Workshop on "Mid-Brain Activation and Blindfold Techniques"

Department of Library and Information Science, University of Jammu under the esteemed Headship of Prof. Sangita Gupta, organized a workshop on "Mid Brain Activation and Blindfold Techniques" on **21st of April, 2025**. The workshop was led by Dr. Lata Suresh, Head of the Knowledge Resource Centre at the Indian Institute of Corporate Affairs, Manesar, Gurgaon, as the keynote speaker.

The workshop aimed to explore the innovative techniques of mid-brain activation and blindfold methods, which can enhance cognitive abilities, improve memory, and boost creativity. Dr. Suresh's session provided valuable insights into the benefits and applications of these techniques in personal and professional settings. She also demonstrated various brain boosting exercises and explained the importance of tuning the mind for positive affirmations with the assistance of Ms. Lipikka.

During the workshop, participants learned about various mid-brain activation exercises and blindfold techniques that can be used to improve focus, concentration, and mental agility.

Prof. Sangita Gupta expressed her gratitude to Dr. Lata Suresh for sharing her expertise and experiences with the participants. She emphasized the importance of incorporating innovative learning techniques in today's fast-paced world. The session was attended by all the faculty members, research scholars and students of the department. The vote of thanks was delivered by Dr. Bindu Sharma.







