



A report on one day seminar on Train Your Brain: Unlock Your Hidden Potential

THEME OF THE EVENT: This event was meant to expose students of the various techniques and exercises that can be employed to sharpen memory, increase focus, and improve problem-solving skills.

ACADEMIC SESSION: 2024-2025

DATE: 25th February 2025

VENUE: Centenary Building, Asutosh College

OBJECTIVE/ PURPOSE: To understand that various techniques and exercises are available that can be employed to sharpen memory, increase focus, and improve problem-solving skills of students.

RESOURCE PERSON: Dr. Anup Banerjee, Leading Memory Science Expert and study skill coach, President of Indian Memory Sports Council of West Bengal

ORGANIZERS:

Following Faculties of Dept. of Microbiology, Asutosh College-

Dr. Kuntal Kanti Goswami, Assistant Prof. & HOD

Dr. Arpita Mondal, Assistant Prof.

Dr. Nirmalya Chakraborty, Faculty

Dr. Pranab Kumar Das, Assistant Prof.

Dr. Gajendra Nath Maity, Assistant Prof.

Dr. Sankar Chandra Basu, Assistant Prof.

Mrs. Nilanjana Bose, Faculty

Mrs. Parbatee Nag, Faculty

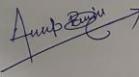
TARGET PARTICIPANTS: Semester VI and III students of the Department.

ATTENDANCE SHEET:

Seminar

Topic: Train Your Brain: Unlock Your Hidden Potential.

Date: 25.02.2025

Signature of the Speaker:
 25.02.2025

Signature of the Teachers:

- 1) Kuntal Kanit Goswami
- 2) Anpita Mandal
- 3) Nimolya Chakraborty

Signature of Students:

1. Anwesha Mukherjee
2. Tanushree Saha
3. Tamanna Sinha
4. Pasoma Nath
5. Anuja Dhar
6. Biswadip Mukherjee
7. Pratyush Biswas
8. Astha Anke Ray
9. Sneha Singh
10. Umi Bose
11. Sangomi Majhi
12. Kalpita Mukherjee
13. Aditya Chanda
14. Anamika Bhow
15. Nupur Kavan
16. Ahasanul Hossain

- 16) Madhusri Santra
- 17) Risja Bhattacharyya
- 18) Bidisha Sookhel.
- 19) Subhmanu Podder
- 20) Ankita Barua
- 21) Anpita Saha

BRIEF REPORT ABOUT THE EVENT/ PROGRAMME:

A seminar titled "Train Your Brain" was recently held at our college, aimed at enhancing mental agility, cognitive function, and overall brain health. The event was well-attended by students and faculty alike.

The seminar focused on various techniques and exercises that can be employed to sharpen memory, increase focus, and improve problem-solving skills. Experts in the field of neuroscience and psychology delivered insightful presentations, emphasizing the importance of mental training in achieving academic and personal success.

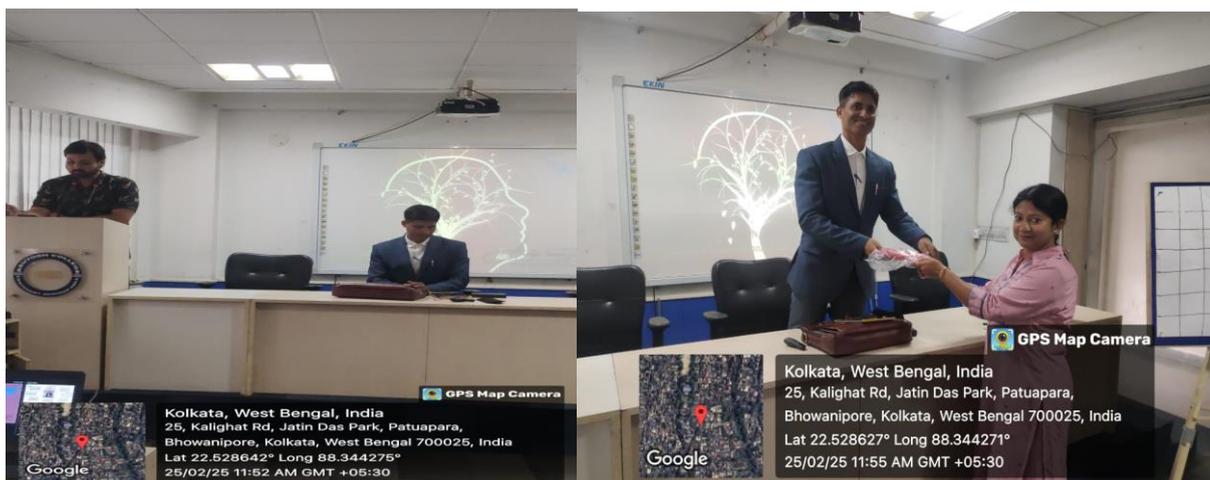
Throughout the seminar, attendees were introduced to practical methods such as brain games, mindfulness practices, and cognitive exercises. These activities were designed to help improve memory retention, enhance concentration, and reduce stress. The speakers also provided valuable tips on maintaining a healthy lifestyle, including proper sleep, nutrition, and regular mental stimulation to keep the brain in peak condition.

The seminar concluded with an interactive Q&A session, where participants had the opportunity to ask questions and engage in discussions on mental fitness and well-being. Overall, the event was highly informative and motivating, leaving everyone with a better understanding of how to actively train and improve their brain.

EXPECTED OUTCOME:

The expected outcome of the "Train Your Brain" seminar is that participants will gain practical tools and techniques to enhance their cognitive abilities and overall mental well-being. By incorporating strategies such as brain exercises, mindfulness, and lifestyle changes into their daily routines, attendees are expected to experience improvements in memory retention, focus, and problem-solving skills.

GEO-TAGGED PHOTOGRAPHS:



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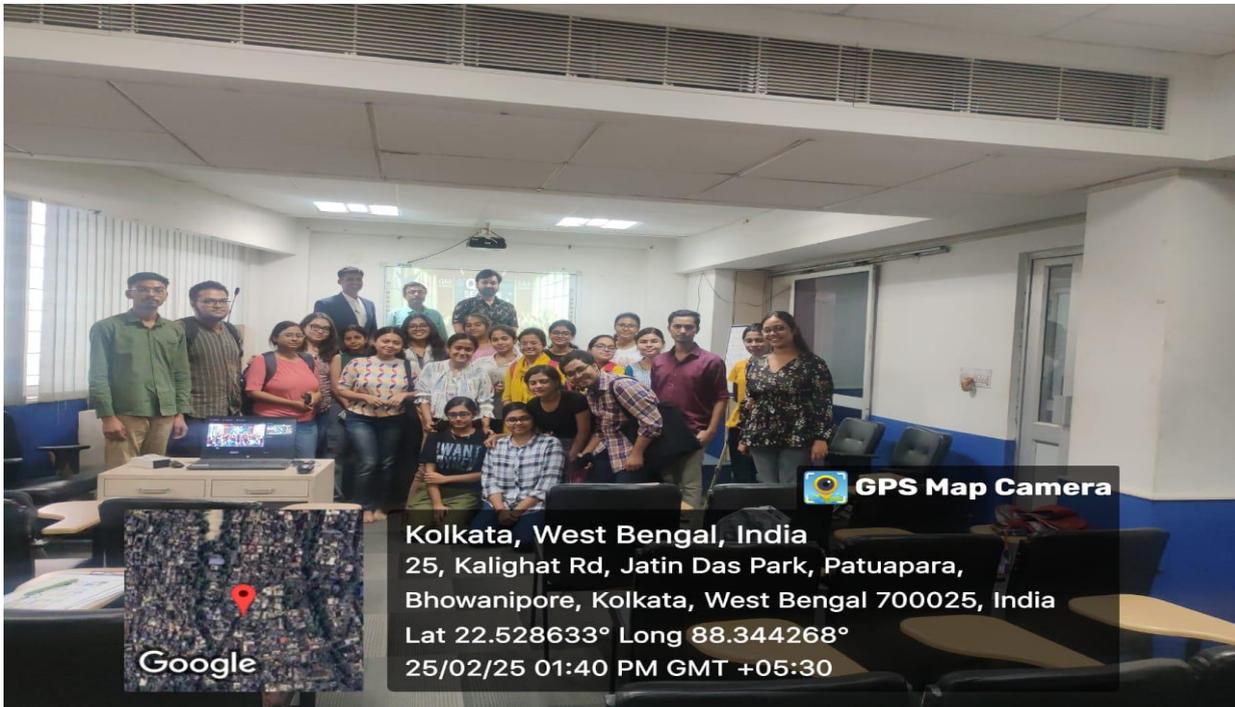
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