Impact Hours: clearing the haze of brain fog

20 February 2025 · Room 1006, Bidholi campus · Manoshakti

DATE	VENUE	ORGANISED BY	SPEAKER
20 February 2025	Room 1006, Bidholi	Manoshakti, the Emotional Wellbeing Club	Dr Veena Krishnan, Student Counsellor

About the event

Timed for exam season, this Impact Hours workshop helped students understand "brain fog", the cloudy, unfocused feeling that often comes with stress, and gave them practical ways to clear it.

Dr Veena Krishnan explained the different forms brain fog can take, what causes it and how it affects the mind while studying or working. Short activities with mental aptitude and verbal components helped students reflect on their own state of mind, and the session ended with open questions and answers.

IMPACT

Students walked into exams with four habits they could start the same day.

4	₹0	Exam
practical habits taught	cost to students	season timing, when stress peaks

- Students learned to recognise brain fog and its causes.
- They left with simple, free tools for focus, sleep and emotional balance.
- The session put students in touch with the counsellor they can see in confidence.

Highlights

- **Why emotions get stuck.** Constant scrolling on social media leaves the brain no time to process one feeling before the next arrives.
- **Time alone, every day.** Students were encouraged to spend at least half an hour a day away from devices to settle their thoughts and emotions.
- **Sleep and routine.** A regular sleep schedule that respects the body's circadian rhythm, and good sleep hygiene, were discussed in detail.
- **A focus exercise.** Students learned Tratak, a yogic practice that trains attention.

Photographs



Dr Veena Krishnan leads the workshop.



Students reflect on their own focus and stress.

Mental health support for students

SDG 3 report



UPES, Dehradun, Uttarakhand. UPES activity toward UN Sustainable Development Goal 3: Good Health and Well-being.