

UTILITY OF BRAIN GYM IN VARIOUS DIMENSIONS OF DEVELOPMENT

If you are exercising the whole physical body to stay healthy and fit, why not your brain too...

*G.Maheswari, (Ph.D. Scholar), Department of Education, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore-108

E mail:mahekumar2008@gmail.com

** Dr. Indu. H., Professor & Deputy Dean, Department of Education, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore-108

E mail: induvamanan@gmail.com

INTRODUCTION

Students these days are overstretched and slothful throughout the day; their learning propensity is “switched off.” If the parts of the brain become listless, how can they assimilate? By integrating Educational Kinesiology, or learning through movement, into everyday interactions with students, the brain is “awakened” for higher learning. Exercise alters mental functions in ways that accord academic success. A metacognitive approach typically incorporates students applying metacognitive strategies to respond to clear and explicit learning goals which have either been laid by the teacher or identified by the student themselves. The student uses their metacognitive strategies to plan, monitor and evaluate their own progression towards achieving the learning goals.

Teachers are instrumental in shaping the culture of learning in a classroom. Brain Gym is made up of simple and enjoyable movements and activities that are used with students in Educational Kinesiology. A reassuring learning environment that fosters and anticipates metacognitive application, these applications will become an integral part of the learning process. Modeling metacognitive application effectively give your learners plenty of opportunities to work collaboratively with their peers, encourage reflection, and evaluate their progress of exercise on academic performance is mediated by cognition changes.

Further, both quantitative and qualitative types of exercise enhance cognitive processing. These activities make all types of learning trouble free but are especially effective with academic skills. Here the movements are to accelerate learning and enhance performance. This is performed through determined exercises that help coordinate and integrate the two hemispheres of the brain.

There is a clear causal link between exercise and cognition, the linkage between exercise-induced changes in cognition and academic performance. The level of cognitive function is positively related to academic performance. The association between exercise and academic performance is complex and probably influenced by several mediators and

moderators. This may be improved significantly by including the construct of metacognition in the causal pathways.

Brain Gym is a whole-body Exercise for re-educating the mind/body system to accomplish any skill or function with greater ease and efficiency. It can address several different conditions.

The Brain Gym program is made up of 26 activities, along with several other movement-based techniques that help address balance, posture, and coordination skills associated with daily life success. Synchronize your system for better comprehension, focus, organization, communication, and emotional health. You'll find Brain Gym being used in schools, corporations, elder facilities, athletic training programs, as well as for personal and professional growth.

Brain Gym brings about dramatic improvements in areas such as:

Business

Staff and management motivation, creative and analytical thinking, stress management, improved teamwork, confident public speaking, improved organization, effective communication skills, and increased productivity.

Brain Gym in Schools

Teachers typically report improvements in attitude, attention, discipline, focus, attention, improving reading and comprehension age quickly, handwriting, homework performance, less exam pressure, and improved behavior of their students. Issues with dyslexia, behavioral difficulties, ADHD, autism, and self-confidence can greatly improve.

Brain Gym in Sport

Full mind-body coordination for optimum performance and endurance, focus, improved muscle tone, reduction in stress and injuries, improved accuracy, self-confidence, maximizing physical coordination, and teamwork can all make a significant difference to your game.

For Personal Development

Stress, depression, positive life changes, fears and phobias, relationships, self-worth, anger, anxiety, unresolved past trauma, abuse, mid-life crisis, and finding a new direction are just a few of the issues Brain Gym can help resolve, to lead you to more opportunities and more fulfilling and successful life. Perhaps you would like to train in Brain Gym and use it in your work environment.

Performing arts

To increase creativity, build confidence and optimize self-expression for musicians, actors, and dancers.

Stress management

To feel calm and release destructive emotional, social, and behavioral patterns.

Daily life

To harmonize relationships, organize and prioritize tasks and enjoy life to the full.

Creativity

To develop artistic and writing skills, intuition, and imagination

CONCLUSION

It is an advanced and highly effective movement-based that improves neural communication throughout the mind and body to help you access and achieve your highest potential in learning and any life skills. The program is extremely successful and is enjoyed by everyone who uses it. Brain Gym is used in over 80 countries in Education, Business, Sport and the Performing arts with profound and lasting results.

Brain Gym helps to improve neurological function so that areas of the brain are more strongly connected and accessible for any given task. The program uses developmental movements and provides a level of immediate improvement. It is simple and fun for everyone from 8 years old and above.

References

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