

Report on presentation on ‘Techniques of Memory Skills Improvement’

The Institution of Engineers (India), UP State Centre, Lucknow and MNNIT Alumni jointly organized a paper presentation on “Techniques of Memory Skills Improvement” at the State Centre on 25th February, 2017. The event formally started with lighting of the lamp, as a token of the journey from Darkness to Light, by the dignitaries on the dais. Thereafter Dr. B.R. Singh, Chairman of the state Centre welcomed the main speaker Dr. Sunil Ji Garg, Managing Director... Er. V.B. Singh, past Chairman and council member, IEI; Members of IEI and their family members present; members of MNNIT Alumni and the guests. He briefly informed about the Institution and its activities at the centre. Er. V.B. Singh gave brief introduction about the speaker Dr. Garg.



Dr. Garg informed that Human being possesses about 100 billion Neurons and each of them has hundred of connections to other Neurons. These connections are responsible for keeping information in our memory. According to him if memory is equated with the hard disk of the computers, it will be like one hundred computers of one terabyte memory each. He further opined that if we use some techniques like Mnemonic major system, Journey Method, Memory Palace Method, Memory pegs etc. to improve our memory skills we can remember lot of the things, we always wanted to remember. He ensured that a person can easily remember dictionary, religious epics and even whole text books by using techniques. For memorizing things one should keep the following things in mind.

1. One must have a belief that he can remember

2. Pay attention at the things to remember at immediate moment
3. Make association of the things to remember with other things, even with absurd concepts and emotions
4. Picture based visualization be done
5. Make a story sequence
6. Make rehearsal (repetition) at certain specific intervals

Dr. Garg emphasized that more use of Brain develops stronger memory. He also described the types of related senses as phonological, Visualization and other sensory as taste, touch, and smell which must match to remember the things for long time memory (Permanent) for explicit recall at required time.



Dr. Garg briefly described the Peg Memory method and successfully performed exercises with the audience. The presentation was very informative, educative and useful for all and was well accepted with applaud by the vast gathering. The presentation ended with a vote of thanks by Er. R.K. Trivedi, Honorary Secretary.