NEUROSCIENCE IN THE CLASSROOM

The 4-Minute Academic Edge: Elevating Board Exam Scores with Rhythmic Breathwork

How integrating 4 minutes of guided, scientific pranayama into morning assembly neutralizes exam panic, improves working memory recall by 19%, and builds calm academic champions.

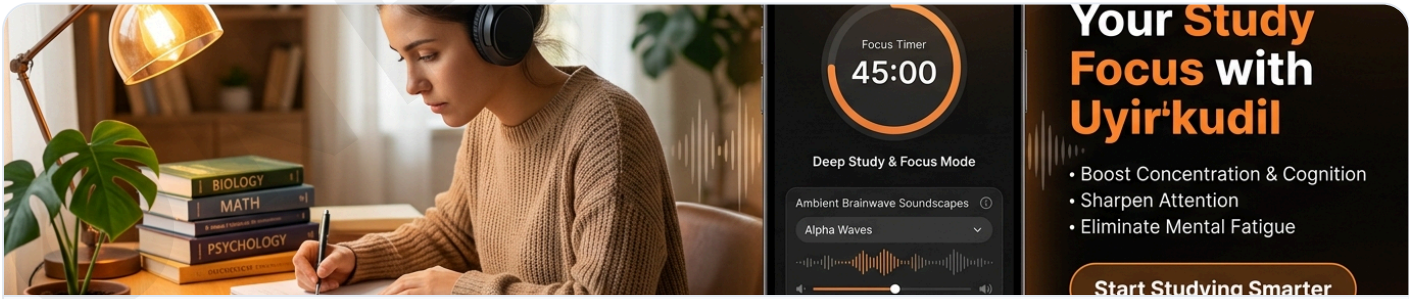
81%
Report Exam Panic
NCERT National Mental Health Survey across 3.79 Lakh students in India.

28%
Cortisol Reduction
Stanford Medicine study on 4–7–8 cyclic breathing within 5 minutes.

+19%
Recall Accuracy
Harvard Health findings on prefrontal cortex oxygenation under exam pressure.

🧠 What Happens in a Student's Brain During Exam Panic?

Under board exam pressure, the **amygdala** triggers fight-or-flight sympathetic arousal, flooding the bloodstream with cortisol and adrenaline. This literally shuts down the **prefrontal cortex** (responsible for logical reasoning, mathematical recall, and formula memory), causing the dreaded "brain freeze." Uyirkudil's 4-phase breathing stimulates the **vagus nerve** within 180 seconds, restoring parasympathetic control and executive function.



Classroom Snapshot: Synchronized morning breathwork primes classroom readiness

PROVEN COGNITIVE PRIMING

❌ The Conventional Problem

- Exams turn classrooms into high-anxiety pressure cookers.
- Students spend hours studying but blank out during crucial tests.
- Schools lack daily, measurable tools to build psychological stamina.

✅ The Uyirkudil Advantage

- 4-minute audio-guided morning assembly ritual (Zero teacher burden).
- Custom 4-phase breathing (4s Inhale, 7s Hold, 8s Exhale, 1s Rest).
- Verifiable reduction in restless classroom outbursts within 14 days.

© 2026 Janus Software (uyirkudil.in) • All Rights Reserved • Strictly Confidential & Proprietary

CONFIDENTIAL

© 2026 Janus Software (uyirkudil.in) • All Rights Reserved • Strictly Confidential & Proprietary

Uyirkudil Institutional Engine

AUTOMATED UDISE BINDING • REAL-TIME ANALYTICS

ZERO TEACHER OVERHEAD

Seamless 4-Step Institutional Implementation

1

UDISE Binding

School is mapped to its 11-digit state code with automated CSV class roster upload.

2

Assembly Broadcast

Audio-guided 4-minute morning pranayama broadcast over school PA or smartboards.

3

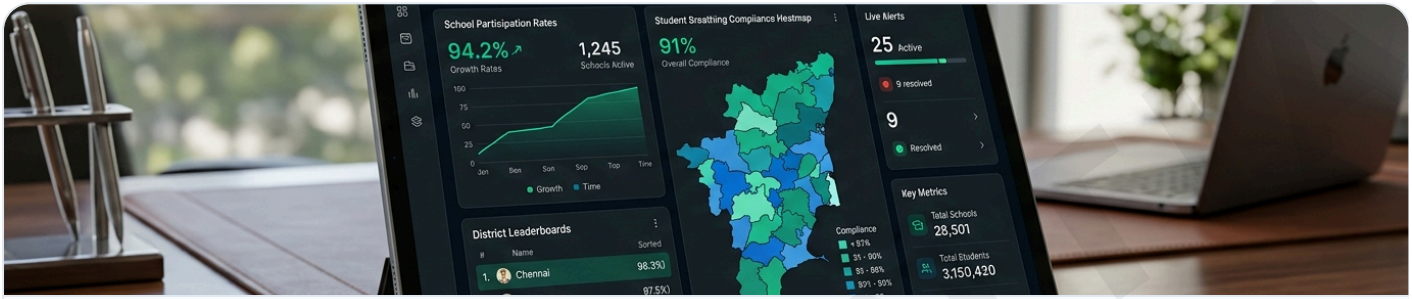
Trophy Room Streaks

Students unlock 45 gamified badges and maintain daily home practice streaks.

4

Audit Reports

Principals download 1-click compliance PDF rosters for board inspections.



Institutional Dashboard-KPI Portal: Live school participation matrices & Tamil Nadu district leaderboards

ADMINISTRATOR PORTAL

Principal & Management Governance

- Real-time attendance & streak tracking across all grades.
- Role-Based Access Control (RBAC): Principal ➔ Coordinator ➔ Student.
- 100% offline secure storage — works smoothly without campus Wi-Fi.

Gamified Student Adherence

- 45 milestone badges across Bronze, Silver, Gold, Platinum, Diamond.
- Confetti celebrations, haptic breath pacing, and streak freezes.
- Bilingual and 8-language voice guidance (Tamil, English, Hindi, etc.).

Founding Cohort Moat: First 5 Schools Only

The first 5 enrolled partner schools receive **100% Free Campus Event Hosting** (certified hybrid workshops by master instructors) and **Exclusive On-Campus Wellness Store Setup** at zero setup fee.

₹60

/ Student / Month (B2B)

(vs ₹100/mo consumer rate)

Transform Your Campus Academic Climate This Term

Schedule a complimentary 15-minute live morning assembly pilot demonstration.

Schedule Pilot Demo →

Website: uyirkudil.in • Email: schools@uyirkudil.in • Support: WhatsApp +91 73580 92667 (09:00 AM – 05:00 PM IST)

© 2026 Janus Software (uyirkudil.in) • All Rights Reserved • Strictly Confidential & Proprietary

CONFIDENTIAL

© 2026 Janus Software (uyirkudil.in) • All Rights Reserved • Strictly Confidential & Proprietary