

BRAIN GYM WORKSHOP



Guru Tegh Bahadur 3rd
Centenary Public School

Rotary 
District 3011



YOUNG CRUSADERS - Interact Club
Of Guru Tegh Bahadur 3rd Centenary Public School
Under the aegis of : **Rotary Club Of Delhi, Safdarjung**

organizes

BRAIN GYM WORKSHOP



Date : Tuesday, 16th MAY, 2023

Time : 11:00 A.M.

Venue : A.V. ROOM

By

RTN. TEENA KAPOOR

(Mindfulness Based Counsellor, certified in Mindfulness Professional Training and Quantum Healing Meditations by The Centre for Mindfulness, San Diego)

Past Secretary 21 - 22 of Rotary Club of Delhi Safdarjung, Currently serving as the Interact Club Incharge.

Guru Tegh Bahadur 3rd Centenary Public School

BRAIN GYM WORKSHOP

'Young Crusaders' Interact Club of Guru Tegh Bahadur 3rd Centenary Public School, under the aegis of Rotary Club of Delhi, Safdarjung, organized **'Brain Gym Workshop'** in the school on 16th May, 2023.

Rtn. Teena Kapoor, mindfulness based counsellor, conducted the session and addressed 100 plus students and teachers. She demonstrated various techniques to wipe away stress, anxiety and depression and restore inner peace and calm.

She urged the students to try novel things apart from the streamlined activities and use their senses to observe something new.

It was followed by the whole group practising Bhramari Pranayama, Colour quiz, Eye Exercises and Anulom Vilom. Spending a few moments in doing these exercises, relieves negativity, anger and frustration. It also improves self confidence and boosts immunity.

The charismatic lady convener, Rtn. Teena Kapoor successfully motivated the students to practise Meditation and Pranayam daily and optimise their brain power.

It was a highly enriching and exciting session which ended with lot of relaxation, joy and happiness.

Mrs. Madhu Varma





JOYFUL AND
EXHILARATING
RESPONSES OF
STUDENTS

Honestly the workshop was really amazing. Best part was reading colour names and writing letters with both hands.

Jaskaran Singh XII A

The workshop was extremely helpful. It helped me to relax my mind and boost my concentration.

Manroop Kaur XII B

It was a wonderful experience
to attend Brain Gym Workshop.
I learnt new brain workout
which will definitely help me to
achieve greater success.

Om sharma XII D

I learnt in the workshop how
to live a happy and stress-free
life without tension.

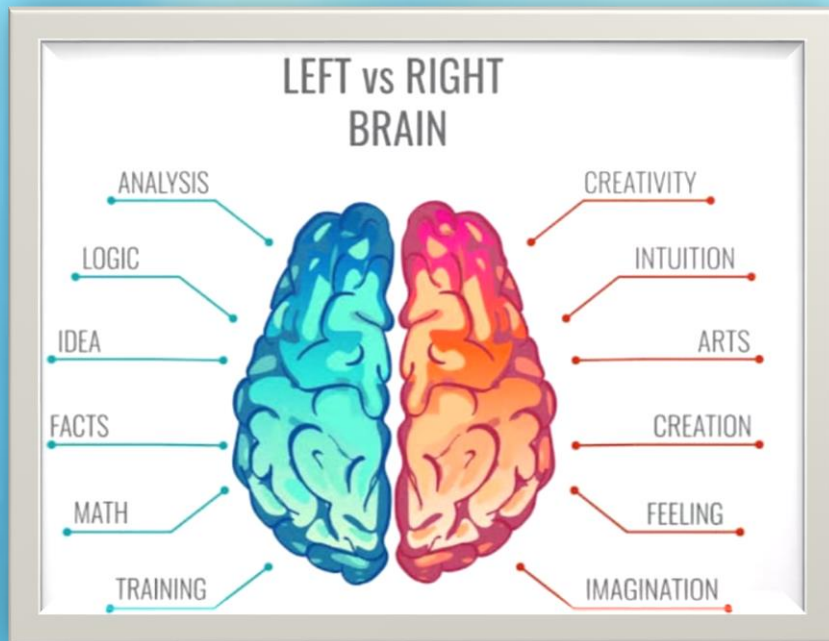
Rashmeet Kaur XII D

It was a great experience for me as I learnt many Yog Asanas like Surya bhedi and Chandra Bhedi. I will practise these Yog Asanas regularly.

Gurleen Kaur XII B

My experience of yesterday's Brain Gym Workshop was incredible. I learnt many good exercises to make my brain stress free and relaxed.

Sunpreet Singh XII B



YELLOW, BLACK, RED, GREEN
BLUE, RED, YELLOW, BLACK
BLACK, YELLOW, RED, GREEN
RED, BLACK, GREEN, BLUE
BLUE, GREEN, YELLOW, RED
YELLOW, RED, BLACK, RED



BENEFITS

Activates Pineal Gland

Boosts Memory

Heals vertigo , tinnitus

Improves Eye Sight

Anti aging

Calms Nervous System

Reduces Stress and Sadness

Boosts Immunity

Regulates Blood Pressure

Anger Management

Improves Self Confidence

**ALMOST EVERYTHING
WILL WORK AGAIN
IF YOU UNPLUG IT
FOR A FEW MINUTES,
INCLUDING YOU.**

Thank You!