

# *Beauty and Wellness*

## **PHYSICAL ACTIVITIES IN DAILY LIFE TO INCREASE MEMORY**



## **CLASS VII**



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## Content

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# PREFACE

Many studies have suggested that the parts of the brain that control thinking and memory are larger in volume in people who exercise than in people who don't. Exercise can also boost memory and thinking indirectly by improving mood and sleep and by reducing stress and anxiety. Exercising regularly is one of the easiest and most effective ways to improve concentration, motivation, memory and mood. It helps to develop sharper memory and thinking ability.

An aspect of people's beliefs about the mind is that mental activities - for example thinking, reasoning and problem-solving are more important. However, physical activity and mental activity are interrelated and are not only good for the body but also great for the mind. Regular exercises release chemicals in the brain that makes one feel good. It helps in boosting self-confidence, concentration as well as sleeping and feeling better.



# LEARNING OUTCOMES

- ❖ **Understanding the significance of Buddhi Tatha Dharti - Shakti Vikasaka and Smarna Shakti Vikasaka.**
- ❖ **Demonstrate Buddhi Tatha Dharti-Shakti Vikasaka and Smarna Shakti Vikasaka.**
- ❖ **Enumerate the benefits of Smarna Shakti Vikasaka and Buddhi Tatha Dharti - Shakti Vikasaka.**
- ❖ **Demonstrate Yoga – Nidra**
- ❖ **Recognise the benefits of Yoga – Nidra**

# CHARACTERS



**Vinay Chaturvedi- An 11-year- old boy, nervous and lacks confidence.**

**Mr. Bose - A 35 –year-old, Vinay’s guide, a source of inspiration.**



**Mrs. Supriya Chaturvedi - A 40-year-old, a concerned mother.**



**Ms. Khushi Singh, A 28 – year - old, English teacher, intelligent and affectionate.**



**Mr. Sumit Pathak, A 42-year- old, math teacher, dedicated and hard working.**



# INTRODUCTION

There is a certain area in the brain which is involved in verbal memory and learning. Focus and concentration improve memory power and recall capacity of the mind and memory. Including physical activities in our daily routine increases blood flow to the entire body, including the brain. The endorphin that makes one feel better also helps him/her to concentrate better with the tasks in school and at home. It enhances self-confidence and positive body image. Physical and mental exercise improves agility, quickness and coordination.

This is an inspirational story of Vinay, a young boy, whose life changes after he meets a stranger. He ends up considering this stranger 'a magician'.





Vinay, always wanted to be the first student in the class to recite the poem. He was always ready, until Miss Khushi Singh, his English teacher asked, “So, who is going to read out...?” The words like ‘Chocolate’, ‘boy’, ‘tea’ and ‘loved’, started dancing in front of his eyes.

“O God, what were the lines?” whispered Vinay knocking his knuckles on the forehead.

Before he could digest the shock of not being able to recite the poem, the second shock came, and it was called ‘LCM and HCF’.

He solved all the sums that Mr Sumit Pathak, his Maths teacher gave, until Pari called out his name, “Hey Vinay!”.

Pari- “Could you please share the answers to all the 5 sums?”

Vinay- “Sure, 5, 9, 12, 4, 4”

Pari- “What are you saying Vinay? Mine are 4, 5, 8, 4 and 10.”

Now, the young and smart man of the class was happy, his answers were correct and Pari would get a scolding. Pathak sir checked his copy. A long impending silence broke to an apprehended blast.

Pathak Sir: “Vinay you have done LCM in place of HCF and HCF in place of LCM”.

Once again Vinay was in shock. He had written the formulae on beautiful pink sticky notes and stuck them on the wall, door, study table and even refrigerator. But still!

Vinay (to himself): “You can’t remember a thing, you don’t deserve anything!”.



The day didn't go very well, his spirits were down, somehow sloppily he packed his books in the 2nd last period.

Mommy had forgotten to pack fruits and sweets for the mini-break. Shattered and dull, he paced to the playfield with the gait of a defeated army. The last period was his favourite – “PT”, but it didn't matter because dad had missed buying the new pair of skating shoes. The last period was longer than usual, firstly because he was bored and secondly, because he wanted it to end, run home, hop onto the bed and sob, and yes! shred the sticky notes of LCM /HCF to pieces before he does anything else.





Mommy was waiting in the drawing room. As he entered, she asked, “Why did you leave the mini-break lunch pack on your bed?” The first bell of disappointment rang! This too he had forgotten. Before he could overcome the third wave of failure, he noticed the new pair of skating shoes beside the cupboard.

Vinay (to himself): “Dad had got them two days back, I missed taking them” murmured Vinay, grinding his teeth.



It was evening and Vinay still disappointed, went to the park. He was looking for a place to sit when he saw a man in his mid-40s doing pranayama. Looking at him, Mr. Bose, as he introduced himself, asked, “Hey young man, what’s troubling you?”

Vinay hesitated and then something strange made him pour his heart out. “I just can’t remember things, trust me, uncle, I try my best to memorize the lines of poetry, to pack my lunch, to collect milk pot from the milk booth, to fix the laces of my boots, but I forget everything. I disappoint everyone and am unhappy with myself.”

Mr. Bose: “Oh, is that making you upset, tired and disgusted Vinay?”

Vinay: “Yes uncle, I feel so ashamed of myself”.

Mr. Bose: “Come on, I find you are very diligent and hardworking. I will share some magic tips with you so that you don’t have any problem remembering anything”.




Vinay: “Really uncle? Does that mean I will wear the hat of a magician, carry a sparkling wand and create amazing things?”.

Mr. Bose: “Ha ha ha, a magic indeed, but you will do the tricks with your body and not a magic wand”.

Vinay (looking puzzled): “With my body?”.

Mr. Bose: “Yes, did you know that the magic tricks that your body can do, will never let you forget anything, even your favourite poem? You can surprise everyone and just like the audience claps and cheers for the magician, your teachers, friends and parents will applaud you. Now listen to me carefully as I tell you about the two important exercises”.



**WILL THERE  
BE SOME  
REAL  
MAGIC?**

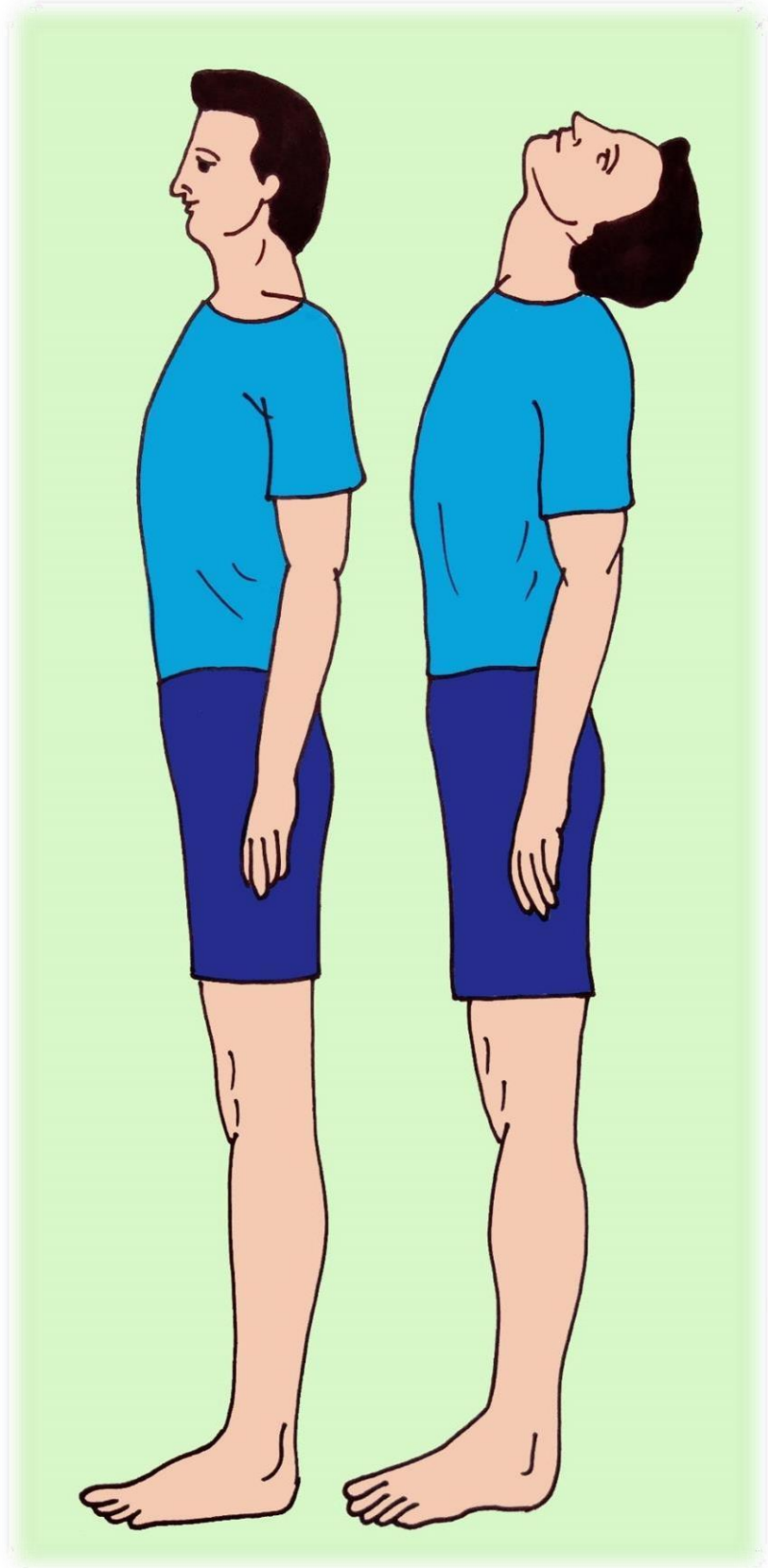
## Exercise 1 - Buddhi Tatha Dharti - Shakti Vikasaka

Position- With your feet together, the body erect and the mouth closed tilt your head back as far as it will go and keep the eyes wide open.

Exercise- Concentrating on the crown of your head, inhales and exhales rapidly and vigorously through the nose with the Bellows method. As a beginner, practice 25 times.

### Benefits:

1. Helps to increase good learning & memory
2. Reduces minor ailments related to memory
3. Increases self-confidence
4. Boosts energy
5. Improves mental health and mood





## Exercise 2 - Smaran Shakti Vikasaka

Position –With your feet together, the body erect and the mouth closed and the head in normal position and the eyes must focus on a spot 5 ft. in front of the toes.

Exercise: Concentrate on the Brahma-randhra which is the yogic name for the area just under the anterior fontanelle and through the nose inhales and exhales vigorously the Bellow effect. As a beginner, practice 25 times.

### Benefits:

1. Memory power is increased
2. One does not feel tired even after hard tasks/work
3. Working capacity is enhanced
4. Trains the mind



## Exercise 3 - YOGA NIDRA

This is considered a relaxing exercise to be practised. This means sleeping with awareness.

Position and Practice: Lay down in a sleeping position on a yoga mat.

Place both hands down and away from the body with palms upward.

Phase 1: Body awareness

Phase 2: Breath awareness

Phase 3: Coming back

### Benefits:

1. Trains the mind
2. Relaxes the mind
3. Enhances memory and learning
4. Minimize tension
5. Counteracts stress capacity





Vinay (to himself): “I wish I don’t have to stick the sticky notes on walls anymore. Let me try!”

For months, Vinay practised the steps for 35 minutes every morning. Gradually, it fitted nicely into his routine. Vinay could now remember the lines of the poem. There were no more sticky notes on the walls, table, and fridge!

“I love chocolate cake

And when I was a boy

I loved it even more”

He often sang the lines with smiles.

Mrs. Supriya Chaturvedi - “It’s nice to see you, the happy child finally. Please tell me what has happened?”

Vinay (smiling): “M A G I C!”.



# ASSESSMENT

## I. Answer the following questions:

1. List the points for enhancing memory and write their benefits.
2. List exercises for good learning other than mentioned in the topic.
3. Raj is an athlete and practices every morning to build his stamina. Over the last few days, he developed fatigue and flatulence. What would you advise him to do apart from simple exercises?
4. Seema is a shy and reserved girl. She gets nervous in class whenever the teacher asks questions. She avoids standing in groups of friends and prefers to sit alone. What type of exercises should be suggested for her to get over this phobia?
5. Write any two benefits of Smarna Shakti Vikasaka.

## II. Rearrange the jumbled words:

- (a) tafiueg
- (b) tracnetooincn
- (c) metnails
- (d) oivulygros

## III. Fill the gaps in the following words:

- (a) Me-t-l fa-i-ue (hint – 2 words)
- (b) S-l- c-n-i-e-c- (hint – 2 words)
- (c) M-d-t-t-o-
- (d) E-d-r-h-n

## IV. Demonstrate:

- (a) An exercise which can help to increase memory
- (b) Yoga Nindra in Shavasana

## V. Draw the images of various exercises on a chart and mention their benefits.

## ANSWERS

2. (a) Fatigue                      (b) Concentration      (c) Ailments      (d) Vigorously
3. (a) Mental fatigue    (b) Self-confidence    (c) Meditation    (d) Endorphin

# GLOSSARY

<b>Term</b>	<b>Description</b>
<b>Vigorously</b>	<b>Carried out forcefully and energetically.</b>
<b>Crown of the head</b>	<b>The top-most part of the head or skull.</b>
<b>Anterior Fontanelle</b>	<b>A diamond-shaped membrane-filled space is located between the two frontal and two parietal bones.</b>
<b>Mental Fatigue</b>	<b>The result of brain over-activity.</b>
<b>Awareness</b>	<b>The quality or state of being aware.</b>

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# SUMMARY

The adage 'Use it or lose it' applies not only to our physical health but also to our cognitive health. This is an inspirational story of a young boy, Vinay, whose life changes after he meets a stranger, whom he ends up considering 'a magician'. Vinay has always wanted to be the first student in the class to recite a poem. But when he got the chance to recite, he forgot the lines. He would get nervous whenever his teachers would question him on anything related to his subjects. He just couldn't remember things. One evening, shattered and dull, he happened to be in the park, when he meets a man in his mid-40s, doing pranayama. Despite his initial hesitation, Vinay got into a conversation with him and strangely he spoke his heart out. He told him about the various instances of his forgetfulness and the embarrassment he faces due to this problem. The man offered to share some magic tips with him which would help him to overcome the problem of not remembering anything. The magic tricks would never let him forget anything and he could surprise everyone just like the audience claps and cheers for the magician and his teachers, friends and parents would applaud him.

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