

# Boost your brain power

We can increase our focus and concentration by adding new exercises for the brain

Aruna Gracias Rathod

Age affects us all. Not only does the body shows signs of ageing but also the brain. The structure of the brain changes as we grow older. Dr Sharad Sharma explains, "As we age, the brain shrinks, especially parts which are important to learning and other complex mental activities. In certain brain regions, communication between neurons may be less effective. Blood flow in the brain may decrease. Inflammation,

which occurs when the body responds to an injury or disease, may increase."

While these changes in the brain can affect mental function, if given time to learn a new task, the brain can adapt. As people age, requiring extra time for a task is normal as people age. Research has proved that the brain maintains the ability to change and adapt so that people can manage new challenges and tasks as they age.

## HELP YOUR BRAIN

Brain exercises enhance cognitive abilities and boosts memory. While mental fog is common occasionally, factors like stress, aging, inadequate sleep, or an unhealthy lifestyle can intensify this cognitive haze. You can strengthen your brain and focus with the following exercises



## LEARNING A NEW LANGUAGE

Learning a new language can benefit the brain by improving cognitive functions, enhancing memory boosting problem-solving skills

## ACTIVE READING AND NOTE-TAKING

The best thing would be to enrol for an online class of your interest. This way you can 'study' by doing active reading and note-taking as this helps sharpen focus; enhance comprehension and improve memory retention. Research indicates that typing notes was the most efficient method, resulting in the highest memory retention of the material; as compared to taking handwritten notes or just listening.

## MINDFUL BREATHING MEDITATION

Practices like meditation and mindfulness help in the cognitive processes: attention, working memory, and executive functions metacognitive abilities: organizing,

planning, and problem-solving skills.

## PLAYING OFFLINE OR ONLINE CHESS

Playing chess demands strategic planning and focused attention, providing a comprehensive mental workout for the entire brain.

## CROSSWORD PUZZLES

Crossword puzzles can enhance cognition by stimulating vocabulary, memory, problem-solving and general knowledge

## SUDOKU OR NUMBER PUZZLES

Sudoku is a logic-based puzzle involving numbers. You can download puzzles involving numbers and solve them as they sharpen your cognitive skills.

## BRIDGE - PLAY OR LEARN

Bridge is a card game that involves critical thinking, memory, and strategic decision-making. It can be an enjoyable way to keep your brain sharp.

## LEARN A MUSICAL INSTRUMENT

When we learn a musical instrument, our entire brain is put to work. "It engages every major part of the central nervous system," said John Dani, PhD, chair of Neuroscience at Penn's Perelman School of Medicine, tapping into both the right and left sides of the brain.

## JIGSAW PUZZLES

Puzzles activate many cognitive functions, including perception, mental rotation, working memory and reasoning.

## LEARNING NEW SKILLS

Learning new skills engages the brain in different ways and may help improve brain function. Learning a new and cognitively demanding skill, such as quilting or photography, enhanced memory function.



## HOW YOGA CAN HELP

Yoga combines movement, breath, and mindfulness, yoga helps you think sharper, focus better, and let go of mental clutter. Yoga helps to boost brain power with better blood flow.

## EAT FOR YOUR BRAIN

Research indicates that the Mediterranean diet is best for the brain. It is rich in vegetables, fruits, whole grains, beans, nuts, seeds, and olive oil. It also includes moderate amounts of dairy, fish, and wine, while red meat, poultry, and processed foods are limited.

Nuts are good for the brain as regular nut consumption strengthens brainwave frequencies that are related to cognition, learning, memory, healing, and other vital brain functions.

Limit your alcohol intake for improving your brain and also sleep for eight to nine hours. Being physically active is also very important for good brain health.



## DKA celebrated Opinion Poll Day

Dalgado Konknni Akademi (DKA) celebrated Opinion Poll Day at Fr Basilio Andrade Memorial Higher Secondary School in Majorda. The event highlighted the significance of protecting Goan identity and culture. Teotonio Costa, the keynote speaker, delivered a talk on Dr Jack de Sequeira and Goa's Opinion Poll, emphasizing Dr Sequeira's role in convincing the government to conduct the Opinion Poll in 1967.

The function began with the garlanding of Dr Jack de Sequeira's portrait. The event was attended by prominent figures, including Walter Cabral, principal of Fr Basilio Andrade Memorial Higher Secondary School, Teotonio Costa, writer and director, Fr Myron J Barreto, secretary of DKA, Vincy Quadros, former president of DKA, Daniel De Souza, committee member of DKA, and Filipe Dias, promoter of Romi Konkani.



Walter advocated for inclusion of Opinion Poll Day history in school syllabi. He also proposed erecting a statue of Dr Sequeira at the Goa Legislative Assembly. Fr Myron stressed the importance of remembering Opinion Poll Day as a mark of Goan identity.

In his welcome speech, Fr Myron

emphasized the need to be aware of Opinion Poll Day and its significance in shaping Goa's history. Vincy proposed the vote of thanks, while Prajoti Naik compered the event. Clacy D'Costa was the main coordinator of the function, which concluded with the National Anthem.

## A book reading by Radharao Gracias

Carpe Diem will host a special book reading of 'A Shortcut to Tipperary'.

The event will feature Radharao Gracias in conversation with literary legends Damodar Mauzo, a Sahitya Akademi award-winning writer and Savia Viegas, a renowned chronicler of Goan life. With nearly four decades of legal practice, Radharao Gracias has carved a niche for himself as a distinguished lawyer and political activist, known for his candid and outspoken nature. Radharao Gracias' latest book, 'A Shortcut to Tipperary', is a heartfelt ode to the Goan way of life. Through a series of evocative narratives, the book captures the essence of village life in Goa, reflecting on football matches, summer holidays, religious ceremonies, festivals, and occupations. The work delves into the leisurely pursuits and cultural rhythms that once defined the region, painting a vivid picture of a Goa that exists now only in memory and imagination.

Venue: Carpe Diem Art Centre, Majorda

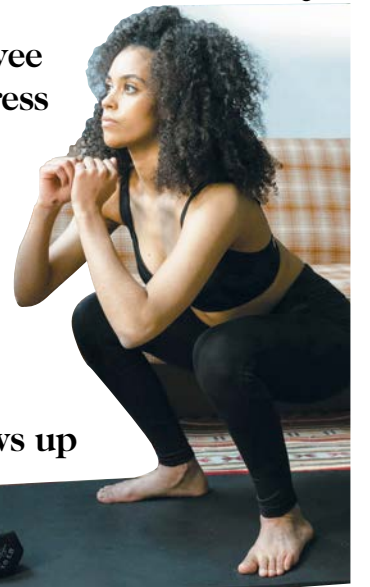
Date: January 18

Time: 6 pm onwards



# 15 minutes a day to keep your stress away

The modern day employee is under tremendous stress of their work load to think about staying fit within a few minutes. This 15-minute fitness routine helps keep one physically fit to deal with the challenges that corporate life throws up



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One does not need to swim or run on the roads of Goa to be fit. You can stay at home and keep yourself fit. Your 15 minute workout is simple and easy to do. Always warm up your body. It is recommended that doing a 3-5 minute dynamic warm up before every workout to get your joints and range of motion working. It is suggested that you can jog in place, knee hugs, arm circles, starfish, butt kicks, or jumping jacks — anything that gets your body warm and your heart pumping.

## PUSH-UP

- Start in a high plank position with hands under shoulders and feet about hip-width apart.
- Keep your core engaged as you bend your elbows back at a 45-degree angle to your body and lower your chest toward the floor.
- Push back up to a high plank position.

## Repeat.

## FOREARM SIDE PLANK

- Lie on your right side with legs and feet straight and stacked. Position right elbow under right shoulder, with forearm perpendicular to your body. Make a fist with your right hand, pinky on the floor.
- Brace your core, keep neck neutral, and lift hips off the floor. Support your weight on

## START OFF WITH THE SQUAT

- Stand with feet hip-width apart.
- Keep your chest up, engage abs and glutes, and hinge your hips back into a squat. Shift your weight into your heels as you sit in that invisible chair.
- When your thighs are about parallel to the floor, squeeze those thighs and glutes.
- Push back up to the starting position and repeat.



## LUNGE

- Stand with feet hip-width apart.
- Take a giant step forward with your right leg (bigger than your regular walking stride). Your feet should be pointing straight ahead.
- Bend knees to about 90 degrees. Engage those glutes and abs as you move.
- Push off from your front leg to return to the starting position.

## Repeat on the other side.



your elbow and the side of your right foot. Your body should make a straight line from ankles to head.

- Hold for 15 seconds.

Repeat on the other side for 15 seconds.

## HIGH KNEES

- Stand with legs together and arms at your sides.
- Lift one knee to your chest. Lower your leg while lifting the other knee.
- Continue alternating knees, pumping your arms up and down, for 30 seconds.
- It is recommended doing 3-5 minutes of static stretching to keep the muscles healthy. It is important to keep mixing things, shoulder stretches, straddle forward folds, etc., to keep the health, strength, and wellness results coming.

## Herald Gaming Console

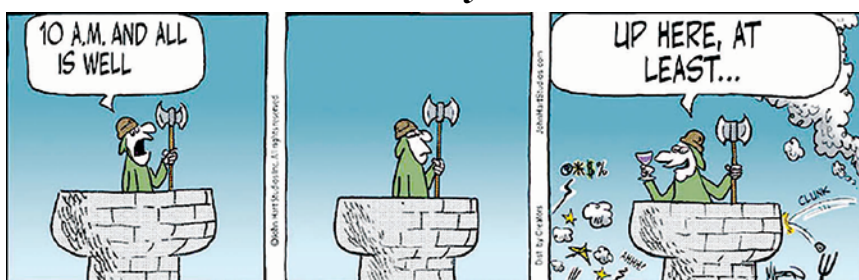
### Dilbert



### Garfield



### Wizard of id



### crossword 4745

#### ACROSS

1- la vista; 6- Stomach muscles, for short; 9- Bobby of the Black Panthers; 14- For (cheap); 15- Musical syllable; 16- Planet's path; 17- Surrender flag; 19- Dried plum; 20- Kenan's comedy partner; 21- Behind schedule; 22- Kentucky Derby prize; 23- Vientiane is its capital; 25- Borge's countrymen; 26- Become visible; 29- Bingo call; 31- Mother of Calcutta; 32- Worker; 36- Teen follower; 37- Lingus (Irish carrier); 38- Chows down; 40- Methods; 45- Stops; 45- Eye part; 46- Collar; 47- Glacial ridge; 50- Study at the last minute; 51- 1985 Kate Nelligan film; 52- Dynamic intro; 54- Mom-and-pop org.; 57- Extra-terrestrial being; 58- Small skeg; 61- Article of faith; 62- Half a fly; 63- Tree-lined walk; 64- You right; 65- Yiddish plights; 66- Stories;

#### DOWN

1- Bird of prey; 2- Arthur of tennis; 3- Dirty; 4- Explosive stuff; 5- Get older; 6- Book of maps; 7- Spoiled child; 8- Stuffing herb; 9- Highest singing voice in women; 10- the side of caution; 11- Mistreat; 12- Queues; 13- French summers; 18- Fauna's partner; 23- Sly looks; 24- Small batteries; 25- Society girl; 26- Loss leader; 27- Clothes-pins; 28- One hunted;

#### solution 4744

CASAS SAAR NAVE  
ADORE ALLA ECOL  
RACER DDAY TATE  
SRIPLASIAN AGREE  
GALLER BONUS  
OLIO WATER TIE  
NOTWITHSTANDING  
EEE DOORS AGRA  
LLAMA ARCHED  
ANEED SLEET  
ATEAR OWLET EYE  
SLED APIA EERNIE  
SADE LETT SHEEN  
TSAR ACHE TODAY

### sudoku 4745

				1	4			
				5			7	9
5	8			2	6			
	9	4				7		6
	6	5				2	3	
7		8				4	9	
		9	2					5
6	5		9					
			3	5				

### Instructions for Sudoku

9 x 9 letter: To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

### solution 4744

1	8	7	5	3	4	6	9	2
4	3	9	6	2	7	8	5	1
5	2	6	1	9	8	4	7	3
6	1	8	4	7	5	3	2	9
9	7	4	2	1	3	5	8	6
3	5	2	8	6	9	1	4	7
2	4	3	9	5	6	7	1	8
8	6	1	7	4	2	9	3	5
7	9	5	3	8	1	2	6	4