CIRCULAR

Sub: To view the video recording of workshop on 'Memory, Mind and Health'.

A workshop was held on 'Memory, Mind and Health' by Dr. Biswaroop Roy Choudhary (Medical Nutritionist and Guinness World Record Holder—Memory) on 08th September 2015 at Thyagraj Stadium, to develop Mind and Health techniques among the students of Directorate of Education.

Around 1500 students from Classes VII and VIII of 7 Government Schools attended the workshop. The workshop was video graphed so that all school children could view these techniques for enhancing their memory. During the workshop, a small booklet on '5 Minutes Mind Power Techniques' containing some techniques was distributed to the participants. Two copies of this booklet are to be collected by all the Heads of Schools from their concerned District DDEs and this booklet is to be kept in their school library and to be ensured that these booklets are used by the students of their respective schools. The video of the above mentioned workshop is also available on MIS-Homepage under the link 'Important Videos'.

All the Heads of Schools are directed to show this video to all the students of their school, preferably during CAL periods. This would help the students to improve their memory & eating habits.

This issues with the prior approval of the Competent Authority.

(Usha Rani)
DDE (School)

All Heads of Govt. Schools under Directorate of Education through DEL-E

Copy to:–
1. PS to Secretary (Education).
2. PS to Director (Education)
3. All RDEs/ DDEs (District/Zone)/DEOs for information.
4. OS (IT) to please paste it on the website.
5. Guard File.

(OSD (School))