

VALUE EDUCATION PROGRAMME – CLASS IV C & IV D
21st JULY 2026

BRAIN – THE UNIVERSE INSIDE OUR HEAD

TEACHER'S INCHARGE: SARITA S & MONIKA S

As part of the Value Education Programme, the students of **Classes IV C and IV D** of **Don Bosco Senior Secondary School, Nerul**, presented an informative and engaging programme on the theme "**Brain – The Universe Inside Our Head**" on **21st July 2026** in the **4th Floor Multi-Purpose Hall (MPH)**.

The programme was graced by the esteemed presence of the **Reverend Fathers, the Principal, the Headmistress, distinguished guest Ms. Amrin Mistry, teachers, and students**. The event commenced with a warm welcome, followed by a series of well-planned presentations that introduced the audience to the fascinating world of the human brain.

Through confident narration, role plays, informative charts, attractive models, and creative performances, the students explained the structure and functions of the brain, the role of neurons, memory, concentration, emotions, and the importance of maintaining a healthy brain. Their excellent presentation skills, teamwork, and enthusiasm reflected thorough preparation and deep understanding of the topic.

A special highlight of the programme was the interactive **Brain Gym** session conducted by **Ms. Amrin Mistry**. The engaging exercises encouraged active participation from both students and teachers while demonstrating simple techniques to improve concentration, coordination, memory, and overall well-being. The session was highly appreciated by everyone present.

The programme successfully achieved its objective of creating awareness about the remarkable capabilities of the human brain and inspiring students to adopt healthy habits that support learning and personal growth. The enthusiastic participation of the students and the positive response from the audience made the event a memorable and enriching learning experience.

The programme was efficiently coordinated under the guidance of **Tr. Sarita** and **Tr. Monika**, whose dedicated efforts ensured the smooth planning and successful execution of the event. The programme concluded with words of appreciation from the dignitaries, acknowledging the commendable efforts of the students and teachers in making the event both meaningful and inspiring.

