A workout for your mind

Brain Games and Puzzles



Dr Anand Diwan

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Brain, spine, nerve & muscle specialist

MBBS, DNB (Neurology) · MMC Reg. No. 88279

Narayani Hospital **0253 2224411**
Dr Anand Diwan Neurology Clinic **0253 2472111**

Scan to book your appointment

Conditions treated at our clinic

- Epilepsy and seizures (fits)
- Stroke and paralysis
- Migraine and frequent headache
- Vertigo, giddiness, loss of balance
- Parkinson's disease, tremor, slowness
- Memory loss, dementia
- Neck and back pain, sciatica, spondylosis
- Numbness, tingling, nerve pain (neuropathy)
- Muscle weakness (myopathy)
- Head injury after an accident
- Sleep problems
- Children: seizures, developmental delay, slow walking or talking

Tests at Narayani Hospital, under one roof

EEG · Video EEG · EMG / NCS · VEP · BERA · VNG (vertigo test) · CT brain · CSF test · All blood tests

Not everyone needs tests. When they are needed, Dr Diwan explains which ones and why.

Why play brain games?

Puzzles and games make the brain pay attention, remember, plan and think fast. They are fun at any age – and best done together with family.

Memory game

- Read these 12 words for 1 minute. Cover them and write down as many as you can remember.
- **Mango · Bus · Temple · Pen · River · Shoe · Lamp · Cricket · Rose · Bell · Clock · Rain**
- Tip: make a little story linking the words – you will remember more!

Sudoku for beginners

Fill the empty boxes so that each row, each column and each 2×2 box has the numbers 1, 2, 3 and 4 once.

Puzzle A

1			4
	4	1	
2			3
	3	2	

Puzzle B

	1		3
4			
		3	
3		1	2



Colours and numbers

Colour challenge

- Say aloud the **colour of the ink**, not the word. Go as fast as you can!

BLUE **ORANGE** **RED** **GREEN**
BLACK **ORANGE** **GREEN**
BLUE

What comes next?

- 2, 4, 6, 8, __
- 1, 3, 6, 10, __
- 5, 10, 20, 40, __
- 1, 1, 2, 3, 5, 8, __

Odd one out and riddles

Find the odd one out

- Apple · Mango · Potato · Banana
- Eye · Ear · Nose · Shirt
- Cow · Dog · Crow · Goat
- Red · Blue · Circle · Green

Riddles

- I have hands but cannot clap. What am I?
- The more I dry, the wetter I get. What am I?
- I have many keys but cannot open a lock. What am I?

Answers

Sudoku A: 1234 / 3412 / 2143 / 4321 · Sudoku B: 2143 / 4321 / 1234 / 3412

- Next numbers: 10 · 15 · 80 · 13
- Odd one out: Potato (vegetable) · Shirt · Crow (bird) · Circle (shape)
- Riddles: a clock · a towel · a harmonium or piano

A daily brain workout

- Learn one new word or song line
- Do mental maths while shopping
- Play cards, chess, carrom or antakshari with family
- Try writing with your other hand
- Walk a new route

Appointments

Monday to Saturday · Closed on Sundays

Narayani Hospital

Consultation, tests & admission

Shree Vallabh Nagar, behind Chaan Hotel, near Mumbai Naka, Nashik 422009

Consult 11 am – 3 pm · Tests 10 am – 5 pm

Hospital open 24 hours for emergencies

0253 2224411

Dr Anand Diwan Neurology Clinic

Evening consultation

11 Yashika Plaza, near Satyam Sweet, Govind Nagar, Nashik 422009

Consult 6 pm – 8 pm

0253 2472111

Scan to book your appointment

Or book on WhatsApp

83900 00385 · 93702 54026

WhatsApp is for booking appointments only.

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Read more online

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This booklet gives general information and does not replace medical advice. In an emergency, go to the nearest hospital.