

MEMORY - Dr. Jeetendra Adhia M.D.

MEMORY

Secrets & Techniques

Dr. Jeetendra Adhia M.D.



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25/B, Govt. Society, B/h, Municipal Market.
Off. C.G. Road, Navrangpura, Ahmedabad-380 009.

Ph. : 079-26447393 • Mobile: 098259 25947

email : rudrapublication1@gmail.com

www.rudrapublication.com

Buy online www.clickabooks.com

For Home Delivery: Mobile : +91-99241 43847

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Dr. Jeetendra Adhia M.D.

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ISBN : 978-81-906926-1-8

8th Edition - 17 September, 2014

₹ 130/-

o *Printing* o

Rudra Publication

o *Publisher* o

Adhia International

Ahmedabad, Gujarat, India

www.drjeetendraadhia.com

MEMORY

Secrets & Techniques

Gifted to

with love.

Hope this book will help you to enhance your memory and to remember any information at your will and use it at the time of your examination, interview or in your daily life.

Best wishes.

Name :

Date :

Place :

Acknowledgements

My deep gratitude to

Mr. Suhag Panchal,

Mr. Parikshit Jobanputra

Ms Sonal Khakkhar,

Mr. Ramesh Uttam

And Ms Jigisha Shah

for their contribution in shaping this book.

- Dr. Jeetendra Adhia MD

Dedication

**This book is dedicated to the students
who constantly work hard to
succeed in the examination
and in their lives.**

- Dr. Jeetendra Adhia MD

The author....

When most people turn 40, they think of slowing down; but not Prof. Dr. Jeetendra Adhia. At that age, he decided to go for a career change – from an unnoticed college professor to become a world renowned mind and memory trainer as well as a motivational speaker. Since 1992, he has risen to fame with his ‘Spring of Inspiration’ lectures, seminars and workshops, which he has been delivering at numerous places all over the world.

Popular and recognized as a 'Human Trainer' and 'Developer of Human Potential,' Dr. Adhia also conducts seminars and workshops on a wide variety of topics like Mind Power, Memory, Science of Living, Leadership, Happy Married Life, Relationship Building and Public Speaking – to name a few.

Born in 1951 in Rajkot – Gujarat, Dr. Adhia grew up in a one room house occupied by his parents, grand mother and five siblings. It was this poverty that became his driving force. At an early age, his father had instilled in him the goal of becoming a doctor. Even though it was a far cry from what his environment would allow, he realized this dream when he obtained the MBBS (Bachelor of Medicine, Bachelor of Surgery) degree in 1974. He then went to Mumbai to complete his MD (Doctor of Medicine) in Community Medicine.

In 33 years of his practice as a doctor, Dr. Adhia had often witnessed, and had been fascinated by the influence of abstract factors like thoughts and beliefs on the physical body. His reading habit had always reflected this curiosity. Soon he began to see the connection between the mind and body. He was so excited that he decided to make it his life's mission to spread this understanding to others. Thus, the 'Spring of Inspiration' program was born.

Like all growing things, Dr. Adhia's talk series also had a small beginning. Initially, he gave lectures on this topic to small clubs, associations, schools and colleges. But as his reputation as a speaker spread and the relevance of the topic caught on, he began to receive invitations from bigger institutions and corporations.

After great success in India, his fame crossed the national boundary. Over the years he has conducted seminars and workshops on Mind Power, Memory and Relationships in different cities of the world such as London, New York, New Jersey, Houston, Orlando, Tampa, Antwerp, Toronto, Hong Kong, Johannesburg, Bangkok, Panyu (China), Chicago, Los Angeles, San Francisco, San Diego, Santa Maria, Raleigh, Dallas etc. His programs are widely covered by print and electronic media in India as well as abroad.

The demand for his lectures had grown so immensely by 2003, that he decided to quit his medical college job

to devote full time to spread his message. He is now vigorously engaged in actualizing his pet project - the establishment of Mind University. This international institute envisions the participation of scholars and experts from all over the world in the study of and research on the mind.

One frequent longing expressed by many of his 'Spring of Inspiration' audience was to capture the essence of his program in some way and take it home to share it with family and friends and use it for future reference. Dr. Adhia thus came out with the book 'Spring of Inspiration', which was initially written in Gujarati under the title Prerna Nu Jharnu. It has become so popular that it is also available in English, Hindi, Telugu, Bengali and Marathi. The author has also written many other popular books and produced CDs on various subjects like Mind Power, Memory, Relationships etc.

- Rupal Shah

Why is this book written?

Since the last 30 years of my practice as a medical doctor, there have been innumerable people asking me to prescribe them some medication to improve their memory. I did a lot of search to find out if any such medicine actually exists. Eventually I had to give up my search. I have realized that there is no such drug available in the market, which could improve our memory. In fact, this search led me to recognize that there is no such thing as a good or bad memory. There is however only something termed as Trained or Untrained Memory.

What is Trained Memory? Memory is actually one of the powers of our mind. If we train our memory we can use it to its optimum capacity. I learnt this by reading a lot of books and attending various training programmes. This is how I have gained knowledge and now I am conducting my own memory training programmes. I have received a lot of positive response for the training programmes which I conduct throughout the world. My students insisted that I should write a book on Memory which they can refer to, after attending the workshop, and hence I was inspired to write one in Gujarati. Along with the Gujarati version, which is already in its second edition, a strong demand for an English as well as Hindi edition was made.

With immense encouragement and love from my students, the 'Memory' book is now available in English and Hindi. I feel certain that the book is useful to a lot of students for their studies and also in their day-to-day lives.

- Dr. Jeetendra Adhia MD

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*There is nothing like
good or bad memory,
it is either trained
or untrained memory.*

Benefits of trained memory

To progress in any field of our life, we need to have trained memory. With a trained memory, students can do better in their studies. They are able to learn and memorize their subjects better and make use of it at appropriate times, specially during examination or appearing for job interviews. As a result their chances of getting good marks and good jobs increases.

History is full of examples of many people who have attained success because they could remember the names of lots of people. Andrew Carnegie, Dale Carnegie, Jim Farley, John Kennedy, Charles de Gaulle, Cyrus and Harry Lorraine are few among others in the West. In India, Swami Vivekananda, Shrimat Rajchandra, Pujya Pramukh Swami Maharaj, Nani Palkhivala, Dr. Salim Ali, Dada J.P. Vaswani are some among the many who immediately come to mind.

Their amazing capacity to recognize people and remember their names along with a lot of relevant facts is one of the reasons of their success. With the help of memory training, we can remember names of people, faces, and a lot of information about people, like their birthdates, anniversaries etc. This helps us in having better social contacts and relations.

There are some things that we do not need to remember, such as information given in magazines or newspapers which may not be important to us. Certain things in our life are better forgotten, but the advantage of having a trained memory is that we can remember whatever information we want to, in whichever manner we decide. There are people who believe that a good memory is important for students only. But I believe that in every profession or business, trained memory is necessary. Let us look into the importance of trained memory for people in different fields.

For students

For student to score good marks in his or her exams, it is important that he/she has a trained memory. If we can recollect whatever we have studied while appearing for the exams, then only he/she



can we score well. Making notes in the books is not enough to help us remember things. Every student takes notes in school, then why is it that each one of them is not able to perform well in exams?

Schools and colleges expect students to remember what is taught to them during the year. But which no

educational institutes teaches, is how to remember ! If our memory is trained then we are able to recall all the information at the right time, especially during exams. It enables us to achieve better grades.

For parents

If parents have knowledge about how to train their memory, they can guide their children to do better in school. If parents too learn the techniques of memory, their own memory will improve dramatically, which in turn will help them in their business or profession.



For teachers

Every teacher must keep on learning regularly to help the students keep up with current knowledge.



'A lamp cannot light another lamp unless it continues to burn, and a teacher cannot teach unless he or she continues to learn.'
- Anon

If a teacher can help the students remember the subject using memory techniques, students will be relieved of unnecessary tension. This is true not only for the subject taught by that teacher but also those taught by other instructors.

For employees

When we take up a job we enjoy, we put in concentrated and sincere efforts. Continuing in this manner, we soon get promoted. To gain this rise, we need to remember a lot of information.

Memory techniques help us in decision making by being able:

- To remember necessary information for contributing profitably to the business.
- To remember numerical data related to our business.
- To remember where relevant documents and important data are stored.



- To remember government notifications, different laws as well as company rules and regulations.

For business people

Business people may ask, "What could be the use of memory techniques for us when we have computers and secretaries to help us out? But think, do we ask our customers and suppliers to deal directly with our secretaries or computers? If we are



able to remember names and faces of all our business contacts then we are able to do better business with them. It also helps us in remembering our transactions. The use of memory techniques is therefore important for every successful businessman.

For professionals

- When a doctor has to examine or operate on a patient, he/she does not sit with a thick reference book. A doctor is almost always able to diagnose and treat a patient without having to refer to the book.



- Lawyers too have to remember the laws given in the books. All the acts required for the cases are available in innumerable books. But the lawyer needs to remember all relevant laws while representing the case.
- Authors, psychiatrists, computer engineers and all other professionals also have to remember a lot of relevant information in their particular fields.
- Insurance Agent has to keep all the data about his/her client, such as policy number, sum assured, type of policy, amount of premium, premium date, maturity date etc. If he/she can remember all such data he/she can impress his/her clients.



If professionals are able to use memory techniques, it would help improve performance in their respective professions. If they are able to remember all this information without looking in the diary, then it creates a better and positive impact on the client.