

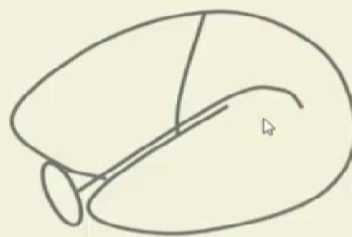
## DAILY ASSESSMENT

### FORENOON SESSION DETAILS

#### DAILY ASSIGNMENTS DETAILS:

Date:	29/05/2020	Name:	Prajna
Course:	Live Session	USN:	4AL16EC047
Topic:	Simplifying the brain	Semester & Section:	8A sec
Github Repository:	Prajna_Salian		

### REPORT:

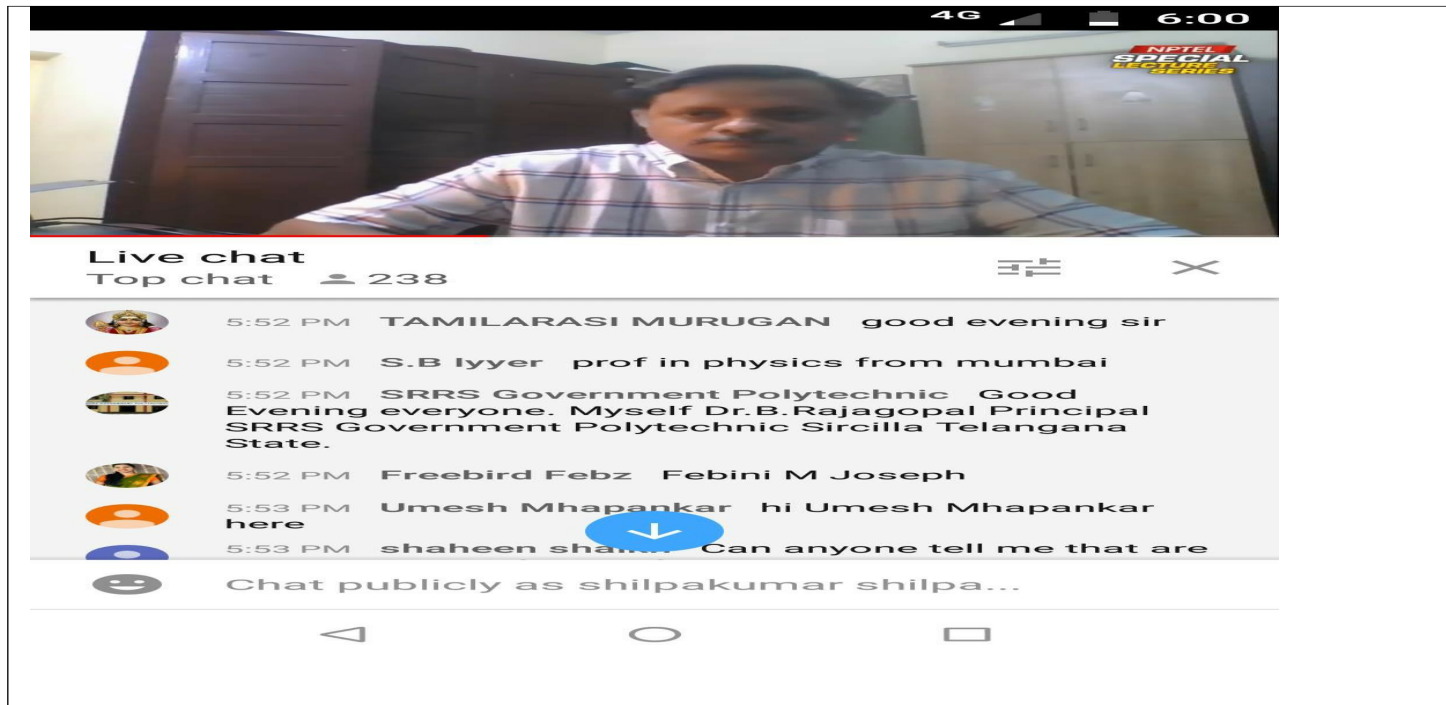


## SIMPLIFYING THE BRAIN: A Vision for Neuroscience Research

V. Srinivasa Chakravarthy  
Department of Biotechnology  
IIT Madras.

**NPTEL**  
**SPECIAL**  
**LECTURE**  
**SERIES**





**How to simplify the brain?**

**Protect Your Brain.**

**Eat a Good Diet.**

**Good nutrition is essential to good brain function and to a better body.**

**Take Daily Vitamins, Minerals and Fish Oil.**

**Exercise.**

**Get Enough Sleep.**

**Meditate.**

**Relax.**