

By Minoo Jokhi



Late English Bishop and Scholar Matthew Wren had rightly said:

"Ability is a poor man's wealth." Any ability is always great to have especially the ability to remember well; that is when a person with a sharp, trained memory is really useful in day-to-day life.

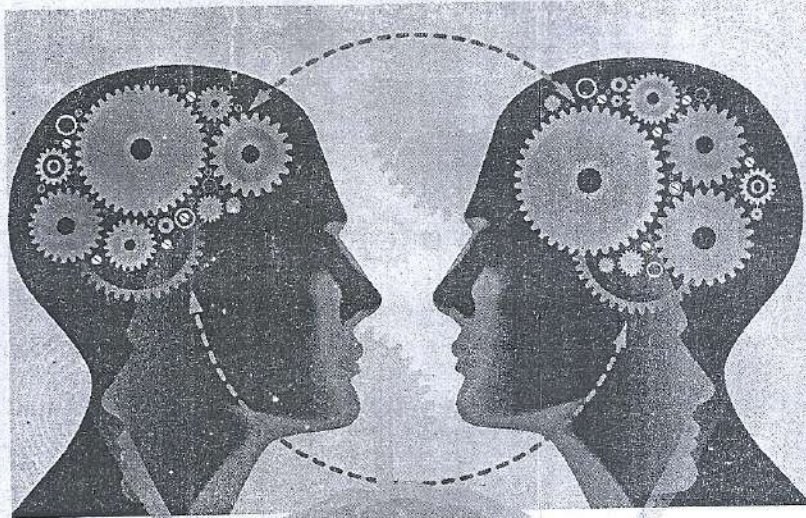
Examples of everyday memory include remembering names and faces, remembering the daily agenda, recalling items that one needs to purchase at the grocery store, remembering to take proper medicines (and take them on time), also remembering phone numbers, directions to a venue etc. For all this to happen, proper memory training is necessary and also proper concentration is needed to avoid being hyper and stay relaxed. Stress, anxiety and depression cause forgetfulness and utter confusion many a time, including difficulty in focusing and other problems that disrupt daily activities.

There are many individuals who constantly forget what they need to buy from the grocery store or details about a trip to the mall with friends and there are also those who forget to get down from the train or bus at the correct destination.

The following tips will help such people become sharper:

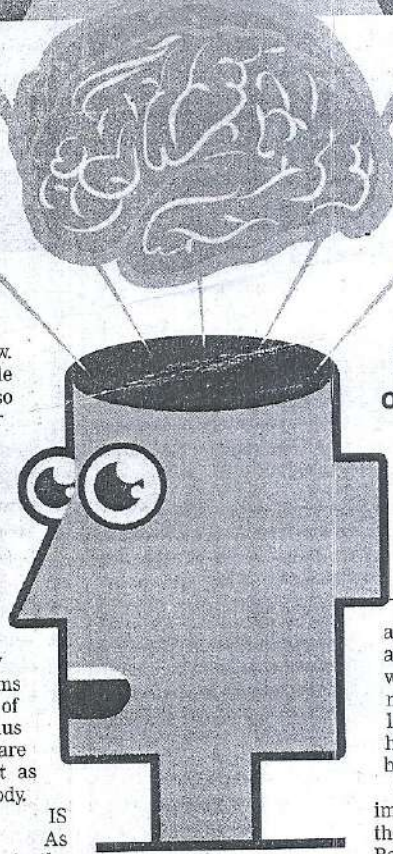
1. **TALK ALOUD:** The more you hear something, the easier it is to remember. Try repeating a task or reminding yourself of something loudly.
2. **MAKE NOTES AND LISTS:** Not only does writing something down give your brain extra time to see the information, but even if it does slip your mind at least you have it on paper!
- 3) **PHYSICAL EXERCISE:** Physical exercise has a great effect on a person's cognition; it also keeps the individual's body healthy and improves circulation, which means the brain is able to get fresh oxygen more quickly. So energize your brain with physical exercise regularly if you want to sharpen your memory and stay focused.
- 4) **SLOW DOWN:** In today's society, everyone is rushing all the time; instead, take a step back and focus on the information you hear

A sharp memory is a CHERISHED ASSET



or see right now. Taking a little extra time to do so can improve your memory.

- 5) **EXERCISE YOUR MIND:** Read a lot, do puzzles, indulge in mind-boggling games. Exercise your mind! As Eckhart Tolle had rightly said: "All problems are illusions of the mind." Thus mind exercises are just as important as exercising your body.
- 6) **NUTRITION IS IMPORTANT:** As healthy your body is, the healthier your mind is. Make sure you're fueling your body with what it needs to stay wholesome. Take care of your nutrition and don't pile up empty calories that do you no good.
- 7) **DRINK PLENTY OF WATER:** Water is very important as when you don't drink enough water, your body and mind become weak and tired. Water makes red blood cells more active and also makes you more energetic. And since the corona virus pandemic



It is worth remembering that as we grow older if you have trained your memory well your memory will increase, not decrease

we know the importance of drinking hot water; so don't forget to drink warm water and have lots of it. It always helps; not just for memory enhancement but even health wise.

Fun & Games

Try telling somebody to take a soft cloth shopping bag and fill it with several small household objects. Ensure that you don't see those objects yourself. Now try to feel the objects by feeling them through the fabric of the bag; identify

Parker has correctly said: "Procrastination is like a credit card: it's a lot of fun until you get the bill."

Be alert and observant always. It helps. When you are introduced to somebody, have proper eye contact. Try observing that person's hairstyle, forehead, eyelashes whether they are thick or sparse, cheekbones, nose, whether the individual wears glasses or not. This can become a good habit and in day to day life you in turn start remembering things with composite ease. And eventually memory, which we feel is not good, becomes a joyful experience and you start loving the art of remembering.

Types of Memory

Duration criteria wise there are three very important memories which are Sensory Memory, Short term Memory and Long term Memory.

Sensory memory takes the information provided by the senses and retains it accurately but for a very brief period. Sensory memory could last from a few hundred milliseconds to one to two seconds that it is often considered part of the process of perception. Nevertheless, it represents an essential step for storing information in short-term memory.

Short-term memory temporarily records the succession of events in our lives. It may register a face that we see in the street, or some address that we overhear someone giving out, or someone's email ID but this information will quickly disappear forever unless we make a conscious effort to retain it. Short-term memory has a storage capacity of only about 6 to 8 items and lasts only some seconds to at the most a minute or two. Just as sensory memory is a necessary step for short-term memory, short-term memory is a necessary step toward the next stage of retention, i.e. long-term memory.

Long-term memory not only stores all the significant events of our lives, but it also lets us retain the meanings of words and the physical skills that we have learnt. Its capacity is unlimited and it can last days, weeks, months, years or even your whole lifetime. Always remember, as we grow older if you have trained your memory well your memory will increase, not decrease.

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