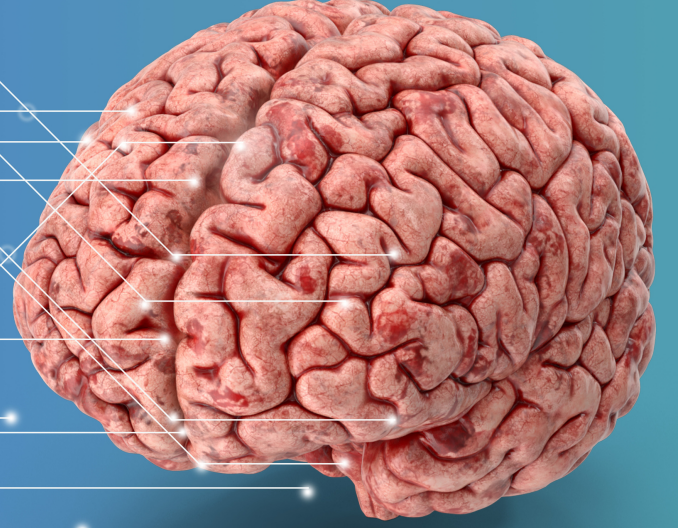




# BRAIN EXERCISES ASSOCIATION

Brain Awareness Week Special Issue

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### Funda Demirel, PhD

Founder of Forbrain Learning Center Dr. Funda Demirel, in her statement for the Brain Exercises Association Bulletin on the occasion of Brain Awareness Week, drew attention to the importance of developing cognitive skills in protecting brain health.



### Professor Zeynep Aydın

Mental activities help improve cognitive abilities such as memory, attention, focus and problem solving. Research shows that brain exercises can help you perform better in these areas.



## Purpose of Brain Exercises Association

Brain Exercises Association was founded on 29.02.2024 by a group of education volunteers in order to offer training programs to increase the cognitive, emotional, social and physical abilities of individuals, to support mental development at all ages and in all social segments, to realize individual potential and to increase the quality of life.



## BRAIN EXERCISES ASSOCIATION

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## FIRST WORD

As the Brain Exercises Association, we are excited to introduce you to our first newsletter. Our association is a newly established community with the aim of expanding the mental capacities of individuals and improving mental flexibility and brain health for people of all ages. We set out with the aim of conducting world-class studies on brain exercises and training with innovative and effective approaches based on scientific foundations.

The brain is an extraordinary organ that guides us in every aspect of our lives. However, in the fast pace of life, it may not be easy to take the necessary steps to protect and improve our brain health. That's why, as the Brain Exercise Association, we aim to provide information, tools and resources to help people improve their mental abilities.

This bulletin includes articles by two wonderful academics who made valuable contributions to the field of Brain Development with their studies within the scope of Brain Awareness Week, and Brain Exercises that you can easily apply.

I wish you pleasant readings and healthy brains.



### Gonca Pektaş Çilli Chairman of the Board of Directors

After graduating from Dokuz Eylül University Faculty of Education, she completed her master's degree in Educational Sciences.

She has been involved in the writing and execution processes of European Union Projects since 2007. In addition to many certified trainings in different fields, she also has a Brain Trainer certificate.



## BRAIN AWARENESS WEEK HEARING THE VOICE OF THE BRAIN

Every year, the third week of March is celebrated as Brain Awareness Week around the world. In this special week, events are organized to draw attention to brain health and brain-related diseases, to raise awareness in society and to support brain research. The brain is one of the most complex organs of the human body and controls all our thoughts, emotions, movements and even consciousness. Therefore, taking care of our brain health is vital to our overall health and quality of life.

Brain health means not only being free from mental illness, but also maintaining mental, emotional and social well-being as a whole. A healthy brain is essential for learning, memory, emotional balance, as well as our ability to perform daily functions. Protecting and improving brain health at all periods of life improves our quality of life and makes us more resilient to the challenges we may encounter during the aging process.

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### The Importance of Brain Health

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### Brain Health and Society

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Beyond individual well-being, brain health is also of critical importance for the general health and functioning of society. A healthy brain enables people to successfully perform basic abilities such as decision making, problem solving, communication and emotional balance. Widespread awareness of brain health in society can increase productivity in the workplace, support success in learning and education, and reduce crime rates. What's more, investments in brain health can reduce pressure on healthcare services and provide long-term economic gains. Therefore, the development of policies and programs that support brain health is necessary for the general well-being of society.



## DR. FUNDA DEMIREL'S MESSAGE OF THE WEEK OF BRAIN AWARENESS

Founder of Forbrain Learning Center Dr. Funda Demirel in her statement for our association's newsletter on the occasion of Brain Awareness Week, drew attention to the importance of developing cognitive skills in protecting brain health.

**"Brain exercises  
improve cognitive  
abilities."**

In her statement, Funda Demirel, Phd said, "With the increasing longer healthy life expectancy and the increasing risk factors that threaten brain health all over the world, the importance given to brain research and brain diseases in the 21st century has become even more evident. "Research shows that regular brain exercises early in life play an important role in protecting brain health." said.

Demirel continued his words as follows; "Studies in the field of neuroplasticity show that regular sports, healthy nutrition as well as regular mental activities support brain health in protecting and strengthening brain health. Brain exercises are activities based on a specific methodology that are performed regularly.

Brain exercises can be applied by experts to individuals of all age groups to strengthen mental performance.

**The combination of  
different exercises  
can further contribute  
to brain health.**





Brain exercises can take many different forms; Various mental activities such as solving puzzles, learning new skills, playing an instrument, and learning a language are included in this scope. However, it should not be forgotten that not just one type of exercise, but the combination of various activities, can contribute to brain health from a broader perspective."

## FUNDA DEMİREL, PhD

Mathematician, Education Scientist, Brain Trainer and mother.

She graduated from METU Department of Mathematics in 1989. In the same year, he became a research assistant at METU Department of Mathematics.

In 1992, she completed his master's degree in METU Institute of Science and Technology, Department of Applied Mathematics, and in 2007 he received his doctorate degree in Ankara University, Institute of Educational Sciences, Department of Educational Technology.

T.R. on the subjects of learning to learn, learning strategies, brain-based learning, transfer of what has been learned to work, instructional design, measurement and evaluation in education / data analysis, scientific research methods, adult education. She worked as a project manager, expert, consultant and researcher in projects supported by organizations such as the Ministry of Economy, TOBB University of Economics and Technology, TODAİE, TÜBİTAK, UNICEF, the Ministry of National Education and private educational institutions.



After her education in the USA, she founded Forbrain® Learning Center, Turkey's first Brain Education Center, in Istanbul in 2013.

She continues to provide training in teaching learning, developing mathematical intelligence, creativity, and cognitive skills (including attention, concentration, processing speed, memory, logic and reasoning, visual and auditory processing, planning, and organization) in Forbrain® Learning Center



## PROFESSOR ZEYNEP AYDIN'S MESSAGE OF THE WEEK OF BRAIN AWARENESS

one of the respected names of neuroscience, within the scope of Brain Awareness Week events around the world between 11-17 March every year, Proffesor Zeynep Aydın made the following statements for our association's bulletin: "Brain Awareness Week aims to protect against neurological diseases that cause the most loss of function and death all over the world, to share information about accessing scientific and effective treatments, to raise awareness and to strengthen organizations working on this issue and to improve health services."

Many factors are very important for brain health. In addition to these factors, brain exercises also have many positive effects on brain health.

### Benefits of Brain Exercises

**Increases Neuroplasticity:** Neuroplasticity is the ability of brain cells to form new connections and change their existing structures. Brain exercises can promote neuroplasticity, contributing to brain cells becoming more flexible and their adaptation abilities stronger.

**Neuroplasticity is the ability of brain cells to form new connections and change their existing structure.**



**Strengthens Connections Between Neurons:** Brain exercises can strengthen connections between neurons. Increases cognitive functions



**Protective Effect Against Brain Diseases:** Research shows that regular brain exercises can reduce the risk of neurodegenerative diseases such as Alzheimer's. Mental activities may play a protective role in brain health.

**Reduces Stress and Anxiety:** Brain exercises can reduce stress and anxiety levels. Mental activities can increase emotional resilience by increasing the release of happiness hormones in the brain.

Mental activities help improve cognitive abilities such as memory, attention, focus and problem solving. "Research shows that brain exercises can help perform better in these areas."

## PROFFESOR ZEYNEP AYDIN



She studied medicine at Istanbul University Cerrahpaşa Faculty of Medicine between 1995 and 2001. She completed his medical specialization education at Istanbul Faculty of Medicine, Department of Neurology between 2001-2007.

Between September 2009 and May 2015, she completed her Master's degree in Electroneurophysiology at Istanbul University, Department of Neuroscience, Experimental Medicine Research Institute, and became an Electroneurophysiology Specialist. She also worked part-time at Memorial Ataşehir Hospital.

She main areas of expertise are Epilepsy, Forgetfulness and Dementia, Alzheimer's, Headaches and Migraine, Vertigo, Tremor Electromyography and Electroencephalography.

Prof. Aydın continues her academic studies as a lecturer at Istanbul Kent University and also works as a neurologist at Medicana Çamlıca Hospital.



## BRAIN EXERCISES FOR EVERYONE

### Instruction:

Find the letters that are different from the letter "o".

0000000000000000000000000000000000  
000000000000000000c000000000000000  
0000000000000000000000000000000000  
0000000000000000000000000000000000  
00c0000000000000000000000000000000  
0000000000000000000000000000000000  
0000000000000000000000000000000000  
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0000000000000000000000000000000000  
0000000000000000000000000000000000  
0000000000000000000000000000000000  
0000000000000000000000000000000000  
0000000000000000000000000000000000

liane  
tetrle  
utrfe  
tsduetn  
hmbuel

### Instruction:

Find the words with mixed letters.

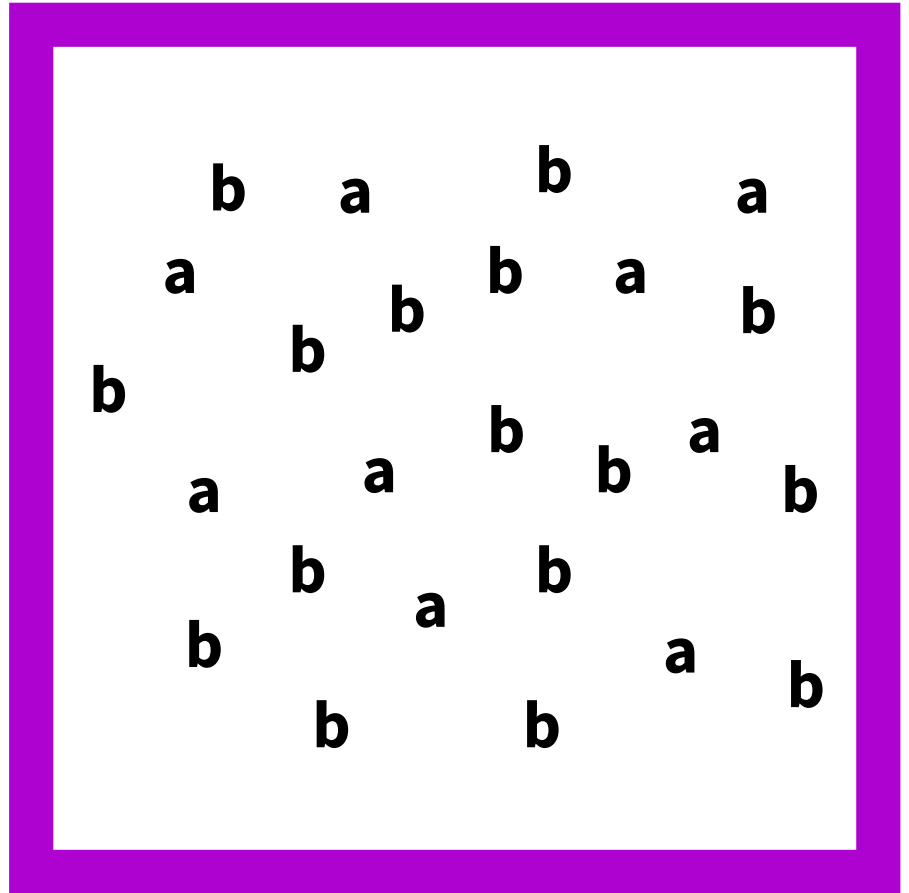




## BRAIN EXERCISES FOR EVERYONE

### Instruction:

Find how many letters "b" are in the table.



CY YR DA NB

DK OH NH KU ER YU

EY AH GK LJ RE

HL OU RF SR LE

OR VA LV KE LN

### Instruction:

Find the animal name hidden in each line.