

People

PAKISTAN



CHAMPIONS & SMARTEST
MIND SPORTS ATHLETES OF PAKISTAN

10 INTERNATIONAL CHAMPIONSHIPS / 40 COUNTRIES / 36 MEDALS & 10 TROPHIES

CHAMPIONS OF PAKISTAN



Honoring and celebrating the most accomplished youngsters of Pakistan, they serve as inspiration for the entire nation and have made us all proud!

Competed in 10 Championships globally, opposite over 40 participating countries, and triumphed with 36 Medals and 10 Trophies, ALL within ONE YEAR!

The time has come to culminate this fantastic happening year with a highlight on those who have achieved exemplary accomplishments throughout. And on the top of the list is the team who has made the entire nation gleam in pride. We are talking about the most intelligent and decorated Mind Sports Athletes of Institute of Human Memory Development International. It is quite an honor to interview these youngsters who have represented their exceptional skills on international platforms with green flags on their jackets, which they so rightfully wear and serve justice to.

PEOPLE: Every team has a coach who leads the team into success, we would like to get the insiders details on this Super-Learning Team and the coach who made it all possible. Sania Alam please share with our readers the journey behind all the glorious achievements of your students.

SANIA ALAM: It is my honorable teacher and founder of this Institute, Dr. Mohammad Alam who has made all this possible. He is the man running the show. And I always like to say that, it takes a great man to think on such a broad horizon, beyond one's own self, to work so largely for the betterment of the country and its citizens.

Having said that, yes it has been a phenomenal year of back-to-back international competitions and

Team Pakistan having done a wonderful job with its debut year performances.

PEOPLE: Let's start from the beginning and build a background for our readers on the work of this institute so we can all better understand the great achievements. What is this institute's main frame of work?

SANIA ALAM: Super-Learning Systems (SLS) is a Talent Development Project for Pakistan provided by Institute of Human Memory Development International* (IHMD) which is a project of Consultants for Our Future World (Pvt) Ltd.

IHMD's Super-Learning Systems surpass all conventional methods of learning which hinder rather than liberate the human mind and its potential. So likewise, Super-Learning is an ability to read, learn, process, and memorize, large amount of information in short amount of time. An innate ability of the human brain to learn and process information at lightning speed.

The vision behind having launched our seven Super-Learning Courses was to free the minds of people who are entrapped by the flawed education systems. There are massive gaps in the way education systems are designed. Global education systems consume years and years of one's life, when it can only take a year or two to cover the standard

curriculums and that too in a leisurely manner.

Our seven Super-Learning Courses primarily focus on LEARNING-HOW-TO-LEARN. It is the only skill one needs to hone to forever continue to learn and achieve massive success.

With over 20 years of background research, we launched our institute last year, and within that year we provided trainings to countless individuals and corporations, in fact we have also provided trainings to around 400 Pakistan Army Officers at Command and Staff College in Quetta.

PEOPLE: How do these courses play a role in the championships the team has played part in?

SANIA ALAM: Out of the seven courses, three of them are skills you can use not only for your personal and professional life but if desired, can be further carried forward as mental sports. These courses are Mind Mapping, Speed Reading and Memory Athlete.

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 and fastest brains on earth.

Thankfully 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.

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.

We trained a group of individuals to form a team who can represent Pakistan in the competitions worldwide. Team Pakistan participated in 10 competitions globally in 2019 and successfully



Sania Alam received shield from the Pakistan Army's Acting Commandant of the Command & Staff College, Quetta where she presented the Technology of Mind Mapping to around 400 Pakistan Army Officers.

brought home 36 medals and 10 trophies.

PEOPLE: 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 Championship

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

World/National Speed-Reading Championship

Each competitor is given 2 hours to read an unpublished book followed by a 30-minute comprehension exam. The reading speed is then evaluated using a predetermined formula. The competitor with most correct answers and the shortest time of reading takes home the title.



Sania Alam participating as the International Senior Arbitrator at the 28th World Memory Championship 2019, in Wuhan, China.

SANIA ALAM

One of the Only Four Senior Licensed
Instructors of Super-Learning in the World



President
Institute of Human Memory
Development International



President
National Memory Sports Council
of Pakistan (NMSC)



President
National Memory Sports Council
of United States of America



Director & Board Member
Tony Buzan International Ltd.
United Kingdom



Level 3 - Arbiter of Memory
Certified by Guild of Mind
Sports Arbiters



Senior Memory Arbiter for
Guinness World Records
Certified by Guild of Mind Sports Arbiters



Arbiter
World Speed-Reading &
Mind Mapping Championships



Contributing Editor
Synapsia Magazine
United Kingdom



ThinkBuzan
Master Licensed Instructor
United Kingdom



Member
World Memory Sports Council
United Kingdom



Vice President
The Brain Trust Charity
(Registered Charity), U.K.



Official Representative
Tony Buzan Academy U.S.A



Recipient of:
The Avicenna Award
by Mr. Raymond Keene, Officer of
the Order of the British Empire &
Grandmaster of Chess, U.K.



Recipient of:
Presidential Volunteer Service Award
by President Barack Obama
& President Donald Trump, U.S.A



Recipient of:
Presidential Physical Fitness Award
by President Barack Obama, U.S.A



Recipient of:
Ambassador for Peace by
Universal Peace Federation, U.S.A



Recipient of:
Mayor's Volunteer Appreciation
Award (Herndon, Virginia), U.S.A



Recipient of:
Volunteer Service Award
Express Care Inc. U.S.A

SHOMIE ALAM

FRENCH MIND MAPPING CHAMPIONSHIP 2019 (PARIS, FRANCE)



Gold Medallist
Overall Championship



Gold Medallist
Freestyle Discipline

11TH WORLD MIND MAPPING CHAMPIONSHIP 2019 (BEIJING, CHINA)



Bronze Medallist
Adult Category - Freestyle Discipline

1ST PAKISTAN NATIONAL MIND MAPPING CHAMPIONSHIP 2019 (KARACHI, PAKISTAN)



Silver Medallist
Note-Taking Discipline



SYED NABEEL HASAN

U.K. MIND MAPPING CHAMPIONSHIP 2019
(LONDON, ENGLAND)



Bronze Medallist
Overall Championship



Bronze Medallist
Freestyle Discipline

U.K. MEMORY CHAMPIONSHIP 2019
(LONDON, ENGLAND)



Gold Medallist
Junior Category

3RD ASIA PACIFIC MEMORY CHAMPIONSHIP 2019 (PUTRAJAYA, MALAYSIA)



Bronze Medallist
Top 3 Memory Athlete of Team Pakistan



EMMA ALAM

11TH WORLD MIND MAPPING CHAMPIONSHIP 2019 (BEIJING, CHINA)



Gold Medallist
Junior Category



Silver Medallist
Overall Championship



Gold Medallist
Junior Category - Lecture Discipline



Gold Medallist
Junior Category - Note-Taking Discipline



Gold Medallist
Junior Category - Freestyle Discipline

28TH WORLD MEMORY CHAMPIONSHIP 2019 (WUHAN, CHINA)



Bronze Medallist
Junior Category - Random Words

3RD ASIA PACIFIC MEMORY CHAMPIONSHIP 2019 (PUTRAJAYA, MALAYSIA)



Trophy Overall Bronze Champion
Junior Category



Trophy Overall 3rd Place
Country Award for Pakistan



Silver Medallist
Junior Category - Binary Numbers



Silver Medallist
Junior Category - Random Words



Bronze Medallist
Junior Category - Historic/Future Dates



Bronze Medallist
Junior Category - 30 Min Numbers



Bronze Medallist
Top 3 Memory Athlete of Team Pakistan

1ST PAKISTAN NATIONAL MIND MAPPING CHAMPIONSHIP 2019 (KARACHI, PAKISTAN)

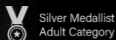


Bronze Medallist
Freestyle Discipline

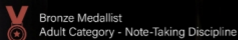


SYEDA KISA ZEHRA

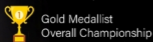
12TH WORLD SPEED-READING CHAMPIONSHIP 2019 (BEIJING, CHINA)



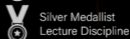
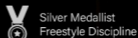
11TH WORLD MIND MAPPING CHAMPIONSHIP 2019 (BEIJING, CHINA)



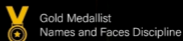
U.K. SPEED READING CHAMPIONSHIP 2019 (LONDON, ENGLAND)



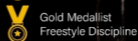
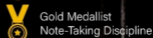
U.K. MIND MAPPING CHAMPIONSHIP 2019 (LONDON, ENGLAND)



U.K. MEMORY CHAMPIONSHIP 2019 (LONDON, ENGLAND)



1ST PAKISTAN NATIONAL MIND MAPPING CHAMPIONSHIP 2019 (KARACHI, PAKISTAN)



OUR SPONSORS & SUPPORTERS

Nothing is possible without the support of the individuals and corporations which back us with their support to make everything we have achieved POSSIBLE! And appreciation is always very important to those who stand behind TEAM PAKISTAN every step of the way.

These are some of our supporters who understand the deep value of the work our Institute is performing and provide their invaluable contribution in whichever way possible.

MR. IMTIAZ HUSSAIN ABBASI

Business Tycoon and Owner of the Chain of Imtiaz Supermarkets

“*Super-Learning Systems is capable of bringing transformational change in the way my team and I do business. When you want to have a unique approach to business success, then you must get yourself a system that's going to make it happen. Super-Learning Systems is great for business success and taking not just your business but your entire executive team to the next level.*”



HONOURABLE

DR. MOHAMMAD ALAM

Founder, IHMD International®

His boundless level of consciousness backing this project has been the core reason why this institute has reached heights of success in such short amount of time.



MR. MEHTAB ALI

Renowned Artist

“*Anyone can learn to be creative, not just a privileged few. Super-Learning Systems allows the inner creative genius to awaken and come into full play.*”

Mr. Mehtab Ali

Sania Alam, Super-Learning Master Trainer alongside World Renowned Artist Mr. Mehtab Ali with one of his largest, most endearing & magisterial still-life art, currently worth fifteen million rupees.



MR. RAYMOND KEENE

Global President, World Memory Sports Council (WMSC is the governing body for the Mind Sport of Memory worldwide), **OBE Officer** of the British Empire awarded by Queen Elizabeth, **Grandmaster of Chess**

Mr. Raymond Keene

“*Sania Alam is spearheading the Global Mental Literacy movement in Pakistan, both by means of her mass lectures and her tailor-made tuition. Sania is the leading exponent of Prof Tony Buzan's educational theories which enhance rapid absorption of information, develop creativity and promote Memory Power. All of these benefits assist kids at school and university students to successfully pass their exams. Meanwhile the memory techniques taught by Sania have proven to be effective in combatting mental degeneration and Alzheimer's disease. Sania is a shining example of a leader who can teach everyone, regardless of age, gender, physical prowess or formal qualifications, to maximize the potential of their untapped brainpower.*”



ELAINE COLLIER

Vice President, World Memory Sports Council
Master Trainer, Tony Buzan Group
5 times World Mind Mapping Champion



DOMINIC O'BRIEN

8 times World Memory Champion



PHIL CHAMBERS

Chief Arbitrator, Guild of Mind Sports Arbiters (GOMSA)
Master Trainer, Tony Buzan Group
2 times World Mind Mapping Champion



CHRIS DAY

General Secretary, World Memory Sports Council



Workshops for over 700 participants in Bahria Auditorium



Team Pakistan won 3rd Place Country Award amongst 9 competing countries at the 3rd Asia Pacific Memory Championship 2019, Malaysia

Team Pakistan at the 12th World Speed Reading Championship 2019 and 11th World Mind Mapping Championship 2019, Beijing, China.



Sania Alam with H. M. King Yuhi VI of Rwanda and H.S.H. Princess Isabelle of Liechtenstein - London.



Sania Alam with H.S.H. Prince Marek Kasperski and H.S.H. Princess Petrina Kasperski - London.



OUR STATE-OF-THE-ART FACILITY

We take pride in magnificent facility which we have designed keeping in mind what optimum learning environment should be like. We have powerful multi-million-dollar technologies complementing all our Super-Learning training programs.



PEOPLE: What's the big aim and vision behind all of this?

SANIA ALAM: Our aim is to place Super-Learning Systems at the heart of the education systems across Pakistan and completely transform it. We are also aiming towards bringing Pakistan on the map of highly literate and capable countries, by building the intellectual wealth of its citizens.

PEOPLE: How should one contact IHMD for these trainings?

SANIA ALAM: +92-312-0284841 and +92-300-0044841 or visit our websites www.cofw.co, www.ihmd.co. Follow us on social media @COFWConsultants.



Sania Alam with
H.S.H. Prince Philipp of Liechtenstein - London.