Brain is the most amazing and complex organ in the human body. The human brain consists of millions and millions of electrical wires which are known as axons. This distance is the equivalent of travelling around the earth four times in a row! It is thought that there are about eighty billion neurons within the human brain. There are about ten trillion connections between these neurons which help us to read, write, watch, learn, plan, think, feel, move and solve problems on a daily basis.

Diseases affecting brain such as Stroke, Epilepsy, Depression, Tumors, Traumatic Injury, Alzheimer's Disease, Infections, Headache, Sleep Disorder and Genetic Disorders. Diseases affecting the brain are the single most important cause of disability in the world.

It's time to act. Let's get together to promote better brain health globally. Exercise, healthy eating, avoidance of tobacco, drugs and alcohol, reading and problem solving promotes brain health.

One in three of us will get dementia or stroke during our life time. This can occur at any age—any time—anywhere! Both these disorders are preventable—treatable for the most part.

Our brains are at a crossroads now! Our Brain Our Future. World Brain Day 22nd July.