



Internal Quality Assurance Cell (IQAC)

A Report on workshop on "Train Your Brain"

Date: 23/09/2019

Speaker: Mr. M. Vijayan, Trainer, JCI, Vellore.

Time: 10:30 AM to 1:00 PM

A workshop on "Train Your Brain" was conducted for students and faculty members to enhance their cognitive skills and improve their memory and focus. The workshop aimed to provide participants with practical tools and techniques to develop their brainpower and enhance their academic performance. This report outlines the highlights of the "Train Your Brain" workshop.

Program Highlights:

The workshop began with an introductory session where the facilitator explained the basic principles of brain training and its benefits. The participants were introduced to different techniques to improve their memory, concentration, and focus. The facilitator emphasized the importance of consistent practice and exercise to develop and maintain a healthy brain.

The first session of the workshop focused on memory enhancement techniques. The facilitator demonstrated various techniques such as visualization, association, and repetition to improve memory retention. The participants were given practical exercises to apply these techniques to remember lists of words, numbers, and other information.

The second session of the workshop focused on concentration and focus. The facilitator discussed the factors that affect concentration and provided techniques to improve focus and attention. The participants were given practical exercises to apply these techniques to their studies and other daily activities.

The third session of the workshop focused on stress management and relaxation techniques. The facilitator discussed the negative effects of stress on the brain and provided techniques to reduce stress levels. The participants were given practical exercises to apply these techniques to their daily routine.

The workshop also included a session on brain-friendly nutrition and exercise. The facilitator discussed the importance of a balanced diet and regular exercise for brain health. The participants were given practical tips on brain-friendly foods and exercises that could improve their brain function.

Conclusion:

In conclusion, the "Train Your Brain" workshop was a valuable learning experience for the participants. The workshop provided practical tools and techniques to improve cognitive skills,



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memory, concentration, and focus. The participants were given practical exercises to apply these techniques to their studies and daily activities. The workshop also emphasized the importance of consistent practice, stress management, and brain-friendly nutrition and exercise for maintaining a healthy brain. The workshop was a success and helped the participants to enhance their brainpower and academic performance.