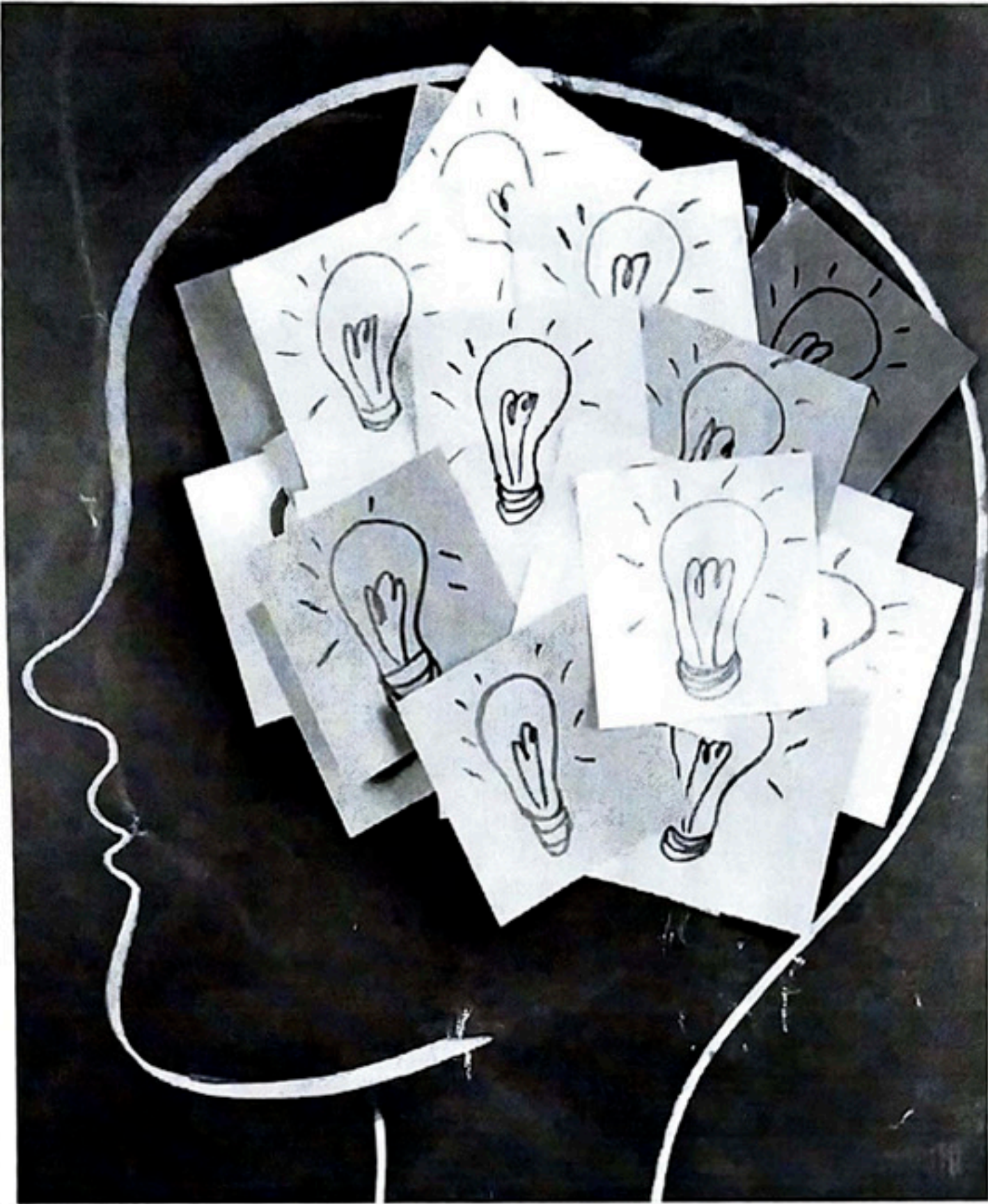




By Minoos Jokhi

## Your Memory Can Increase With Age – A Step-by-Step Guide



I have seen many people say: "Oh my God! I am now getting old; I am becoming forgetful. I have bad memory because of my advancing age."

First and foremost please remember a person doesn't have good or bad memory. It is either trained or untrained. The correct training will ensure that it remains active, not dormant.

There are three Laws of Memory: IOC. So, does IOC stand for Indian Oil Corporation. No. It is Imagination, Observation and, what lots of parents complain to me is lacking in their children, Concentration.

Use IOC as you get older and see the difference. As a person grows older, the person does tend to take more and more burden in the mind, which does make it difficult to focus.

### Prevent Memory Loss

Some tips to prevent memory loss and ensures memory improves with age:

1) Always indulge in some form of physical activity in your daily routine. Physical activity increases blood flow to your whole body, including your brain, and one stays mentally active. Physical and mental fitness is extremely important not just for students, but all individuals, and the two go hand-in-hand.

2) Get organized and disciplined. It will leave you with some time for physical fitness, which in turn leads to mental agility.

3) Learning a musical instrument stimulates your creativity. Start taking piano classes; learn to play the violin; learn to use a flute, harp, santoor, etc. Playing the musical instrument requires recalling powers as well as concentration to maintain the tempo,

which are good mental stimulants.

4) Eat a healthy diet as that will impact both physical and mental fitness levels in the body.

5) Solve word puzzles, number puzzles and crosswords as this will improve your cognitive skills, creative thinking and word power, and you will get to learn new words. Try to learn one new word daily; you will get 365 words in a year. And 366 in a leap year! Always keep your mind active and not passive.

6) Use the link-system instead of mugging or pressuring your mind to remember things without reason. Link up the thing you want to remember to something else and see how that helps. If you want to buy bread in the evening, link bread with your evening tea to serve as a reminder.

7) Stay stress-free and sleep tension-free. And face the problems of life by accepting that there is a problem,

rather than trying to run away from it. Today, the whole world is struggling with the coronavirus pandemic, so one has to accept this rather than try and run away. Face it and win over the problem with creative thinking.

8) There are exercises to be done, more so as you grow older. A yoga asana called Brahmamudra is very helpful as it not only helps to concentrate but also to retain information. What is so wonderful if you learn something, but equally soon also forget it? Unfortunately, lots of students due to pressure to get good marks just try to mug up, which is 'Rote Learning' and forget as soon as the exam is over.

### Memory Enhancement

Some important aspects of memory include perception, retention, recall and recognition. It is important to get the

perception correct and practice repeatedly for recall and retention of anything.

I see individuals trying to save hundreds of phone numbers in their mobile; try learning maybe 3 numbers every week. If that individual continues to mindlessly save numbers in the mobile phone, soon the person will realise that due to the technology available one has stopped using the mind, which is far greater in terms of memory capacity than any cell phone memory!

Forgetfulness does happen as you grow older, but if you are having a proper lifestyle you can actually learn more and remember more as you grow older.

The daily practice of meditation can make a huge difference. Not only do you get peace of mind but the confidence to recall and recollect more. Try taking a deep breath and then let it out — keep on breathing

deeply and slowly.

While doing this, focus your attention on nothing but the various groups of your muscles. Start with your forehead and then relax those muscles. Go on to your shoulder muscles, then your stomach, legs, feet, toes. This systemic relaxation will bring on a kind of meditative state in a matter of few minutes.

Also, in the short term, write down your agendas on slips of paper and later progress to making mental notes and see how much you remember. You may forget, but you will surely improve given some time.

Try to create a mental command in your brain, which will happen when it is done repetitively and the process will become automatic soon. And it becomes second nature over a matter of time.

Studies suggests that eating a diet rich in fruits, vegetables, fish and nuts, staying physically fit and mentally active, as well as cutting down on alcohol and smoking, will definitely ensure an individual's memory keeps improving and not decaying with age.

My own memory is far better today than what it was 10 years ago and I hope to carry on in the same manner always. If you, at any age, have mild forgetfulness, don't panic; it can easily be overcome.

In conclusion, memory can be developed, improved and increased if you have the zeal and a real passion to do so.

### MATH TRICK

Let us take a 2 digit number ending with 5 e.g. 85 if we have to multiply 85 and 85 take the unit's digit 5 and multiply it with 5 (other unit's digit) and we get 25 and the ten's digit 8 multiply with the next number i.e. 9 and 6 times 7 is 72 and the answer is 7225.

Let us take a 3 digit number ending with 5 e.g. 175 175 times 135: 5 times 5 = 25

17 times 18 = 306 and the answer is 30625.

• Minoos Jokhi is a well reputed Mathematician cum Memory Development Trainer. His website is: [www.minoojokhi.in](http://www.minoojokhi.in)