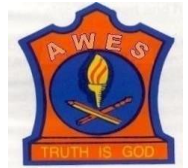




# ARMY INSTITUTE OF EDUCATION

NAAC ACCREDITED & ISO 9001:2015 CERTIFIED INSTITUTE

Plot M-1, Pocket P-5, Sec. CHI, Greater NOIDA



## One Day National Workshop on “Brain Gym Activities and Exercises”

IQAC of Army Institute of Education organized a One Day National Workshop on “Brain Gym Activities and Exercises” on 4<sup>th</sup> December, 2021. The objective of this Workshop was to get familiar with the Brain Gym Activities and exercises for enhancing the functioning of the brain for better problem solving, learning readiness, better learning and improving overall brain functioning. The commencement of the program was done by Principal Madam by addressing the attendees and passing the platform to the resource person Ms. Mansi Narang, Coordinator of Rehabilitation Center, Rohini, New Delhi.

Ms. Narang started the session with the introduction to the term “Brain Gym” and its importance. She emphasized on the relation between both sides of the brain and how can we exercise them for better functioning. She made the attendees perform some activities and exercise to give them the hands-on experience. Overall, it was an interactive and knowledgeable session where in the attendees were also able to clarify their doubts.

We had attendees from APS Hisar, Mahatma Jyotiba Phule Rohilkhand University Bareilly, APS Clement Town Dehradun, Maharaja Agarsain Public School Delhi, Vision institute of advanced studies Faridabad, GBSSS New Friend Colony New Delhi, Institute of Vocational Studies (GGSIU) New Delhi, Retreat Hospital Hyderabad, Govt. Primary School Chhattisgarh, Zee Learn Limited Mumbai, Jamia Millia Islamia New Delhi, Govt. Girls Sen. Sec. School Julaina, Prometheus School, Amity Institute of Rehabilitation Sciences and many more. It was attended by 250+ attendees from Pan India including B.Ed. & B.Ed. Special Education Students of AIE.

Attendees also shared their feedback in the chat box as well as through the feedforward form provided to them in the chat box. E certificate was also provided to all the attendees. The Workshop concluded with a vote of thanks given by Mr. Mohd Ubais, Asst. Prof. B.Ed. Spl Education.



*Participants from various organization attending the workshop.*

*Ritika Guliani*

In charge  
Ms. Ritika Guliani

*Abhilasha Gautam*

Principal  
Dr. Abhilasha Gautam