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कार्यालय प्राचार्य बी.सी.एस. शासकीय स्नातकोत्तर महाविद्यालय, धमतरी (छ.ग.)

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AISHE CODE: C-21763

NAAC GRADE B+

दूरभाष— 07722—238933 फैक्स — 07722—237933

दिनांक 14/12/2023

॥ सूचना ॥

महाविद्यालय के समस्त शैक्षणिक/अशैक्षणिक स्टॉफ तथा समस्त छात्र-छात्राओं को सूचित किया जाता है कि IQAC के तत्वाधान में "FitFution" Programme अन्तर्गत दिनांक 15.12.2023 Brain Exercise का आयोजन महाविद्यालय परिसर में किया जाना है। अतः आप सभी की उपस्थिति अनिवार्य है।

दिनांक :- 15.12.2023, दोपहर: 12:00 बजे

स्थान:- नवीन भवन सेमीनार हॉल

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प्र.प्राचार्य बी.सी.एस.शासकीय स्नातकोत्तर महाविद्यालय जिला-धमतरी (छ.ग.)

Department of Psychology

Uder the Agies of IQAC

FitFusion

15.12.2023

The Fit Fusion program is being run by the IQAC of the college under Best Practices in the session 2023- 24. Under which, the department of Psychology organized a Brain exercise program on 15.12. 2023 in the college campus Many exercises were practiced by Dr. Sarla Dwivedi which work to balance the right hemisphere and left hemisphere of the brain and increase working capabilities. Apart from this, some tongue twisters were also practiced and it was told that tongue twisters also activate both the hemispheres of our brain. It can help in increasing mind and speech coordination.

Exercising your brain is important because it can help improve your cognitive skills, memory, and concentration, and may reduce the risk of dementia. Brain exercises can help improve brain function and connectivity between different areas of the brain. Protects against age-related degeneration. Brain exercises may help protect the brain from age-related degeneration. Strengthens neural connections The more you practice mental tasks, the stronger your neural connections become. This can help improve your brain's ability to process information. Helps you learn new skills. Learning new skills, such as playing an instrument, learning a language, or building a model ship, can challenge your brain in new ways. Helps you make

positive behavior changesBrain training can help you reach your full potential and make positive behavior changes. Here are some ways to exercise your brain.

In this program apart from the students of Psychology, students from other departments were also present. Many teachers were present who were told how we can strengthen the brain through our hand and finger exercises. How we can increase the working capacity of both hemispheres.

Dr. Sarla Dwivedi

HOD, Psychology Department

BCS Govt.P G College,Dhamtari (C.G)



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Inauguration of "FitFusion" Programme <u>BRAIN EXERCISE</u>

Date: 15.12.2023, Time: 12:00

S.No.	Name	Class	Sign.
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2	िहमांकी तिवारी	B.A. II	हिमांबरी
3	काल्ति साड	B. A. II	applan
4	Aditi Agrawal	B.A. I	20,
5	Kumkum Dewagan	B.A. I	Kunkun
6	Chanchal Sinha	B.A(T)	Ond in ra
7	Ankita netam	B. A. (T)	Ankita
8	Mudhulika Vika	B.A I Jean	Madhalika Vike
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10	Chunta	B. A J Year	
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12	Minakshi	BA III and Year	mahy
13	Saumya Paruhar	BAIII'd Year	Saumoya
14	Tanisha, Groscumi	BATTED YEAR	Jonesha
15	Chandhi Nishad	BAII Lear	Shanohai
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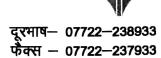
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Inauguration of "FitFusion" Programme

BRAIN EXERCISE

Date: 15.12.2023, Time: 12:00

S.No.	Name	Class	Sign.
17	Namina Mandle	BAI	Namina
_18	Komal Nag	B.A.I.	Komal
19	Rashme Savuva	Bo Ao I	Rashm
20	kusum Deuxingan	B. A. TIL	उसम
21	lesemi komwer	B.A. III	loremi.
22	Janmejay	B.A I	Jam. Janaviag,
23	Monar Dungay.	B.4. J.	Jonaviag,
24	Rajneesh Kumas	B.A. T.	Rangesh
25	Khushi Cupta	B. A. I	tyl.
26	Chuneshwast Sinher	B.A.TI	Turngisley_
27	Scoper l'acoserel Nederm	B.A. I	Drogod
28	Ganeshwas	BA IST	TORAL
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30	Rahul Kumay	BA Ist Year	Pohor
31	Nandkishoa	BAIIInd	ने शिकशोर
32	Kama patal	B. A Ittord	Same
33	SnishHi Jagdalle	BA Wind	Soish
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