



**SWAMY VIVEKANANDHA
NATUROPATHY AND YOGA MEDICAL COLLEGE**

**AFFILIATED TO THE TAMIL NADU DR.MGR.UNIVERSITY,
CHENNAI SANKARI(TK), SALEM (DT)-637303**

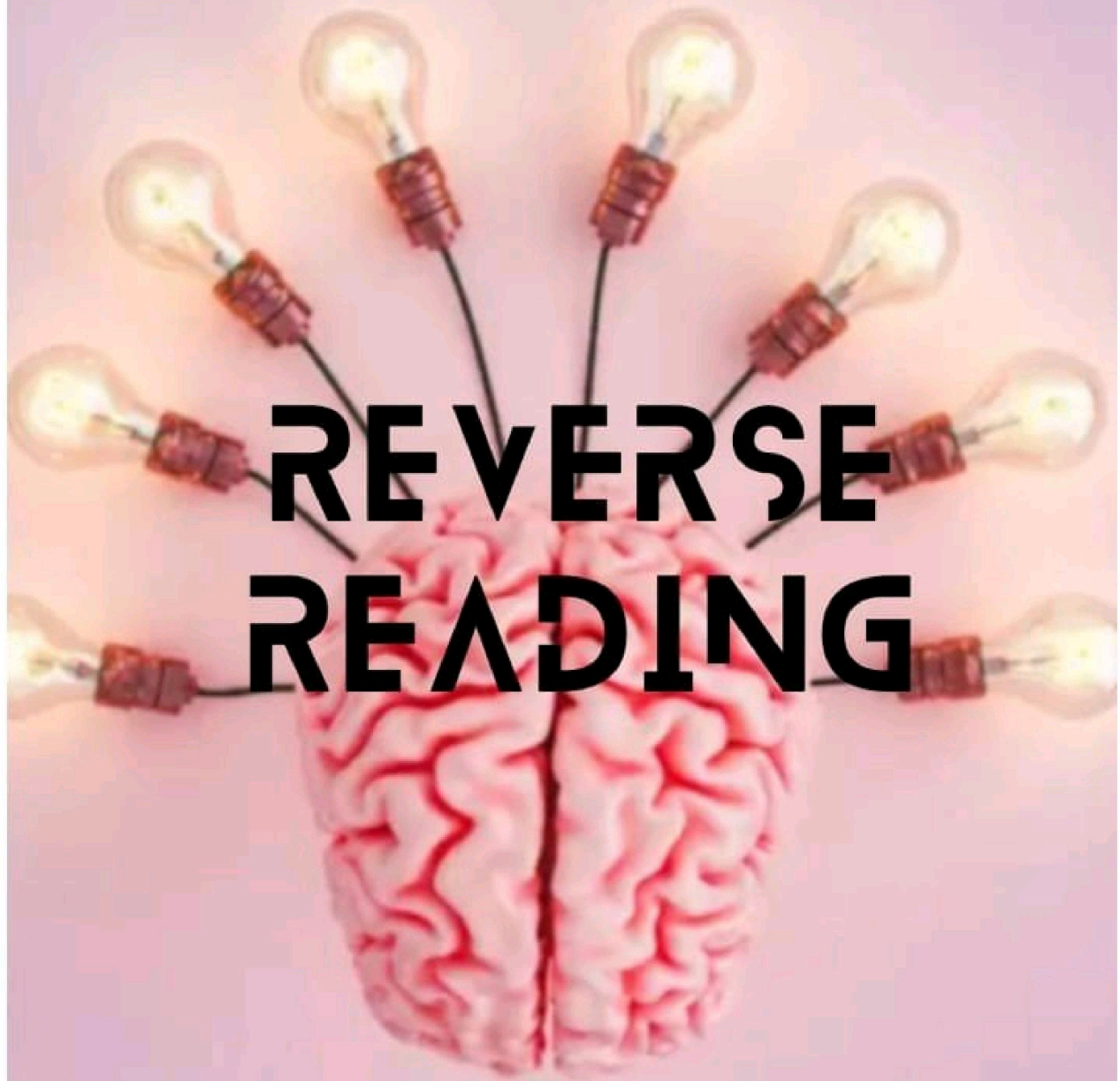
"REVERSE READING"

**(ENERGY FLOWS WHERE
ATTENTION GOES)....!!**



**N.JENIFER
IV YEAR BNYS
SVNYMC**

BRAIN FITNESS



**REVERSE
READING**

CONCEPT :

1. How to learn faster ? ,how to remember better?how to keep your brain sharp and fit.

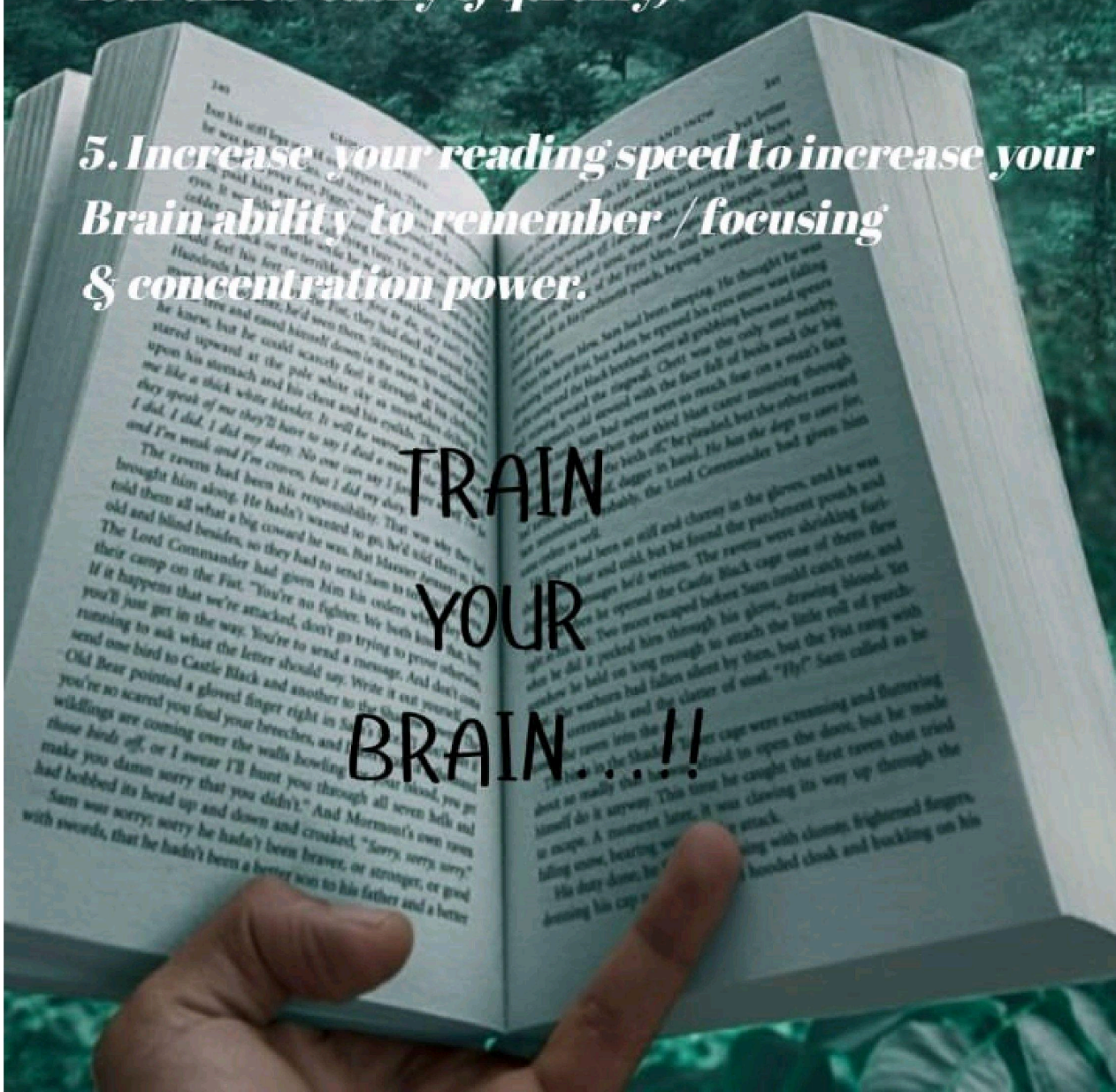
2. Speed reading .

3. Normally peoples read around 150 to 250 words per minute .

4. But , speed reading concept you can double the speed(you can go three times, four times easily & quickly).

5. Increase your reading speed to increase your Brain ability to remember /focusing & concentration power.

**TRAIN
YOUR
BRAIN...!!**



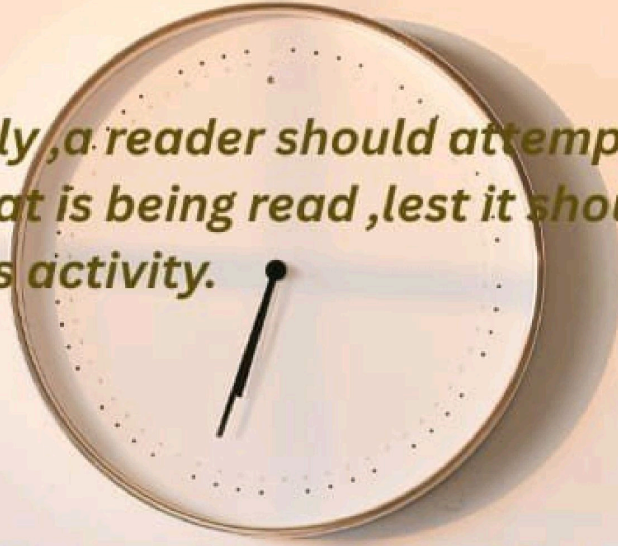
PROCEDURE :

** Reverse reading (as started to read from the Right & moving to Left and continuing to do so with the subsequent lines.*

just do it...

** If one begins from the last line of a paragraph, one moves upwards ,endings with the first line.*

** Importantly ,a reader should attempt to make sense of what is being read ,lest it should become meaningless activity.*



** The majority benefits of this activity is that keeps the mind agile.(சுறுசுறுப்பான மனம்)...*



TESTING:

..ECNEDIENOC
DNA EPOH
TUOHTIW ENOD
EB NAC
GNIHTON
.TNEMEVEIHCA
OT SDAEL TAHT
HTIAF EHT SI
MSIMITPO*

-Helen keller .

BENEFITS:

BRAIN HEALTH...

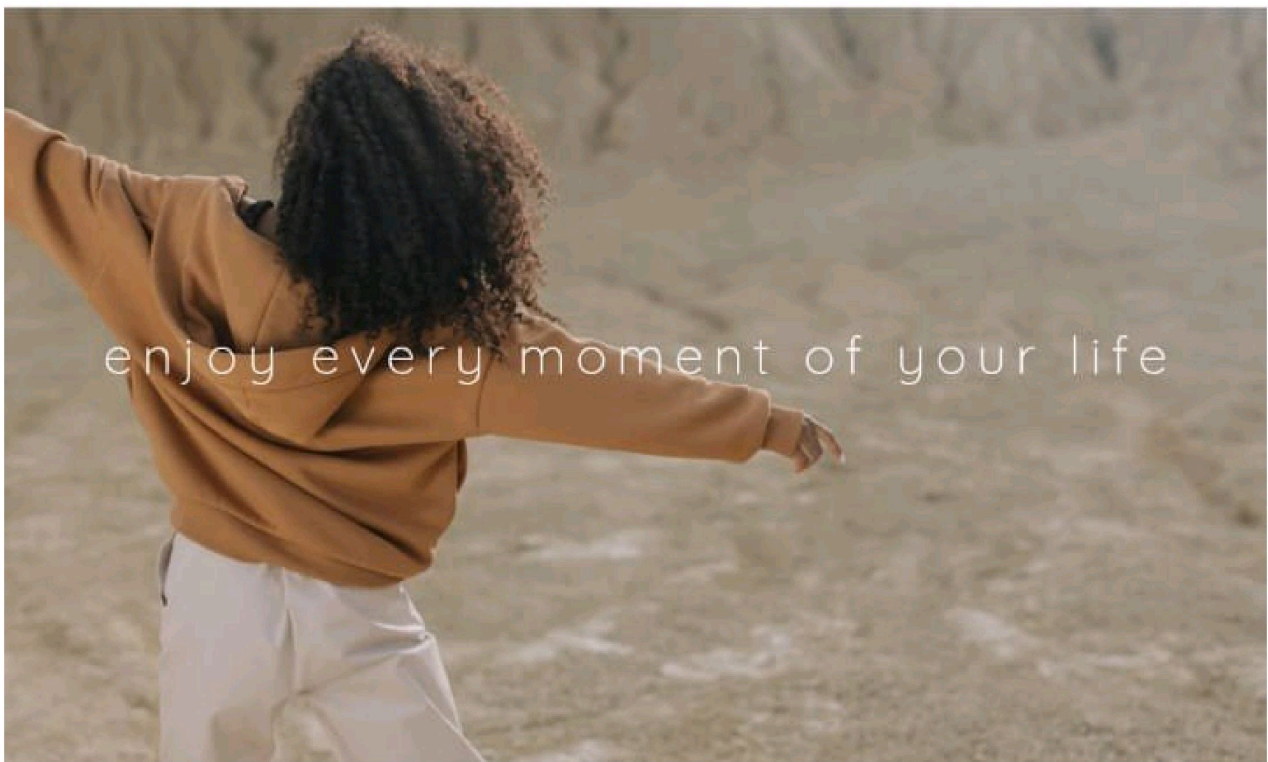
- 1. Improve memory and focus .*
- 2. Enhanced language skills.*
- 3. Increased empathy .*
- 4. Stress reduction & Relaxation.*
- 5. Improved sleeping quality...*

PHYSICAL HEALTH...

- 1. Lowered blood pressure & heart rate.*
- 2. Engaging in a captivating story can reduce muscle tension.*
- 3. Increase knowledge & Curiosity.*
- 4. Improved communication skills.*
- 5. Reduced risk of cognitive decline..*



THANK



enjoy every moment of your life



YOU.