

## Report- Brain Gym

**‘Tell me and I forget, teach me and I may remember, involve me and I learn’**

Training your brain is as important as training your body. In view of this perspective, a virtual workshop - Brain Gym was conducted by Ms. Lovey Sharma and Ms. Nidhi Tanwar on 1<sup>st</sup> March and 2<sup>nd</sup> March 2021 respectively for the middle school teachers. The vision of the workshop was to put forth the fact that ‘Movement is the Key to Learning’.

Brain gym is an exclusive brain training and body movement programme to integrate the brain senses and the body. It emphasizes on exercising the brain. The session commenced with a brief introduction to Brain Gym and its impact on our day to day routine. The teachers were apprised regarding simple Brain Gym exercises like Lazy Eight, Brain Buttons, and Cross Patterning among others, which are great for learning, rebuilding body balance and posture and also help to improve attention and memory.

The teachers felt relaxed and energized after doing the exercises. They participated actively and enjoyed the session thoroughly.

Headmistress-Middle wing, Ms. Shalini Arora, appreciated the resource person and motivated the teachers to incorporate the concept of Brain gym in their regular classes, to accelerate learning and enhance students’ performance.

