

SCORELINE

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Sania Alam

introducing
Mind Sports
for the first time
in Pakistan

A search for the fittest
brains to compete in
**World Memory
Championships**





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Introducing Mind Sports for the first time in Pakistan

A search for the fittest brains to compete in World Memory, Mind Mapping & Speed-Reading Championships

Talent Development Project

SCORE LINE: We are in conversation with Sania Alam and she is the Super-Learning Master Trainer for Institute of Human Memory Development® (IHMD). Sania is going to introduce us to a very different concept about 'Sports'. Sania please firstly elaborate a little on what is Super-Learning?

SANIA ALAM: Super-Learning Systems (SLS) is a Talent Development Project for Pakistan provided by Institute of Human Memory Development® (IHMD). After years of research into this, 7 courses and 6 services are provided. It is a great privilege to be able to lead this project as a President. I take great pride in sharing that I have acquired direct trainings from some of the highly sought-after personalities in the field of Super-Learning and Mental Literacy. After having obtained Licensed Instructor certifications from different parts of the

world, we have finally started the project in Pakistan.

When we refer to Super-Learning, basically what we are saying is learning with speed, in other words Super-Learning is an ability to manage and process information using methods that give superhuman results without having to be a superhuman.

SCORE LINE: What courses are offered for Talent Development?

SANIA ALAM: We offer 7 courses which are: 1) Mind Mapping 2) Memory Skills 3) Speed-Reading 4) Math-Genius 5) Applied Innovation 6) Memory Athlete and 7) Exam Success.

SCORE LINE: What are Mind Sports?

SANIA ALAM: Mind Sport are

competitions where skills of intellectual ability are measured as opposed to physical sports. Mind Sports are a unique form of games compared to Olympic Games. Where one celebrates excellence in athletic performance and the other celebrates the fittest brains on earth.

The meaning of 'Sports' has broadened over the years, and it no longer only associates to games of physical exertion but also to mental sharpness and performance.

In Pakistan we have always given priority to physical sports such as cricket. While they have valuable benefits in their own respect, but never has Pakistan taken part in Mind Sports in which mental agility is given the same importance as physical agility. Mind Sports are some of the most elite and prestigious sports being practiced around the world today.

Sania Alam
Super-Learning Master Trainer
Conducting the Introductory
Workshop of IHMD



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Sania Alam – The only Pakistani Level 2 Licensed Arbitrer of Memory by GOMSA, Guild of Mind Sports Arbiters. Level 2 Arbiters are Qualified to run National Memory Championships. Level 2 is achieved after the arbitrer has judged 2 International and 1 World Memory Championship.

These Mind Sports have been practiced for years worldwide and the astonishing amount of data that is stored in the brain during these championships really goes to show how truly limitless the human brain is.

I am very happy to know that Scoreline has taken a great step in spotlighting the importance of Mind Sports through the Scoreline Magazine's outreach.

SCORE LINE: What are some of the recognized Mind Sports?

SANIA ALAM: Some of the top ranked events for Mind Sports administered under the governing body of the World Memory Sports Council (WMSC) are World Memory Championships, World Mind Mapping Championships and World Speed-Reading Championships. I am proud to share that IHMD has



Sania Alam, sharing the stage with world renowned Mr. Tony Buzan as he announces the results for some disciplines at the 27th World Memory Championships 2018 in Hong Kong.



(From left to right) Dominic O'Brien, Tony Bozan, Sania Alam, Phil Chambers, Raymond Keene, David Sedgwick, James Patterson, Silvio di Fabio

acquired the official license for National Memory Sports Council of Pakistan (NMSC) under the governing body of WMSC. As we comply with the WMSC rules and standards, Pakistan can now be included in the World Rankings, be recognized for World Records and be listed in the official World Memory Statistics. So basically, we are authorized by WMSC to host and conduct the National Memory, Mind Mapping and Speed-Reading Championships. It's a moment of pride for the citizens of Pakistan, as our country has finally taken the initiative for such Mind Sports that aim to do Talent Development in Pakistan and showcase it to the world.

SCORE LINE: Can you briefly explain about each championship?

SANIA ALAM: World/National Memory Championships - Ten different disciplines are conducted over 1-3 days and consist of the following events: Names/Faces, Binary Numbers, Random Numbers, Abstract Images, Speed Numbers, Historic/Future Dates, Playing Cards, Random Words, Spoken Numbers, and Speed Cards.

Records broken during these competitions are also recognized and accepted by the Guinness World Records.

None of the top competitors would claim to be born with a great memory. All of them have learnt all the necessary techniques to develop their skills and have practiced to a high level to get them to the top of the sport. Anyone can have a trained memory!
World/National Mind Mapping

Some of the top ranked events for Mind Sports administered under the governing body of the World Memory Sports Council (WMSC) are World Memory Championships, World Mind Mapping Championships and World Speed-Reading Championships

Championship - There are 3 disciplines in this event covered in a single day: 1) Note-Taking from Lecture. 2) Note-Taking from a Piece of Text. 3) Note-Making Freestyle.

I am overjoyed to announce on 6th February 2019, we are hosting 1st Pakistan National Mind Mapping Championship.

World/National Speed-Reading Championship - Each competitor is given the time they need to read the book (but not more than two hours). The reading speed is then evaluated using a predetermined formula. The competitors answer questions to test comprehension. The competitor with most correct answers and the shortest time of reading takes home the title.

SCORE LINE: Do Mind Sports have an overall beneficial outcome in our

daily lives?

SANIA ALAM: All of the competitive championship sports such as Memory, Mind Mapping and Speed-Reading collectively help anyone to become better in their studies and in their work.

SCORE LINE: These competitions must be overlooked by qualified judges?

SANIA ALAM: Absolutely. All the disciplines require experienced Arbiters (Judges) who have been trained and certified by International Guild of Mind Sports Arbiters (GOMSA).

In fact, I myself am a Level 2 Licensed Arbitrer of Memory under GOMSA.

Level 2 Arbiters are Qualified to run National Championships. Level 2 is achieved after the arbitrer has judged 2 International and 1 World Memory Championship. I have been an arbitrer in World Memory Championship 2018 – Hong Kong, 2nd Asia Pacific Memory Championship 2018 – Hong Kong, Pan-European Open Memory Championship - London, United Kingdom and the Italian Open Memory Championship – Milan, Italy.

So, I have been through a rigorous regime to achieve this level.

SCORE LINE: Sania have you taken any other trainings or certifications to substantiate the Super-Learning Systems?

SANIA ALAM: I have been highly privileged to be part of IHMD and to get



IHMD Representative - Sania Alam, takes part as an Arbiter (Judge) at the 2nd Asia Pacific Memory Championships 2018 in Hong Kong, China.

a chance to travel abroad for many trainings. I am a Licensed Instructor for Super-Learning from U.S.A. I am also a Senior Tony Buzan Licensed Instructor in Mind Mapping from U.K. (One of the only 4 Certified Instructors around the Globe). A Licensed Instructor of Memory – Trained by 8 Times World Memory Champion, Dominic O'Brien - U.K., Licensed Instructor in Applied Innovation – Trained by Chris Griffiths - U.K., I am also a Licensed Instructor in Speed Reading from U.K., as well as a ThinkBuzan Master Licensed Instructor – U.K.

I have true faith that IHMD's Super-Learning Systems are the future of Pakistan. We have truly invested time, money and effort into making this available for the people of Pakistan.

SCORE LINE: How does one train to

take part in the Mind Sports competitions?

SANIA ALAM: Our Super-Learning Systems provides all the trainings necessary to take part in championships of Memory, Mind Mapping, Speed-Reading and Math. Super-Learning Systems is highly effective because it's based on the brain's natural learning abilities. It takes into account how the brain records, retains and recalls information.

SCORE LINE: What is IHMD's aim for Mind Sports and Super-Learning in Pakistan?

SANIA ALAM: Our aim is to place Super-Learning Systems at the heart of the education systems across Pakistan and completely revolutionize it. And to ultimately activate the seed of human

potentials and build high performance people. This is our vision for the advancement of the entire Nation and its Citizens.

SCORE LINE: How should one contact IHMD for these trainings?

SANIA ALAM: We have a workshop coming up on 3rd February called **Introduction to Mind Mapping**. Mind Mapping is a powerful tool which was earlier used by Leonardo da Vinci and is now used within large corporations as well as by over 250 million people across the world. So, it's a wonderful opportunity to attend the workshop and familiarize yourself with this amazing creative thinking tool.

Follow us on social media @COFWConsultants or visit our websites www.cofw.co, www.ihmd.co.