

**Sree Siddaganga College of Arts, Science and Commerce for
Women, Tumkur
DEPARTMENT OF BOTANY AND MICROBIOLOGY
REPORT
NEUROSCIENCE OF LEARNING**

The Department of Botany and Microbiology, Sree Siddaganga College of Arts, Science and Commerce for Women, organized a special video lecture on **“Neuroscience of Learning”** on **10th October 2025** in the **Botany Laboratory**, as part of the observance of **World Mental Health Day**.

The session featured **Dr. Vishal Bhadani**, an expert in neuroscience, who explained how the human brain processes, stores, and recalls information. He clearly described the roles of neurons, synapses, and neural pathways, and emphasized how habits, environment, attention, and emotions influence learning effectiveness.

Dr. Bhadani also shared practical and scientific strategies to enhance learning, such as mindful attention, active recall, spaced repetition, and maintaining overall mental well-being. Students found these methods easy to understand and relevant to their daily study practices.

The lecture provided a deeper understanding of how learning occurs at both psychological and physiological levels, helping students connect scientific concepts with their own learning experiences.

The session was well received by the students of both departments, who appreciated the clarity and usefulness of the information. Many expressed that the lecture encouraged them to develop healthier study habits and pay more attention to their mental health.

Overall, the program successfully promoted awareness about neuroscience and mental well-being, making the World Mental Health Day observance meaningful and educational.

PHOTO GALLERY

SESSION INTRODUCTION



VEDIO SESSION BY Dr. Vishal Bhadani,

