

Sat Paul Mittal School organized a workshop on “Let's train our Brain” by Dr. Monica Bansal



“You have to train your brain to be positive just like you work out your body.”

Sat Paul Mittal School achieved another accomplishment by organizing a virtual workshop for the students of Classes II – V on “Let's train our Brain”. The workshop emphasized that by playing brain games we can improve our concentration levels. The workshop was conducted on 15th July by Dr. Monica Bansal who is a renowned Neurologist and Associate Professor at Dayanand Medical College and Hospital, Ludhiana.

She highlighted that our brain works throughout life and controls our body functions. So, to keep our mind active and clear, we must keep our brain healthy. She emphasized that the overdose of internet and devices has a severe impact on the brain health. All this is not only leading to a sedentary life style but there is a tremendous increase in aggression and sadness amongst the kids. She accentuated that training the brain is highly important to increase the memory, logic skills, analytical thinking, comprehension, conceptual, lateral and critical learning. It also enhances our creativity and problem-solving skills.

The students also learnt about some important facts about the brain health and how to keep it healthy and active. A balanced diet, daily routine of exercising, proper sleep, reading books, playing outdoor and brain games play a vital role in improving our brain health. She even suggested a number of games like - So du ku, Crosswords, Treasure Hunt, Dice Wars, Word search, Puzzles, Chess, Tic tac toe, Pictionary, Rubik’s cube etc.

This single session workshop has motivated the students to take care of themselves, and to make their happiness a priority by training their minds to be constructive, dynamic, satisfied and pleased.

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