**IWSA NELLORE.**

**ACTIVITY 13**

20th July 2019.

8th-10th standard

TOPIC : Science of Memory and nutrition.

VENUE: Tataya Municipal High School Vengal Rao Nagar. Nellore.

No of students attended: Around 75 students

GIVEN BY: DR Bindu Menon.

CONCEPT: In this era of fast technology, more and more people are depending on the Internet for their information.

Children of this age should realize that the importance of forming new memories rather than being dependent on technology.

Even a simple act of remembering a name needs to have connections between neurons.

It was emphasized that the 100 billion nerve cells can have 10,000 connections, which further proves that one needs to keep learning.

However whatever memory is learnt if one does not keep memorizing or getting exposed to the event; in the students case their books and chapters need to be memorized else the synapses get weaker gradually.

Many examples were enumerated and memory games were played and interaction was encouraged.

An overview of nutrition and brain health was given.

There was a good interaction with students.