



योग: कर्मसु कौशलम्
IN PURSUIT OF PERFECTION

Vivekananda Institute of Professional Studies Vivekananda School of Information Technology

Brain Empowerment

The brain is an extremely important part of our body, we perform and decide thousands of decision with the help of our brain but unfortunately, we never think of its charging. The charging of the brain can be done in many ways like meditation, better sleeping, breathing exercise, a healthy lifestyle etc.

By keeping the thought of “Brain Empowerment”, Dr. Neha Verma Malhotra, VSIT, VIPS has conducted one session on brain empowerment and the focus of the session was on better Sleep and right timings for sleep, as the young generation nowadays sleep and get up quite late.

The session was conducted scientifically and explaining the importance of early sleeping and rising hours which should be 10 pm to 5 am. In addition to that, the importance of ‘Meditation’ was also highlighted. Total 61 students participated in the session; finally, the session was terminated with an interactive questions and answers round followed by a feedback session.

Flyer



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The poster features a central illustration of a human head in profile, facing left, with a detailed brain inside. The brain is rendered in shades of pink and orange. To the right of the head, there are several colorful geometric shapes (triangles and squares) in shades of purple, red, and blue, arranged in a way that suggests a modern or technological theme. The background is white with some faint, light-colored geometric patterns.

VIPS VISIT INVITES YOU FOR AN INTERACTIVE SESSION ON
Brain Empowerment

Time : 12:45 to 1:45 PM
Venue : Room 401, A block
Date : 10th Jan, 2020

Benefits:

- 1) To increase concentration powers.
- 2) Calm and relaxed mind.
- 3) More focus and clarity.
- 4) Reduces depression and stress.
- 5) Better decision making and many more.

A Glimpse



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Faculty Coordinator
Dr. Neha Verma Malhotra



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VSIT, VIPS