

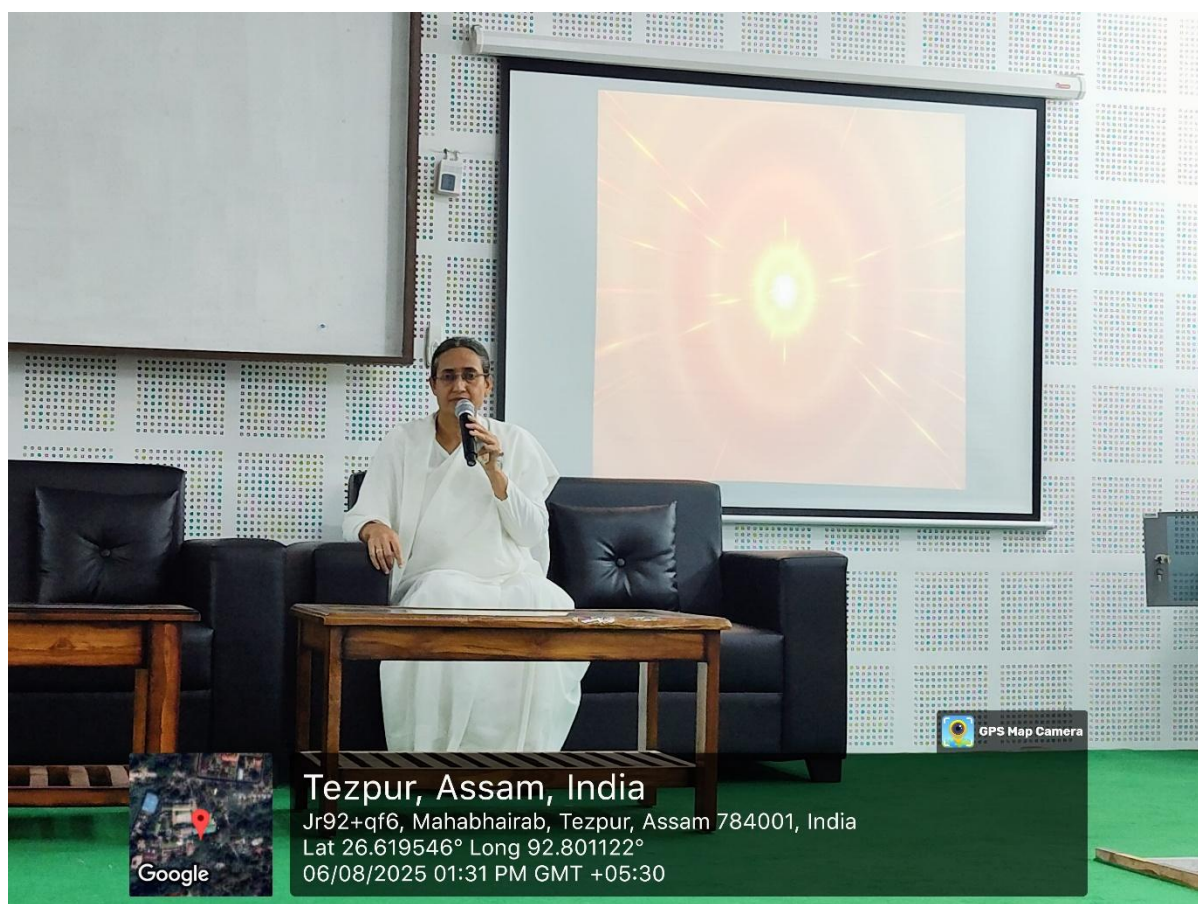
Special programme on “Enhancing Mental Well-being and Memory Power”

The Internal Quality Assurance Cell (IQAC) and Mental Health and Well-being Cell of Tezpur College, in collaboration with Prajapita Brahmakumaris Ishwariya Vishwavidyalaya, organized a special programme on **“Enhancing Mental Well-being and Memory Power”** on 06/08/2025 at 1:00 PM in the I.P. C. Conference Hall, Tezpur College.

The session began with an inspiring session by Dr. Priya Didi from Prajapita Brahmakumaris Ishwariya Vishwavidyalaya, who introduced students to the art of meditation. She guided them through simple yet powerful meditation techniques aimed at achieving inner peace, clarity of thought, and better emotional regulation.

Following this, Dr. Purushottam Choudhary, Scientific Officer, DRDO, delivered an enlightening talk on the importance of mental well-being in today’s fast-paced life. He emphasized the role of mindfulness in improving concentration, reducing stress, and enhancing memory power. Through engaging examples and practical tips, he encouraged students to cultivate a positive mindset and adopt healthy mental habits.

The programme proved to be highly beneficial for the participants, providing them with practical tools to improve their mental health, enhance memory, and manage stress effectively.







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