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Author: Dr Venkataramana N K

Category: Health & Fitness: Diseases - Nervous System

ISBN : 978 - 1957456577

Publisher: Stardom Books

Author Bio

Dr. Venkataramana NK is a well-known Neurosurgeon and founder of BRAINS Hospital in Bengaluru. After medical graduation from Sri Venkateswara Medical College in 1981 and Neurosurgery from NIMHANS in 1986. He served as a faculty member at NIMHANS and as a consultant neurosurgeon at various prominent city hospitals before embarking on the center of excellence, "BRAINS." He had his micro neurosurgery and endoscopy training in Germany. He has over 35 years of experience in neurosurgery and has contributed to neuro-oncology, endoscopic neurosurgery, pediatric neurosurgery, cerebrovascular surgery, spine surgery, and stem cell research. He has several scientific publications and chapters in textbooks to his credit. BRAINS is his brainchild, offering comprehensive services to complex neurological problems under one roof. His initiative, "comprehensive trauma consortium," was a first-of-its-kind initiative in promoting social awareness of Golden Hour and prehospital care for head trauma.

For more information, visit
<http://www.brainshospital.com>



Dr Venkataramana N K

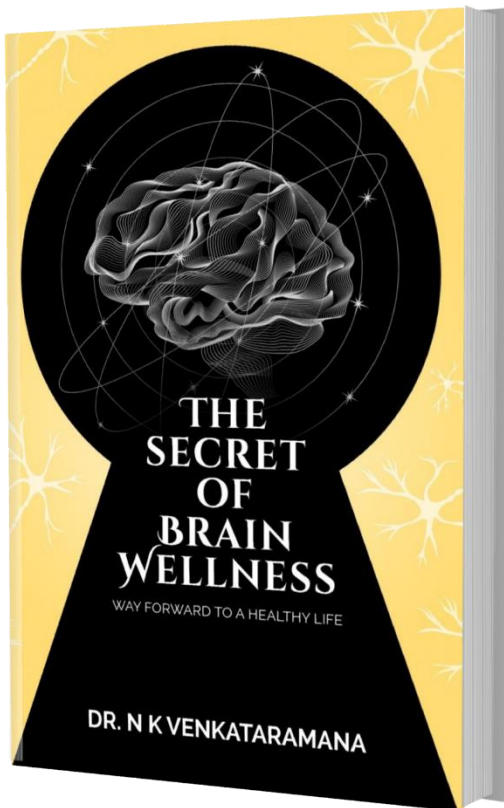
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The Secret of Brain Wellness By Dr. Venkataramana N.K. Offers Practical Insights into The Understanding and Functionality of The Brain.

These Theoretical Insights Can Be Applied to Improve Brain Wellness Through Lifestyle Modification and Balance Physical and Emotional Components.

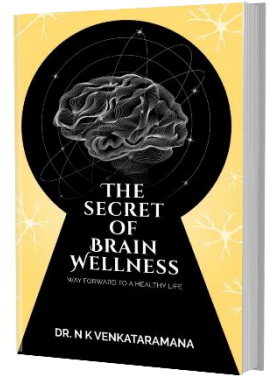
Drawing On His Extensive Experience as A Neurosurgeon, Dr. Venkataramana Explains the Seamless Connectivity of The Body and The Brain and How Stress and Aging Can Influence The System, Emphasizing The Role Of Prevention.

Understanding These Concepts Can Change How You Look at Life and The World, Enhancing Your Perception and Utilization of Your Inbuilt Capabilities.

He Highlights the Working of The Body and Brain as A Single Entity Armored by The Mind, Subserving Various Functions and Vitality of Individuals.

This Guide Empowers the Readers to Enhance the Usage and Controls Of The Brain For A Healthier And More Vibrant Life.

Target Audience



WHO SHOULD READ

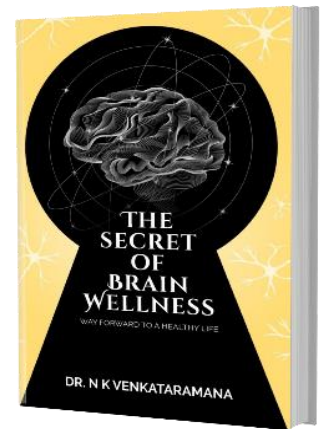
- Health and Wellness Advocates
- Professionals
- Students
- Self-Help and Personal Development Readers
- Lifelong Learners

BOOK BENEFITS

The book is a great guide for:

1. Individuals who are unaware of the processes of the brain can gain a fundamental understanding of their cerebral functions.
2. The understanding of brain functions is crucial; this will enable individuals to utilize their cognitive abilities more effectively.
3. Furthermore, understanding brain wellness is a straightforward and effective component to leading a fulfilling life.

Book Excerpt



Introduction

Over billions of years, life has evolved from single cell to multi-cellular organisms. Today, the brain is Earth's most captivating engineering marvel, boasting unparalleled capabilities and boundless potential. Essentially, the brain serves five crucial functions: voluntary interaction with the external world, involuntary responses to internal needs, communication in social contexts, emotional reactions to the environment, and a profound connection to the cosmos. Over time, it has refined its electrochemical responses, facilitating learning through sensory organs and orchestrating actions via the motor system. Its intricate network spans every corner of the body, intricately linking each part internally and to the smallest detail.

The Brain is the Crown Jewel in Creation and Evolution.

Governance and controls are important in organizing and effectively executing day-to-day life. This is essential, from a cell to an organ, individual, group, state, nation, and the universe. In that sense, the Brain represents a mini universe.

Evolution also began with single-cell organisms gradually becoming complex multicellular organisms with varied functions and capabilities. Therefore, the need to improve regulatory systems became the need. Similarly, the nervous system started as a simple specialized system that could generate electricity. It became the most complex, multi-potent, mysterious organ called the "BRAIN," and the intelligence embedded in it also evolved in parallel.

The human brain is the most specialized and capable organ in the known world today, and its presence distinguishes us from the rest of living beings. Over the centuries, scientists have been relentlessly working to find its capabilities.

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I appreciate requests for photographs for press use.

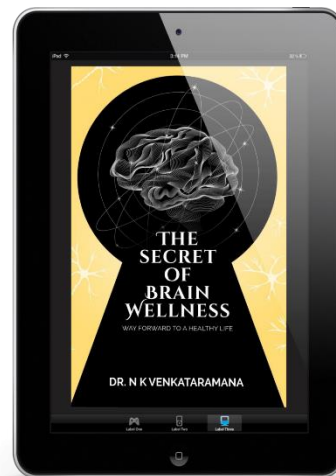
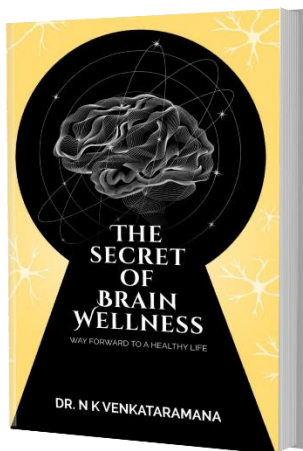
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Dr Venkataramana N K

Email: drnkvr@gmail.com

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