



**Indira Gandhi Delhi Technical University for Women**  
**(Established by Govt. of Delhi vide Act 09 of 2012)**  
**Kashmere Gate, Delhi-110006**

**Date : 25-08-2017**

**Enhancing Mind Power**

Expert lecture by Mr. E.V. Gireesh, A Dynamic Trainer and Counselor with passion for excellence and Creativity, on Human Values and Ethics in Education with a special focus on "Enhancing Mind Power" on 25th August 2017 in the University Auditorium. The session was attended by a total of 45 students. The session on "Enhancing Mind Power" was conducted to explore techniques, strategies, and practices that contribute to the development and enhancement of cognitive abilities, concentration, and overall mental acuity. The session aimed to provide participants with practical tools to optimize their cognitive potential and improve their mental well-being.

The highlights of the event are as follows:

1. **Interactive Activities:** Participants engaged in hands-on activities and exercises that demonstrated the practical application of mind-enhancing techniques.
2. **Personal Experiences:** The speaker shared real-life examples and anecdotes, making the content relatable and inspiring.
3. **Question and Answer Session:** An interactive Q&A session allowed participants to seek clarification and gain deeper insights into the concepts discussed.
4. **Practical Tips:** Participants left the session with actionable tips and strategies they could immediately incorporate into their daily routines.