

*Behind Your Brain Beyond The Books*

*Rashmi Agrawal*

**DEFINITIVE GUIDE FOR  
STUDENTS' SUCCESS**

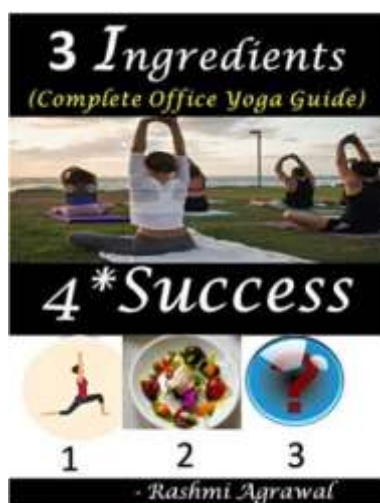
# **Behind Your Brain Beyond The Books**

**How to become a study  
champion applying unique  
methods**

**A book full of resources and  
useful downloads.**

***Rashmi Agrawal***

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# Behind your Brain Beyond the Books

**-By Rashmi Agrawal**

## About the Author



Rashmi Agrawal is a **yoga, health and productivity expert** writer from the land of yogis and spiritual leaders-**India**. A teacher by profession and an engineer by qualification, Rashmi inherits yoga, meditation, and Ayurveda from her family traditions. She teaches her followers how to be most productive and healthy to thrive in their life, through her dream site yogarsutra.

**Do you wish to be ultra-productive, stay healthy, and successful? Just a click away find [yogarsutra.com](http://yogarsutra.com).**

**[Here](#) get updates from Rashmi Agrawal and subscribe to her email list along with the hundreds of like-minded people**

**[Read more about Rashmi Agrawal.](#)**

Throughout her life, she has been a teacher-learner both. She has good and not so good memories of her student life. Rashmi remembers being

the best in her academics when she had the most focused mind. Also certain kind of foods she was eating during her early days, which helped her to remain best focused and cheerful! She also has an on-off equation with her sleep habits.

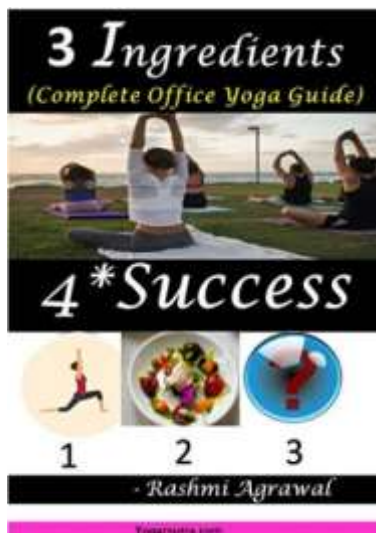
Despite having a sharp memory and excellent learning abilities, Rashmi's academic career witnessed multi-phases. This book is based on her student life memoir.

Insights gained by her are divided into two major part of her own lifespans. First when she was schooling and living with her parents and the second one when she attended her college life and lived in the hostel.

After noticing and comparing the two crucial phases of her life, she realized those three attributes majorly influencing her life! Which are FORM OF WORKOUT, KIND OF FOOD INTAKE AND SLEEP?

Hence, no wonder why she advocates [3 Ingredients 4\\* Success](#) for everyone at any stage of one's life.

## Other Books by Rashmi Agrawal

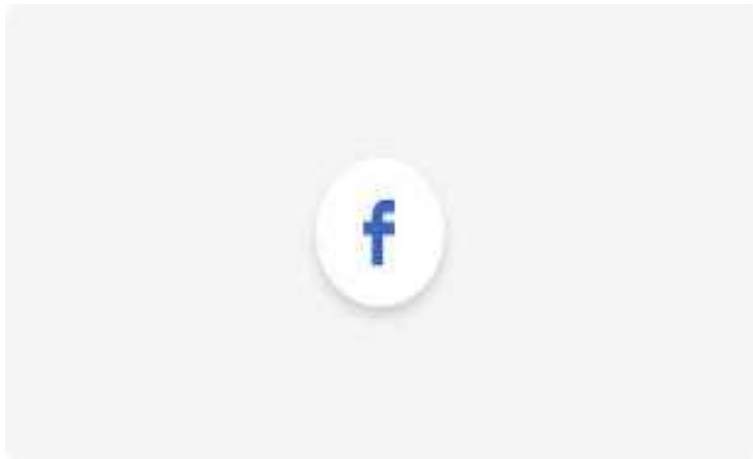


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## Author's Forewords for her dear students

**H**ello dear young and enthusiastic Body-Brains! Writing about you is like looking 20-30 years back in my own life! This is the only way I can peep into a student's life- its bonuses and challenges. Anyone's life at this stage is a junction of "stillness or a kind of fast-moving hurricanes".

These years can also be witnessed as a fine mix of carelessness and unrest. On a positive note, most of you are not bearing the burden of raising a family, earning money for living or contributing charity to the society (be grateful to your mom and dad!). On the other hand, a bundle of books seems more burdening than a 9 to 5 job or say fund-raising and nurturing a whole family.

The study seems the toughest job on the earth. Reasons are not so many. **An unfocused brain is the main culprit.** And another suspect is the boredom and monotony which is a by-product of lack of motivation.

Let me explain you. I am a writer along with my family duties. This simple looking job comes with so many unknown layers yet to evolve. The process of learning is never-ending.

I, very often, struggle with my divided attention. One part of me wishes to keep writing, whereas, another to explore new techniques and topics. There were days when I did with the

both i.e. writing and learning and ended up doing nothing significantly! I neither remained a creator nor a learner.

Very soon I realized that in order to multitask, I was not able to fulfill even a single one significantly. When we stuff our brain with so many to-does, we become a no-brainer. So many tasks start to cross their path and nullify the overall efforts made by us.

**Conclusion - Multitasking is a myth.** You should always focus one task at a time.

Boredom, on the other hand, often results of a monotonous and mediocre work along with the lack of vision and interest. Nothing will let you down more than doing a task which does not fuel an enthusiasm in you! So if you try to study a subject which never was on the list of your passion, more chances are that you will keep avoiding the topic unless you receive your examination timetable! Until you don't get a kick from within, you will put off the topic for next day.

Your **\*\*PROCRASTINATION** will make the things worst!

**Focus and concentration** are closely related. You can concentrate better when focussed to only one job at a time. So in this book, you will learn everything which is related to gain you the best concentration of mind.

**BEHIND YOUR BRAIN BEYOND THE BOOKS is an attempt to motivate and nurture a mindset to find an answer which is beyond the books, behind your brain. With a change in your thinking, habits and routine you can achieve what you desire as a student and a learner both.**

### **3 Proven Methods for Fit Body and mind**

It is now scientifically proven that only fit body can nurture a fit mind.

Yoga, with its ability to keep you physically fit and an optimal brain, is one of the topmost choices in today's lifestyle. Apart from this, our body needs a balanced diet and good sleep to focus and learn better.

Hence, to round-up, achieving the best of the intellectual level of mind, following **three assets** you need essentially –

→Yoga and Meditation to keep you physically fit along with enhancing your level of concentration.

→Brain Foods to fuel your neurons, and optimized brain functioning.

→Resting and relaxing techniques to keep you happy and competent.

To add further, this book is focussed on improving your Brain Functioning, learning and memorizing abilities. Methods are holistic.

As of now, you are clued what we shall discuss further:

Role of yoga and meditation in improving an average student's abilities

Brain functioning and its regenerating power.

Some rare and unusual learning and productivity hacks.

Introduction to brain food and

Good Sleep for students

So let's start. But before that, I want to tell about some useful free downloads. This extra bonus material is in the form of **PDF downloads** and **audio instructions**. Get them printed and read the hard copies at your own pace along with listening to the instructions carefully, whenever you get time.

## **Downloads**

- > [Excellent way to start meditation as a beginner](#)
- > [Visualization Meditation Script audio](#)
- > [How to power nap for Brain and Body benefit](#)
- > [How to stop procrastination- your silent killer of productivity](#)

## **Yoga for beginners' tutorial**

- [Download Prayer Pose and Mountain Pose](#)

### **Audio Instructions for above poses**

[Introduction](#)

[Prayer Pose](#)

[Mountain Pose](#)

- [Download Forward Fold and Downward Facing Dog Pose](#)

### **Audio Instructions for above poses**

[Hand to Foot Pose \(Forward Fold\)](#)

[Downward Facing Dog Pose](#)

- [Download Cat and Cow Pose](#)
- [Audio Instructions for above poses](#)

- [Download Plank Pose and Diamond Pose](#)
- [Audio Instructions for above poses](#)
- [Download Child Pose, Cobra Pose, and Savasana](#)
- [Audio Instructions for above poses](#)

**Note:** Some of the above poses are other than those which will now be discussed. You are advised to consume yoga for beginners' poses completely before turning to the specific poses for students.

**Further, for regular updates and useful articles on Health and fitness, life hacks and productivity [visit and subscribe here.](#)**

Now here is a chanting which my dear **Mummy and Papa** used to repeat in order to alert and motivate the student within me!  
(It's in **Sanskrit**. Next, you can find the translation)

काक चेष्टा, बको ध्यानं, स्वान निद्रा तथैव च।  
अल्पहारी, गृहत्यागी, विद्यार्थी पंच लक्षणं॥

Efforts Should Be Similar to a Crow,  
Focus on the Work like a Crane,  
Take Alert Naps (Sleep) Similar to That of a Dog  
A Student Should Have These [Characteristics](#) Besides  
One Should Eat a Bit Less and as Far as Possible, Stay Away  
from the Sweet Home!

## CHAPTER 1

### Yoga Poses for enhancing your level of concentration

#### **How Yoga Enhances Student Concentration to Make Them Achiever!**

Your most common problems as a student are – lack of concentration, difficulty in recalling what you've studied in the last session, lack of sleep and hence decrease in stamina to work hard. This is a very crucial time in your life where you need to keep patience and remain calm. Because, in such situations, yoga comes for your rescue and you need to rely solely upon it.

If you ask an aspiring student to name a single thing which can get him excellent grades, his most effortless answer would be "Concentration".

**"Concentration or focus of mind is the ultimate instrument which has the potential to turn an average student into an achiever".**

Can Yoga Play a Crucial Role in Achieving the Highest Level of Concentration?

The answer is **YES**. Let's discuss here what makes yoga the one and the only one, the most powerful instrument to achieve a desired level of concentration.

## **What Will You Explore in This Chapter**

In case, I simply explain to you that how yoga can make you a study champion and place some of the yoga poses in pictures along with -How to do sequences for them.

I am pretty sure that it won't be enough to "quench your logical thirst". At least, when I put myself in your place, I don't believe things written on any platform, if not supported by some statistics backed by solid proof.

So read each and every point carefully till the end of the book. Afterward, when you find everything at the place and quite convincing, follow it and feel the changes in your life and your thinking about brain functioning.

You are going to explore in chapter 1, about the following important points-

1. Yoga and Brain Concentration association
2. Brain Anatomy in brief
3. Yoga Poses for brain health and concentration
4. Proven studying methods and valuable learning tips
5. Some more unusual and extremely helpful suggestions

## Yoga and Brain Concentration association

According to Maharishi Patanjali, the great Indian sage and the composer of Yoga Sutras –

"Yoga Chitta Vritti Nirodha-- महर्षि पतंजलि ने योग को 'चित्त की वृत्तियों के निरोध' के रूप में परिभाषित किया है(Hindi)

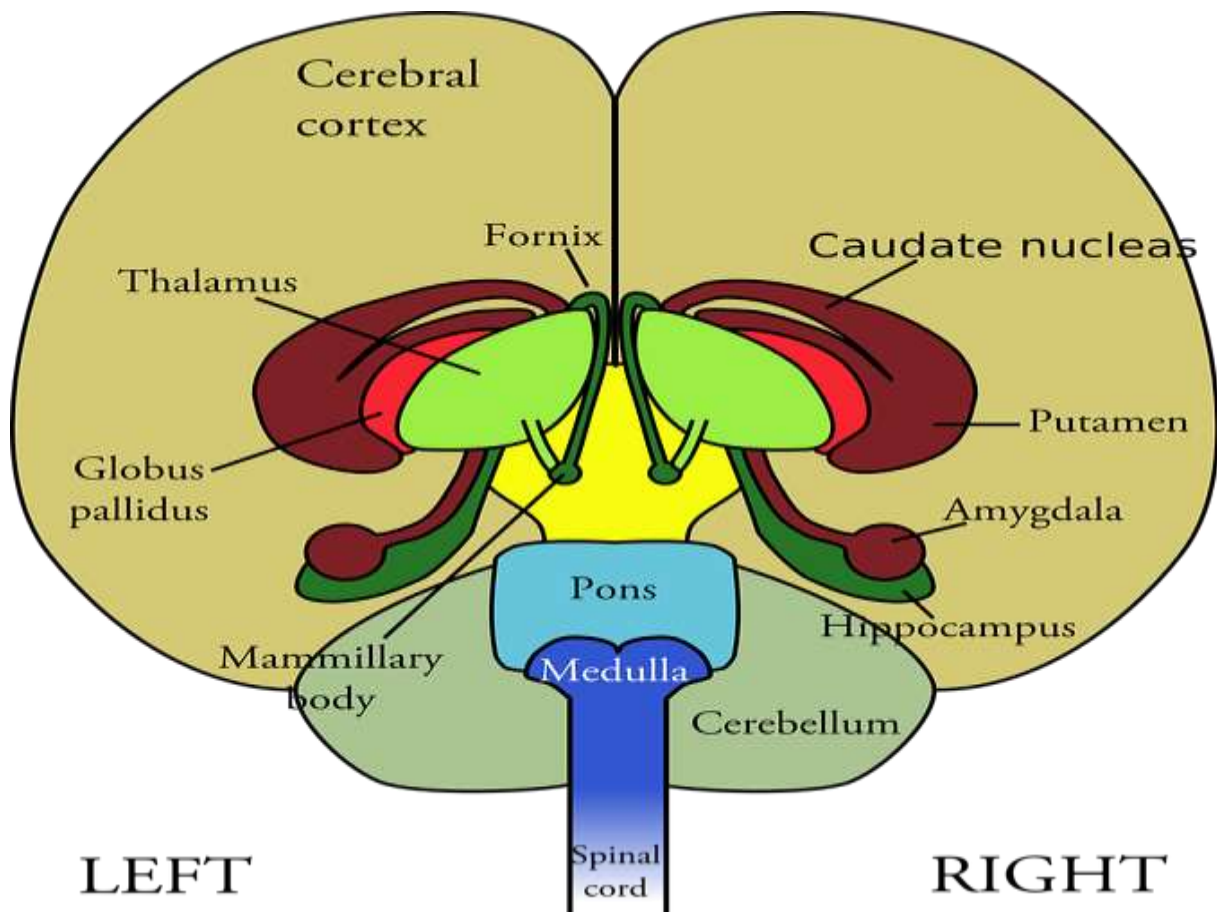
Which means yoga reduces the fluctuations of your mind. Yoga neutralizes whirlpool of feelings by flushing out the emotional clutter from your mind and helps you concentrate better.

The ancient yogis believed in the magical powers of yoga and its potential to improve concentration. Later, research added authenticity to their claim with science and logic.

Previous research has shown the vast mental and physical health benefits associated with yoga. Studies measuring mental health outcomes have shown a decrease in anxiety, and an increase in cognitive performance after yoga interventions. Similar studies have also shown cognitive advantages amongst yoga practitioners versus non-practitioners.

The mental health and cognitive benefits of yoga are evident. It was further concluded that **breathing, meditation, and posture-based yoga increased overall brain wave activity. Increases in grey matter along with increases in the amygdala and frontal cortex activation were evident after a yoga intervention.** Yoga practice may be an effective adjunctive treatment for a clinical and healthy aging population. Further research can examine the effects of specific branches of yoga on a designated clinical population. ([NCBI](#))

## Brain anatomy in brief



The human brain is the central organ of the human nervous system, and in association with the spinal cord, makes up the central nervous system. The brain consists of the **cerebrum, the brainstem, and the cerebellum**. It controls most of the activities of the body, processing, integrating, and coordinating the information it receives from the sense organs and making decisions as to the instructions sent to the rest of the body. The brain is contained in, and protected by, the skull bones of the head. The **cerebrum is the largest part of the human brain**. It is divided into two cerebral hemispheres. The **cerebral cortex is an outer layer of grey matter**.

Your intake from the above discussion is that- Brain is a muscle, which like any other body parts needs exercise for proper functioning. Yoga is the best form of exercise to improve brain function.

Stress and anxiety can cause your brain to malfunction, and that is what yoga can help to avert. *Yoga regulates the vagus nerve -the longest nerve of the autonomic nervous system in the human body that deals with your body's mood and stress levels. It differs from other brain improving exercises in its ability to facilitate proper breathing patterns that help a great deal in calming your body and invigorating your mind.*

[Read More on the Brain](#)

## Yoga Poses for Student's brain health and concentration

When you bring, "your body, which was born in the past" and "your brain, which mostly roams in future", both together here at present moment, the highest level of concentration is achieved. This is what yoga accomplishes.

That is to say that-All the yoga poses do the job of bringing our mind and body together.

But the biggest challenge, you as a student may face, while planning the yoga session is Time Management. Attending your classes, assignments, revisions, relaxation and many other to-dos. You hardly have time for yourself or practice yoga for your overall well-being. However, failing in this is, failing in achieving

an increased mental level, necessary to make you efficient enough to manage every hardship of your student life.

I am here to demolish every wall between you and your yoga practices. And I will do this, just by customizing yoga as per your need. This will give you a head start to just jumpstart into a healthy routine.

Scoop out 25 minutes in the morning to start with these **Yoga poses, Pranayama and Meditation.**

## **1. Tree Pose (Vriksha Asana)**



Vriksha= Tree; Asana= Pose

As you would have realized by the name Tree Pose, You have to stand stable just like a tree, so your leg, just one of the two, will constitute as the trunk of the tree. The Other leg and hands are positioned to take the shape of a tree.

I am simply trying to explain that you have to stand on one leg and maintain balance along with systematic breathing. And

this is the way you are going to increase your concentration level. If you don't, you may lose your balance.

Make a dot in front of you, so that while standing straight the dot is making a straight line through your eyes.

Keep your gaze to this point, this helps you greatly to keep balance on one leg.

Inhale and patiently raise up one leg, keep your 'raised leg' toes in parallel to another leg.

Rest your leg just above the knees of another leg.

Exhale while resting on this pose.

Initially try the tree pose near a wall so that when you start shaking up, the wall will come to your rescue.

Start from 30 seconds of balance then go up to 3 minutes.

## **2. Sun Salutation (Surya Namaskara)**

Surya = Sun; Namaskara= Salutation



**सूर्यनमस्कार** or Sun Salutation is a Yoga practice incorporating a sequence of gracefully linked asana. The nomenclature refers to the symbolism of Sun as the [soul](#) and the source of all life. This yoga cycle provides a great cardiovascular workout. Its root is in India where there are many worshippers of Surya, considering Sun as a deity.

The solar plexus is the central point of the human body. It is just behind the navel and connects with the Sun. This is the main reason why we must practice Surya Namaskara in the morning. The regular practices of Surya Namaskara can boost the solar plexus. Which results in increased **vitality, confidence and brain functioning.**

The Surya Namaskara is the most versatile yoga cycle comprising 12 yoga postures. This is the most energizing technique of yoga because it influences most of the body organs-internal as well as external. Sun Salutation increases blood circulation in the body. Its regular practice develops strength, stability and the flexibility of mind and body.

Last but not least, de-stressing powers of Surya Namaskara, strengthen your immune system and keeps illnesses at bay.

## **Description of Surya Namaskara Poses**

### **Pranamasana –The Prayer Pose**



Pranam = Prayer; Asana = Pose

Best known as prayer pose, Pranamasana is the first pose of the Surya Namaskara.

How to do-

Stand upright on your mat with your both feet closely aligned.

Inhale deeply, expand your chest while keeping your shoulders relaxed.

Raise your arms while inhaling.

Bring your palms together, in front of your chest as you will do for “Namaste”, and exhale

### **Hastauttanasana - The Raised Arms Pose**



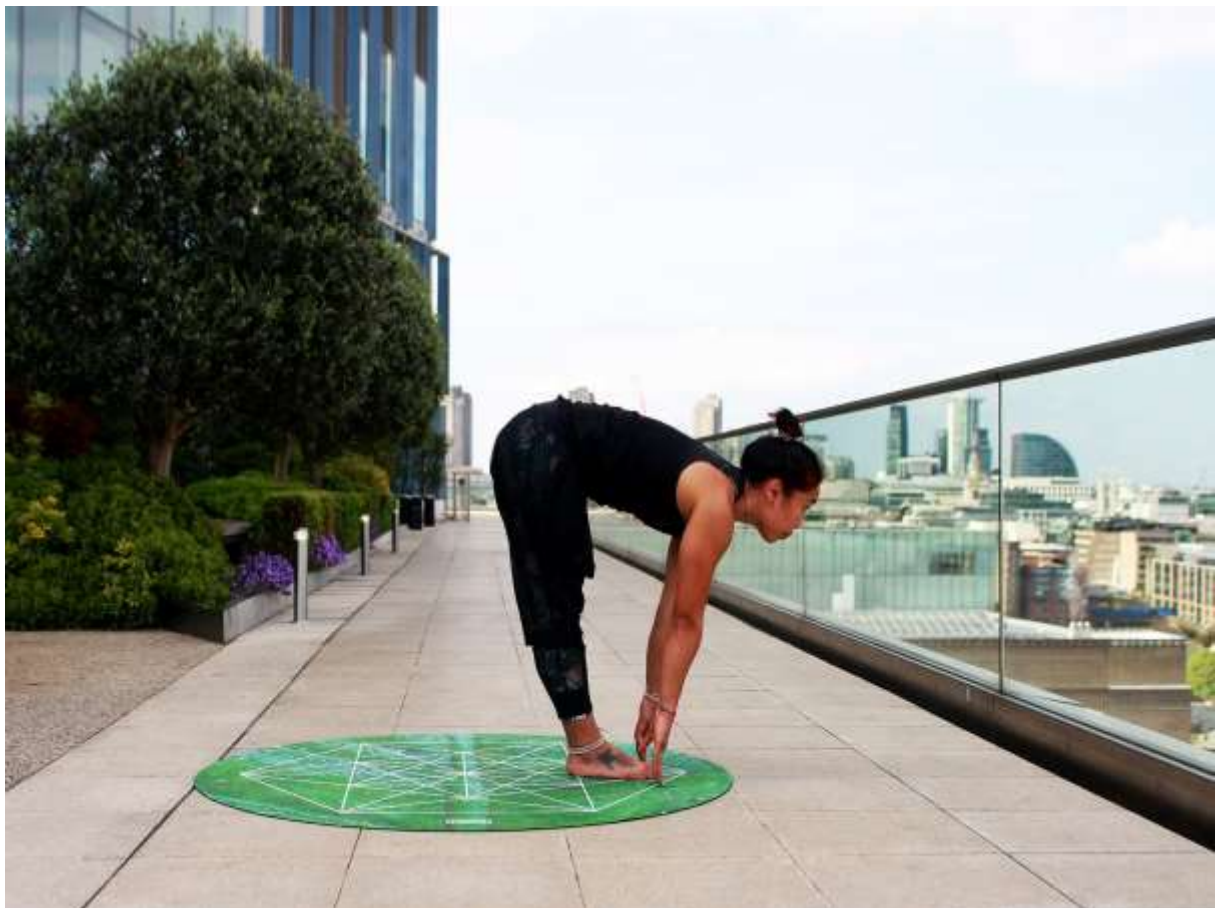
Hastan = Arm; Uttan = Raised

Hastauttanasana loosens up your body by stretching the entire body backward while standing at the tips of the toes.

From the previous Namaste pose, lift your arms up while inhaling and bend backward slightly.

Your arms should lie close to your ears.

### **Hasta Padasana - Hand to foot pose**



Hasta = Hand; Pada = Foot

Next, breathe out, and bend forward from the crease of your hips.

Bend down and touch your toes while keeping your spine erect.

### **Ashwa Sanchalanasana- Equestrian Pose**



[SOURCE](#)

Next breathe in, and stretch your body while aligning parallel to the ground.

Keep your hands to the side, and bring your right knee forward towards the right part of the chest.

Let your left leg stretch behind.

## **Dandasana - Stick Pose**



Fling your right leg backward along with the left leg, while inhaling.

Align your entire body parallel to the ground just as in high plank.

## **Ashtanga Namaskara - Salute with eight parts or points**

This is the eight-point salutation given by eight parts.

While exhaling, make a transition from the Dandasana and gently bring down your knees towards the floor.

Bring your chin in contact with the floor, keep your hips elevated upward.

At this point, **your eight parts viz. two hands, two knees, chin and chest will rest on the floor, whereas your hips stay elevated upward.**

### **Bhujangasana-The Cobra Pose**



This pose gives you a perfect back bend while you lie on your stomach. When done correctly, it can gradually bring flexibility and strength to the entire spine.

Lie down on your stomach, keeping spine elongated.

Bring both of your hands just below your shoulders.

Gradually, try to bring your upper half upward by applying pressure on the pelvis.

Don't push too much and too hard upon your hands. Let your spine do the job.

### **Parvatasana-Downward-facing Dog Pose**



Take transition from cobra pose to the Parvatasana. Keep your palm and feet where they are, and slowly raise your mid-section and make an inverted 'V'. Breathe out as you enter Parvatasana.

From Parvatasana, transition back to the Ashwa Sanchalanasana (Equestrian Pose).

But this time, we bring right foot forward whereas resting the left foot behind.

### **Hasta Padasana- Hand to foot Pose**

Gradually bring your left foot forward, next to the right foot while exhaling.

Keeping your hands in the previous position.

Get up gradually to enter Hasta Padasana.

### **Hastauttanasana- the Raised arms Pose**

Next, inhale, raise your hands upward, and bend backward to get into the Hastauttanasana.

Pranam asana – The Prayer Pose

Finally, exhale and stand in a relaxed manner in the 'Namaste'.

Feel the positive vibes entering into your body.

This is how you complete one repetition of Surya Namaskara.

To render maximum benefits from this Holistic yoga cycle you need to complete twelve repetitions. But not from day one.

-->Start with two cycles; gradually try to be perfect in fifteen days.

-->Preferably, try to do in the morning on empty stomach.

## 2. Bhramari Pranayama



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Bhramari Pranayama is one of the great breathing exercises to release mental tension, anxiety, frustration, and anger. This simple breathing technique can be practiced anywhere at work or home, it is an instant solution to de-stress yourself.

Bhramari Pranayama is derived from the Hindi word “Bhramar” which means **Bumble Bee** and the meaning of Pranayama is breathing technique, also called ‘bee breath’. Bhramari

Pranayama enables to reduce fatigue and mental stress. This Pranayama does wonder for our ears, nose, mouth, and eyes.

## **HOW TO DO BHRAMARI PRANAYAM**

Sit comfortably in Padmasana or lotus pose.

Close your eyes and breathe deeply.

Now close your ears lids using your thumbs.

Place your index finger just above your eyebrows and the middle fingers over your eyes.

Applying very gentle pressure using your little finger to the sides of your nose. Now concentrate your mind on the area between your eyebrows. ·

Keep your mouth closed; breath in deeply then breath out slowly through your nose with making a humming sound of Om.

Repeat this process 5 times.

Try your best to assume that you are being connected to all the positive energies of the universe.

Benefits:

Bhramari Pranayama relieves stress and tension, helps in alleviating anger, anxiety, and insomnia, increasing the healing capacity of the body. It strengthens and improves the tone of voice. Bhramari induces a meditative state by balancing the mind and directing the awareness inward. The vibration of the humming sound creates a soothing effect on the mind and nervous system

### **3. Yoganidra**



Yoga Nidra commonly known as yogic sleep is an immensely powerful mind and body relaxation technique, and one of the easiest yoga practices to be implemented by all.

You need to know Savasana (corpse pose), for this systematic relaxation techniques. By a guided voice command you are directed towards the panch Maya Kosa (five layers of self). You need to scan your body by parts, use each sense organ to hear, smell, taste, see and touch while focusing on your breath.

## HOW TO DO YOGA NIDRA:

Get into a comfortable resting position, where you feel safe and free from distraction. Then close your eyes and tune into this 10-minute Yoganidra practice:

Play a soul pleasing music without lyrics or a guided meditation track.

For more specific Yoganidra playlist, there are Yoganidra scripts available and I like” [Elena Brower’s](#) 10 minutes Yoganidra script”.

And this one you would love if want to get completely immersed in the marvels of the [YOGNIDRA](#).

## **Improved immune System-A Bonus of Your Yoga Practises**

Our immune system defends us against any potential attack from the harmful viruses and bacteria. The immune system is a network of cells, tissues, and organs. It becomes prominent when our body is under attack of any harmful element and plays a vital role in its protection.

Yoga improves your immune system. For any system to work efficiently, balance and stability are crucial. And same is the case with our immune system. So when some form of imbalances enters, the immune system becomes unstable.

Yoga gives a holistic treatment to your body and works great in busting the stress levels, the main reason behind a weak immune system. The above-discussed yoga practices will keep your immune system healthy and prevent you from falling ill frequently.

## Some Proven study methods and valuable learning tips

### 1. Make a distraction-free study room



You would agree with me that it requires an Everest of willpower to resist if you get something else other than your study material. It may be a piece of newspaper (even the backdated will do), a magazine or a novel or a smartphone (marvelous!). In case you get hold of anything other than your course book, you are sure to stick with it in no time!

So remove everything, I say everything other than your books from your room.

## **2. Meditate on your study chair**



Just sitting on your chair, close your eyes and focus on the breath.

By observing your breath, you slow down the breathing process, which in turn calms your mind and transform into a peaceful state. This will refresh your thinking and understanding process.

Calmness and deep focus increases your cosmic energy. This form of energy elevates your self-confidence. Calmness prevents your energy to be scattered. This is what you need to learn most of your vast syllabus.

Listen and meditate with this meditation script

### **3. Glue your chair and sit on it**

Really? You need to first motivate yourself to start with your studies. Just starting is a major obstacle as in most of the other cases, you simply take too much time to be seated in your study chair and almost no time to leave it. Kill your procrastination and try your best to grab your book then get, set and go! Try to spend at least an hour on your study chair. Leaving it too frequently may break your concentration and leave distracted for long.

[How to overcome procrastination- your silent productivity killer](#)

#### **4. Study Musical**



You can use music to block out noise or to simply create a more relaxing and pleasing study environment. But only the right kind of music is going to work in this case. Preferably go for a just music with no lyrics. Lyrics may make you engaged with the words processing and may divert your focus.

## **5. Study in the fresh air**



If you are learning your lesson inside a room and not very happy with your progress, think about it. Maybe you need some fresh breeze and natural light to stimulate your brain's learning abilities. So come out of your room when you get stuck in your maths problem and let your brain oxygenate well and increase its problem-solving capacity.

## **6. Go to the bed with a problem!?**



What I am not saying is to go to your bed with a problematic-problem and spoil your sleep. I am saying that if you have your subject problem and find it hard, then sleep with it in your mind. Then let your brain find the solution! Studies have shown that brain neurons are active in the sleep and busy making problem-solving circuits!!

**Some more unusual and extremely helpful suggestions for concentrating and understanding your lesson better**



**→ Convert abstract things into living**

Pythagoras = Python!

You never got bored with Harry Potter. It is thrilling, entertaining and can be visualized. Whereas, studying subject viz. Maths and Science, things are really hard to visualize, this could be one of the reasons you are not developing an interest in these areas of studies!

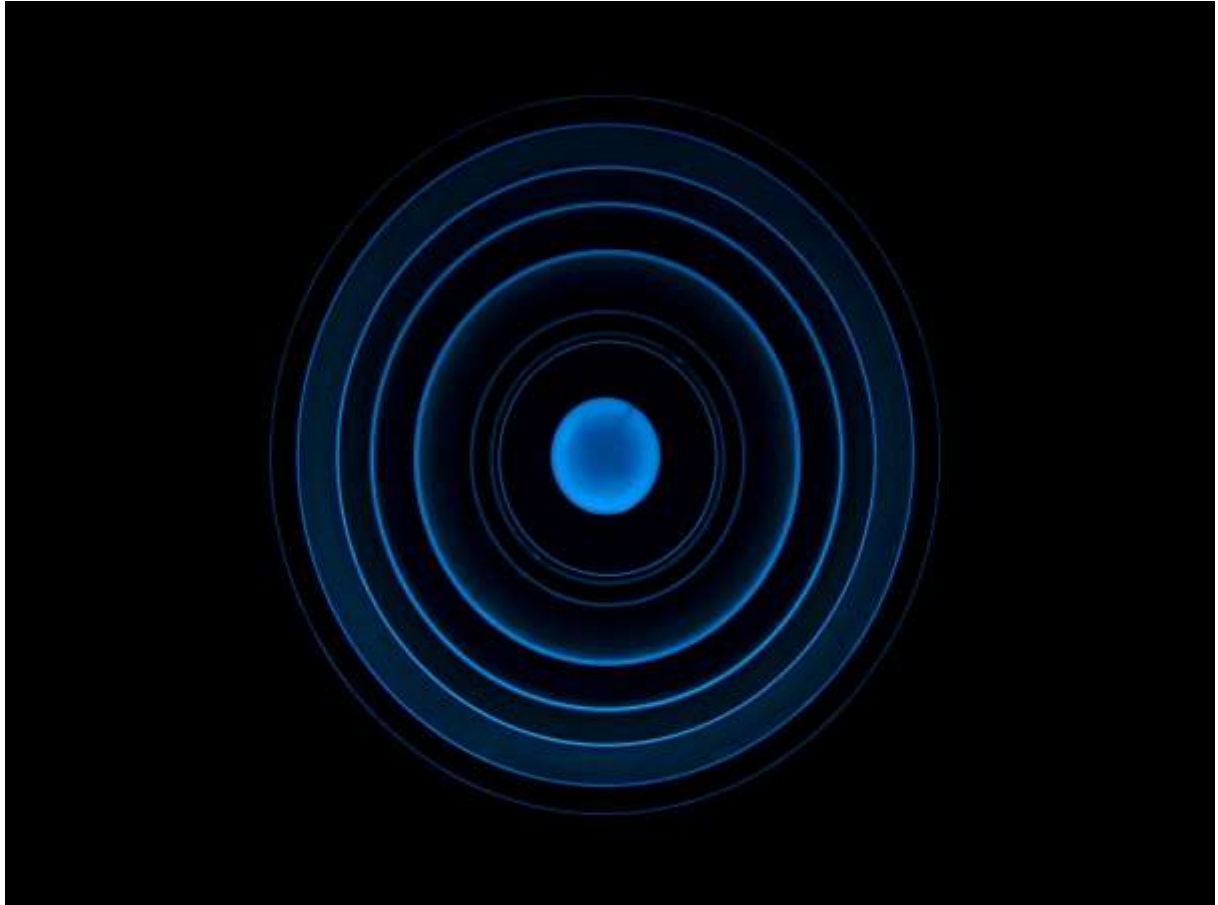
So by visualizing your maths or science terms, same would be far easier to understand and recall. Visualization must be funny or weird for a long lasting memory impression.

→ **Concentrate with the candle flame**



Physiotherapists rely on this method of concentration. Lit a candle and put it in front of you while you sit erect. Switch off light and fan before that. Stare at the tip of the flaming-candle, keep breathing softly (you don't want to blow the flame off), slightly close your eyes. Focus between your eyebrows. You are likely to see the flame even with eyes closed! Open your eyes when you feel.

→ **Concentrate on the black hole**



The black hole is said to attract the universe into it. So why can't you make it attract all your tensions, fears and confusions? Take a white paper make a circle approximately 5 cm in diameter. Use crayons or watercolors to make it the perfect black body.

Stare and think all the negativity absorbed by this black body!  
And it really works.

There are so many proven and tested things which I can write here or you can Google on your own. But just reading and knowing all of them does not help you, but following them systematically will certainly do!

## CHAPTER 2

### **Brain Foods to fuel your neurons**

Always keep your brain greased and nourished



Another Most important thing you should never miss is the Proper nourishment. You should eat a balanced diet that elders

always compelled you. But did you really cared? If yes, then you are already a winner, if not then pay attention! In short, never forget to-

**Drink 10 glass of water and stay hydrated**



Your brain is the biggest consumer of calories so eat appropriately.

However, there are certain foods called brain food which is really good for your brain. This book has one more secret ingredient to get a Crane's Concentration! Please stay tuned.

## **Brain Food for Learners**

Each chunk of food you consume ensures that either you are enriching your brain or depleting it!

Binging on foods rich in- empty carbohydrates, sugar, and Trans fats may deter your brain functioning. An undernourished brain is unable to think clearly along with causing stress and anxiety.

So it all depends upon the kind of food you choose. In order to have sharp thinking with a focused mind, you need to eat a balanced diet each day. This along with proper exercise, rest and hydration can make you super-productive.

### **The concept of Brain Foods**

**Foods rich in nutrients, required to generate, protect and rejuvenate brain cells are given the name-Brain Food.** Brain foods are rich in vitamins, minerals, and fatty acids. Nice thing is that these are needed in the very small amount

Brain foods primarily help to build up neurotransmitters, the brain chemicals that are responsible for your ability to learn, understand and remember the lessons. Same is also responsible for your mood.

Therefore, the nutrient-rich brain foods protect you from mental disorders and keep your brain young while your body counts on years.

## 8 Brain Foods to Boost Focus and Memory

Although not being an expert in brain foods, I can define certain foods as a brain food. These worked for me and will work for you too! Thumb rule is “go to basics”. What your mom and mom’s mom suggests is good for you. Following is a list of foods/spices, which are easily available and work great to enhance your learning capabilities. For more exotic details, you can refer to [Draxe](#).

### Turmeric



This wonderful golden color spice has amazing health benefits! The [turmeric](#), an ancient root that’s been used for its healing properties throughout history. In India turmeric is a household name and used in most of the curries preparation. Due to the fact that the **curcumin**, a chemical compound found in turmeric, the spice is actually one of the most powerful (and natural) anti-inflammatory agents.

Turmeric also helps boost antioxidant levels and keep your immune system healthy, while also improving your brain’s oxygen intake, keeping you alert and able to process information. Start your day with this super spice brain food.

You can find here the [Turmeric Tea](#) recipe from Dr.Axe.

## **Walnuts**



Surprisingly, this brain-shaped nut can prevent your brain going nuts! This makes the walnuts a top level of nut for your brain. The high concentration of DHA, a kind of Omega-3 fatty acid improves cognitive performance.

Research shows that eating walnuts can keep your brain healthy. Relishing a few walnuts every day improves your brain's working capacity.

## **Green, Leafy Vegetables**



Leafy green vegetables include kale, mustard greens, dandelion greens, spinach, and romaine lettuce. These can easily be added into salads, soups or eaten boiled. Fresh and green “chlorophyll filled” leaves have the power to keep your mind younger somewhere by 11 years!

More simply, eating just one serving of these veggies can slow down mental deterioration significantly.

Hence to sharpen your brain, leafy greens should occupy a big part on your plate. This you can do by removing some of the plain carbs such as bread, rice, pasta and veggies like potato!

Green, leafy vegetables are also filled with vitamins A and K (just one cup of kale has more than 684 percent of your recommended daily serving!), which help fight inflammation and keep bones strong.

According to the Centre for Young Women's Health, dark green leafy vegetables may help prevent cancer and heart disease. According to the Colorado State University -leafy greens are nutrient-rich and are a healthy food choice because they contain no cholesterol and are low in sodium. Leafy greens are rich in iron, calcium, and phytonutrients. They also contain plenty of vitamins.

### **Extra Virgin Olive Oil**



Extra virgin olive oil is essentially a brain food because of the powerful antioxidants- polyphenols found in it. It works on the learning and memory center of the brain along with reversing age-related changes!

However, olive oil hydrogenates and decomposes easily at high temperature. This makes it less suitable for cooking and frying methods of food preparation. Olive oil is best suited to be eaten as salad dressings.

### **Coconut Oil**



Coconut oil is the wonderful creation of nature. Its antibiotic and antifungal properties are boon to mankind! **Oral health, skin and beauty care, guts health** to name a few. An array of health benefits make the coconut oil a super food. This oil works as a natural anti-inflammatory, suppressing cells causing inflammation. It prevents memory loss as you age and keeps bad bacteria in your gut (hello, the second brain!) at bay.

## **Dark Chocolate**



Dark chocolates' two bites can satiate your brains' hunger pangs! Leaving it more alert and optimal working!! Flavonols in chocolate have antioxidant and anti-inflammatory properties. They can also help lower blood pressure and improve blood flow to both the brain and heart.

But be aware of this sweet affirmation. Milk chocolates filled with sugar do not qualify for brain food. A moderately processed dark chocolate which has more than three fourth part of cocoa is the one you can rely upon for your improved brain functioning!

## **Eggs**



After bearing “nutritional blasphemy for raising cholesterol” for years, the “egg yolk along with its white” is finally shining in the daylight! So wasting egg- yellow is no more a health fad but eating is- making your brain even more up to date!!

Studies show that eating eggs had no effect on the cholesterol levels of healthy adults and might, in fact, help raise good cholesterol levels.

Yolks contain large amounts of [choline](#), which helps to break down bethane, a chemical that produces hormones related to happiness. So eat an egg to boost your “pleasure- pulse”.

## **Fermented Foods**

Fermented foods such as pickled vegetables, curd, and kefir are probiotics-helping your guts to nurture good bacteria. This makes your second brain i.e. guts more healthy and strong, hence, enabling the first brain working even smarter.



Remember that these are some of the foods which I tried and tested. List of brain food is vast. Broccoli, [ginger](#), beets, salmon, celery, bone broth also belong to the family of brain foods.

## Chapter 3

### Good Night Sleep for Students



What is the Adequate Sleep Time?

You must have heard and realized that how much a “good-quality sleep” is important in your life. But what is a good quality sleep?

One simplest criterion of good quality sleep are relaxed body-brain, along with absolutely no feeling of tiredness. However,

sleep hours vary for students of different age groups. Just have a look:

Teenagers- 8-10 hours

College Students- 7- 9 hours

But what not enough for one is simply lying on the bed for the required amount of time. Sleep patterns are as important as the duration.

[These factors](#) may affect your sleep patterns:

**Sleep latency** – How long it takes to go from “lights out” to asleep

**Sleep efficiency** – The total time in bed compared to time spent sleeping

**Wake after sleep onset** – Or “WASO”, which is the amount of time you wake up in the middle of the night before actually waking up

**Wake time after sleep offset** – Or “WASF”, which accounts for long periods of wakefulness after an unusual early morning awakening

**REM latency** – The time between sleep onset and REM sleep

A good night's rest is a combination of enough hours of sleep and quality sleep patterns.

## The bonus of a Proper Sleep

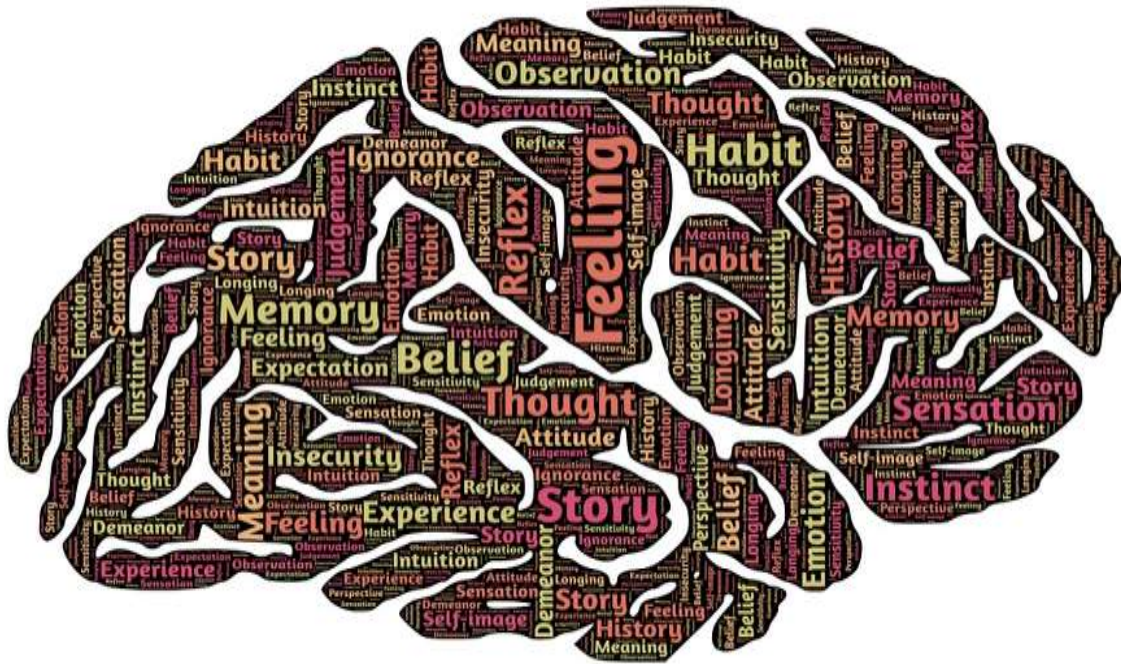


Good rest enables you to think and act more efficiently, make better decisions and handle problems quickly! Other than these obvious favors, a quality sleep renders the following benefits:

### Better Marks

Research shows “better academic performance” for the students sleeping 8 to 9 hours a day. On the contrary, Research conducted by the [University of Georgia](#) found that one in four students surveyed reported that sleep deprivation negatively impacted their grades. On the same pitch, the journal [Scientific Reports](#) found that students who didn’t maintain a regular sleep schedule were more likely to perform poorly in class compared to those who did.

## Memory Improvement



As a student, you need to learn and process lots of data from different subjects every day.

This data is then stored and organized fairly by the brain only when you sleep properly. Better sleep makes your brain efficient enough to retain an important information whereas discarding the irrelevant one!

## Obesity Prevention



When you sleep less, crave for more! This may be the reason behind more pizza consumption after partying overnight! So when you are sleep deprived, your body produces more of the hormone GHRELIN, also known as the HUNGER HORMONE. Ghrelin stimulates appetite to crave for high-calorie food. On the other side, sleep increases LEPTIN levels in the body, a hormone to curb appetite.

## **Illness Buster**



A proper napping ritual comes with many added advantages. You can shout loud “sleep well to stay young” or this one “sleep well to delay hell!!!” So if you sleep “eyes-full”, you are less likely to fall ill. That means your resting behavior also affects your immune system. Your body releases protein [cytokines](#), needed to fight with infection. Due to lack of cytokines body releases fewer antibodies and leaves you virus vulnerable.

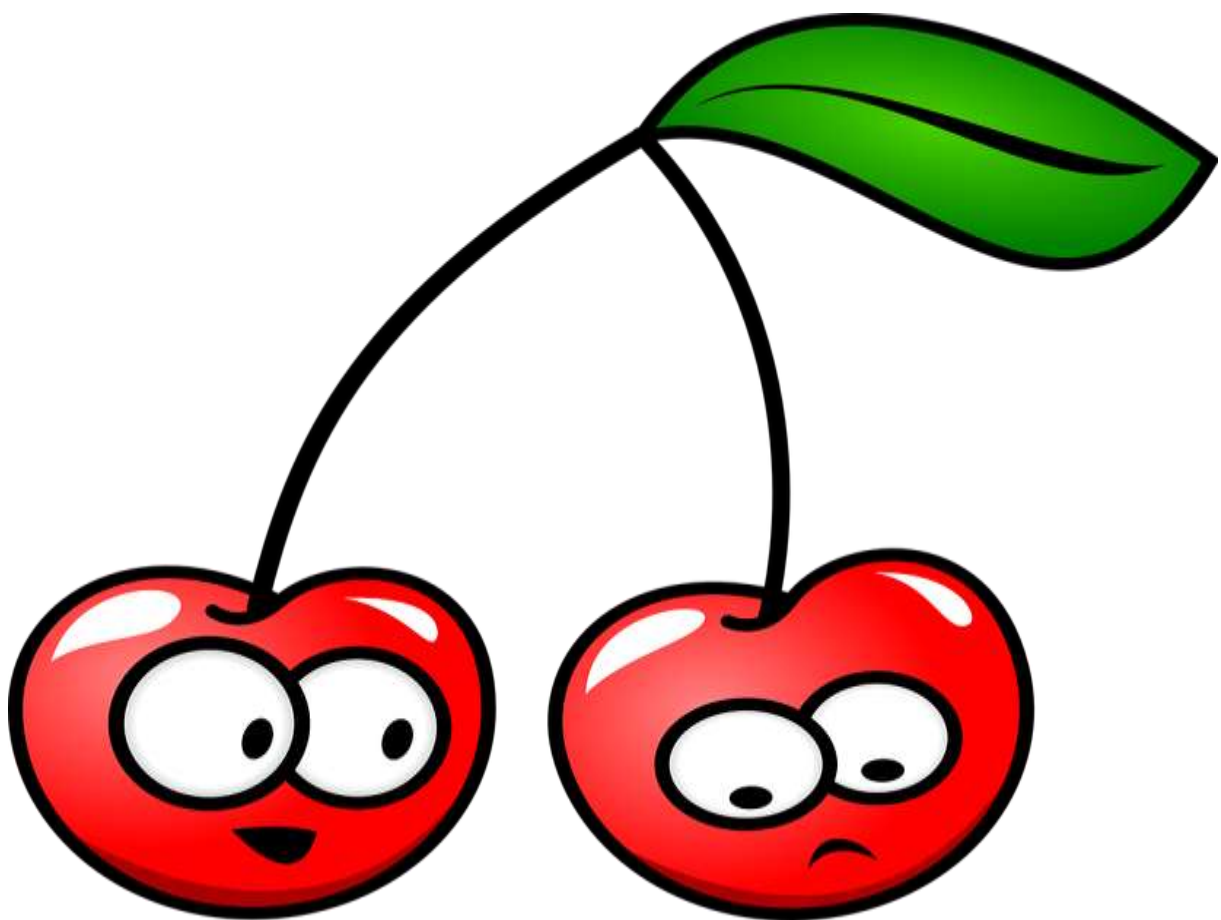
Lack of sleep also affects recovery time so when you contract a cold or the flu, it'll take you longer to come over it.

### **Mood Elevator**

You may notice a “mood- upliftment” in the morning next, after sleeping cozily during the night. And try to remember the

“messy and sluggish” day after partying late night. Message is loud and clear SLEEP WELL TO FEEL WELL. If you are sleep deprived since a while, anxiety and depression may make the situation worst!

**Hence in case of Sleep Deprived, get ready to face challenges**



Being “sleep- hungry” is as bad as being “food- hungry” and sometimes more. As a student, your brain needs to be nourished with a balanced diet and an adequate sleep to reap maximum output! Keep in mind the following consequences of resting less:

## **Reduced brain growth**

According to Dr. Lynelle M. Schneeborg ( Assistant Clinical Professor at the Yale School of Medicine and the Director of the Behavioural Sleep Medicine Program at Connecticut Children's Medical Centre's Sleep Centre) **“During adolescence, the Striatum or Basal Ganglia undergoes to change”**. In case, you are not indulging with “quality sleep” at this age in particular, more prone to have decreased growth in this important part of the brain.

## **Poor coordination**

You may consider this as the worst outcome of being a sleep deprived person. Poor coordination harms your ability to be an alert human. The [National Centre for Biotechnology Information](#) reports that in a survey of 1,039 college students, 16% admitted to drowsy driving and 2% percent said they got into a car accident due to lack of sleep.

## **Increased Negativity**

Feeling of hopelessness may prevail due to lack of sleep. Sleeping late in the night and rising early in the morning due to school/college early start timings may result in inappropriate “sleep Hours’. This may enhance the feeling of negativity and suicidal in the worst case! Check more- [Journal of Youth and Adolescence](#)

## **Sleep-Pro Expert Advice**

**Discover your day-time nap aka Power Nap**



yogarsutra.com

But before 4 p.m.!! ZZZing after this may deter your good night one.

A 20 to 30 minutes of Power Nap may potentially help to increase your productivity and overall mood. The time and time duration both are important. A sleep cycle lasts for 90 to 120 minutes. Awakening after a complete cycle provides a satisfaction of complete rest minus heaviness.

[Read This: How to Power Nap for Incredible Health Benefit](#)

**Drink your coffee early**



Avoid afternoon caffeine!! While “cupacoffee” may increase your level of concentration and boost productivity for a while it has its downsides. Sipping coffee later in the day may increase “sleep latency” stated above. Caffeine increases brain wave activity lasting for roughly eight hours. Hence, even if you fall asleep during these hours, may experience a shallow and less restorative kind of rest.

## **Dumb your smartphone**



Only when you are preparing to fall asleep! Don't have harsh feelings for me!! I'm saying this because - Dr Whitney Roban says students should stop using electronic devices at least an hour before going to bed. "The blue light emitted from electronics tricks your brain into thinking its daytime and your body decreases the amount of melatonin it secretes, which makes it more difficult to fall asleep," she explains.

## Schedule your Sleep



You may experience different levels of drowsiness and attentiveness throughout the day. This can be explained in the following way-

[Sleep](#) is regulated by two body systems: sleep/wake homeostasis and the circadian biological clock.

In case you have been awake for long hours, sleep/wake homeostasis signals that it is time to sleep. It also helps you

maintain enough sleep throughout the night to make up for the hours of being awake. If this restorative process existed alone, it would mean that we would be most alert as our day was starting out that is in the morning hours and that the longer we were awake, the more we would feel like sleeping that is the case with evening hours

In this way, sleep/wake homeostasis creates a drive that balances sleep and wakefulness.

Our internal circadian biological clock, on the other hand, regulates the timing of periods of sleepiness and wakefulness throughout the day. The circadian rhythm dips and rises at different times of the day, so adults' strongest sleep drive generally occurs between 2:00-4:00 am and in the afternoon between 1:00-3:00 pm, although there is some variation depending on whether you are a "morning or "evening person." The sleepiness we experience during these circadian dips will be less intense if we have had sufficient sleep in the night and more intense when we are sleep deprived. The circadian rhythm also causes us to feel more alert at certain points of the day, even if we have been awake for hours and our sleep/wake restorative process would otherwise make us feel sleepier.

In order to work perfectly, your body clock needs a proper system for resting. You can handle an hour's difference from day to day, but awake all night, and then compensating with sleeping the whole next day can disturb your body clock for coming few days by affecting your mood, digestion, and immune system!

There are clock genes in every organ, and they need to remain coordinated for the immune system, hormonal systems, heart,

lungs, brain, etc. to function optimally and to repair damage from the preceding wake period.

### **Create your Sleep-Heaven**



My daughter is the best! She snatches a number of cushions, pillows and a soft blanket. Wants to keep most lights off, cocoons into the blanket then sleeps on for straight ten hours in one go! And while even recalling on this is making me sleep-heavy!

Surroundings and vibe can make a big difference when it comes to getting a good night's rest. Creating a styled and cozy space only for sleeping can help your mind and body experience a quality sleep.

While cushions and pillows offer some body-comfort, are good sound absorbents too. A heavy blanket is the best sleep prop as it gives a feeling of being secure! When you sleep in a dark room, your body is producing more sleep hormones MELATONIN, to make you rest better.

### **Be Regular with Yoga and Meditation**

Yoga is not just another mean of maintaining a fit body, increasing flexibility or building core muscles. In fact, it can help you sleep better! When people suffering from insomnia perform yoga on a daily basis, sleep for longer, fall asleep easier, and return to sleep more quickly if they wake up in the middle of the night.

Meditation calms your mind by focusing on the breath or a mantra. It can help students improve their sleep because it slows down metabolic activity. In addition, meditation is associated with reduced anxiety and feelings of anxiety can easily keep any student up at night.

[Know excellent ways to start meditation as a beginner.](#)

[Know everything about managing your stress and sleeping better.](#)

### **Drink Sleep Inducing Natural Tea**



For years herbal teas have been helping us to relax and focus. This popular drink is the first choice of a million when they wake-up in the morning. At the same time teas play important role in making your sleep pattern more fulfilling and relaxing! Research confirms their role as a natural sleep inducer.

Herbal teas work on sleep/wake cycle, helping you to relax and unwind better.

These are the most popular herbal teas you can consume before bed time to sleep better.

## Chamomile Tea



[Chamomile](#) is one of the most ancient medicinal herbs known to mankind. It is a member of the Asteraceae/Compositae family and represented by two common varieties viz. German Chamomile (*Chamomilla Recutita*) and Roman Chamomile (*Chamaemelum nobile*). The dried flowers of chamomile contain many terpenoids and flavonoids contributing to its medicinal properties. Chamomile preparations are commonly used for many human ailments such as hay fever, inflammation, muscle spasms, menstrual disorders, insomnia, ulcers, wounds, gastrointestinal disorders, rheumatic pain, and hemorrhoids. Essential oils of chamomile are used extensively in cosmetics and aromatherapy. – [NCBI](#)

Due to its soothing scent, chamomile is the most popular in the list. The chamomile flower resembles with the daisy flower and

bears fruity smell like apple. Many different preparations of chamomile have been developed, the most popular of which is in the form of herbal tea consumed more than one million cups per day

This flower works as the mild tranquilizer and sleeps inducer.

## **Preparation**

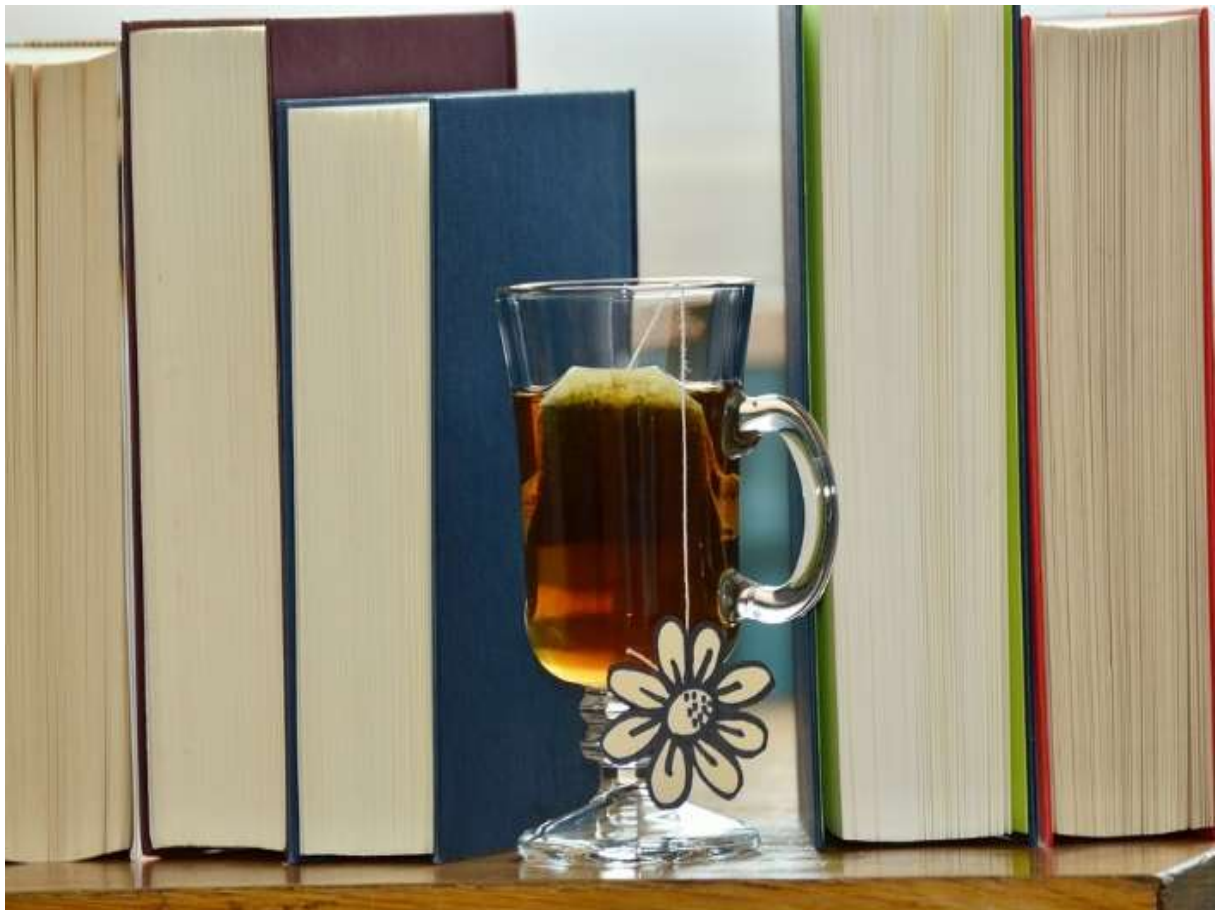
Boil 1 cup of water in a pan. Turn the flame off.

Take 2 heaped tablespoons dried chamomile flowers and add to the boiled water.

Put on lid to cover the pan and let the flowers steep inside for five minutes or so. If you need your tea stronger, leave it for few more minutes.

Filter the solution and enjoy your sip (and sleep both!).

## Ashwagandha Tea



[Ashwagandha](#) is one of the most important herbs in Ayurveda, the Indian system of alternative medicine. Ashwagandha has been used for over 3000 years to increase energy, reduce stress, and improve concentration.

This Indian ginseng contains a chemical called withanolides, which has anti-inflammatory properties and also prevents tumor growth. In Ayurveda, Ashwagandha has been known as a

Rasayana - a rejuvenator that keeps you mentally and physically young for life.

The sleep-inducing properties of Ashwagandha can be credited to its constituent triethylene glycol. Ashwagandha is an adaptogen, which means it strengthens the body's ability to deal with stress and bring physiological homeostasis. It brings physiological balance by correcting the imbalance between the immune and endocrine systems. As a result, your body becomes resilient to stress.

[Ashwagandha](#) has been used as a key herb in traditional Ayurveda medicine –as a general tonic for overall physical and mental health. Every part of the Ashwagandha plant – roots, leaves, and fruits – can be used in herbal remedies.

You can consume Ashwagandha on a daily basis, typically 1–2 tsps. a day.

Ashwagandha Tea with Milk and Cardamom

Boil 1/2 cup milk, 1 tsp. Ashwagandha root powder, 1 tsp. palm or date sugar, and 1/2 cup water on low flame till the mixture reduces to 1/2 cup.

Add cardamom and drink when it is lukewarm.

Consume twice daily.

## Summing up Everything

**Thank you so much for investing your time and money in this book!** Now as you are reading these lines indicates how sincere you are about learning new skills!

I have learned those skills from [LEARNING HOW TO LEARN](#) by Professor Barbara Oakley. Through her course, she explains about our brain functioning. **I recommend this course to every learner because it has the potential to change your perception about learning and brain functioning!**

There is already said enough about most of the actions you as a student should take. Now read carefully, you need just one thing to implement and that is your WILLPOWER. More honestly you follow the things told in this book, better results you shall reap.

Download the help material and read it at your own pace. **Start your yoga practice from day 1.** Use printables of yoga poses to remember and follow them correctly.

**Incorporate brain foods in your diet** and [BE BRAIN FIT](#). This is equally important to take care of brain nutrition.

**Sleep adequately for your overall health.** Stay with your body clock. Try to be a morning person.

My last words at this point (still want to write a lot!) are that **we all are learners** throughout our lives. From stepping out of our mom's womb till death makes us lifeless, we keep learning, consciously or unconsciously. We learn to recognize our parents' loving voice and their soothing touch, holding their fingers for security, looking into their eyes for assurance and permission. **Smiling, sitting, crawling, balancing, walking, and mastering the survival tricks**, we keep acquiring skills no matter at which stage of our life we are. Our sensory inputs collaborate with the brain and make us great human.

So despite doing everything you don't see a light of success don't ever get disappointed. In this digital era, there are huge opportunities lying ahead for you.

So what if you could not make huge in your student life and subjects like maths and science give you a nightmare even now. Chances are that somewhere later in your life, you can thrive even in these areas. Also follow people who have done things differently, not abided by popular and tested road maps, who created a path on their own, spread concrete and charcoal then drove the road roller themselves to lay a shiny path of success for rest of their life.

## Meet My Inspirations

Now here meet two charismatic persons from whom I drew my inspiration to be able to write and publish a blog and books for you.

[Dr. BARBARA OAKLEY](#) one such person from whom I learned [LEARNING HOW TO LEARN](#). Barbara Oakley, PhD, PE is a Professor of Engineering at Oakland University in Rochester, Michigan; the Ramón y Cajal Distinguished Scholar of Global Digital Learning at McMaster University; and Coursera's inaugural "Innovation Instructor." **Her work focuses on the complex relationship between neuroscience and social behaviour. Dr. Oakley's research has been described as "revolutionary" in the Wall Street Journal**—she has published in outlets as varied as the Proceedings of the National Academy of Sciences, the Wall Street Journal, and The New York Times. She has won numerous teaching awards, including the American Society of Engineering Education's Chester F. Carlson Award for technical innovation in engineering education.

[RAELYN TAN](#) is the person who has powerful tactics to influence you with her fierce online marketing strategies and being extremely humble at the same time.

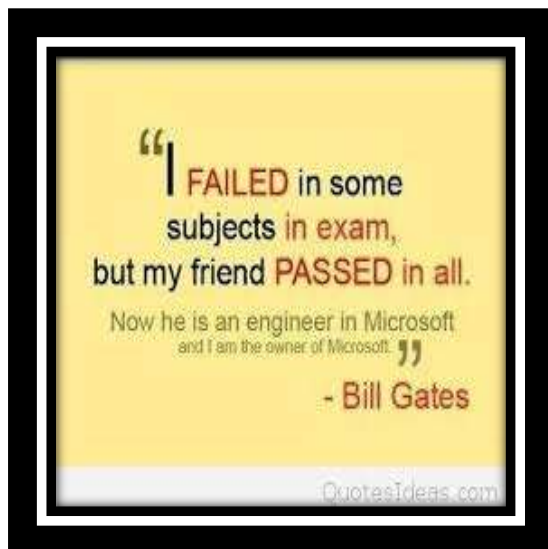
**She majors in Marketing at the *National University of Singapore*.**

**In the corporate world**, Raelyn briefly did content marketing & social media management for a start-up being incubated by a billion-dollar telecommunications company... before progressing to work online for herself. Raelyn Tan has been featured multiple times in reputed places such as **Huffington Post** and many others.

She calls herself a dinosaur blogger, the reason being the amount of time and efforts she puts in her [business](#). If you ever think about planning your future working and marketing online, she is the person you must [follow](#).

*Here you can find some motivational quotes from where I draw inspirations:*







**KEEP READING** 

**GOD BLESS YOU WITH WISDOM!**



.....  
*Rashmi Agrawal*

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**\*\*\* End \*\*\***