICIDS**

IMMUNITY, STRESS, MOOD FLUCTUATIONS

BY BRAIN GYM, WE CAN ACHIEVE BALANCED BRAIN CHEMICALS, A STATE OF STASIS

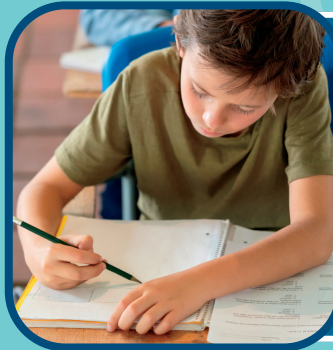


# AMAZING RESULTS

Super IQ



Sharp Memory



Emotional Stability



Elevated Confidence



Better Focus



Blindfold Reading



Self Study



Enabling young minds from unwanted Digital Materials



# BENEFITS

## ACADEMICS

- Marksheet
- Concentration
- Reduced Distractions
- Obedience
- Intelligence
- Competence
- Excellence

## PERSONAL

- Integrity
- Health and Hygiene
- Punctuality
- Commitment
- Willpower

## SOCIAL

- Group Norms
- Empathy
- Law Abidance
- Collaboration
- Adaptation

# PROCESS

INTRODUCTION

ENROLLMENT

STATUS EVALUATION

TRAINING MODULE- 1

EVALUATION PHASE- 1

TRAINING MODULE- 2

EVALUATION PHASE- 2

TRAINING MODULE- 3

FINAL EVALUATION



# DEFOCUSED BRAIN



## REASONS OF DEFOCUSED MIND

- SOCIAL MEDIA
- IMPROPER ENVIRONMENT
- OVER CONSUMPTION OF JUNK FOOD
- SENSUALLY GRATIFIED
- FIXED MINDSET



# FOCUSED BRAIN



## REASONS OF FOCUSED MIND

- PROPER FOOD
- IDEAL ENVIRONMENT
- GROWTH MINDSET

# ALTERED STATES OF MIND

## BETA STATE

14 - 21 CYCLES/SEC



Associated with worry, stress, paranoia, fear, irritability, moodiness, anger. Connected to weakened health and immune system. Fully awake and alert. Nervousness, depression, and anxiety. People spend most of their time in the beta state.

## ALPHA STATE

7 - 14 CYCLES/SEC



Meditation and relaxation begins. Effortless creativity flows. Powerful state for memory and super-learning. A harmonious, peaceful state. Habits, fears, and phobias begin to melt away. Tranquility and calmness.

## THETA STATE

4 - 7 CYCLES/SEC



Insight, Intuition, Inspiration. Answers to important questions can be found. Feels like you are floating. A wonderful realm to explore. Dream like imagery. Good for problem solving. Feel more connected to others.

## DELTA STATE

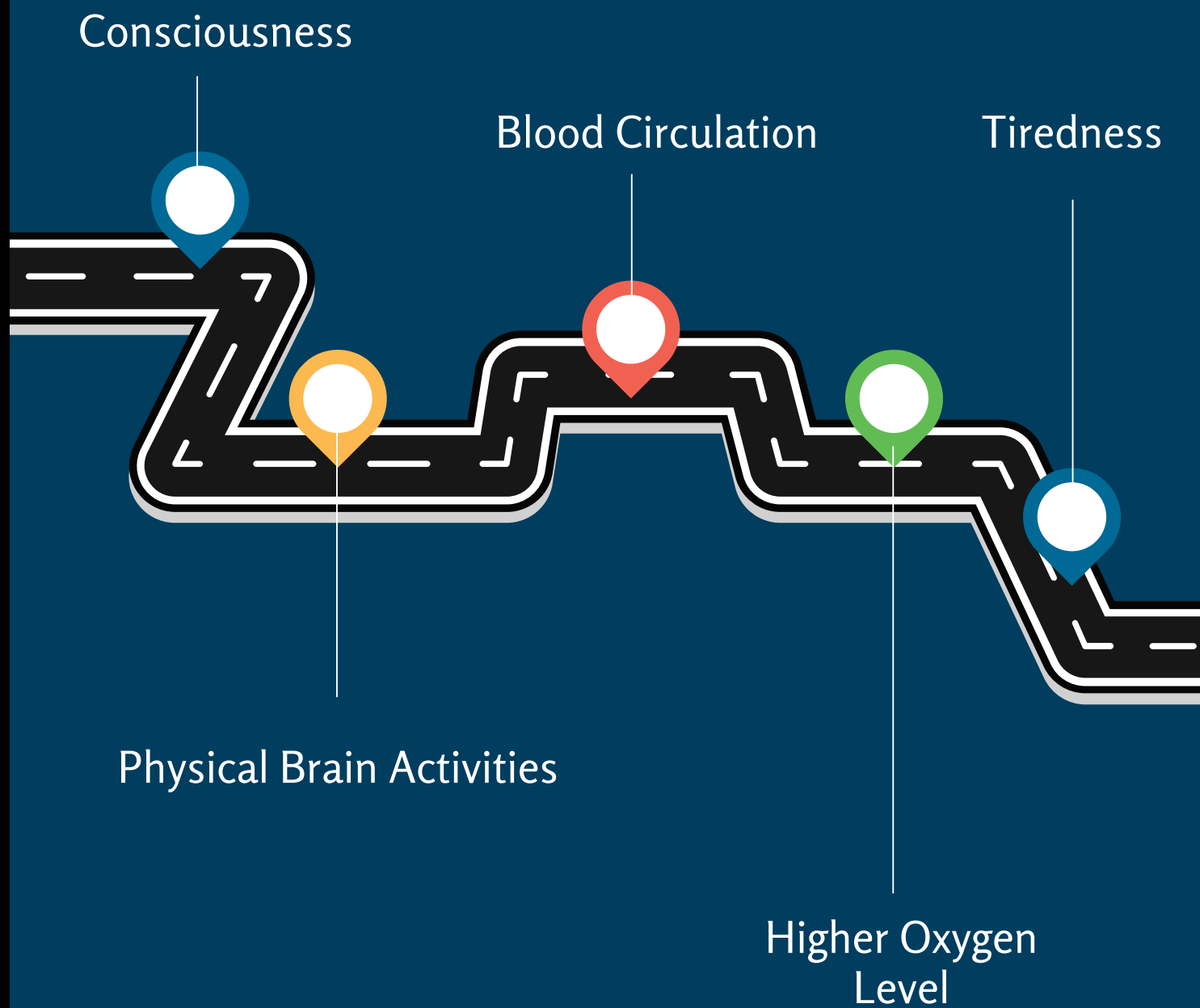
< 4 CYCLES/SEC



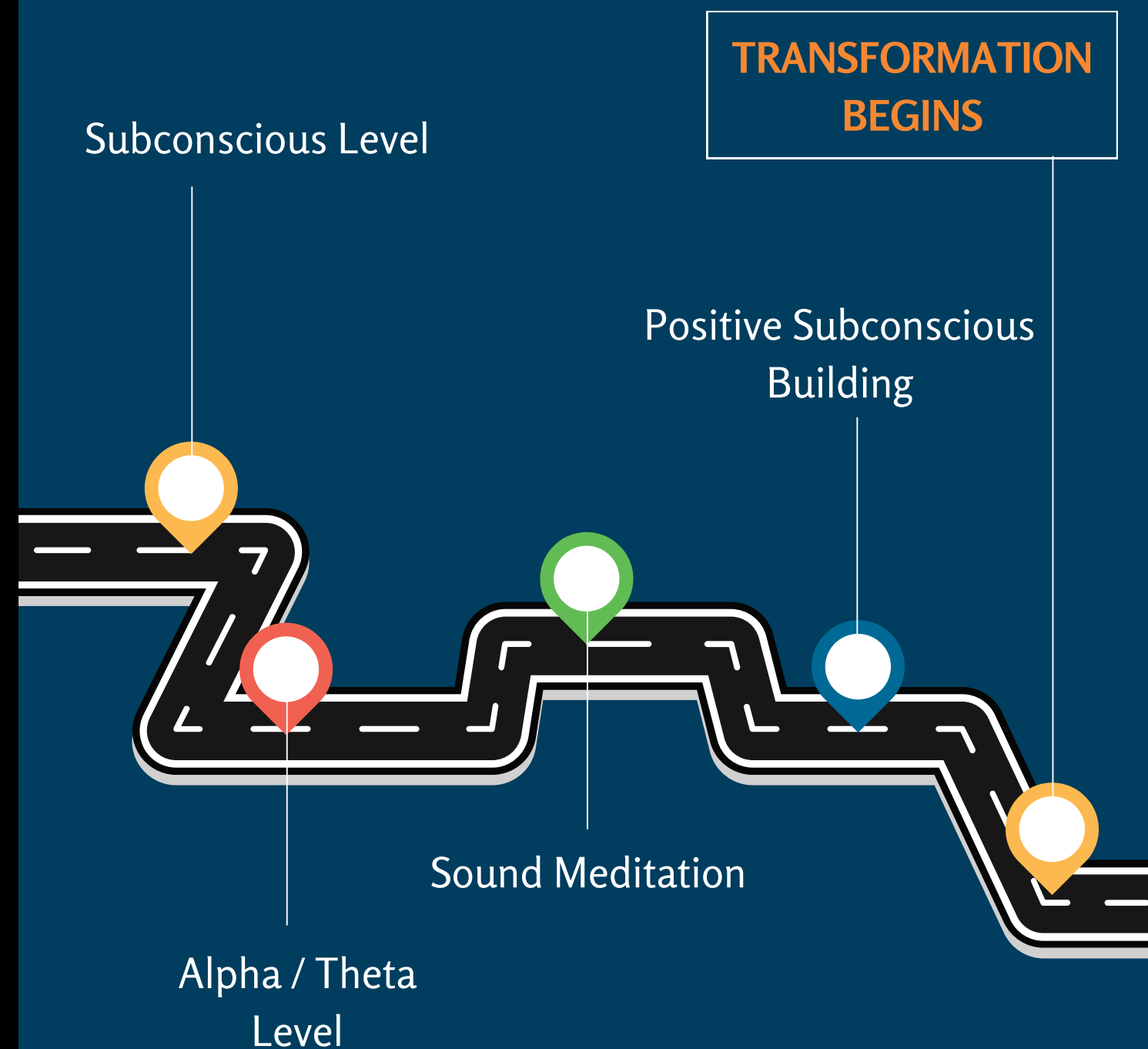
Renewal, healing, rejuvenation. Deep, dreamless sleep. Very Rewarding. Said to be the entrance to non physical states of reality. Best state for Immune system function, restoration, and health.

THROUGH THE SCIENTIFICALLY ADVANCED SOUND INTERVENTIONS TECHNIQUES BRAIN IS DIRECTLY BROUGHT INTO SUBCONSCIOUS FREQUENCY DOMAIN. THUS BY INDUCING CHANGES MIRACULOUSLY IN A VERY SHORT PERIOD.

# SCIENCE BEHIND



# BRAIN GYM





# SCHOOL'S FEEDBACK

## VIKAS VIDHYAPEETH SCHOOL, JAIPUR



**MRS. SHALINI TIWARI**  
DIRECTOR

The Brain Recoding classes have been extremely helpful in our student's holistic development. There is an immense upgrade in the concentration levels of the children and they have become more patient, calm and observant. The children are happier, stay in good mood and have become more empathetic towards others. They are more energetic, enthusiastic and keen on learning new things everyday. They have acquired skills which help them in understanding concepts in a better way and guide them in their studies. We are grateful towards the Brain Recoding team for their time, energy and efforts.

# PARENT'S FEEDBACK



**MR. MANISH SHARMA**  
PARENT

ब्रेनरिकोडिंग क्लास वास्तव में आज के वातावरण में बच्चों के लिए एक नया अनुभव है जो बच्चों की वास्तविक क्षमता को जागृत करती है साथ ही ना केवल ब्रेन डिवेलपमेंट बल्कि इसके ज़रिए बच्चों में योग के प्रति रुचि जागृत की जाती है। मेरी बेटी मानवी त्रिवेदी ने ये क्लास ज़ोईन की उसके बाद से वह स्वस्थ है पहले वो asthmatic प्रॉब्लम से परेशान रहती थी | और भी बल्कि मैं तो ये कहना चाहूँगा की यदि बच्चों में sixth sense विकसित करना है तो ब्रेनरिकोडिंग क्लास एक बेहतर विकल्प है |



**MR. SUSHIL SHARMA**  
PARENT

We are extremely grateful to the trainers & counselor of Brain Gym for bringing such a tremendous change in our students, the result of which was visible in our students overall performance during few months. They have definitely grown to be more creative, disciplined, confident, and also have improved their self study time. We suggest, every student should take this course.

# TEACHER'S FEEDBACK



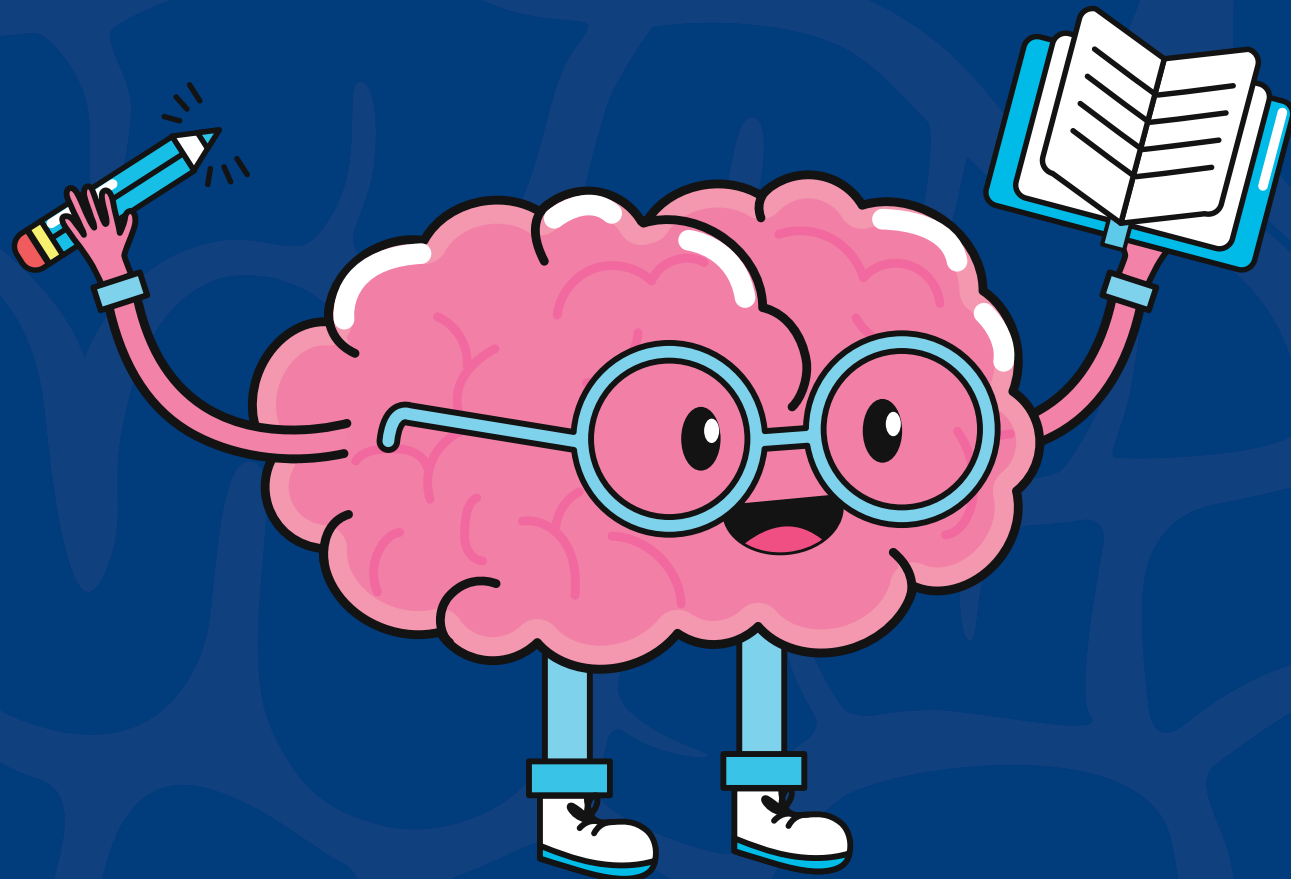
**MISS. RADHA CHAUDHARY**  
SCHOOL TEACHER

मैं पिछले 8 साल से अध्यापक हूँ | शुरुआत में मुझे यकीन नहीं हुआ कि बच्चे आँखों पर पट्टी बाँध कर colours बता सकते या किताब भी पढ़ सकते है लेकिन जब मैंने खुद अपनी आँखों से देखा, तब जाके पता चला कि वाकई ये possible भी है | सिर्फ यही नहीं बल्कि बच्चे focused हो गए, उनका confidence बढ़ गया, बच्चे T.V और Mobile कम इस्तेमाल करने लग गए और घर पर self study भी करने लग गए | शिक्षा के क्षेत्र में यह वाकई एक क्रान्तिकारी कदम है |



# A BRAIN MANUAL

Whenever we purchase any goods, we get a manual for how to use it. But for this most powerful system The BRAIN, there is no manual existing. So Brain Recoding initiates to come up with.



अगर सिर्फ मोटिवेशन से दुनिया बदल सकती, तो यकीन मानना दुनिया बदल चुकी होती ।

दुनिया की सबसे पावरफुल चीज़ है ब्रेन और इसी की कोई ट्रेनिंग अभी तक पूरी दुनिया में नहीं होती ।

**BRAIN RECODING IS THE ONLY BRAIN MANUAL**

EVERY STUDENT SHOULD TAKE THIS COURSE.



**BRAIN RECODING**  
NEW GENERATION OF LEARNING

**GET READY  
FOR THE  
GREAT LIFE  
NOT JUST  
ACADEMIC EXCELLENCE**

**E/ASE™**  
"शिक्षित और समृद्ध भारत"

  
**SchoolPlus**

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