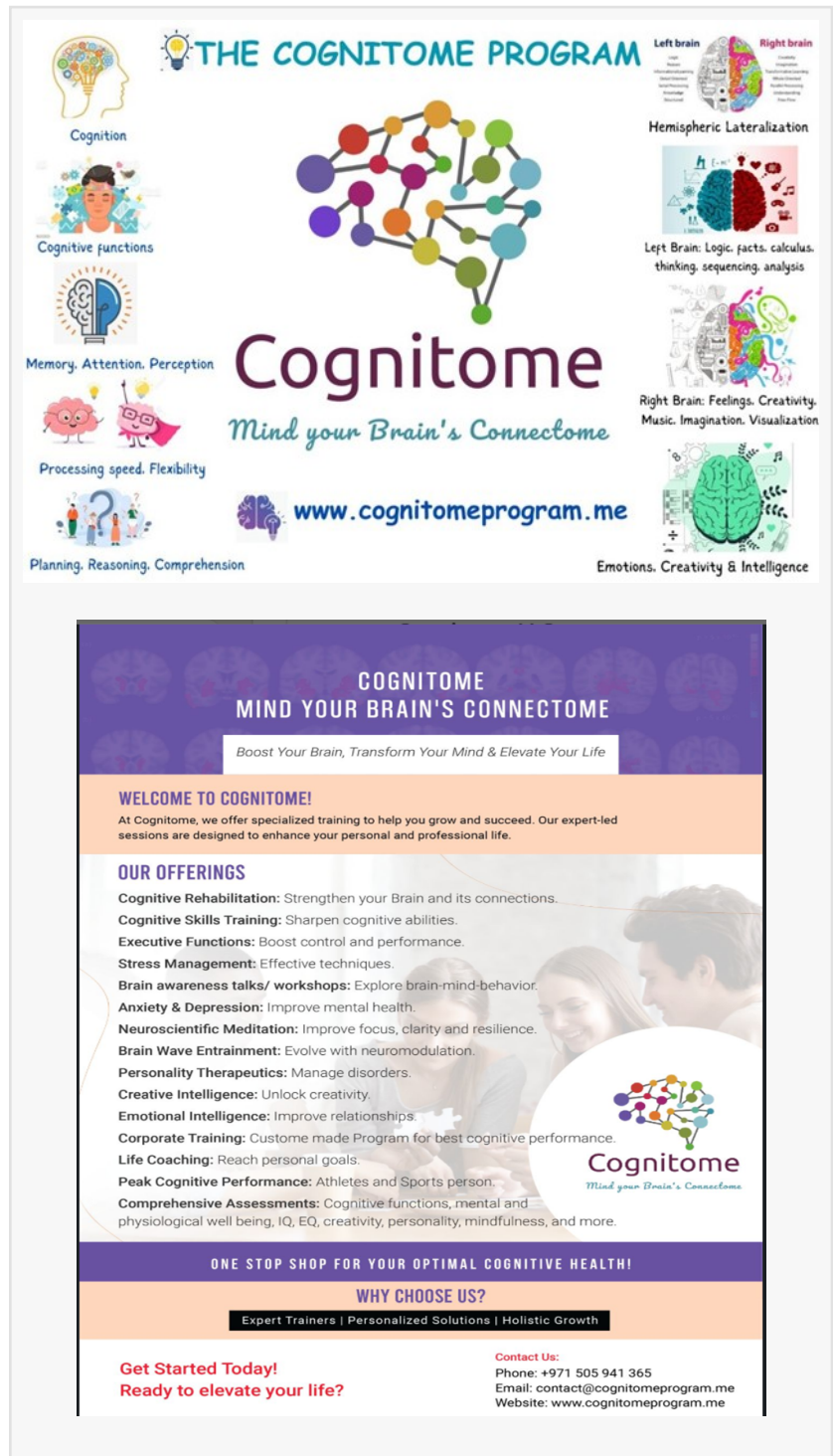


The Cognitome Program Selected as Top Global Cognitive Health and Rehab Program of the Year by IAOTP

Celebrating Cognitome Program: A Transformative Approach to Cognitive Wellness

NEW YORK, NY, UNITED STATES, January 6, 2025 /EINPresswire.com/ -- The Cognitome Program stands as a beacon of innovation in cognitive rehabilitation, earning its esteemed recognition as the Top Global Cognitive Health and Rehab Program of the Year 2025 by the International Association of Top Professionals (IAOTP). This prestigious accolade underscores the program's exceptional efficacy, dedication to excellence, and profound impact on the field. Cognitome Program's success stems from its deeply insightful foundation: the understanding that the brain possesses remarkable neuroplasticity, the capacity to rewire and strengthen itself. Leveraging this inherent ability, the program offers a personalized journey tailored to individual cognitive needs, encompassing a range of cutting-edge methodologies proven effective in cognitive rehabilitation therapy, cognitive control, and cognitive skill enhancement.

As, the program's core philosophy rests on the understanding that the brain's capacity for change and



THE COGNITOME PROGRAM

Cognitome
Mind your Brain's Connectome

www.cognitomeprogram.me

Left brain
Logic, facts, calculus, thinking, sequencing, analysis

Right brain
Feelings, Creativity, Music, Imagination, Visualization

Hemispheric Lateralization

Cognition

Cognitive functions

Memory, Attention, Perception

Processing speed, Flexibility

Planning, Reasoning, Comprehension

Emotions, Creativity & Intelligence

COGNITOME
MIND YOUR BRAIN'S CONNECTOME

Boost Your Brain, Transform Your Mind & Elevate Your Life

WELCOME TO COGNITOME!
At Cognitome, we offer specialized training to help you grow and succeed. Our expert-led sessions are designed to enhance your personal and professional life.

OUR OFFERINGS

- Cognitive Rehabilitation:** Strengthen your Brain and its connections.
- Cognitive Skills Training:** Sharpen cognitive abilities.
- Executive Functions:** Boost control and performance.
- Stress Management:** Effective techniques.
- Brain awareness talks/ workshops:** Explore brain-mind-behavior.
- Anxiety & Depression:** Improve mental health.
- Neuroscientific Meditation:** Improve focus, clarity and resilience.
- Brain Wave Entrainment:** Evolve with neuromodulation.
- Personality Therapeutics:** Manage disorders.
- Creative Intelligence:** Unlock creativity.
- Emotional Intelligence:** Improve relationships.
- Corporate Training:** Custom made Program for best cognitive performance.
- Life Coaching:** Reach personal goals.
- Peak Cognitive Performance:** Athletes and Sports person.
- Comprehensive Assessments:** Cognitive functions, mental and physiological well being, IQ, EQ, creativity, personality, mindfulness, and more.

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adaptation—its neuroplasticity—offers remarkable potential for cognitive enhancement, rather than merely addressing symptoms, Cognitome actively empowers individuals to cultivate stronger, more resilient cognitive abilities. Developed by the internationally renowned neuroscientist and neuropsychologist, Dr. Mohita Shrivastava, Ph.D., Cognitome offers a comprehensive suite of interventions. These address a spectrum of brain, mind, and behavioral challenges, achieved through a meticulously designed and personalized regimen encompassing:

Advanced Cognitive Rehabilitation & Cognitive Training: Cognitome incorporates cutting-edge cognitive training & Cognitive rehabilitation (Remediation and strengthening of impaired cognitive

functions) techniques and targeted interventions to address the specific cognitive domains, including memory, attention, executive function such as planning, organization, and decision-making, contributing to improved efficiency and goal attainment, processing speed, Critical thinking, reasoning & creativity. The Cognitive Remediation protocol addresses specific cognitive deficits, helping individuals regain lost cognitive skills and improve overall cognitive efficiency. The program cultivates skills in critical analysis, problem-solving, and innovative thinking, fostering a more flexible and agile cognitive style. These tools and techniques are neuroscientific and evidence-based, ensuring optimal efficacy and measurable results.

Holistic Approach to Brain Health: Recognizing the interconnectedness of physical and mental well-being, the program adopts a holistic approach that extends beyond cognitive training. It integrates elements of neuroscientific mindfulness meditative approaches, brainwave entrainment by harnessing the power of brainwave frequencies to improve cognitive states, and targeted counseling to optimize brain health from multiple perspectives.

Personalized Cognitive Journeys: Cognitome avoids a "one-size-fits-all" approach. The program tailors its interventions to the unique cognitive profile of each individual, ensuring optimal results and maximizing the potential for sustained cognitive improvement.

Neuroplasticity-Focused Interventions: By directly targeting the mechanisms of neuroplasticity, Cognitome fosters genuine and lasting cognitive changes. This commitment to neuroplasticity distinguishes the program, offering a truly transformative experience that extends beyond symptomatic relief.



Cognitome's holistic approach reflects the understanding that cognitive well-being is intrinsically linked to overall health and quality of life. This dedication to a comprehensive approach has garnered numerous accolades, including the Outstanding Organization Award (Health 2.0 Conference, 2024), Outstanding Leadership Award (2023), and the Visionaries Award (2024), a prestigious Global Mental Health Advocacy Leadership Award (IHW Council) (2024). The upcoming award for Top Global Cognitive Health and Rehab Program (December 2024) further solidifies Cognitome's position as a leader in the field. The accolades bestowed upon Cognitome, including the IAOTP's top award, serve as compelling validation of its efficacy. The program's success story is not merely a testament to its scientific rigor and innovation, but also to the unwavering dedication of its founder, Dr. Mohita Shrivastava, Ph.D. Dr. Shrivastava's expertise as an internationally recognized neuroscientist and neuropsychologist has been instrumental in developing and implementing this groundbreaking program. Cognitome's impact extends far beyond individual clients; it contributes substantially to the broader understanding and application of neuroplasticity in the realm of cognitive health. The program continues to set a new standard of excellence, signifying a pivotal moment in the evolution of cognitive rehabilitation. The future promises even more advancements as Cognitome continues its journey of innovation and dedicated service to cognitive wellness.

The President of the International Association of Top Professionals (IAOTP), Stephanie Cirami, stated: "Choosing the Cognitome Program or this honor was an easy decision for our panel to make. Dr. Shrivastava and her signature program is inspirational, influential, and a true visionary and thought leader. We cannot wait to see her and celebrate her program's accomplishments at next year's gala." This statement encapsulates the transformative nature of Cognitome and its profound contribution to the field of cognitive wellness.

Dr. Shrivastava's unwavering perseverance, dedication, and commitment to her craft are evident in Cognitome's success. She truly believes that "An active brain is the cornerstone of a vibrant existence & cognitive wellness is the foundation of resilience. So, challenge your brain, keep it engaged and inspired as a healthy brain navigates life's challenges with ease." Her emphasis on continuous innovation and personalized care are key differentiators, underscoring the human-centered approach of this truly exceptional program. Cognitome not only delivers tangible results but also empowers individuals to unlock their cognitive potential and navigate life's challenges with greater ease and resilience.

For more information or to connect with Dr. Shrivastava, please visit:

<https://cognitomeprogram.me/>

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About IAOTP

The International Association of Top Professionals (IAOTP) is an international boutique networking organization that handpicks the world's finest, most prestigious top professionals from different industries. These top professionals are given an opportunity to collaborate, share their ideas, be keynote speakers, and help influence others in their fields. This organization is not a membership that anyone can join. You have to be asked by the President or be nominated by a distinguished honorary member after a brief interview.

IAOTP's experts have given thousands of top prestigious professionals around the world the recognition and credibility that they deserve and have helped them build their branding empires. IAOTP prides itself on being a one-of-a-kind boutique networking organization that handpicks only the best of the best and creates a networking platform that connects and brings these top professionals together.

For more information on IAOTP, please visit: www.iaotp.com

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