
Brighter Minds Training-Innovation in Education

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Abstract-

The present Article Brighter Minds Program - An Innovation In Education , is a Cognitive training recently introduced for the children between 5- 15 years of age. This program can also be called an intuition process which has amazing results. This article highlights aims and objectives of Brighter Minds Training which is very useful for personal excellence and holistic development of a child.

Its application is enhancing cognitive functioning through various activities.

Keywords Vocabulary -Cognitive, insight, holistic, Blindfold, potential, compassionate, Mindfulness, intuition

Introduction

Introduction of this training with the curriculum has brought many positive results in the academics as it improves focus and concentration of the children. This article will create an awareness about the insight and inner strength of human mind. Everyone must realise that our mind is very powerful and if we develop our ability to identify the inner knowledge we can create wonders. this intuition can be developed only at a very young age

when mind of a child is a clean slate. Students across the schools of Delhi have been practicing various activities of Brighter minds and increasing focus, memory, intelligence, and positive attitude in life. They have got elevated mentally, emotionally physically and socially paving the way to their success. Thus the main objective of present article is to highlight the power of insight which can be developed through Brighter Minds Training .



Brighter Minds Program is a cognitive training for the children between 5 to 15 years of age, offered over eight weekends for a total 30 hours. This program was introduced recently in Schools of D.O.E Delhi showing marvelous results in short span of time. Student’s parents and teachers

have reported improvement in various cognitive areas and skills like, focus, planning, emotional stability, memory, comprehension, empathy, self confidence and calmness. Students are able to develop insight. During blindfold activities they can identify colors, figures, read out numbers and

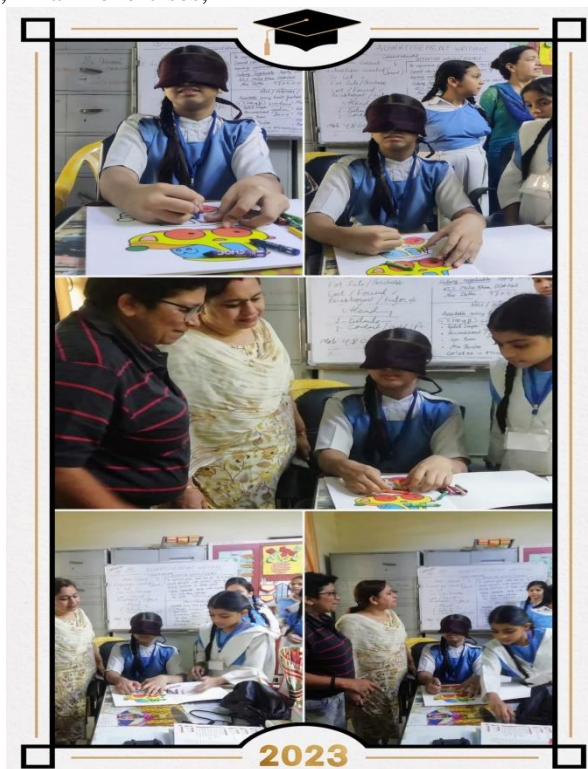
words. This has amazed all parents, teachers and even officials and seniors.

Parents are very happy and satisfied with the performance of their son and daughters.



This program has provided valuable insight to each and everyone .who has attended and followed all guidelines attentively. This program is very useful for personal excellence and holistic development of a child. This training program aims to enhance cognitive functioning through various activities -- Prayer, Circle Time, Brain exercises,

musical entertainment like chicken dance, Deep breathing, Relaxation ,BM music, Motivation through Motivational Quotes and fun videos, Memory ,illusion, Eye Exercises, Blindfold activities, Diary Writing etc.





Brighter Minds Training—ability of improving focus and concentration of the children (SKV DAYANAND RD SCHOOL 2127016)

As a facilitator I provide full support and encouragement to my team and learners for achieving the desired goals. With proper preparation I focus on improving the learning environment and presenting the content in a very interesting and easy manner for the students. I took lead and initiatives in Brighter Minds Training during morning assembly where all students (from 1-12 standards) with teachers are doing Brain exercises and chicken dance every day. It has become a regular feature of our morning assembly which is enjoyed by everyone, and they found it very beneficial for the holistic development of the children. My positive reinforcement and encouraging words unlock the potential of the the students. My students are very

obedient, sensitive, and loving; they have a very positive and strong impact on their mind. Our H.O.S. Ms Shveta Sachdeva is also supportive and very positive in her approach. In nutshell whole team of BRIGHTER MIND is very compassionate, loving and caring, I am proud of them.

One of our students Tahura of class VIIIA has developed such an insight that she can even sometimes read without touching or without using other senses. The girl is now practicing to read her text book blindfolded. Her enthusiasm and calmness is so balanced at the same time that she wants to explore new things everyday with a serenity and peaceful attitude.



Tahura-8-A

One more student Sakeena of VIII A once a timid and shy girl got boosted her confidence after **Sadhana Agrawal**

doing Mindfulness in her happiness classes and now she is showing amazing results in brighter minds

activities .She can identify colors recognize numbers and speak at length about the motivational videos and their implementation in life. She laughs, speaks and shows outstanding performance in academics and other activities.

Till date --Total Teachers Trained:- 614
 Total Delhi Govt. Schools Touched: -212
 Total Students Trained: -4500
 Total Parents introduced to Heartfulness: -9000



Batches of teachers from various schools across Delhi, totaling up to 500, are being trained as **Brighter Minds** trainers. As part of their training, they were also exposed to Heartfulness Practices, Heartful Communication, and Polarity.

To conclude we can say that brighter minds training are a powerful tool which can bring a marvelous improvement in modern education. This is a very good initiative of our worthy Director Sir in collaboration with DIET & SCERT opening up various avenues and hidden pathways of the brain, helping them to grow and channelize in right direction. Recent results have shown cognitive

development of children between 5-15 years old more specifically this involves the four pillars -- Calm mind, loving environment, multi modal cognitive training and sensory substitution. Thus enabling children to cope up their surroundings and situations more effectively and creating a positive and joyful learning environment.



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TEAM OF BRIGHTER MINDS TRAINERS with Bright Students
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1 TEAM OF BRIGHTER MINDS –EXPLORING NOVELTY IN EDUCATION

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