

HR LECTURE SERIES ACADEMIC SESSION 2022-23

LECTURE NO: 05

LECTURE ON “MEMORY AND BRAIN HEALTH”

**RESOURCE PERSON: DR SANJAY RAMTEKE, EMINENT NEUROLOGIST FROM
NAGPUR**

NO OF ATTENDEES: 66

DATE: THURSDAY, 4TH MAY 2023

NOTICE

DR. AMBEDKAR COLLEGE,
DEEKSHA BHOOMI, NAGPUR.

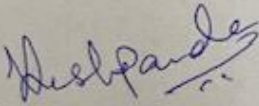
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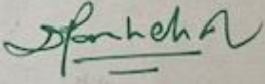
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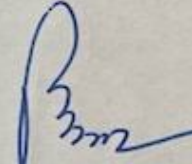
NOTICE

All members of the teaching staff of the College are hereby informed that the next HR lecture will be held on **Thursday, 4th May 2023 at 11:30 am** in the College Hall. The Resource person for the talk is **Dr Sanjay Ramteke** and his topic is **“Memory and Forgetfulness: Taking Neurological Care”**

All Teachers please note that the Lecture is in the College Auditorium. Teachers to settle in the Hall by 11:15 am latest


Dr Varsha Deshpande
(HR Cell Co-ordinator)


Dr Deepa Panhekar
(IQAC Co-ordinator)


Dr B'A Mehere
(Principal)
PRINCIPAL
DR. AMBEDKAR COLLEGE
NAGPUR.

DETAILED REPORT

The HR Cell of the College had organized a lecture for the members of the teaching as well as the non-teaching staff members on the 4th May 2023 at 11:00 am in the College hall. This lecture was focussed on a very important topic of concern for everybody in the present times. The subject of the talk was “Memory and Brain Health” and delivering this talk was a very noted neurologist from the city of Nagpur Dr Sanjay Ramteke. This subject is very crucial for everyone in the present times as people are fast realizing how technology and increasing use of mobile phones in particular are impacting human memory in significant ways. Hence this lecture was organized for both teaching and non-teaching staff members.

Dr Sanjay Ramteke began his talk in a very interesting way by reciting some songs that had relevance with memory. This was truly helpful in establishing a connect between the speaker and the listeners. He then touched upon the importance of emotional well-being as well and pointed out how emotional well-being was also a crucial factor in maintaining good health of the body generally and brain health in particular. Dr Ramteke then went on to explain the structure of the human brain and different centres located in it. In a very interesting and capturing way he proceeded to explain the left and the right halves of the brain and how they are fundamental in controlling all normal movements and functions of the body.

After this Dr Ramteke pointed out some common methods through which people could take care of their brain and avoid any damage, disease or disorder of the brain. He emphatically pointed out that regular exercise is very, very crucial to maintain the brain in a good working condition. He said that just like for the rest of the body, regular exercise mattered in a very very crucial way for keeping the brain healthy. He also said that it is always advisable that people keep away from smoking and drinking to avoid damage. The third thing he pressed upon was that everyone must engage into different kind of activities, in order to be able to keep the brain young. Mundane and same, routine activities with which one gets habituated stop giving new challenges to the brain. Hence he said that one must try new things everyday, try to sing, paint or dance once in a while and engage oneself in creative activities.

He also pointed out how dementia and alzheimer diseases can get miserable for both, the patients and the care-takers too and dedicated some time to explaining what we all, as care-takers can do. His talk was very well received by the audience. At the end of the lecture there was a question and answer session. The audience came up with lot of questions to the resource persons and all those questions were very satisfactorily answered by Dr Ramteke.

SOME GLIMPSES OF THE EVENT



LIST OF ATTENDEES

HR LECTURE
4th MAY 2023

SR NO	NAME	SIGNATURE
1	Dr. Varsha Tambhule	
2	Dr. Vaishali Patil	
3	Dr. Pooja Singh	
4	Dr. Rupali Bhare (Bachel)	
5	Kalpansha R. Shinde	
6	Umasarini S. Khan	
7	Chandika P. Nargundkar	
8	Ujjwal L. Bhandal	
9	Dr. Aneta Timpude	
10	Prof. S.M. Pawar	
11	Dr. D.H. Putterwar	
12	Dr. A.R. Patil	
13	Nikita D. Mowad	
14	Pallavi K. Pantawar	
15	Ms. Rite. N. Lakkhal	
16	Mangala Klaghmare	
17	Dr. Mrs. B. M. Bantkar	
18	Ms. Sayali B. Oakholo	
19	Ms. Rohini Meshram	
20	Ishwari S. Morwadkar	
21	Ms. B. R. Maheshkar	
22	Ms. R. S. Chaudhary	
23	Sneha H. Wale	
24	Manjusha A. Shende	
25	Neha. N. Tembhurne	

SR NO	NAME	SIGNATURE
26	Dr. Usha Dongre	
27	Sujay Paldhikar	
28	Harshal Jambhale	
29	Kaash Narsolkar	
30	Dr. V.M. Shirankar	
31	Capt. Dr. Sunit Chauhan	
32	R.C. Wankhede	
33	S.B. Satpute	
34	Dr. Pooja Meshram	
35	Pooja Karbhane	
36	Mamta Nosalwade	
37	Parag Pansar	
38	Dr. R.C. Sawant	
39	A.D. DHOOTE	
40	Sandipkumar F. Dhokate	
41	Prashant R. Jaisankar	
42	Hassha - A - Borkar	
43	Dr. Prayanka M. Shamkuwar	
44	Ritu Karajia	
45	Madhvi Nalghodha	
46	Ujjwal Yadav	
47	Dr. D.H. Bagde	
48	Rohan Thaware	
49	Dr. N.G. Telkapalliwar	
50	Dr. Jitesh Tripathi	
51	Kunal Patil	
52	Dr. Bapu. Shende	
53	Shashikumar Bahadur	
54	Pamela Nimbalkar	
55	Manoj S. Anandekar	
56	A. R. Bansod	
57	M. V. Khetkar	
58	R.V. Hirapure	
59	DR. RAHUL B. KAMBLE	
60	Dr. Ravindra Timpude	

Ajay Pambhakar Kacode
Shilad A. Karve
Leena N. Kambe
A.N. Wagalwar
Dr. V.V. Deshpande
Dr. Deepa Ranhekar

~~Ajay Pambhakar~~
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