

The yoga described by Maharishi Patanjali's is called Raja Yoga or Ashtanga Yoga and its eight limbs are (i) yama, (ii) niyama, (iii) asana, (iv) pranayama, (v) pratyahara, (vi) dharana, (vii) dhyana and (viii) samadhi, include all types of yoga that happens. These eight organs also have their own sub-parts. The seventh part of yoga, "Dhyana" is beneficial in many diseases. If your memory is weak then it can be easily overcome by superbrain yoga, doing atleast 10-minutes meditation and focusing on the movement of the breath during inhaling & exhaling for 10-minutes but keeping eyes closed. It requires to be done daily, but for atleast 30-days. By adopting the scientific method of meditation, you can get rid of from diseases like: cancer, colds and memory loss and develop the thinking and tendency to make your life meaningful. If we talk about the rapid spread of the Omicron new variants of corona virus and being health conscious from the third wave, then SuperBrain Yoga and Meditation can help the people to the great extent.



Bharat Raj Singh
Satish Kumar Singh

SuperBrain Yoga and Meditation

How to Sharpen Memory?



Dr. Bharat Raj Singh, Director General, School of Management Sciences, Lucknow, was born in 1947 at Raibigo, Sultanpur, UP. He received B.Sc. Degree in 1967 from Allahabad University. BE(Mech), from SVNIT, Surat, Gujarat in 1972; ME from MNNIT, Allahabad in 1988 & PhD in 2011 from UPTU, Lucknow. He received many awards, wrote 18 books & 153 papers.

