



भारतीय प्रौद्योगिकी संस्थान मुंबई
INDIAN INSTITUTE OF TECHNOLOGY BOMBAY

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Manashakti Mind Gym Exhibition at IIT Bombay's Mental Strength Week Celebrations

Mumbai | January 16, 2026: IIT Bombay became the first institute to launch a dedicated Mental Strength Week (12–18 January 2026) campaign to commemorate the birth anniversary of Swami Vivekananda on 12 January, with the objective of promoting mental strength, focus, and emotional wellbeing within the academic community. The initiative witnessed an overall participation of 1500+ students over two days.

As part of this initiative, the Student Wellness Centre organised a two-day Mind Gym exhibition by the Manashakti Research Centre. The exhibition was held on 15 and 16 January 2026 from 12:00 noon to 9:00 PM, and was free and open to all students, faculty, and staff.

At the exhibition, the participants encountered an immersive and thought-provoking experience that challenged conventional ideas about the mind. Through a series of technology-assisted yet non-screen, experiential activities, participants explored questions such as:

Can your concentration make a ball float in the air?

Can meditation give real-time feedback about the state of your mind?

The participants explored these questions through technology-assisted yet non-screen, experiential Mind Gym activities developed by the Manashakti Research Centre. Using scientifically designed feedback systems, participants could see and hear how focus, calmness, and attention influenced outcomes in real time.

A core idea behind the Mind Gym is right–left brain balance. In modern academic life, the left brain, linked to logic, analysis, and constant problem-solving, is overused, often leading to stress and mental fatigue. The right brain, associated with creativity, intuition, holistic thinking, and

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emotional balance, is comparatively under-engaged. Mind Gym activities are designed to activate and balance both, helping restore mental harmony.

The Manashakti – Mind Gym exhibition functioned as an interactive experience centre featuring guided mind-training activities and brain-booster games. Activities such as concentration-based ball control, meditation sound feedback, visual alertness challenges, steadiness tasks, and coordination games demonstrated how the mind responds under distraction, stress, and relaxation.

Importantly, these are physical, movement-based activities, deliberately non-screen in an age of digital overload. They support neuro-cognitive development, strengthening attention, working memory, complex attention, executive function, intuition, and holistic thinking. These activities are part of the permanent Mind Gym at Manashakti, Lonavala, where deeper assessment, structured reporting, and advanced mind-training programs are available.

The Mind Gym exhibition highlighted the importance of mental strength, sustained focus, and inner resilience, values strongly emphasised in the teachings of Swami Vivekananda, through interactive mental fitness and neurofeedback-based activities aimed at enhancing concentration, clarity, and emotional balance, reflecting IIT Bombay's strong and ongoing commitment to promoting student mental health and overall wellbeing on campus.

About IIT Bombay

The Indian Institute of Technology Bombay, set up in 1958 as the second IIT, is recognised worldwide as a leader in the field of science and engineering education and research. The Institute was granted the status of 'Institution of Eminence' by the Ministry of Education (the then Ministry of Human Resources Development) on July 9, 2018. IIT Bombay is reputed for the quality of its faculty, cutting-edge research, industry relations, and the outstanding caliber of students graduating from its undergraduate and postgraduate programmes. The Institute has 17 academic departments, 64 other academic entities (Centres/ Programmes/ Academic facilities/ Hubs/ Externally funded

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centres and Labs), and three schools. Over the last six decades, more than 75,000 engineers and scientists have graduated from the Institute. It is served by 756 faculty members, with 121 women faculty, and about 150 visiting and part-time faculty, considered not only amongst the best within the country but also highly recognised in the world for achievements in the field of education and research. On June 19, 2025, IIT Bombay was ranked 2nd in India and 129th in the world in the Quacquarelli Symonds (QS) World University Rankings for 2026.

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