

Wisdom of Mind.
Institute of Mindfulness and behavioral study.
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Human Brain is more powerful than any machine, any gazette or anything else on this Planet. There are so many dimensions and hidden potential in human mind. Wisdom of Mind is doing amazingly fruitful work for society. By reviling hidden power of Human's Brain. By some brain exercises and memory enhancement techniques we increase processing speed of our brain.

A student life is filled with learning, memory and other cognitive activities which are inseparable from them. As the competition level is rising day by day for better performance in academics, students become highly dependent on their capability of learning and memory. Core requirement of students are learning, storage, recalling and comprehending of data, theories etc. for better performance in academics for future security, students become highly depended on their capability of learning and memory. It is well known that the issues of lack of attention and concentration is increasing day by day in student population but on the other side the need of more cognitive accuracy and competition is also increasing simultaneously.

Wisdom of Mind a prominent name in **holistic brain development in India**. We are glad to propose you to take an initiation for the betterment of your workforce and to improve their skills which can help them in their career. **Training session will beneficial for your organization, to improve performance and to turn towards positive attitude to improve working environment.**

Wisdom of mind is working on brain and behavior of individuals. One of our program is to improve the concentration power and memorization ability of the human's BRAIN i.e. **Intelligence Building program**. It is very beneficial for each and every individual to activate their mind for optimal performance to get more attention and alertness and performance. We deliver contents with scientific methods and techniques regarding howan individual can enhance their memory power 2-3 times more than normal. The workshop that we shall produce a noticeable and immediate effect in the lives of participants who join the workshop.

We are taking sessions for AIIMS Delhi, PGIMS Rohtak, Indian Medical Association, Indian Army, Indian Air force, NDRF, BSF, HAU, GJU,DU, DTU, IIT's, Schools, colleges and educational institutes in all over India.

In this development program we will include screening and mental health assessment of participants, soft skills and professional grooming. We also hereby propose a unique training program to include understanding of human psychology, behavior, and other characteristics.

Our specially designed **Intelligence building program** is very beneficial for those who want to increase in their academic skills. Specially **reading speed, memory retention, vocabulary, memory recognition and concentration**. The program includes some newly discovered mental abilities enhancement techniques, brain exercises, memory management methods, power yoga and intense meditation.

Students who participate in our Proprietary programs and use its technologies show significant improvements in impulse control and self-regulation, academic focus, decision-making and getting along better with teachers, peers and parents.

“Make yourself more confident and eligible towards future career with Wisdom of mind.

Benefits of intelligence building program:

1. There will be some special techniques and exercise to improve memory retention and concentration.
2. All the participants will be able to learn number of lists having 50 words each at one go.
3. Will remove exam phobia.
4. This session will improve reading speed of participants.
5. Develops concentration (Learn Faster).
6. Improve memory power.
7. Higher self-esteem and confidence.
8. More conscious thinking style and sharper mind.
9. Stress management during revision and home work.

We are professionals trained through experience, research and teach students with scientific methods and techniques regarding how students can enhance their memory power than normalcy. The workshop that we conduct shall produce a noticeable and immediate effect in the lives of student who join the workshop. A full-fledged demonstration is shown to students before conducting the workshop as part of our agenda. The benefits that a student can gain from this program are enormous and there onwards are lives changing.

We look forward to a positive response to our little effort to create a better society with the pillars of tomorrow having more knowledge and competency. We hope that you shall equally cooperate in this nation building little venture of ours.

We would like to offer you our specialized “Intelligence building program”, which will produce immense effect in terms of:

- 1. Reading speed**
- 2. Learning ability**
- 3. Memory retention**
- 4. Concentration.**
- 5. Improvement in overall academics**

There are two introductory formats.

One Day Power Workshop:

Topics to be covered

1. Capacity and functionality of brain
2. Why we lose concentration during studies
3. Scientifically proven method to enhance concentration.
4. Tips to enhance memory retention time.
5. Practical of right brain learning.
6. All participants will able to memorize list of 50 words in sequence, reverse order and random words (before- after location of words)
7. This will keep remember without revision.
8. Tips to remove exam phobia.

Expecting parents along with students if possible.

Timings: It takes about two hours followed with some practice and activities as homework.

5 Days workshop:

The activity/topics we are going to cover during workshop are as follows:-

1. Structure and functionality of brain
2. How memory system works.
3. Reason why we keep remember movie not books
4. Methods of learning to save time
5. Storage capacity of your brain
6. Left vs Right brain coordination
7. Mind mapping to memorize outline of whole book in one hour.
8. How to increase reading speed
9. Exercise to increase reading speed
10. How to develop concentration
11. Exercise to improve concentration
12. How to keep things remember
13. Meta learning (learn how to learn)
14. Brain balancing exercises.
15. Methods to optimize your brain’s power to increase neuroplasticity

Timings: takes about one hour daily followed with some practice/activities as homework.

Expected outcome:

Pre-post assessment will be there of all individuals to measure reading speed and memory retention.

1. Increased reading speed and reading habit formation
2. Enhancement in learning ability
3. Improvement in focus and concentration.
4. Develop more interest towards academics.
5. Boost confidence and positive mindset.

*Special gift at end of the workshop students will memorize all book's all chapter's overview. (Mind map of whole syllabus).

***Special Training session for Teachers to deal with slow learners.**

Thanks and

Regards:

Dr. Jeetender

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