



## DAV PUBLIC SCHOOL, SECTOR – 14 & 10A GURUGRAM

### 'DAV WELLNESS'

Monthly Health Newsletter (December 2022)

### TRAIN YOUR BRAIN TO DISCOVER A NEW SELF

**D**ear students,  
Your brain's fitness determines how well you tackle situations, in school or at home. Brain power helps you succeed in life.

#### How to Boost Brain Power? –

Brain power is easy to achieve by adopting few simple practices, such as:

1. **Exercise** - It encourages your brain to work at optimum capacity by causing nerve cells to multiply, leading to greater blood flow to your brain which will make the brain function more efficiently.
2. **Brain Food** – For a healthy brain, eat a balanced diet, full of leafy vegetables and fruits. Drink plenty of water. Eat foods rich in Omega -3 fats and vitamin B - 12.

The foods you eat play a role in keeping your brain healthy and can improve specific mental tasks, such as memory and concentration.

#### Top Food for Brain's Health

- Whole grains like wheat, barley, and oats.
  - Blueberries
  - Tomatoes
  - Nuts
  - Coffee – Increased alertness, improved mood, and sharpened concentration.
  - Blueberries
  - Turmeric
  - Broccoli
  - Pumpkin seeds
  - Dark chocolate
  - Nuts
  - Oranges
  - Green tea
3. **Sleep** – Just like your mobile phones need to be charged, your brain must also be charged with at least 6-8 hours of sleep.

4. **Music** - Listening to music has been associated with enhanced cognitive functioning and improved mental focus among healthy adults.
5. **Set New Challenges** – Indulge in activities like travelling, participating in social and community activities.

### **Brain Fitness is also a super Power –**

Brain Fitness is the capacity of a person's ability or power to store information of the surroundings, maintain human relations, and devise logical ideas and strategies.

### **The Brain Skills we can develop by Brain Training are–**

- Enhanced memory
- Undistracted concentration
- Quick problem - solving
- High mental flexibility
- Fast thinking speed

### **Advantages of Having a Strong Brain–**

- You make smarter choices
- You build a strong memory
- You can easily multi - task
- You can focus for prolonged periods
- You make rational decisions
- You reduce the risk of getting age related diseases like Alzheimer, Dementia etc
- You live a longer and better life
- You stay positive and happy

*START WORKING ON YOUR  
BRAIN MUSCLES RIGHT AWAY AND EXPLORE THE HIDDEN POTENTIALS OF  
YOUR HEAD. THE STRONGER YOUR MIND IS, THE STRONGER ARE YOU!*