

A woman's profile is shown in silhouette against a white background. Overlaid on her head is a glowing blue wireframe brain. To the right, a red network diagram with nodes and connecting lines is visible. The background also features a dark blue circular graphic with a bar chart and a scale from 0 to 90.

BIOHACKS

to Improve

FOCUS & MEMORY



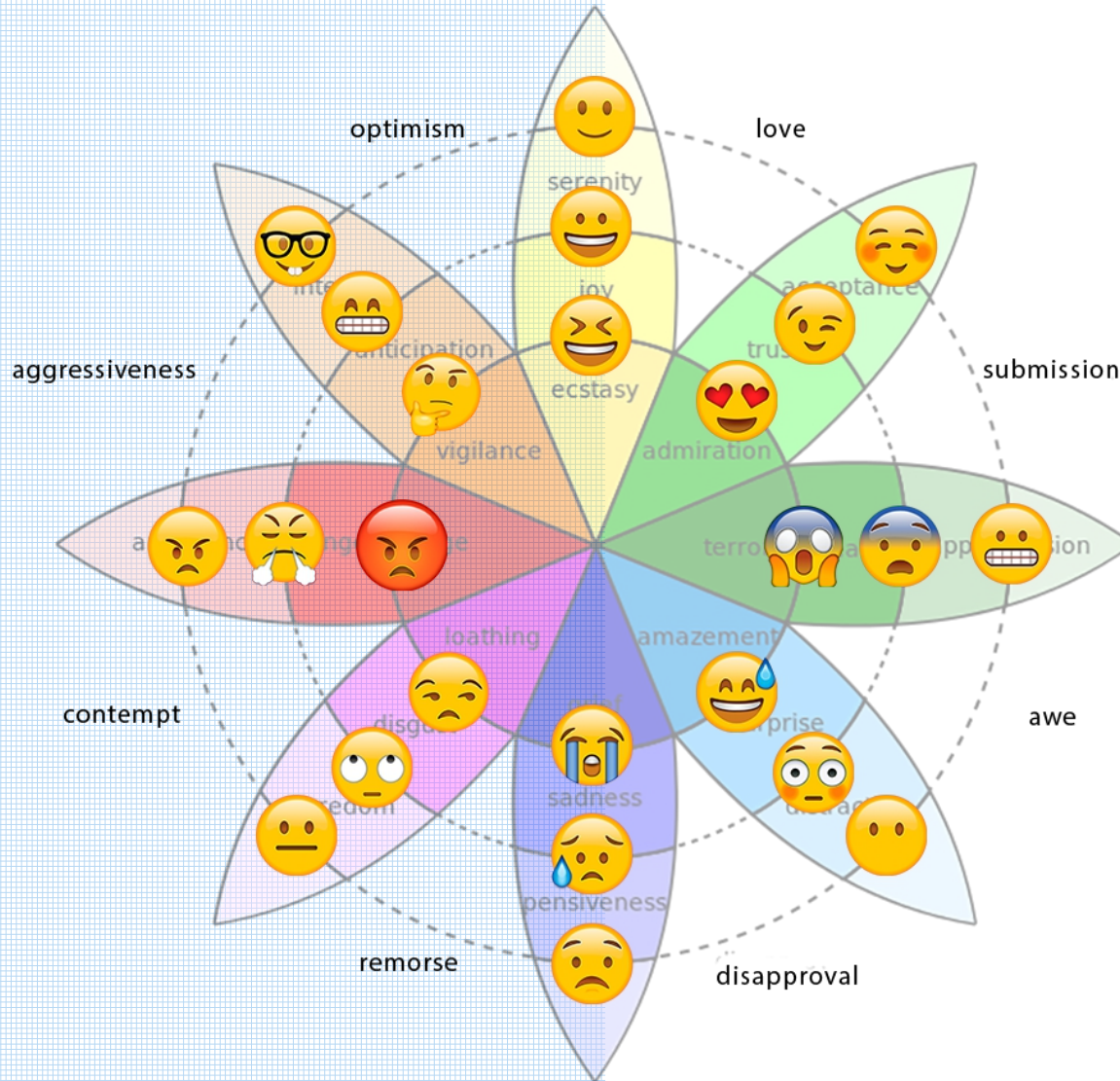
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She is currently working as the Director of Education and Research in Udaya Public School, Ayodhya. She has been a keynote speaker for various organisations, notably The YP Foundation and TARSHI. Her work focuses on Mental Health, gender sensitisation and psychological resilience

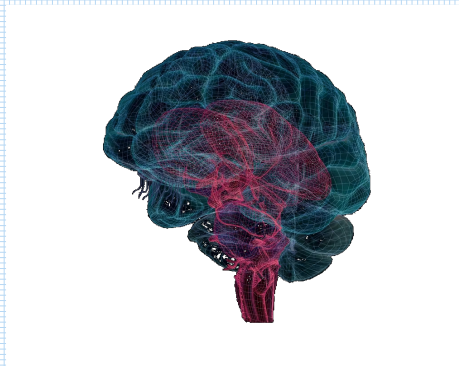


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HOW ARE YOU FEELING?







LET'S


UNDERSTAND
BIOHACKING





Photo-Illustration: by Preeti Kinha; Photos: Getty Images

What is **BIOHACKING?**

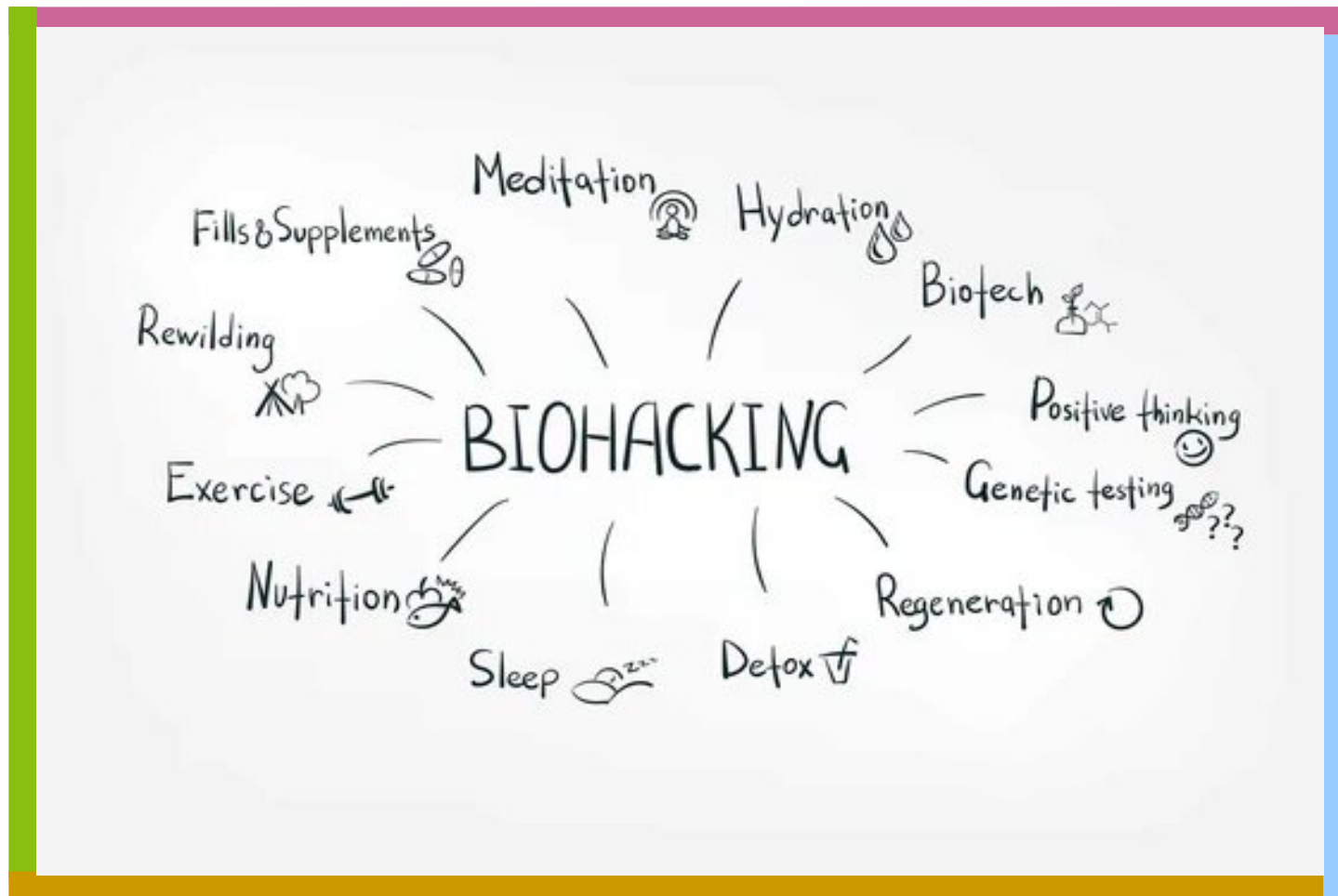


Biohacking is a pretty broad term as its definition varies from biohacker to biohacker. Many biohackers use it to optimise their overall well-being — think improved physical ability, cognitive function, and mental health.

What is **BIOHACKING NOT?**

Biohacking doesn't equate to biotechnology — you don't need expensive, high-tech gadgets to achieve self-improvement.

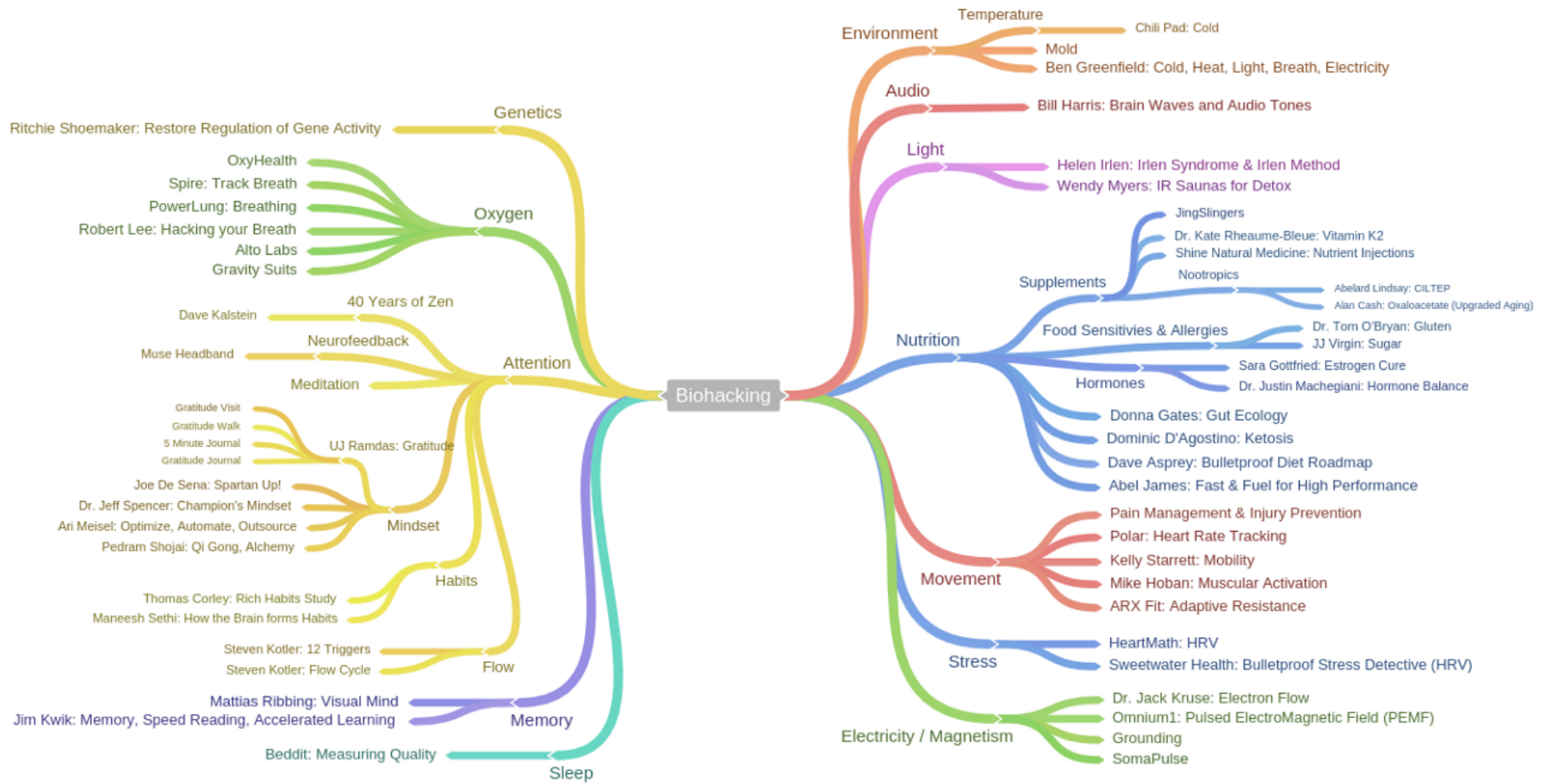
On top of that, biohacking isn't anything illegal, particularly when it comes to self-experimentations. It also isn't complicated, since much of biohacking is in the form of simple lifestyle changes.



Source: <https://www.ossaorganic.com/blogs/posts-by-catherine/What-is-biohacking-and-how-can-it-help-you-be-the-best-version-of-yourself-a-day-with-ceo-founder-catherine-farrant>



What is **BIOHACKING**
TRYING TO
SOLVE?



Source: <https://betterhumans.pub/the-beginners-guide-to-biohacking-5179b9967c16>



Source: <https://www.linkedin.com/pulse/can-biohacking-increase-productivity-niajae-wallace>



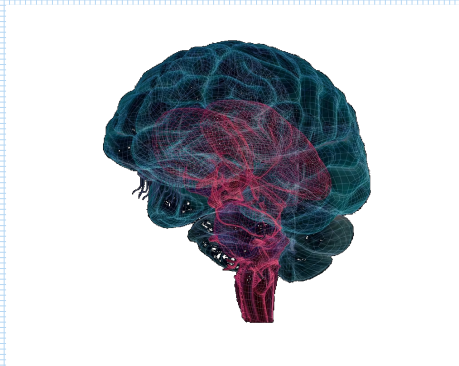
What are the

RISKS of

BIOHACKING?

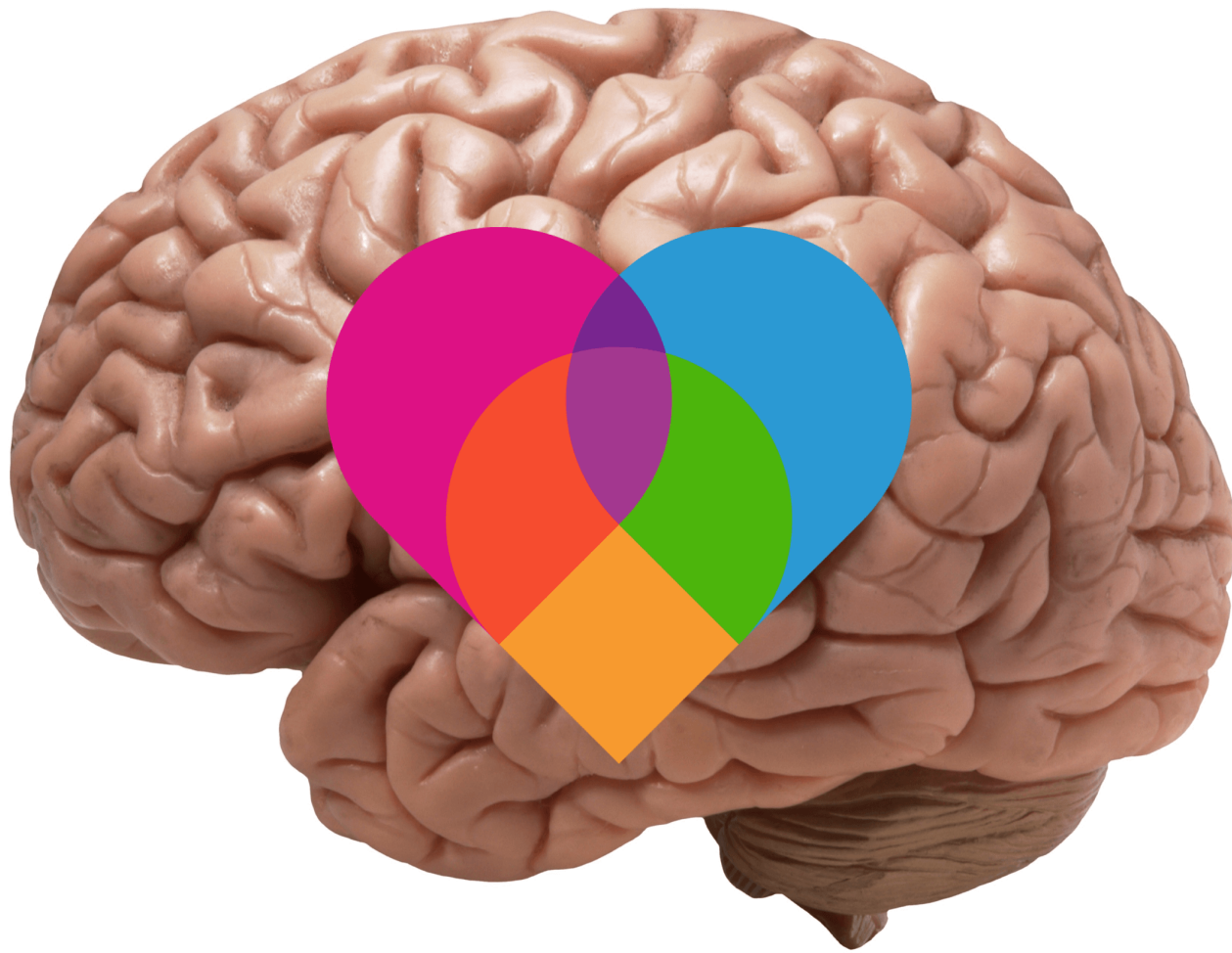
Extreme biohacking can be an unhealthy way for a person to try to gain control of their bodies and lives—a potential symptom of a psychological condition.

Some dangerous biohacking techniques may even be a coping mechanism for someone dealing with negative circumstances in their lives. This can be especially true if someone ignores the potential for unproven biohacking techniques to cause long-term health implications.



BIOHACKING
the **B**RAIN





How to Improve

FOCUS & MEMORY?

*Hormonal
Hack*

We will bypass the degradation of the CNS and upload improvements through the incorporation of lifestyle changes, food choices, and scientifically advanced nutritional supplementation.

*Nutritional
Hack*

We will attack brain function through better food choices. This nutritional hack will reduce brain fog and brain drain, allowing for faster upload times, improved mood and clarity. Your spirits will elevate, and you will process thoughts more quickly.

*Scientific
Hack*

We will comb through important studies and data, looking for natural ingredients and holistic approaches that can change the way we think, feel, and process.

What controls our level of alertness or calmness?

The (so-called)
Autonomic Nervous System

Controls "housekeeping" functions
Heart beat, respiration, digestion

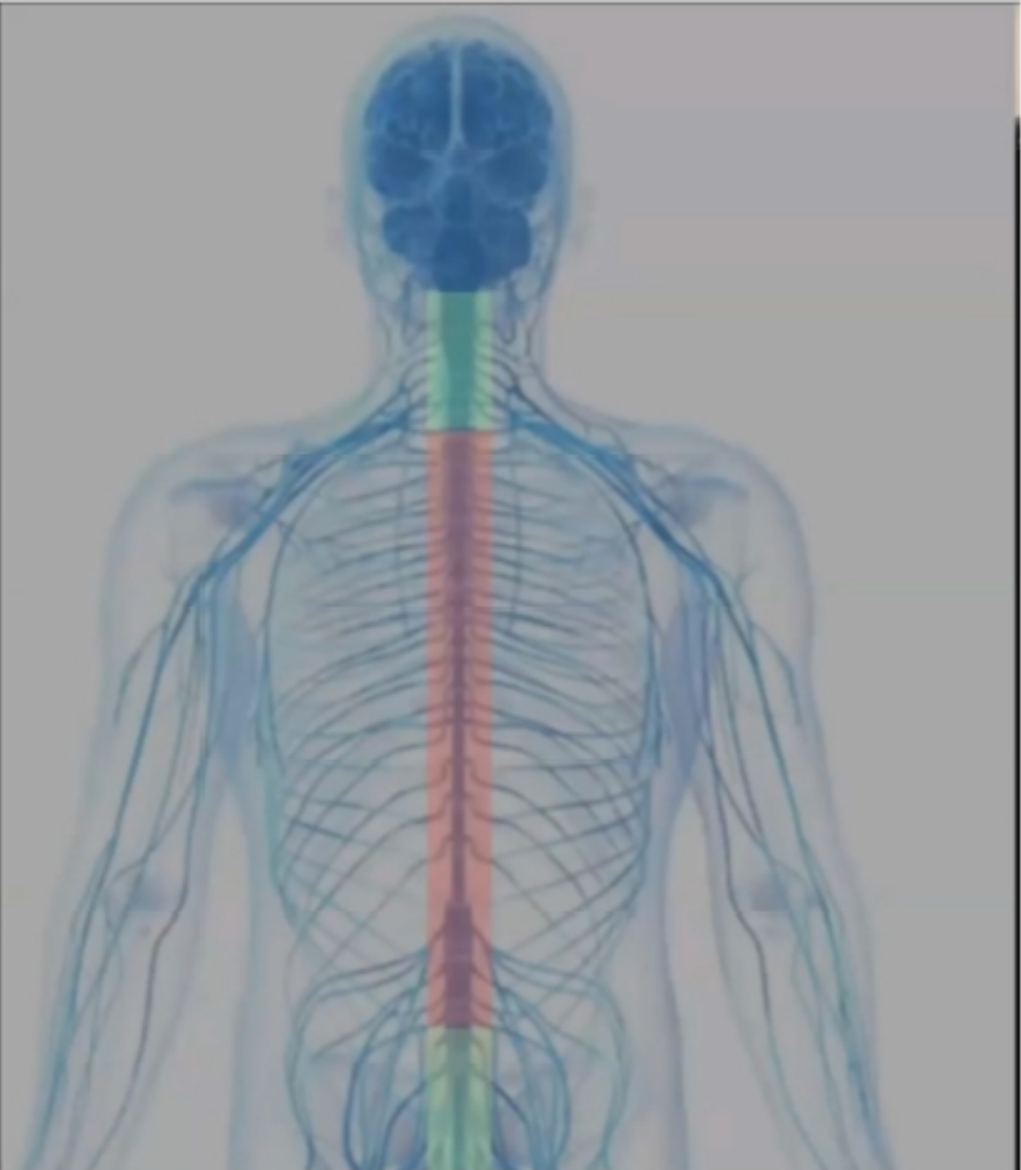
Regulates our level of arousal

Level of Alertness versus Calmness

Alertness
Sympathetic Nervous System
(sympa= "together")

Calmness
Parasympathetic Nervous System
(para= "near")

Their balance dictates which
sensations, perceptions, feelings,
thoughts and actions are likely



Sympathetic Nervous System

Parasympathetic Nervous System

Panic



Drowsy

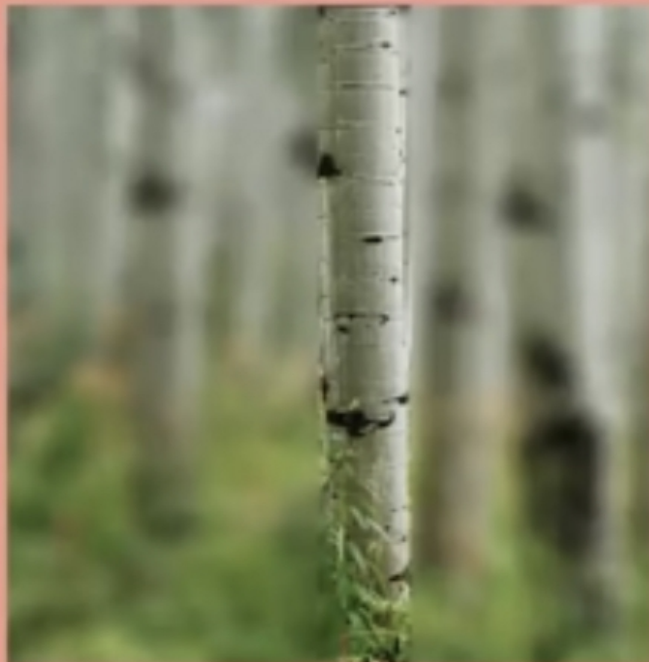


Alert



How we see (and thus react to) the world hinges on our level of alertness versus calmness

Stressed



Calm



The Arousal Continuum

Panic!

Very stressed

Stressed

Highly alert

Alert & calm

Alert

Drowsy

Deep sleep

Coma

Not optimal for most activities & wellbeing

Feels unpleasant

Biases us toward impulsive action

Impairs immunity

Poorer mental & physical health outcomes

Optimal for most waking activities

Restores mental & physical wellbeing, heals wounds, reinforces learning



What are the **KEY**

TAKEAWAYS?

1.

ALCOHOL

reducing use
for the
quickest and
cheapest
brain hack.

2.

DIET

less
inflammatory
processed
foods

3.

MEDITATION

for attention
and flow
states.

4.

NAPPING

has outsized
returns for
focus and
stamina

5.

NATURAL SUPPLEMENTS

ginseng,
caffeine and
green tea
extracts.



THANK
YOU

ANY
QUESTIONS?



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