



IBRO/DANA FOUNDATION & RGU - MARCH 10-14, 2026



BRAIN AWARENESS WEEK



PROPOSED EVENTS

MIND GAMES & STORIES



Brain Puzzles



"Brain Before & After" Visuals



Story-telling Based Teaching

FOCUS & CALM



Digital Detox Challenge



Focus Drills



Meditation & Exercise



Mindfulness & Breathing Exercise

NEURO-TECH & CULTURE



NeuroYoga & Breath
(Live/Record 32 Channel EEG/
NFB Machine)

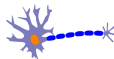


Neuro-Agility Drills



Tribal Wisdom

NEUROBLOOM - 2026: HEALING MINDS, BUILDING RESILIENCE, INSPIRING WELLBEING



March 10-14, 2026



A week-long celebration of the human brain- its power to heal, adapt, and inspire. NeuroBloom 2026 aims to make neuroscience accessible through interactive activities, workshops, demonstrations, and cultural engagement. Join us to learn how brain science connects with mental health, digital balance, emotional regulation, and resilience.

PROGRAMME OVERVIEW

Day 1: Healing the Brain, Restoring the Mind
Day 2: Brain and Mental Health in the Digital Age
Day 3: Brain and Body in Harmony
Day 4: NeuroRoots: Brain in Culture, Code, and Community
Day 5: Brain for the Future



TARGET PARTICIPANTS

Students, caregivers, educators, rehabilitation workers, and community representatives from the North Eastern region.

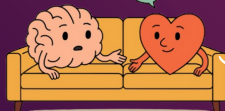
Speakers and Detailed Schedule: TBA

Host Institution

Department of Psychology

Rajiv Gandhi University-A Central University

Rono Hills, Doimukh -791112 , Arunachal Pradesh



Let's Join Hands Together To Heal the Brain/Mind