

Gymkhana Advisory Committee of Kirti M. Doongursee College has organized series of lectures to encourage students mainly associated with sports. Those students have missed valuable time of 8 to 9 months without playing, practicing, participating in any tournament. Though they are keeping themselves physically fit it is equally important to remain Mentally fit also so the first lecture of this series is organized as per details shared on 'Mental Fitness ' by well-known sports psychologist and renowned personality ' Amruta Karkhanis Deshmukh '.

Deccan Education Society's  
**KIRTI M. DOONGURSEE COLLEGE**  
**On-Line Lecture Series (2020-21)**  
Organized by  
**Gymkhana Advisory Committee**

Lecture 01  
**"Mental Fitness"**

 **29**  
JAN  **04**  
PM

For F.Y./ S.Y./T.Y. / P.G. students of all  
faculties of aided and self financed courses.

A lecture by  
**AMRUTA KARKHANIS DESHMUKH**  
(Sports Psychologist & Shiv Chhatrapatti Award Winner)

Entry only by registration on google form

**AMRUTA KARKHANIS DESHMUKH**

[https://docs.google.com/forms/d/e/1FAIpQLSeQF5K6rVS1IHKuBlkXhPr9NREqSiXYQetRYyXhyWO78o\\_9WA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeQF5K6rVS1IHKuBlkXhPr9NREqSiXYQetRYyXhyWO78o_9WA/viewform)  
Last date of registration 28th Jan 2021, upto 07.00 PM

LINK:[https://docs.google.com/forms/d/e/1FAIpQLSeQF5K6rVS1IHKuBlkXhPr9NREqSiXYQetRYyXhyWO78o\\_9WA/viewform?usp=sf\\_1ink](https://docs.google.com/forms/d/e/1FAIpQLSeQF5K6rVS1IHKuBlkXhPr9NREqSiXYQetRYyXhyWO78o_9WA/viewform?usp=sf_1ink)