<u>SESSION ON INSTANT MEMORY</u> (WORLD ALZHEIMER'S DAY)

Date: 21-09-2022 Time: 7:30pm Platform: Zoom (Virtual Platform)

YI has organized a session on **World Alzheimer's Day**. In this session, Anant Kasibatla sir gave us insights into how memory loss patients suffer in daily life. He also gave many tips to the students to remember like noting them down in diaries and playing memory games more often. Memory is a delicate term where we restore our daily memories. Forgetting things are casual reality but not good if we forget everything. So, making notes and following routine daily life and meditation may helps in recalling our memory. Students got a chance of witnessing the power of mind and strategies to unstuck our memory. They got to know about the 5 mistakes that will surely.

