



**Shiv Chhatrapati Shikshan Sanstha's**  
**Rajarshi Shahu Mahavidyalaya (Autonomous), Latur**  
Department of Physical Education & Sports  
**A) A Summary Report**

1) Title of Programme:	<b>"Train Your Brain To Develop Sports as a Habit"</b>		
2) Name of Organizing Department/Unit:	Physical Education & Sports		
3) Name of the Chairperson / Organizer(s) of the Programme:	Dr. Mahadev Gavhane (Principal and Chairperson) Dr. A. J. Raju (Vice Principal) Dr. Sadashiv Shinde (Vice Principal) Mr. Anirudh Baburao Birajdar (Organizing Sec.) Mrs. Ratnrani B. Koli (Co-Convener)		
4) Date(s) of the Programme:	31 Aug., 2021 Time: 3.00 pm.		
5) Venue/ Mode	ZOOM App		
6) Targeted Group:	All		
7) Number of Participants:	Male	Female	Total
			225
8) Source of Funding:	Rajarshi Shahu Mahavidyalaya (Autonomous), Latur		
9) Total Expenditure:	Nil		
10) Resource Person/ Guest:	Dr. Devashis Ruikar (Neurologist)		

## B) A Report

### i. Title: "Train Your Brain to Develop Sports as a Habit"

### ii. Introduction:

Exercise helps memory and thinking through both direct and indirect means. The benefits of exercise come directly from its ability to reduce insulin resistance, reduce inflammation, and stimulate the release of growth factors—chemicals in the brain that affect the health of brain cells, the growth of new blood vessels in the brain. In the fast moving world everyone is busy so they get neglect about their health, so the Department of Physical Education and Sports organized One Day National Seminar on 31 Aug., 2021 at 3.00 PM Via ZOOM App.

### iii. Objectives:

- To give health related awareness.
- To make sure people are getting health care at right time
- Sports should be habit or routine of the life

### iv. Details of Participants:

225 Participants (Female and Male) attended the National Seminar.

### v. Brief Summary of Events/ Sessions:

Dr. Dervashis Ruikar (Neurologist) delivered lecture on "Train Your Brain to Develop Sports as a Habit". He highlighted the mental abilities of person and its enormous influence in sports performance. He also highlighted that the most evident signs of mental strengths are consistency and stable skills. Regular physical activity helps keep your key mental skills sharp as you age was center theme of talk. He also suggested exercise is must to your body as well as your mind and sticking to healthy habits is the ideal formula. In presidential address Principal Dr. M.H. Gavhane guided about mind and memory sharp with exercises to train your brain. The participants interacted with the resource person. At the end Mrs. Ratnrani B. Koli, proposed vote of thanks. Dr. A. J. Raju and Dr. Sadashiv Shinde were present to this programme. Mr. Anirudh Baburao Birajdar, Director of Physical Education & Sports introduced the Resource Person and the theme of the National Seminar.

### vi. Conclusion, with Feedback on the Programme:

The lecture concludes with latest research in the field of sports and initiatives are taken by Government of India to Develop Sports as a Habit. Sports person are benefited and question answer session raised the confidence of participants.

Date: 01.09.2021



**Director**  
**Physical Education & Sports**  
**Director**  
Dept. of Phy. Edu. & Sports  
Rajarshi Shahu Mahavidyalaya  
(Autonomous), Latur



**Principal**  
**PRINCIPAL**  
Rajarshi Shahu Mahavidyalaya  
(Autonomous), Latur

C) Copies of Brochure and Flyer of the Seminar :

**Shiv Chhatrapati Shikshan Sanstha's**  
**Rajarshi Shahu Mahavidyalaya (Autonomous), Latur**  
**Department of Physical Education & Sports**  
**Organized by**  
**One Day National Seminar**  
**31<sup>st</sup> Aug., 2021 at 3.00 PM**

**Topic "Train Your Brain To Develop Sports as a Habit"**



**Chairperson**  
**Dr. Mahadev Gavhane**  
Principal  
Rajarshi Shahu Mahavidyalaya  
(Autonomous), Latur

**Dr A.J. Raju**  
Vice Principal

**Prof. Anirudha Birajdar**  
Organizing secretary



**Resource Person**  
**Dr. Devashish Ruikar**  
Neurologist

**Prof Sadashiv Shinde**  
Vice Principal

**Prof. Ratnarani Koli**  
Co-Convenor

**Flyer of the National Seminar**

Reg. Link.

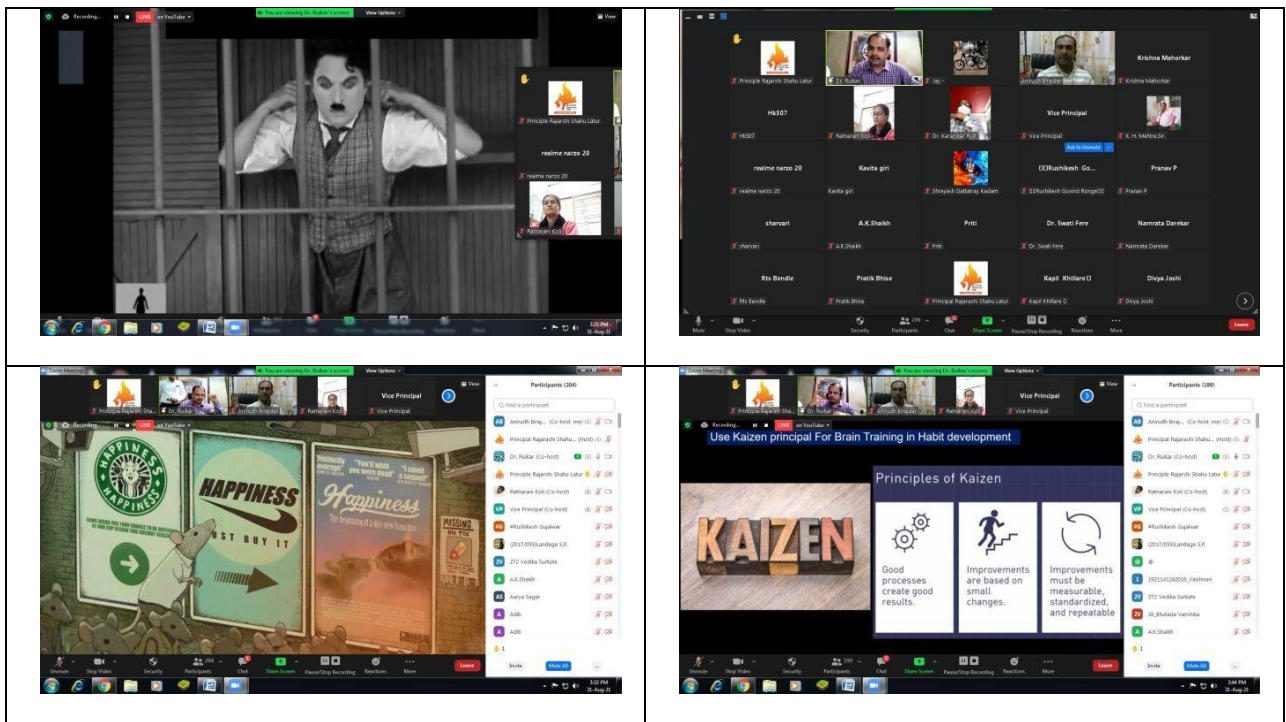


The screenshot shows a Zoom meeting in progress. The main window displays a participant, Dr. Ruikar, who is speaking. The meeting title is "Train Your Brain To Develop Sports as a Habit". The interface includes controls for switching to shared content, removing spotlight, recording, and live streaming on YouTube. A participants list on the right shows 225 attendees, including hosts, co-hosts, and various participants with their names and roles.

Name	Role	Audio	Video
AB Anirudh Biraj...	(Co-host, me)	On	Off
Principal Rajarshi Shahu...	(Host)	On	Off
Dr. Ruikar	(Co-host)	On	Off
Principle Rajarshi Shahu Latur		Off	Off
Ratnarani Koli	(Co-host)	Off	Off
VP Vice Principal	(Co-host)	Off	Off
#G #Rushikesh Gujalwar		Off	Off
#D #Shivani Deokate 914		Off	Off
(2017/059)Landage S.P.		Off	Off
1B 12A Bhakti sandage		Off	Off
2V 272 Vedika Surkute		Off	Off
496.Arshiya Shaikh		Off	Off
A A.K.Shaikh		Off	Off



**D) Screen Shots of the Seminar:**



**Certificate**



**Shiv Chhatrapati Shikshan Sanstha's**  
**Rajarshi Shahu Mahavidyalaya (Autonomous), Latur**  
 NAAC Accredited - B<sup>++</sup> Grade with 2.99 CGPA, ISO 9001 : 2015 (QMS) Certification

**Department of Physical Education & Sports**

Organized  
**Online National Seminar**  
 on  
**“Train Your Brain To Develop Sports as a Habit ...”**  
 On The Occasion of National Sports Day

**CERTIFICATE**

This is to certify that,  
 Dr./Prof./Mr./Ms.

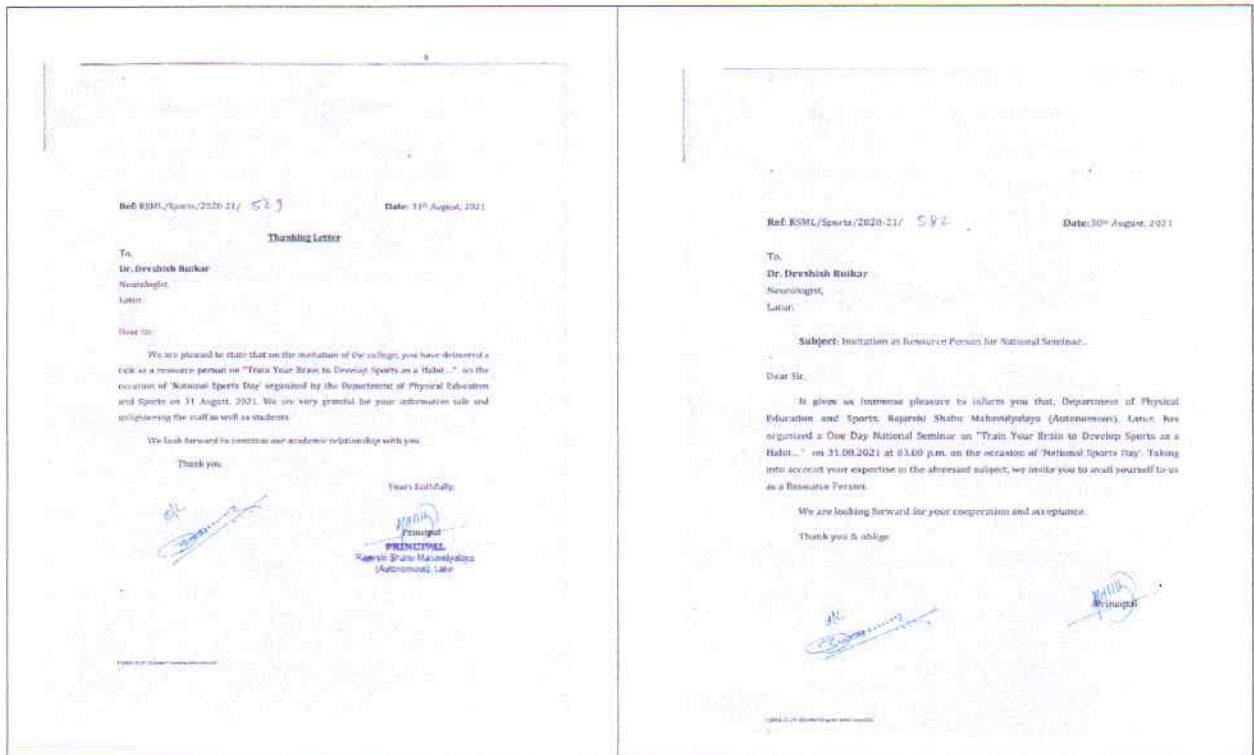
has attended Online National Seminar on **“Train Your Brain To Develop Sports as a Habit ...”**  
 organized by **Department of Physical Education & Sports, Rajarshi Shahu Mahavidyalaya**  
**(Autonomous), Latur on 31<sup>st</sup> August, 2021.**

  
**Prof. Anirudh Birajdar**  
 Organizing Secretary

  
**Prof. Sadashiv Shinde**  
 Vice-Principal & Convener

  
**Dr. Mahadev Gavhane**  
 Principal and Chief Organizer

## Invitation and Thanking Letter for Resource Person:



### E) Link of the Seminar :

<https://youtube.com/live/lcxclPzxirU?feature=shares>

Date: 01.09.2021

  
**Director**  
**Physical Education & Sports**  
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