



## Activity Report



**Good Health and Well-being – Ensure healthy lives and promote well-being for all at all ages**



<b>Name of the Event</b>	Neuroplasticity Memory Course
<b>Department</b>	Department of Psychology
<b>Date (or Period)</b>	12:00:00 AM to 12:00:00 AM
<b>Organiser (Name of the University)</b>	Deen Dayal Upadhyaya Gorakhpur University Gorakhpur
<b>Online/Offline Mode</b>	
<b>Brief Write-up in English</b>	<p>The Department of Psychology organized a course on <b>Neuroplasticity and Memory</b>, aimed at enhancing understanding of brain adaptability and memory functions. The course covered key concepts such as neural pathways, learning mechanisms, cognitive flexibility, and the role of neuroplasticity in mental health and rehabilitation. Interactive lectures, case studies, and practical activities helped students explore how memory can be trained and improved through evidence-based techniques. The course was well-received, enriching students' knowledge in cognitive neuroscience and its real-world applications.</p>