

Midbrain activation training

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Abstract: Naturally every person has six senses. But a person generally uses only 5 senses in his life and does not use the 6th sense. When a person's sixth sense becomes active through yoga, meditation or any special training, then his ability to see and understand increases.

Development of Indian Knowledge Tradition

As if we talk about the development of our Indian Knowledge Tradition, then if we integrate meditation, yoga, brain game and bring all these in the education system, then we will be with our culture. -You will also be able to develop your intellectual ability. I am trying to do the same work in which I am starting to give Midbrain Activation Training which increases intellectual ability, in my school as well as in many surrounding areas. I am a government teacher. But at the same time I am trying to take it forward so that people can know about their own culture and meditation, can know about yoga and how this yoga and meditation is the gift of our India and we How can we bring about changes in education by using it? Through this PDF of mine, you will be able to know how I have started this work and how I have got its results. All its report cards are attached here.

This training, made up of both meditation and science, develops the mental and intellectual abilities of children, which increases their ability to think and understand. In this training, daily activities like brain games, brain dance, music, meditation, puzzles etc. are done.

Introduction

What Is Midbrain Activation

There are three parts of our brain right brain, left brain; and the part connecting both is called inter brain or mid brain.

Most of us use the left brain, while the right brain is rarely used. Even a person rich in versatility uses only a small part of his brain in life, that too only the left brain - which is of logical ability. The right brain which is full of creative power is hardly used.

If the bridge between the two half-brains becomes active, then the child becomes an all-rounder, his IQ and EQ both grow together.

Left brain is very important for school studies, logical thinking and memorization. But right brain is essential for inventive thinking and creativity.

The ability of learning will increase, even after a time, they can easily identify any color, word by touching it with their middle brain even with eyes closed.

Midbrain activation training

Methodology

Mid Brain Activation is an exclusive technique developed in conjunction with 'Meditation + Science'.

By which the child's brain is first brought to the stage of alpha wave. In this situation, the mid-brain starts working as a bridge between the conscious and subconscious mind. Then a specific type of brain-waves, specific sound waves are heard, which activates the neuron cells of the mid-brain.

By activating the mid-brain, the art of memory, concentration, visualization, imagination, creativity, and quick reading gets awakened.

All the senses simultaneously feel the object and start giving information to the brain.

The whole process is based on a scientific method which is made easy and interesting by music, dance, brain gym exercises, puzzles and various games.

Children are taught step by step brain exercises, brain gym, dance, puzzles, games, yoga and meditation to get them in a calm and relaxed mood.

Time

This training will be done for the children of primary and secondary level in a total of 30 hours as per the following timings.

First week - 2.5 hours a day.

From week 2 to week 12 - 2 hours one day per week. In five steps-

Step 1 - 30 minutes of dance

Step 2 - 30 Minute Brain Game

Step 3 – Surya Namaskar for 25 minutes

Step 4 – 5 Minute Meditation

Step 5 - 30 minutes of music

After 12 weeks, children will be given a brief form of this training so that they can practice it at home.

Profit

- Memory power notably increases.
- There is an increase in concentration and confidence.
- The ability to read and learn increases.
- Children get emotionally balanced and stable.
- Children's sixth sense becomes active.
- Children become able to read and recognize objects even with closed eyes.
- Children's right and left brains get balanced
- Children develop their ability to make the most of all their senses.

Data collection method - Improve word reading

Data collection method

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Data collection		Primary and middle school report			
Date	Student name	Class	School nam	Pre training report	Post Training report
27.2.23	Sumit Chandrakar	4	Ps /Parakhandsara	Found stuck reading	Started studying well
6.3.23	Sita	3,4,5	Ps/ Gyanpur	It took time to remember	Improvement found
	Neha Chandrakar		,	"	"
	Shital		"	"	"
	Nelamber		"	"	"
24.3.23	Priya chandrakar	3,4,5	Ps/Gyanpur	Number of readers stuck	Found improvement in reading
	Sangita chandrakar		"	"	"
	Tuleshver		"	"	"
	Gulab sahu		"	"	"
	Jashmin sahu		"	"	"
	Nandnee		"	"	"
23.3.23	Beemshing	3,4,5	Ps /Biranpur	Can't understand math	Improve math
	Sameer		"	Number of readers stuck	Found improvement in reading
	Meera		"	"	"
	Pushpa		"	"	"
	Umeshwari		"	"	"
	Puja		"	"	"
23.3.23	Pratigya	8	Ms /Biranpur	Lack of vocabulary	Got knowledge of word recognition
	Ragni Chandrakar	6,7,8	"	Trouble remembering	Memorized faster
	Janki		"	"	
	Pushpraj yadav		"	"	"
	Dulourin chandrakar		"	"	"
	Aarti shrivash		"	"	"

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10.1.24	Kritika yadav	7	Govt svami aatmannd hindi scl bemetra	It took time to read the word	Improve word reading Improve word reading
	Chanda verma	7	''	No word recognition	Improve word recognition
29.2.24	Hemant kumar	8	Ms /kuwa	Inability to read,lack of confidence	Improve reading and gain confidence
	Tarun	6	''	Number of readers stuck	Improve reading
	Dheneshvery				
	Shukhbati		''	''	''
29.2.24	Hani	4	Ps/Ka rhi	Number of readers stuck	Improve reading
	Khemmin		''	''	''
	Binde		''	''	''
	Baby	5	''	Read very slowly	Improve reading
	Lalita	''	''	''	''
	Muskan	3		No word recognition	Improve word recognition
	Chandni	''		''	''
	Dhermraj	''		''	''
29.2.24	Tarun	6	Ms / karhi	Number of readers stuck	Improve reading
	Dhaneshvri			''	
	Shukhbati			''	
	Kushi	7	''	No word recognition	Improve word recognition
	Bhagirathi	8	''	''	
9..2.24	Nidhi	5	Ps/ kuwa	It took time to read the word	
	Uma		''	''	''
	Aarti			''	''
	Jiya			''	''
	Pratigya			''	''

Analysis

On the basis of the report card obtained from the analysis, it can be said that this training develops the abilities of the children. I have done this work on a total of 600 children in which good results have been seen for all.

Discussion

After all, how can we make this training interesting by using Culture Policy Yoga Magic Box Brain Game Discussion

Culture

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If we talk about culture, we have tried to include the folk dances of our state or other states as well so that children can add culture to their education along with their daily routine.

Yoga

Surya Namaskar has been added to Yoga, which helps in the brain development of children along with exercise.

Magical Box

A new enthusiasm can be seen in the Magical Box by connecting it with this training. Children started doing colors and puzzles in the Magical Box while playing with blindfolds, then along with making the Magical Box interesting, All children will show enthusiasm which will help in learning along with knowledge.

Brain Games

Along with physical activities, brain exercise is also important. With the help of memory games, children's concentration, confidence and visualization power increases.

Helpful in problem solving

Memory matching game. With help, children also develop skills like problem solving, patience and teamwork. This is confirmed by a research published on the website of NCBI National Center of Biotechnology Information.

Meditation and Music:

If we can engage children in meditation even for 5 minutes every day, then it will be the best way to keep the mind calm and concentration will increase.

In this way, music also works to make children creative.

This research It is also said that along with this, the speed of learning increases, the focus in work increases.

It is helpful in improving our mood and removing stress

So, if this training is added to Backless D on Saturday If it is conducted one day every week, the child will be successful in increasing his understanding through sports, culture, art, puzzles, meditation, music and yoga. Attahiya training can prove to be very good if it is added to the curriculum.

Conclusion

If I come to the conclusion then I find that daily brain game meditation yoga music is not only helpful in increasing the intellectual capacity of children but also in entertainment due to which children learn alphabets and studies through games and also get connected with culture. is helpful for them in developing a more.

References

1 Dr. Makoto Shichida is the author of the theory of midbrain activation. He conducted over 40 years of research on the functioning of the brain and used the term "interbrain" instead of "midbrain".

Midbrain activation training

2 The World's First Midbrain Activation Train is a book by Trainer Manual R Hitesh , Parmar , which is for trainers of Midbrain Activation, Brain Activation, Whole brain Activation, Third Eye Activation, and Blindfold Activation.



Poonam Shodh Rachna