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Global speaker on Mind Sciences, Dr Baskaran Pillai recently delivered a lecture on the Mind-Sound technology. This technology which has been favored by academicians has been backed by scientific findings too.

The Navhind Times in an interview with Dr Pillai learns more about his discovery and also his connection with Goa.

For some Goa is a respite from the drudgery. For Dr Baskaran Pillai it's one more step ahead. An international trainer, who merges spirituality and science, he looks at Goa to make his dreams come true. Dr Pillai's interest in spirituality gradually progressed giving his ideology a scientific validation. After Supreme Court upheld the order to carry out a study on the relationship between planets and the academic subjects coupled with scientific validation, Dr Pillai is contemplating setting up an exclusive University in Vedic Science in the state.

Dr Pillai, a firm believer of Einstein says, "Do not believe in religion blindly. Religion without science is blind and science without religion is lame." Pursuing his vision, Dr Pillai intends to get scientists, Vedic scholars and researchers to impart education. "Goa is a meeting point between the east and the west," says Dr Baskaran Pillai who has founded the HoPE learning centre in Goa with the aim of providing opportunities to poor children. Alongside learning with the help of educational tools, creative games, the children are given nutritious food.

It was only his second visit to Goa, when Dr Pillai launched the learning centre at the Old Vidya Prasarak High School, Morjim. Out of 500 students, 35 have already been selected for this programme. Two tutors are assigned to teach these students after their school hours. Sankalpa Advisors, Tripura Foundation oversee the running of this centre. The director of this Foundation Ms Meena Mulloy says that they intend to target more schools in the state for the purpose of imparting remedial classes. They are also looking forward to establishing a rehabilitation centre for the poor. Ms Mulloy says that the learning centre is just a beginning.

The Mind-Sound technology is an internationally acclaimed intelligence-enhancing programme which has been developed by Dr Pillai. Dr Pillai states that the whole functioning behind this is to utilize the ancient wisdom of mantras and sounds practiced by Yogis and find an urgent application in the modern context in order to curb rampant stress levels among students and develop their psychological well-being.

The Mind-Sound technology is an important dimension of the training. This technology helps in bringing down stress levels of the student. A path breaking study conducted by California-based corporation Sound for Hope, in collaboration with SRM Medical College in Chennai found out that there are four vowels that are effective for the mind-sound technology. Each mind-sound is comprised of single syllable words. The sound vibration created by these vocal sounds is what produces positive effects on the mind and the body, says Dr Pillai.

Accessing the technique of mind-sound each day for 10 minutes aids stimulation of both the right and left hemispheres of the brain. This leads to high performance levels in brain functioning. This technique, if not received correctly by the brain, leads to defective intelligence, informs Dr Pillai.

Fundamentally, Dr Pillai informs that this technique makes it possible to expand one's comprehension and understanding ability beyond academic training. For instance, if a student can not assimilate a mathematical concept despite repeated explanation, this technique can be applied to help the student understand it better. Later on, the tutor can explain the subject.

Teachers in special school opt to teach differently abled children this technique which has been found effective in calming down hyper active children too.

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