

The NeuroCalm



Change the way we think to change the way we drive.

NeuroCalm Was Developed To Help With the Management of Emotions While Driving

The concept was created to help with rehabilitation and training of drivers as well as a tool of evaluation to assist drivers and professionals alike in the betterment of the driving activity.

This tool was created to reduce the lack of focus of drivers, indeed 95% of accidents are caused because of human errors and only 5% are due to mechanical issues.

The main focus of the Neurocalm is to help manage the emotional part of the driving activity which can often lead to bad decision making and by doing so change the behaviour of the driver.

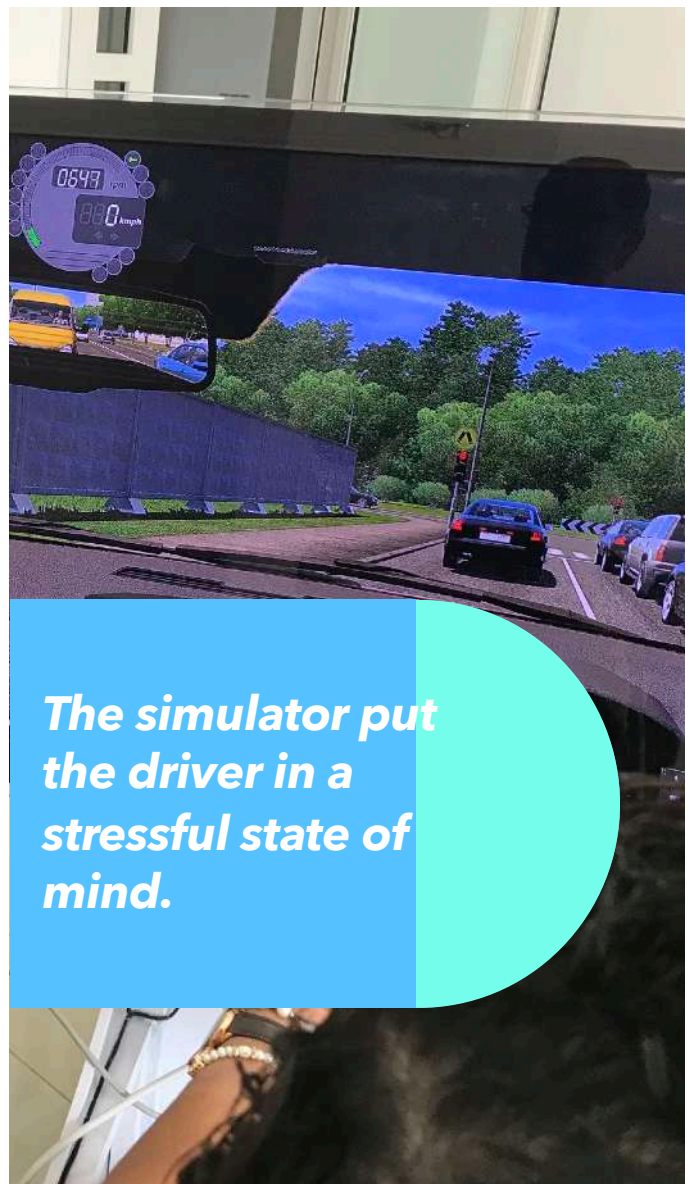
METR the solution to thoughts and mood management.

We aim to achieve this goal by measuring the mental state of the driver using the Neurocalm in conjunction with the **METR** (*management of emotions through thoughts restructuring*).

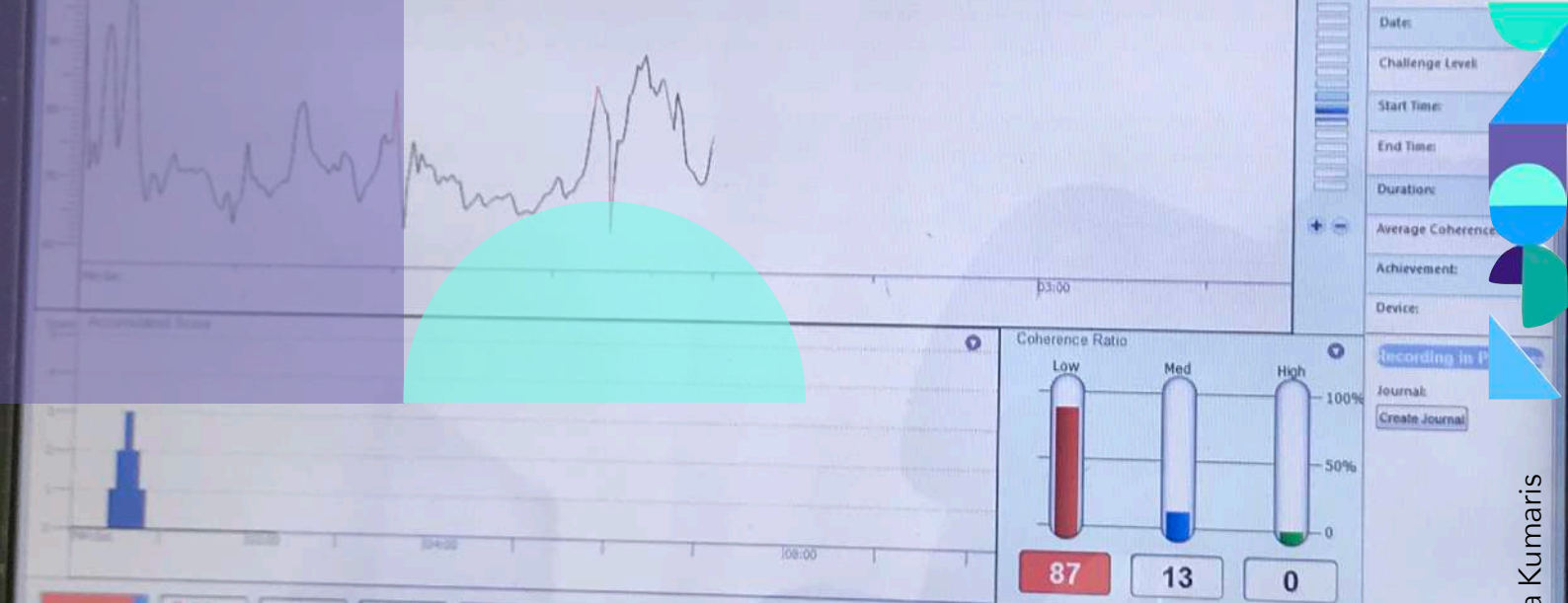
The **METR** is a new and innovative framework that we develop within Brahma Kumaris.

This method of relaxation in conjunction with the NeuroCalm will help the subject to analyse its emotional responses during

driving and act where he can himself realise an imbalance in his focus and decision-making ability.



The simulator put the driver in a stressful state of mind.



Emotional driving can cause a lack of focus resulting in taking bad decisions while driving.

The NeuroCalm is a very intuitive driving simulator that will replicate closely the emotional condition in which we operate while driving. We are often stressed, frustrated and generally preoccupied.

NeuroCalm has been conceived to promote self-realisation of the consequences of emotional driving on daily decision making.

By using NeuroCalm the driver is put in a state of stress and tension closely resembling the natural mindset that any driver has while driving his

vehicle. While on the simulator the driver is linked to the Neurofeedback.

This tool records brain waves demonstrating the subject's state of mind at any given moment and represents positive, neutral or negative emotional states.

While driving the mistakes are also displayed on the screen in real time allowing the driver to correct his behaviour while driving.

We can clearly note a change of the emotional state measured by the

Neurofeedback as the driver gets used to the simulator.

Obstacles are intentionally placed in the way of the driver in order to cause pattern interruptions and stress so that the latter can clearly see how his state of mind can influence his/her ability to make good decisions when required by the situation.

Self-realisation is at the core of the change of behaviour and will push the subject to want to take action to improve his decision-making ability.

The NeuroCalm reproduces a natural tension that will in term produce self-realisation. There is a natural and habitual tension present when we drive, however, because we are used to feeling this way we do not pay attention anymore.

By seeing the results of the Neurofeedback the subject can now realise that there is no risk 0 on the road and that we are all part of a road ecosystem, drivers and pedestrians alike. We have to know how to behave and navigate in that ecosystem and subscribe to the concept of road citizenship.

Mistakes are shown in real time.

The risk of an accident is made obvious to the driver, at this stage, he realises that **there is no risk 0 on the road.**

By being self-aware of our own mistakes we are introduced naturally to the concept of **a system that we all navigate through, drivers and pedestrians alike**, the management of that system is put to the test on a daily basis.

There are several elements to the good management of the system, we first



need **to make sure that we understand** it, then we need to **learn what we are lacking** in order to handle any difficulties that we could encounter , Then we need to **respect the rules attached to the system** and by doing so becoming a better road citizen.

The Neurofeedback is at the core of emotional driving as it records the mental state of the driver.

The driver now has the self-realisation that the tension that he experienced was due to exterior factors that can influence our subconscious driving.

We can say that in that instance we drive emotionally.



The NeuroCalm is a tool used to see of the driver in the path of change.

The NeuroCalm and the METR are part of a service where we help the individual at each step of the way . It is an evaluation tool and a real solution to the disconnection between intellect and conscious mind while driving.

Step 1: Analysis prior to the driving session.



The subject's emotional state is evaluated before trying the NeuroCalm in order to have a comparison point as well as an appraisal of the present state of mind before driving.

Step 2: The individual is driving in realistic conditions and get data in real time.



The subject is using the NeuroCalm. While adapting to the simulator, the mistakes made during the exercise are clearly visible to the user and the Neurofeedback is recording the emotional state of the subject while driving. Once adapted, the emotional responses become more stable. In order to render the experiment as real as possible obstacles and hurdles are placed strategically in the way of the driver in order to cause real stress and force the decision-making process.





Step 3: Analysis of the data with an expert.

After the session, the brain waves are analysed and explained to the subject. The anatomy of the conscience is described and the relation between emotions and driving is made obvious to the driver, we explain the concept of **emotional driving**.

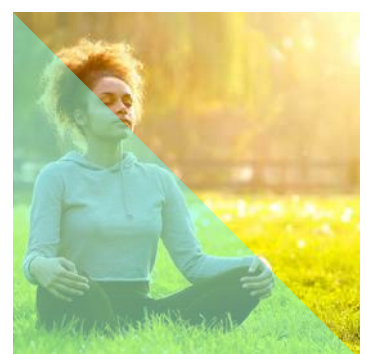


We then clarify the METR to the subject, prescribing up to 6 sessions of thoughts restructuring comprising the following topics:

- how to control the conscious mind
- How to create positive thoughts
- How to manage anger and frustration while driving.

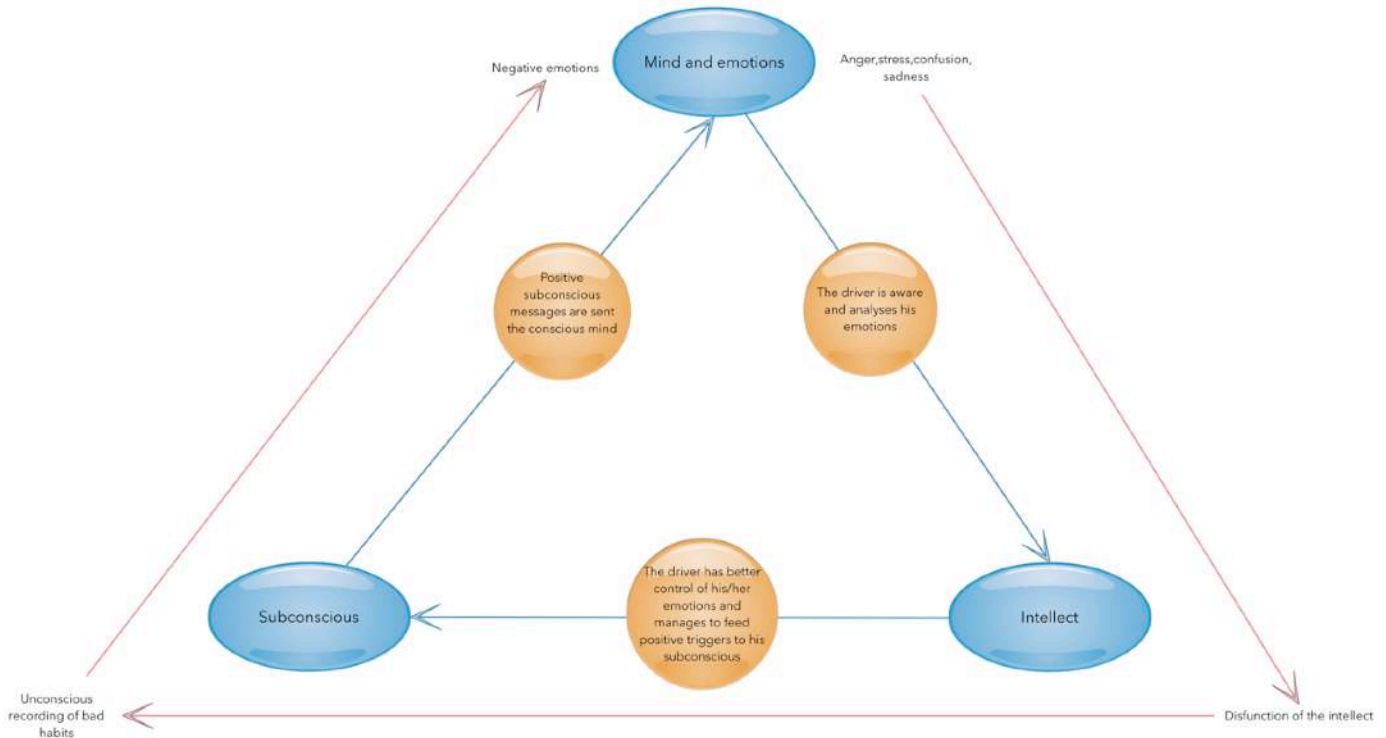
Step 4: application of METR and prescription of the right solution.

The work session starts following the METR system. Each session lasts an average of an hour for a total of approximately 6 sessions, this pace allows for quick results and practical tools to utilise on a day to day basis during driving.





Focus on the METR system



The METR system is a solution to the problem of self management Of emotion while driving.

The METR stands for *management of emotions through thoughts restructuring*.

The main objective of METR is to recreate a connection between conscious mind and intellect while driving, indeed when we are in a state of intense stress or that we are influenced by exterior factors we cease to use our intellect and our subconscious takes the first seat.

The subconscious is now recording bad habits and create bad automatic behaviours that we repeat

over and over again in similar situations. Negative information is then sent to the conscious mind and we are unable to make good decisions because we are now lacking the necessary control and we are influenced by negative emotions.

METR is reconnecting the mind with the intellect

The restructuring of thoughts in that instance will help the subject to regain control of his/her emotions by learning how to use the intellect to generate positive

thoughts and consequently change his state of mind.

Once the intellect is triggered the subconscious can send positive triggers to the mind and the driver will regain focus, clarity and calm. The positive automatic behaviours will also be recorded by the subconscious and result in a sustainable change of behaviour.

These conditions are optimal for the decision-making process.





Who are we and how do we create change in the world?



We bring awareness

Mr Raymond Daniel, road safety expert



We collaborate with the police and traffic management road safety unit.

We are helping to open the discussion

Here are a few of the awareness campaigns that we have run in order to educate and change the mentality when it comes to road safety.

We have been to several locations, BAMBOUS, CHEMIN GRENIER and GOODLANDS. There we opened the discussion on road safety and truly educate the youth, the elderly and the public at large on the introduction of a system and how to navigate and understand the management of that system on a daily basis, as a driver but also as a pedestrian.





Brahma Kumaris is participating to change in the world.

The university opened its first branch in Mauritius in 1975. It was established as the Prajapita Brahma Kumaris world spiritual university trust under act 44 in 1983. It has six main centres, four centres, nine sub-centres, two inner space centres and one residential retreat centre.

In line with the general philosophy of the university, a wide range of activities from a variety of short courses to lectures and seminars are organised for the benefit of Mauritian population at large.

These teachings focus on the development of specific personal skills and qualities of character.

The university works in collaboration with several ministries, private organisations and NGO's in order to cater to the moral, ethical and spiritual development of the population.

In recognition of its work towards the promotion of peace and harmony throughout the island, the university obtained the first national unity award in 1999.

As a registered charitable trust, all our activities are offered free of charge as a community service.



Who is M. Pradeep K S JAGUTPAL.

Professional Stress Consultant /
Therapeutic Advisor / Neuro-
biofeedback Practitioner

M Pradeep K S Jaguptal Joined the Brahma Kumaris in 1977 and dedicated his life to spirituality over the last 30 years.

He is the Coordinator of the Brahma Kumaris project on road safety and health related activities in Mauritius.

“Self transformation will bring world transformation”

He Conducted more than 100 Stress Management seminar sessions, presentations on various topics for the general public, including staff from different institutions, such as ministries, hotels, socio-cultural and school students and teachers Mauritius, and also to the Rodrigues Health and Education Commission and abroad.

His expertise in stress management and his mind openness on new technology is the foundation for the development of NeuroCalm.

His field of expertise includes:

- Emotional intelligence
- Digital rehabilitation
- Anger management
- Relaxation of the mind
- Style of healthy life
- Road safety by transformation in self.
- And many more...

With a truly human approach to these important topics M.Pradeep K S Jaguptal is a force for good.

He believes that self transformation is the key for world transformation.





NeuroCalm