

How to remember Names and Faces with ease as you get older!



BY MINOO JOKHI

A wise person rightly said: "The only thing faster than the speed of thought is the speed of forgetfulness. Good thing we have other people to help us remember."

It is true that in day-to-day life, humans do have the tendency to forget others names and faces. This happens to everyone, but to some people more than to others.

Having a sharp memory for names and faces is of great value for all individuals; whether one is a sportsperson or a professional, or a student studying in school or college. Names and faces are a big challenge for many individuals and it leads to quite an embarrassment when you can't recollect them.

To recognize faces, it is important to have accurate powers of observation. A person, when meeting somebody for the first time, must observe the face and the entire appearance closely, noticing in particular the eyes, nose, mouth and hair. Also try to find an unusual feature, whether big ears, pretty eyes, sideburns, eyebrows, mouth, nose etc.

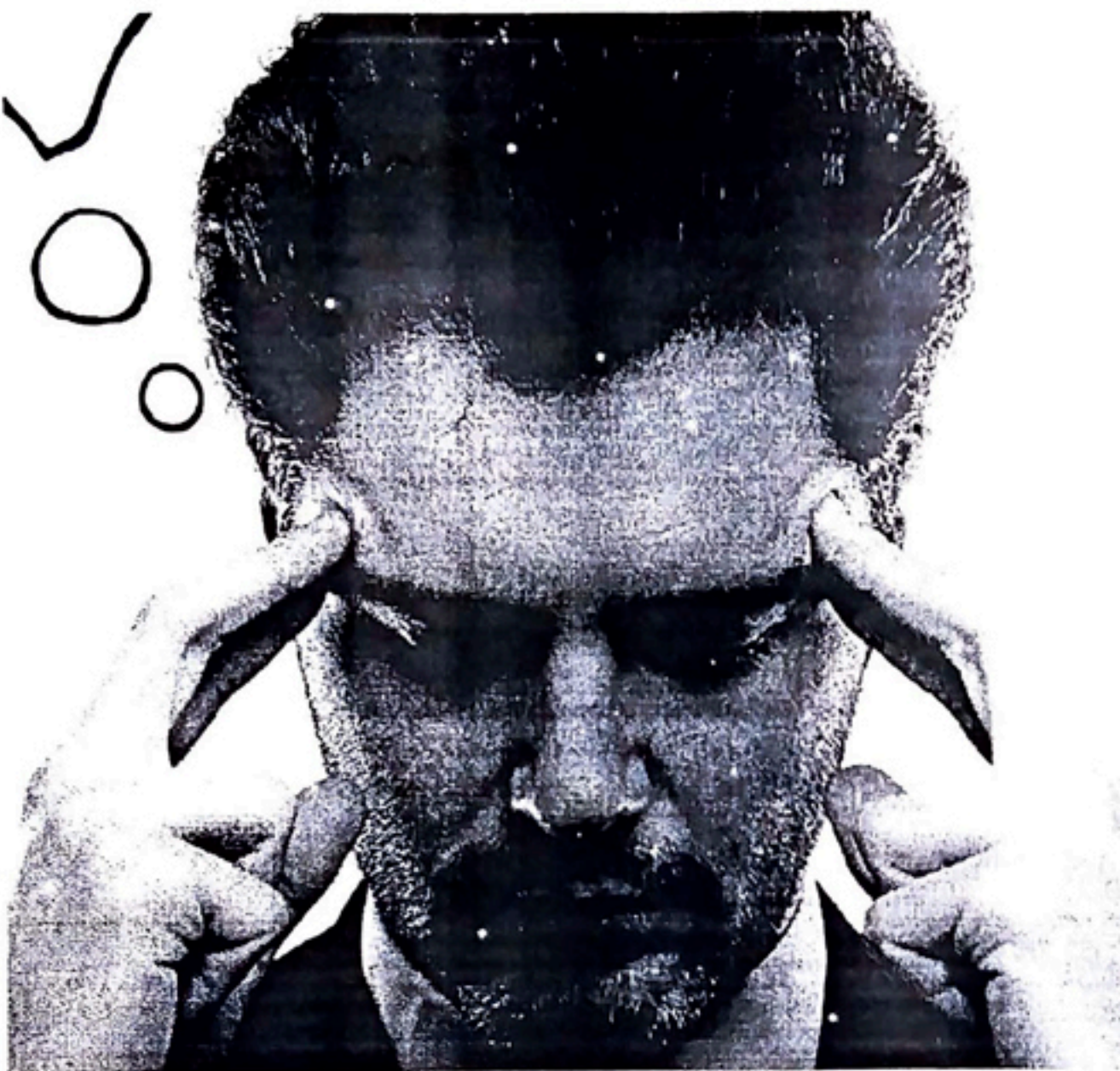
HELPFUL HINTS

Five ways, which can aid you to remember faces, are as follows:

1) Avoid eating and drinking when you are meeting people: Your mind gets distracted in eating or drinking. Especially alcohol disturbs your association memory ability, as well as the capability to remember the connection between the face and the person at a later date. If you are serious about networking and making contacts at an event, then leave the eating and drinking for later and make sure you pay close attention to the people you are introduced to.

2) Visualization and association: This method suggests you think of a picture to go with a name.

Although people of all ages tend to forget names and faces, it is noticed that as one ages the problem often gets more acute. However, there are simple tips and tricks that can rectify the situation and sharpen memory and retentive power



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For instance, break down the concept of a name into pieces and make a picture story in your mind. E.g. if you're trying to remember the name of say Mike - imagine whenever you meet a person named Mike visualize a man holding a microphone. You've broken down the name and the picture will come to your mind. This will help both in remembering the name as well as the face.

3) Look for bold features in a person's face: Many individuals a person meets may look similar. Always try to make note of a particularly unusual feature in a person's face when you meet them for



the first time. While they may remind you of someone else you have met, that distinctive feature, like a big nose, glasses, different eye color, will remind your brain of the difference and

help you recollect their name and face instantly without a problem.

4) Try a different time of day: When one is desperately trying to recall someone's name and just can't, remember the time of day can also make a difference in attempts to remember. Afternoon appears to be best for most people. If you still can't get it, then get some sleep. That also helps with memory. If you are sleepy and tired, your memory is impaired.

5) Observation alone is not sufficient: One must nurture the ability to describe a person in his absence. Start by describ-

ing somebody you know well; then recall the appearance of a person you have met several times. Finally, try to describe someone who has been just introduced to you. Also try to focus on a new feature of that person's face.

PRACTISE MAKES PERFECT

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Let us see 9 steps in the process of memorising anybody's name easily:

- 1) Get the name clearly.
- 2) Repeat the name immediately after the introduction.
- 3) See whether or not the name has a meaning in itself.
- 4) If it has no meaning, find an appropriate substitute.
- 5) Repeat the name several times.
- 6) Write the name down.
- 7) Concentrate on names as simple lack of attention is one reason why we tend to forget names.
- 8) Practice; make a list of people who may be working or studying with you and see how many you can recollect.

Pay attention, first of all. It takes about 8 seconds of focus to implant information into our memory and one need to pay attention to learn and remember something.

MATH TRICK

Let us take two 2 digit numbers ending with 5 with a difference of 20. E.g. 35 and 55. If we multiply 35 and 55, write 25 in the end as when two numbers ending with 5 with 20 difference is there; 25 comes in the end and the first digits are 3 and 5 of 35 and 55 multiply 3 and 5 which is 15; and add 4 as 4 comes between 3 and 5. So 15 plus 4 = 19 and the answer is 1925.

Similarly take 125 and 145. Write 25 in the end and multiply 12 and 14 which is 168. As 13 comes between 12 and 14; add 13 to 168 and the answer is 181 is 18125.

• Minoo Jokhi is a Mathemagician cum Memory Development Trainer. His website is www.minoojokhi.in