Anjuman-I-Islam's

AKBAR PEERBHOY COLLEGE OF COMMERCE AND ECONOMICS

NAAC ACCREDITED COLLEGE M. S. ALI ROAD, DO TAKI, MUMBAI-400 008.

12-1-2019

NOTICE

PROFESSIONAL SECTION

{ BMM}

Career guidance & Placement cell is organizing a Lecture on the Topic: "How to improve your memory.

Resource person: Dr Hanif Lakdawala

The objectives of the lecture are:

- 1. To expose students to various memory techniques for preparing for examination
- 2. Study techniques

Date: 19th January 2019

Time: 11:00 am Venue: Room no: 28

Prof. Hemant Kumar Jonnala

Chairman

Career guidance & Placement cell

Prof. Mohd Taher I/C Principal

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16th February 2019

ACTIVITY REPORT						
Name of the Activity:	"How to improve your memory"					
Date: 19 th January 2019						
Name of the Depart / Committee:	Career guidane	e & Placement cell				
Convenor of the Activity:	Dr Hanif Lakdawala					
Target Audience	BMM	No's of Students Participated	15			
Name of the student coordinator	Malkani Rukaiya					

Brief Summary of the activity conducted:

The Program started by welcoming speech by prof Haya Shaikh

Dr Hanif Lakdawala explained with the help of presentations varios aspects of Memory improvement and techniques of how to study a subject. The following points were explained to students:

- · Stop Multitasking
- Eliminate distraction
- Stop cramming i.e stop studying continuously for long period without break. Primacy and recency principles. You remember what you learn at start and at end. So breaks create more primacy and more recency
- Stop acting against your own judgments
- · Active Recall (rereading only help in recognition not in recall)
- Spaced repetition (1 hour, 1day, 1:week and 1 month later
- · The peak-end rule

Prof. Hemant Kumar Jonnala

Chairman

Career guidance & Placement cell

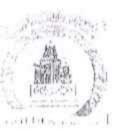
Prof. Mohd Taher

I/C Principal

ANJUMAN-J-ISLAM'S AKBAR PEERBHOY COLLEGE OF COMMERCE & ECONOMICS Academic Year 2018-19

Name of The Event- How	mpme	Memory	
Program In charge - Dr. Ha			
Date:			
Venue A - P-longe			
Student coordinator:			

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(NAAC Accredited College)

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3)	Generating interest among student?	V				H
4)	Subject knowledge (As perceived by you)					
5)	Usage of Black board.					
6)	Ability to encourage student participation in the class.					
7)	Accessibility of the teacher in and out of the class room.					
8)	Punctuality (In reaching the class and leaving the class)					
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