



Digital India Week

NBRC celebrated Digital Week India during July 1-7, 2015. NBRC students, staff and faculty participated in the inauguration of Digital India Week via Webcast. To portray the advantages of digitization there were expert presentations and panel discussions. 'Research data mining' using digital resources through SCOPUS was demonstrated to students and faculty of NBRC by a representative from Elsevier India. A Training cum demonstration session for all the employees of the institutes especially those working in administration, finance, academics, library, stores, purchase etc. was organized by computer division (DIC) to conduct a refresher course on already running e-Governance applications at the Centre.



IBRO APRC School

IBRO APRC School was conducted at NBRC during March 15-30, 2016. The school provided lectures and hands on



training in optogenetic and microscopic techniques to Indian and international students. Faculty from around the world with expertise in this area delivered lectures and helped the participants to perform experiments demonstrate various state-of-the art techniques such as SWITCH to see through multi-neuron circuits in the brain, Optogenetics, In-utero Micro-Injection surgeries to see the developmental changes in nervous system, Patch clamp to study the synaptic function at single neuron level, 2-photon microscopy to learn the neuronal plasticity in live and awake animal models, Image analysis, Axotomy and Behavioural workshops, to understand the development and functions of neural circuits.

NBRC-IIT Delhi workshops

A series of joint NBRC-IITD workshops were organized under an MoU that was signed recently between the two institutions.

The first NBRC-IITD workshop to Strengthen Research and Academic Interaction between the institutions and foster new collaboration in interface research areas was conducted at IIT Delhi on 21st May 2015. The workshop was presided over by Prof. Subrata Sinha, Director NBRC and Prof. Anurag Sharma, Dean Academics IITD. Prof. Neeraj Jain, NBRC and Prof. James Gomes IITD coordinated the workshop. During the first session, faculty from NBRC and IIT Delhi presented their research discussed topics of common interest. On September 12, 2015 we had the second workshop at NBRC on "Imaging Brain & Behavior across microscopic to macroscopic scales". The third joint NBRC-IITD workshop on "Cognitive science: Mind, Language, and Society" was conducted at IIT Delhi on 16th January 2016.

Career Development Workshop

A Career development workshop was conducted at NBRC on March 10, 2016 by SUVRO'S Institute for Self-development and Leadership for the benefit of students and project researchers. The workshop 'Along the path towards the PhD: maximizing your productivity, efficiency and creativity' highlighted importance of being a team member, of independent thinking and collective action in addition to being passionate and creative about the work.

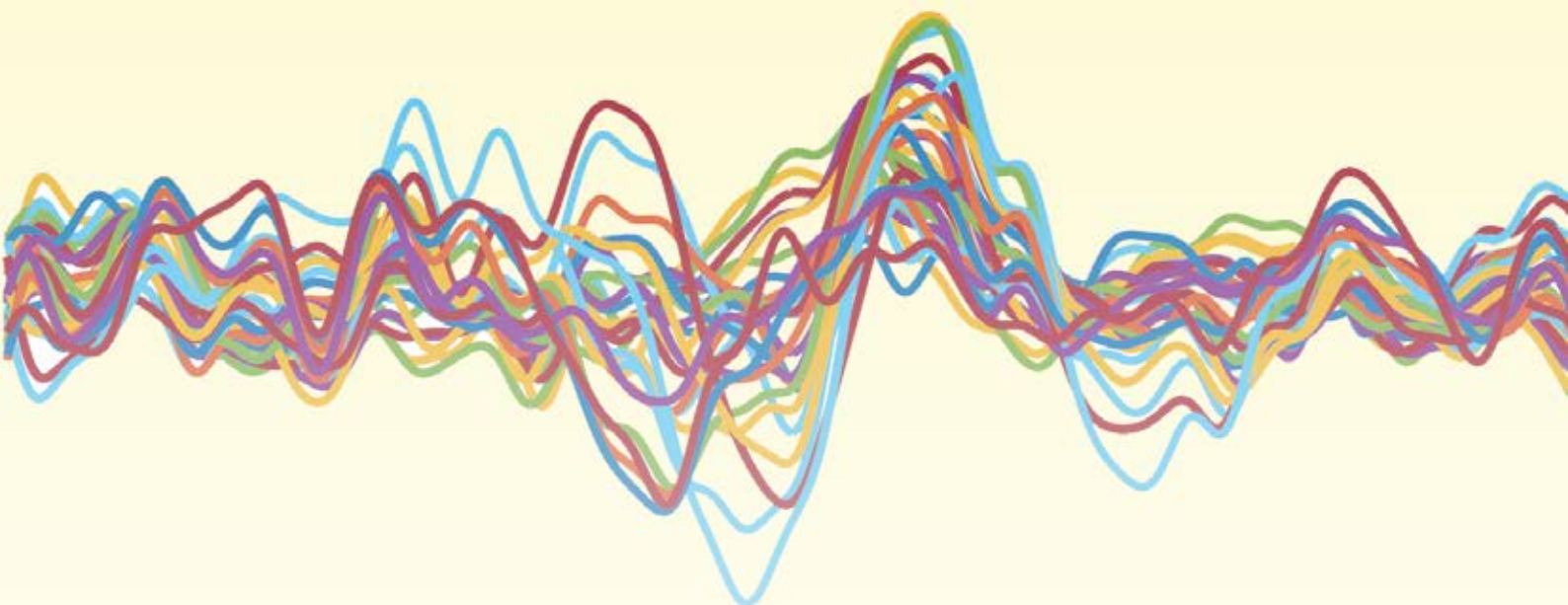
Snake Bite Management



Invited Speakers at NBRC

Sr. No.	Name of the Speaker	Title of the Lecture	Date
1.	Dr. Ajai Singh Psychiatrist and Editor of Mensa Monographs	Brain-Mind Dyad, Triad of Human Experience, Consciousness tetrad and Lattice of mental operations: and need to integrate knowledge from various disciplines	May 13, 2015
2.	Dr. Arvind Kumar, Computational Biology Group, Dept. of Computer Science & Communication. Royal Institute of Technology, Stockholm, Sweden.	Origin of the statistics of evoked activity in the Neocortex	June 22, 2015
3.	Prof. Mriganka Sur Newton Professor of Neuroscience Department of Brain and Cognitive Sciences, The Picower Institute for Learning and Memory. Director, Simons Centre for Social Brain. Massachusetts Institute of Technology	Information processing circuits of the cerebral cortex	August 6, 2015
4.	Cecilia Conaco Marine Science Institute, University of the Philippines, Diliman comparative transcriptomics	Insights into the adaptive potential of basal metazoans through	August 19, 2015
5.	Dr. David Brown, MBBS (Hons) PhD FRACP FRCPA Head, Laboratory of Neuroinflammation, NSW Australia	Innate immune cell migration from the CNS regulating peripheral anti-CNS immunity	September 3, 2015
6.	Mr. Vishal Santra, Wildlife Consultant at Simultala Conservationists (Foundation for Wildlife) & Research Coordinator Snakebite Study CMC	Snake Bite Management	September 14, 2015
7.	Dr. Collins Assisi, IISER Pune	The role of inhibition in spatiotemporal patterns	September 21, 2015
8.	Arnab Mukhopadhyay	Molecular integration of nutrient sensing pathways to regulate organismal longevity	October 13, 2015
9.	Dr. Simantini Ghosh Washington University School of Medicine in St. Louis St. Louis, MO, USA	The toxicity of human brain derived Ab oligomers in vivo	November 4, 2015
10.	Dr. Dmitri Rusakov Professor of Neuroscience Wellcome Trust Principal Fellow UCL Institute of Neurology University College London	Use-dependent plasticity of synaptic microenvironment	November 13, 2015
11.	Dr. Debabrata Banerjee Associate Professor Robert Wood Johnson Medical School, Department of Pharmacology, The Cancer Institute of NJ	Metabolic cooperation in the tumor microenvironment	November 16, 2015
12.	Dr. Sumit Sarkar National Centre for Toxicological Research, USA	Blood Brain Barrier and its implication in Neurodegenerative disorders	December 7, 2015
13.	Dr. Georg Northoff University of Ottawa, Canada	What the brain's spontaneous can tell us about mental features like self and consciousness	December 15, 2015

Knowledge Ubiquity with ICT



Lectures, Meeting and Workshops

INVITED SPEAKERS AT NBRC

Sr. No.	Name of the Speaker	Title of the Lecture	Date
1	Dr. Santasabuj Das M.D. Scientist E, National Institute of Cholera and Enteric Diseases (ICMR) Kolkata	Dietary short-chain fatty acids in the regulation of intestinal immune response	May 26, 2016
2	Shri Avijit Dutta, Scientist F and Shri Prabir Mitra, Scientist F, National Informatics Centre	Knowledge Ubiquity with ICT	June 24, 2016
3	Prof Shilpa Buch University of Nebraska, Omaha	HIV and Drug abuse go hand in HAND: blaming the messenger	July 15, 2016
4	Dr. Santosh Kumar University of Nebraska, Omaha	HIV AND DRUGS OF ABUSE (ALCOHOL): ROLE OF CYTOCHROME P450	July 20, 2016
5	Dr. Arvind Kumar The Royal Institute of Technology, Stockholm	INHIBITORY NETWORK DYNAMICS UNDERLYING DECISION-MAKING & FEAR-GENERALIZATION	July 21, 2016
6	Dr Sudip Nag Indian Institute of Technology Kharagpur	Implantable Bioelectronics and Neural Prostheses	August 19, 2016
7	Dr Suresh Krishna Scientist, Cognitive Neuroscience Laboratory, German Primate Center, Goettingen, Germany	Topics in Visual Attention, Eye-movements and Auditory Processing	September 20, 2016
8	Dr. Alok Sarin Consultant Psychiatrist, Sitaram Bhartia Institute of Science and Research, New Delhi	The Nature of Choice: Addressing the complexities of choice in severe mental illness	September 23, 2016

NBRC celebrated 4th International Yoga Day

21-06-2018



5th International Yoga Day celebration in NBRC, 2019









Women at Work -
The Pursuit of Dignity
and Freedom

INVITED SPEAKERS AT NBRC

Sr. No.	Name of the Speaker	Title of the Talk	Date	Host Faculty
1	Dr. Vimilesh Kumar IISER, Bhopal	Endocytosis-dependent regulation of synaptic morphogenesis	08.05.2019	Dr. Anindya Roy Ghosh
2	Prof. Krishna Menon, Dean School of Human Studies, Ambedkar University, Delhi	Women at Work - The Pursuit of Dignity and Freedom	22.05.2019	Administration Department, NBRC
3	Dr. Bhavani Shankar Sahu MS University, Baroda	Bio genesis of Dense core vesicles and their role in regulating physiological functions	18.06.2019	Prof. Anirban Basu
4	Dr. Abhishek Bhattacharya HHMI Columbia University, New York	Molecular identity of the electrical synapse connectome and its plasticity	09.07.2019	Dr. Anindya Ghosh Roy
5	Dr. Urmi Bandyopadhyay Memorial Sloan Kettering Cancer Centre, New York	Lysosome in novel nutrient homeostasis: from Degradation to disorder"	10.07.2019	Dr. Anindya Ghosh Roy
6	Dr. Tamalika Chaira IIT Delhi	Intuitionistic fuzzy/Type II Fuzzy Set Theoretic Approach for Medical Image Processing	24.07.2019	Dr. Dipanjan Roy
7	Dr. Anand Kumar Singh Postdoc fellow from School of Biosciences, University of Birmingham, UK	Cytoplasmic surveillance machinery regulates mRN within nucleus : Footprints of nuclear-translation in eukaryotes	25.07.2019	Dr. Anindya Ghosh Roy
8	Dr. Pradeep Punnakal Molecular medicine, BMT wing Sree Chitra Tirunal Institute for Medical Sciences and Technology Poojapura, Thiruvananthapuram 12 Kerala India	NMDA Receptor subtypes and synaptic plasticity in the epileptic rat brain	5.08.2019	Prof. Anirban Basu
9	Dr. Jogender Singh, Postdoctoral Scholar The Aballay Lab 6351 Richard Jones Hall Department of Molecular Microbiology & Immunology Oregon Health & Science University, Portland 97239, OR, USA	Intestinal infection regulates immunity, behavior and learning in C. elegans	9.08.2019	Prof. Anirban Basu
10	Dr. Deepika Kandilya Department of Anatomy, Yong Loo Lin School of Medicine, National University of Singapore	Zika virus alters DNA methylation status of genes invoved in Hippo signalling pathway in human neural progenitor cells	19.08.2019	Prof. Pankaj Seth
11	Dr. Jyoti Kapoor PARAS Hospital, Gurugram	Introduction to stress and its management	04.09.2019	Prof. Ellora Sen
12	Dr. Durgesh Singh from Bio-Rad Laboratories (India) Pvt Ltd.	Multiplex fluorescence western blotting & introducing total protein Normalization	16.09.2019	
13	Dr Sanhita Sinha Ray Faculty Research Instructor at Cancer Systems Imaging, Univ of Texas MD Anderson Cancer Center, TX, USA.	Picturing the future of healthcare through molecular imaging	17.09.2019	Dr. Arpan Banerjee
14	Dr. Suresh Kumar University of Mexico, Albuquerque	Autophagy recognition particle : its mechanism of action; function; and physiological relevance	25.09.2019	Prof. Anirban Basu



National Brain Research Centre

Engagement Report

(20th May, 2020 to 31st January, 2021)



This report has been prepared by YourDOST Health Solutions Pvt. Ltd.
exclusively for National Brain Research Centre.

For any questions or comments, reach out to:

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In the last 8 months, members of the National Brain Research Centre community have opened up to YourDOST.

Many of the clients preferred discussing their **most pressing concerns with Experts**.



55
User Signups

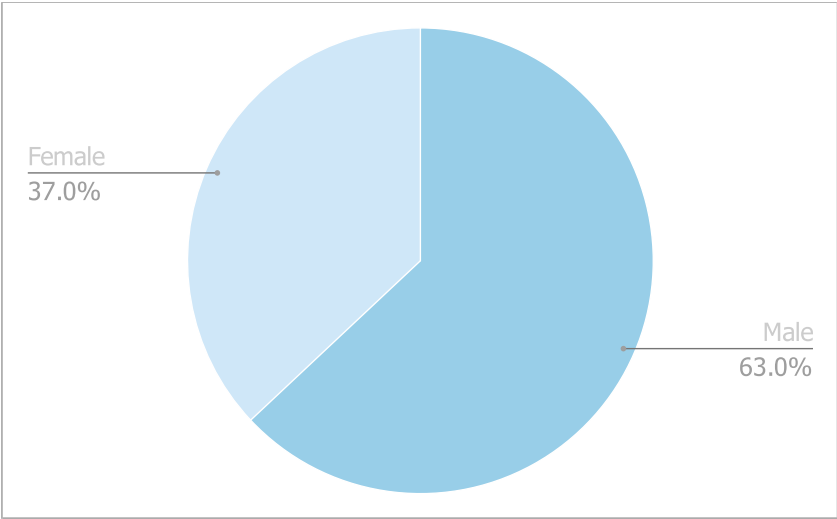


131
Counseling Sessions

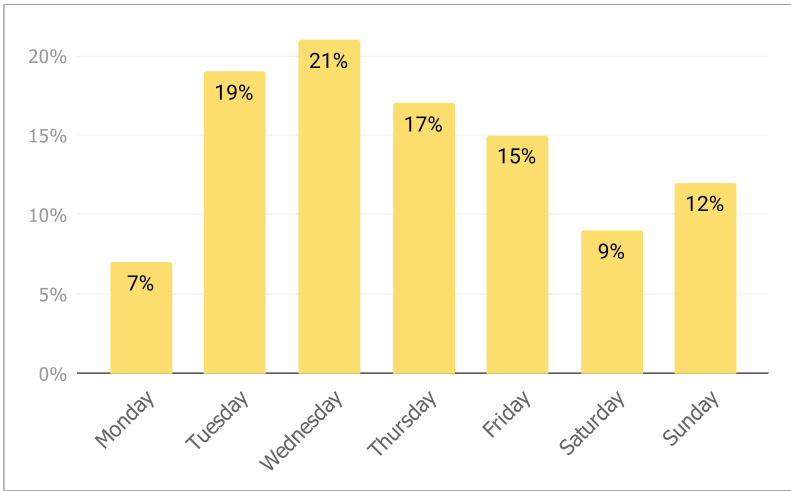


29 Minutes
Per Session

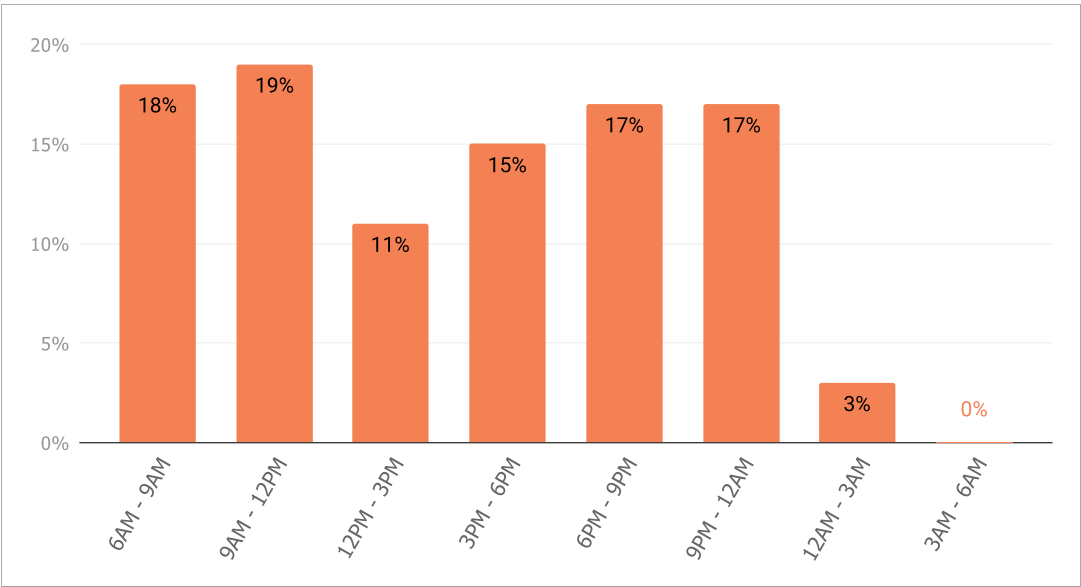
More male clients came forward to discuss their concerns.



The clients connected with our counselors through the week, but **Wednesday was the preferred day for their sessions.**

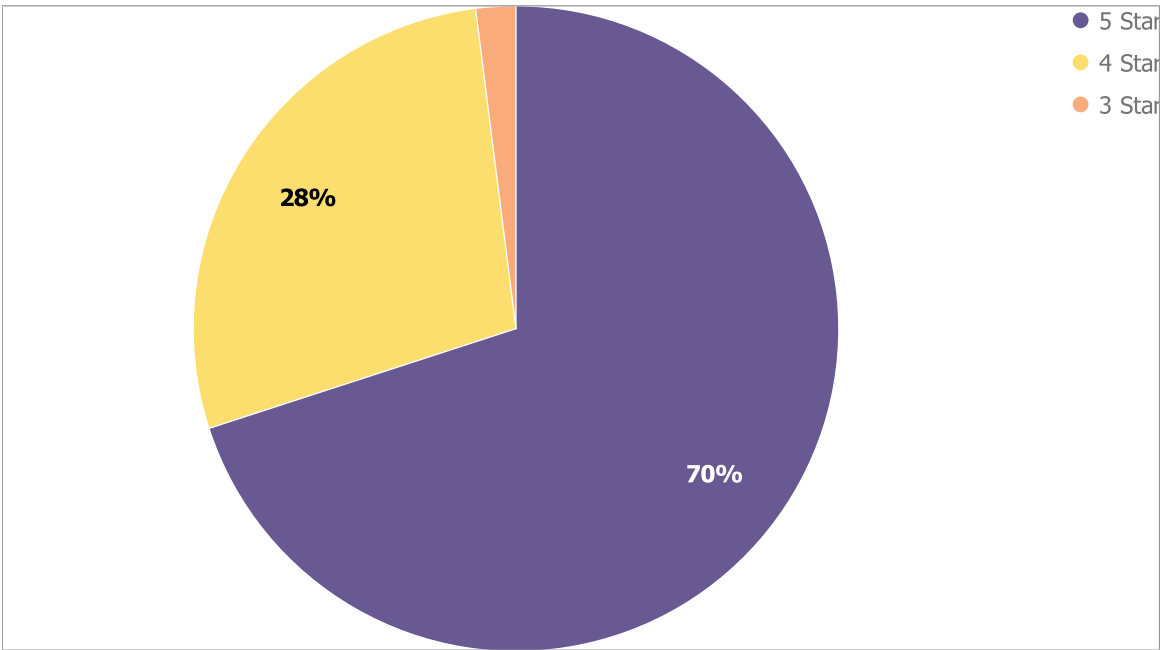


Most of the sessions were taken by clients during the **9AM - 12PM time slot.**



So, were these sessions **helpful** to the community?

Going by the ratings we received, we're pleased to reveal that clients at National Brain Research Centre found that discussing their concerns, helped them with their overall emotional well-being.



In fact, over 42% of the clients came back for 4 or more sessions.



Different issues that support is sought out for:



44%

Self-Improvement



15%

Career & Academics



27%

Love & Relationships



10%

Psychological Disorders



4%

Sexuality



7%

Abuse



Self-Improvement

28% of the sessions were with clients looking to improve their self-esteem

25% of the sessions were with clients looking for ways to enhance their decision making skills



Career & Academics

63% of the sessions were with clients looking to achieve a better balance between their personal & academic life

20% of the sessions were with clients were looking to better their time management skills



Love & Relationships

52% of the sessions were with clients anxious about their relationship with their partners

28% of the sessions were with clients who were seeking grief counseling



Psychological Disorders

57% of the students received therapy sessions for their anxiety disorders

40% of the students received therapy sessions for their sleep disorder OR mood disorders



Sexual Wellness

50 % of the sessions were with clients looking to overcome their habit of watching pornography frequently

50% of the sessions were with clients looking to discuss their sexual orientation



Abuse

100% of the sessions were with clients who had a history of emotional abuse

Online Events

Webinar – Understanding Gender Biases (Changing culture of Gender Violence)

Date: 16th June 2020

Expert: Ms. Puroitree Majumdar

One of the major steps to achieve gender equality is by understanding gender biases and acting towards the change as a community. Saying that we live in a patriarchal society would be an understatement, and while society's gender-based limits are being pushed, there's still a long way to go. However, to bring in a positive change, it is crucial that we bust gender myths and start talking about the norms of gender equality.

In this light, we had organised a LIVE webinar on "Understanding Gender Bias (Changing the Culture of Gender Violence)" to equip students to become more sensitive and responsible towards fostering a society where people of all genders are able to grow without fear of judgement. Students engaged with us very keenly and came forward to share their thoughts and concerns.

Over 570 queries from all across colleges were received and the same were addressed by our expert during the webinar.

100% of the attendees who gave their feedback liked the webinar (rated it Good or Very Good).



Timeline of Activities

■ Newsletter
 ■ Webinar/Workshop
 ■ Physical Branding
 ■ FB/Whatsapp
 ■ Video

Date	Type	Name
May 2020		YourDOST Launch Mailer
May 2020		5 Signs Of Stress Worth Discussing With a Counselor Mailer
June 2020		Emotional Wellness Test For Students
June 2020		I was Scared of Counseling Mailer
June 2020		Webinar Promo Mailer
June 2020		Webinar – Understanding Gender Biases
June 2020		Eat The Frog By Brian Tracy Mailer
July 2020		Tips To Strengthen Relationships Mailer
July 2020		Relaxation Techniques To Reduce Stress and Promote Positivity Mailer
July 2020		Things to Avoid To Sleep Better Mailer
July 2020		Time Management Test For Students Mailer
August 2020		Anxiety Test
August 2020		Tips To Manage Anger
August 2020		Why Talented People Fail Under Pressure
August 2020		How To Overcome failure & Rejection
September 2020		#YouAreNotAlone – World Suicide Prevention Day Mailer
September 2020		Suicide Prevention Module Mailer
September 2020		Emotional Intelligence Test
October 2020		Webinar Promo Mailer
October 2020		World Mental Health Day Mailer
October 2020		Psychological First Aid Module Mailer
October 2020		Knowing The Art of Decision Making
November 2020		Guide To Building a Career Road Map
November 2020		How May We Help You Mailer
November 2020		Generic Peers Mailer
December 2020		How to Overcome Failure & Rejections
December 2020		YourDOST Launch Mailer Reshared
December 2020		New Year Resolution Mailer
January 2021		Nano Habits – New Year Mailer
January 2021		Expert Q&A Mailer
January 2021		Webinar Promo Mailer
January 2021		Webinar – Whatsapp Promo