

Brain Awareness Week 2020 - Program list		
Day 1 - Friday (22/05/2020)		
11:00 am – 12:00 pm	Looking inside the brain	Krishna Prasad Miyapuram
5:00 pm – 6:00 pm	Spirituality: Art of maintaining mental hygiene	Rekha Wagani
9:00 pm – 10:00 pm	Effect of exercise on the brain	Goldy Yadav
Day 2 - Saturday (23/05/2020)		
11:00 am – 12:00 pm	Speak your brain out: How does the brain understand language?	Moumita Mukherjee
5:00 pm – 6:00 pm	Suspect's counter interrogation strategies	Meghana Srivatsa
9:00 pm – 10:00 pm	Joints and your brain: What's the connection?	Jay Shah
Day 3 - Sunday (24/05/2020)		
11:00 am – 12:00 pm	Nutrition for the brain	Kavita Khanna
5:00 pm – 6:00 pm	Effect of drug and alcohol on the brain and associated behaviour	Smarnika Tripathy
9:00 pm – 10:00 pm	Good sleep and its effect on the brain	Arun Sasidharan
Day 4 - Monday (25/05/2020)		
11:00 am – 12:00 pm	The life of movement	Pratik Mutha
5:00 pm – 6:00 pm	The beat goes on: Rhythm and the human brain	Shantala Hegde
9:00 pm – 10:00 pm	Unlocking ADHD: How to manage time, find your focus and master your life	Upasana Gala
Day 5 - Tuesday (26/05/2020)		
11:00 am – 12:00 pm	Handwriting: A psychogram of the brain	Shamoita Bose
5:00 pm – 6:00 pm	Aggression and emotion regulation among adolescents	Prashanto Saha
9:00 pm – 10:00 pm	Live demonstration-Electroencephalography	Pragati Gupta
Day 6 - Wednesday (27/05/2020)		
11:00 am – 12:00 pm	Neuroplasticity in psychotherapy	Shagnik Saha
5:00 pm – 6:00 pm	Touch, tickle and poke: The neuroscience of tactile sensory systems	Leslee Lazar
9:00 pm – 10:00 pm	BCI and its use in rehabilitation	Christoph Guger
Day 7 - Thursday (28/05/2020)		
11:00 am – 12:00 pm	Becoming a super ager: Improving cognitive functioning through a healthy lifestyle	John Bellone
5:00 pm – 6:00 pm	Suicide and the brain	Anjali Chhabria
9:00 pm – 10:00 pm	Fundamentals of MRI	Sagar Chaturvedi