





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 स्टाफ 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

  
( डॉ.श्रीदेवी चौबे )

प्र.प्राचार्य

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



# Department of Psychology

Under 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 changes Brain 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)**



**Internal Quality Assurance Cell (IQAC)**  
**B.C.S. GOVT. PG. COLLEGE, DHAMTARI (C.G.)**

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## Inauguration of "FitFusion" Programme

### BRAIN EXERCISE

Date : 15.12.2023, Time : 12:00

S.No.	Name	Class	Sign.
1	भूमिका शहा	B. A II	भूमिका
2	हिमांशी तिवारी	B. A. II	हिमांशी
3	कान्ति शहा	B. A. II	कान्ति
4	Aditi Agrawal	B. A. II	
5	Kumkum Dewangan	B. A. II	Kumkum
6	Chanchal Sinha	B. A (II)	
7	Ankita netam	B. A. (I)	Ankita
8	Mudbulika Vike	B. A I Year	Mudbulika Vike
9	Shweta	B. A I Year	
10	Gunja	B. A I Year	Gunja
11	Negha	B. A. III Year	
12	Minakshi	BA III <sup>rd</sup> Year	Minakshi
13	Saumya Parihar	BA III <sup>rd</sup> year	Saumya
14	Tanishq Goswami	BA III <sup>rd</sup> year	Tanishq
15	Chandni Vishal	BA III Year	Chandni
16	Pragya Soni	B. A III year	Pragya
38	Tarini Yadav	BA I Year.	Tarini
39	Natasha Koshariya	B. A. III year	





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**BRAIN EXERCISE**

**Date : 15.12.2023, Time : 12:00**

S.No.	Name	Class	Sign.
17	Namita Mondle	BA I	Namita
18	Komal Nag	B.A. I.	Komal
19	Rashmi Sarua	B.A. I	Rashmi
20	Kesum Dewangan	B.A. III	कुसुम
21	Laxmi Karmar	B.A. III	Laxmi
22	Tanmejay	B.A. I	Tan
23	Manav Dewagan.	B.A. I.	Manav
24	Rajneesh Kumar	B.A. I.	Rajneesh
25	Khushi Gupta	B.A. I	Khushi
26	Chuneshwar Sinha	B.A. III	Chuneshwar
27	Deepal Pooresal Nethan	B.A. I	Deepal
28	Ganeshwar	BA Ist	गणेश्वर
29	Devesh Sahas	BA Ist	Devesh
30	Rahul Kumar	BA Ist Year	Rahul
31	Nandkishore	B.A. IIIrd	नंदकिशोर
32	Kamal Patel	B.A. IIIrd	Kamal
33	Snishhi Jagdalle	BA IIIrd	Snishhi
34	Mayank Sahas	BA Ist	Mayank
35	Deepal Kumar	BA IIIrd	Deepal
36	Nidhi Lahre	BA Ist	Nidhi
37	Namishwar	B.A. Ist	Namishwar