



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor (RJIF): 8.4
IJAR 2024; 10(6): 163-174
www.allresearchjournal.com
Received: 03-05-2024
Accepted: 05-06-2024

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Brain science: Science of recollection

Vinod Sharma

Abstract

Memory is a system or process that stores what we learn for future use. Our memory has three basic functions: encoding, storing, and retrieving information. Encoding is the act of getting information into our memory system through automatic or effortful processing.

We get information into our brains through a process called encoding, which is the input of information into the memory system. Once we receive sensory information from the environment, our brains label or code it. We organize the information with other similar information and connect new concepts to existing concepts. Encoding information occurs through automatic processing and effortful processing. Once the information has been encoded, we have to somehow have to retain it. Our brains take the encoded information and place it in storage. Storage is the creation of a permanent record of information.

Storage is retention of the information, and retrieval is the act of getting information out of storage and into conscious awareness through recall, recognition, and relearning.

Finally, retrieval is the act of getting memories out of storage and back into Conscious awareness. This is done through recall, recognition, and re learning.

The image that is coming to your brain which is coming automatically and obviously, once you pronounce the word, we will use this image to remember anything which is related to that word. PIS converts unknown words, difficult words or non-pictorial words picture form.

Another example could be taken as Food. Everyone knows it's Universal Meaning as something to eat. But in Personalized Meaning the item which could be eaten would be different from person to person. This means that the associated images which the brain creates after hearing the word as Big or Food is Personalized Image System.

In universal meaning the meaning of the word is the same for all for example if we take a word BIG, the universal meaning of this word is something which is large. And if asked what image comes when you heard the word Big? Anything could come like any big building, mountain, an ocean, a blue whale, etc.

This means that anything which has a specialty of being big will come to your mind. From this we are concluding that according to the Universal Meaning the meaning of the word Big is Large, but in Personal meaning for every person the image will be different from person to person.

This method is used to memorize - Hard Words

Word Meaning One word Answers GK Questions Country / Capital

Minister's portfolio and many more. To be in merit what does an aspirant need? That needs to (1) Read well (2) Write well (3) understand well, (4) Memorize well, (5) Retain well and (6) Recollect accurately. Agree!!!! This is called Learning cycle. If the mistakes are less, the chances of Merit are more!!Where do you make mistakes mostly, in recollection right?? Because you learned how to read, write and understand well...even you memorize before the exam and you learned repetition and cramming way of memorization. BUT have you learned How To Recollect? What is the best way of accurate and complete recollection? We do not want to memorise but we do want to remember!!IWith Brain Science you not only learn How to memorize fast, how to retain longer and stronger but also you learn How to recollect!! Remember we get marks only for recollection of knowledge what you obtain in the whole year. This means, reading, writing, understanding and memorizing are learning steps and recollection is the test of learning so recollection science can also be called as Exam Science. You will learn here, being meritorious, not only in studies but also in life with Brain Science.

Keywords: Brain science, mnemonics, memory techniques, imagination and visualization, association, recollection

Introduction

Brain Science

What is brain science?

Brain Science – A brilliant and scientific way of learning.

A brain training program based on scientific mnemonic techniques of studying, that helps (Student & Individual) in:

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1. **Better academic result:** Increased exam result percentages.
2. **Faster memorization:** Improved and trained memory to reduce the study time and fast memorization of syllabus.
3. **Strong Retention:** No forgetting, permanent memory. Students remember the things not only till exams but till life time.
4. **Quick and accurate recollection:** No mistakes in exams because of accurate recollection.
5. **Development of Holistic Success Skills for Life:** Not only academics result improvement but skills development for great life and desired success.

What is the secret behind brain science?

Brain science is basically based on principle of association and power of imagination which are told in education psychology.

Methods of learning that cover all four dimensions of education.

Education's 4 dimensions

Reading 2. Writing 3. Comprehension and 4. Recollection

In current education scenario most schools, institutions only cover 3 dimensions – Reading, writing and understanding. But how to recollect in exams, and how to memorize effectively, that is not taken care of so far. So, scoring good marks by covering huge syllabus and memorizing so many things in study have become main reason of stress and pressure on students.

But, Brain Science training develops all 4 dimensions of education for a child by using scientific methods for best exam results without any pressure or stress.

It is Stress Free Study

Have you noticed - Students usually learn in schools or institutes:

1. How to read well.
2. How to write well.
3. How to understand well.

But they do not learn the 4th dimension of education which aims:

How to memorize fast: For faster memorization of syllabus.

How to retain longer as well as permanent: So, students never forget anything till life time.

How to recollect accurately and perfectly: So there will be no mistake in exams and exam result will be superb.

And we know the importance of recollection skills in exams

Have you ever imagined that for how long you have been confused in the web of brain, in the science of learning! Isn't it strange that we remember some stuff for a very longer period of time and forget something which we almost revise daily, for example: the formulas of mathematics or the dates of history! This is nothing but just the difference between the working of left brain and the right brain. Now the question is how to overcome these problems? How to

understand the working of our brain and the science behind it.

A good educational institution is one in which every student feels welcome and cared for, where a safe and stimulating learning environment exists, where a range of learning experiences are offered, and where good physical infrastructure and appropriate resources conducive to learning are available to all students.

Brain Science is one of its kind that provides a basic platform for all school-going students, parents, and educators to be equipped with the skills to become future-ready. The purpose is to make learning less stressful and more learner-oriented. Being a part of this system we all are making efforts to do it efficiently and effectively. So here we are launching a new and revised learning solution for all, equipped with multidimensional learning. Brain Science has developed an innovative syllabus to reduce stress in education and increase

The memory of children by sharpening their minds. Brain science gives memory training to children scientific methods, also, it teaches them to read without stress. With brain science training it also emphasizes developing the abilities of children to make them successful in life and also provides training for the overall development of children.

Benefits of methods

Brain Science methods, will help the students in – Memorizing & Recalling long list of words (Answers in Points) in Chronological or Random Order Memorizing & Recalling long theoretical answers Ø Memorizing & Recalling Historical Dates, Any Data or Numbers, Maps, Square or Cube Roots etc. Ø Memorizing & Recalling the Dictionary. Ø Enjoying the Study. Ø Reducing the Study Time. Ø Removing the Stress and Pressure Ø Reducing the Revision, Repetition and Cramming Ø Increasing the speed of Studying Ø Securing higher marks in Exams

The unique differentiator of brain science is equipping the education process with the science of recollection and memorization techniques which is based on the science of mnemonics. Mostly in India, institutes, schools, and colleges teach students how to read well, how to write well, and how to comprehend well, but most institutions and schools are not teaching How to recollect in exams and this is why all the problems are increasing day by day. We all know, for better exam results, a student has to do two things – very well comprehension and very well memorization to finally have accurate recollection in exams. But students are usually taught how to comprehend, and for comprehension or understating students have teachers, faculties, schools, and coaching centers but for best memorization, students do not have any innovative support or help. That's why they tend to use old techniques like repetition and cramming which results in increasing mental stress, fear of forgetting in examinations, and anxiety. Memory and brain science gives students new and proven techniques, and recollection by which students, enjoy the syllabus, memorize faster and recollect the content exams accurately.

The secret of revision

What is revision?

You must have been asked to do revision by your teachers so many times. If we want to make the study content memorized usually we are advised to do revision right!

But do you know the exact meaning of revision? Most people think the meaning of revision is, reading and revising the content again and again so as to make it stout. BUT revision is something different, yes it is important to do revision if we want to make memory permanent but that it not reading multiple times.

As we know that our strongest memory or information format is video or visual memory or eye memory. Which means what we can see is the best memory.

What we use to see - EYES right!

EYES are also called vision. Moreover, eyes are used to see the things physically.

But if we want to see the things mentally, it is called our vision.

We are advised to have Vision in life, Life's vision means what we see in our future.

Which means physically or notionally Vision is most important. VISION means seeing for first time. REVISION means seeing gain, look at this word.

REVISION = RE-VISION that means vision again, seeing again. Seeing again, not reading again. But students while doing revision they just re-read the content. Actually they do not make the study visual, we can see only visuals. That's why they re-read and wrongly understand that they are doing revision.

For example, when we watch movie for the first time it will be, called vision of the movie.

And when we watch the same movie for second time on TV or theater, it will be rightly called RE-VISION of the movie.

Importantly, watching movie again is also equally interesting g that's why we usually watch the movies again and again on TV even if it is already watched by us. But reading the same book or study content looks boring, right! Which means our brain likes RE-VISION but doesn't like re-read.

For making revisions you just need to convert the study content in visual format with the help of brain science methods. So, at the time of revision you just need to see the converted images not the text content. That is much easier, faster and interesting.

SO Make the VISION before doing RE-VISION.

MSV!!!

Or Holistic Success?

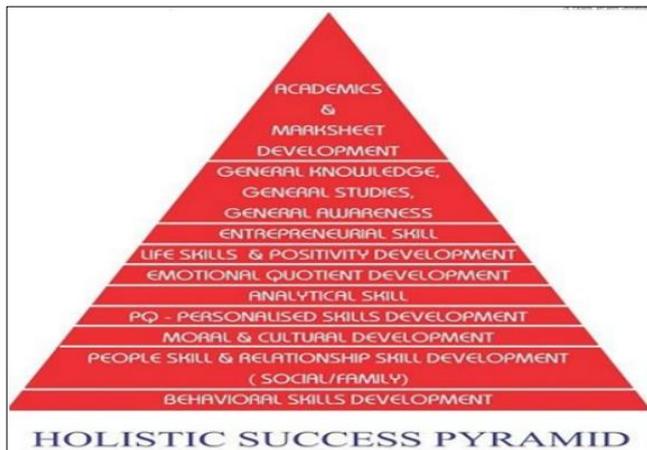
Hello everyone, Welcome to the World of learning. But let me tell you one thing, one day, I had a quarrel with my Dad, my Dad is a very angry man. This morning also he was fighting over a topic, I told him, I've always seen you frustrated, annoyed and always in a ruthless mood, was there any day or any moment in you life when you were happy? My Dad told me – "Oh yes there was only one day when I was actually very happy in life"; very curiously I asked him what happened that day? To which he answered that I got the highest percentage of my life that day and that day was when my 10th board results were out. I again questioned him how much percentage he scored? He answered – 55%. I laughed to my core when I heard this and might be possible that most of you also are laughing after reading this. I questioned him that tell me one thing – when you scored 55% everyone around you was happy and celebrating and distributing sweets and when I scored 65% in my academics, you went angry and started beating me! Why you being so biased? I scored much better then you at least. To this my dad told me that my son when I scored

55% then in the whole school, society, community I scored the highest of all, but when you scored 65% then among many people in the school, community and society, your grades were not up to the mark. Then at that moment I understood that getting good grades and percentage Is not important, but what is more important is that at that particular time how many people score that percentage, and this called as MSV- Mark Sheet Value. During my Father's time MSV was 55% and during my school time MSV was 75% and now it is raised upto 95%. Every parent now a days want that his/her child should score good that is 95%, and which means that today MSV value is more than 90%. Now it is clearly understood that scoring 95% requires more efforts and more time then scoring 55% and that is why if look at the schedule of today's student – he spend 8 hours in school, coaching institute 1 hour, then school homework 1 hour, he gives 1 hour to revise school work and 1-2 hour to revise whatever is being taught at coaching institute, put together these are 15 hours minimum If he wants to score 95%. This means that 15 hours he requires for studying and 8 hours of sleep, therefore which means that around he spends 23 hours like this and how many hours are actually in the day. 24 hours! Out of which 23 hours are already gone in just scoring these 95% and now in that remaining 1 hour the child has to do all the basic necessities i.e bathing, eating food, roaming here and there, going out on vacation, meeting friends or working on the any of his hobbies or if the parents wants his child to learn about the society, culture, community or if any other skill apart from academics which needs to be develop. So for all these things how much time is left with the child only 1 hour!! Then can any one of these qualities be developed?. NO!! now the thing is that the maximum time we spent on studies how much important is that in life? Now let me ask one question to the reader that you might know there are many of people who are not that much qualified in academics but still doing very well in life and are highly successful. Dhirubhai Ambani, Amitabh Bacchan, Sachin Tendulkar (Who failed in 10th class), but you might know many of the people in your families and surroundings, near dear friends, relatives who are also not that qualified but who has a lot of name and fame and these people are highly qualified. And ironically in India 95% of the top class Businessmen are not well qualified in academics but doing very well in their field. That means the opposite of this as in the people are well qualified in the academics or are gold medalist in their subjects but still are unsuccessful and aren't getting the desired success and are still struggling with a compromised and frustrated job. 99% of the youth in India faces the same. The child is getting good score but he isn't getting the success with those particular grades. Now the question arises that what is 100% success?

Success is this Pyramid

To build a pyramid we require more space at the bottom, pyramids are consider to be most strengthen structure, they aren't even affected by the any earthquake just because of the structure i.e broader at the bottom and narrower at the top, the pyramids are the most balanced structure and it can never be destroyed. The child should inherit the same type of strength. The question now arises that how is it possible? It is possible if the child start doing his studies in the similar pyramid shape too. Let me get into more detail of this pyramid – if you look at the pyramid closely you will notice

that where pyramid is more broader that skill requires more attention in a child's life which means that in this pyramid the important skill starts from bottom to top i.e the skill mentioned at the bottom of the pyramid is most important as compared to the top one, the top one is also important but not more the bottom one. The most important is the "Behavioral Skill Development", the least important is "academic and mark sheet development" and what I think and concluded (From the above example also) even if you remove the top most part of the pyramid then also you can succeed in your life. But in India, when I told that the pyramid is important from bottom to up, parents flipped this pyramid i.e



Parents in the present day give importance to academic and mark sheet and the least importance is given to the other skills and the child grows this with skill only. Now again the question arises that after so many efforts still why the people are not successful, the reason being, fundamental mistake. Let me now explain what is fundamental mistake- as we all know a car has 4 wheels and one the wheel is punctured and if you do not repair that one wheels and keeps on driving with that punctured wheel, will your reach to the destination? Answer is No. if the wheel is punctured we have three options- 1. Manage with that puncture wheel and don't use that car, 2. Get that wheel repaired, 3. Fill in with air that wheel for a particular time period and then after again repeat the same. Which is best option among the three? Yes you guessed it correct i.e the that wheel repaired. Now let me tell you something more interesting, your education is a car and has four wheels, among the four one of the wheel is punctured and till date is not repaired – these four wheels can be defined as cognition, kinesthetic, comprehension and recollection or in a layman term is can be called as reading for which we have course books, writing for which we have notebooks, understanding for which we have our school teachers and recollection. Since childhood we've been taught how to read, write and understand and therefore we do not face any problem in these three but let's talk about recollectionwe've never been trained on recollection and hence we always face problems in recollecting subjects. The important all the four wheels is recollection. In India, exams holds such an important part in an education system and what is exam ? exam is itself is a recollection skill. Exam is the time to recollect.

You read newspapers, do you recollect? Because there is not need of recollection of newspaper, moreover there is no exam of newspaper. But during the time when the child

studies he always asked that you need to recollect this and this will be asked in exam. Therefore the 4th dimension of education is science of recollection. With accurate recollection the child will score more and if there is a mistake or poor recollection it will affect the exam result accordingly. Therefore this wheel of education has become the most important of all. if you to market to buy a shirt for yourself and you have two options-the one which has less durability costing Rs 400/- and another which has a good quality and longer shelf life costing Rs 600/-, among them which shirt you want to purchase? Maximum number of people will choose the 2nd option which has more durability. Which means we invest time and money where we see the durability and permanency, which it is such a big fault that have not done the same with a child's education. Everyone one of us is just concerned with what a child is studying and how much grades he will score in the exam but none of us is concerned till how long that knowledge can be recollect and holds a permanent place in our mind. Actually no one is concerned that after exam how long that knowledge can still be recollect. if you ask your teacher that how shall I study so that I am able to recollect things till my lifetime, the teacher has no answer to this. You being a parent, a teacher, don't you think that permanent recollection is important? this is the reason why child is not able use that knowledge in his lifetime. Why are studying? just to memorize that subject ? that knowledge provides some or the other development in our life, but that development will only takes place only when it is a permanent knowledge. if you to gym for 2 days or 1 full day in a month, it won't make a difference, until and unless you won't make this as a permanent habit or make it a part of your lifestyle you won't see any results. Similarly the knowledge which a child gets through his studies also needs to be permanent. if you have an ATM card and you don't remember the pin of your card can you use that card for withdrawing money? Answer is NO similarly when a child completes his studies he forgets 99% of what he has studied. This is the reason when the child reaches to the peak time, he struggles because nor he has skills as he didn't worked on it, neither he remember the knowledge which he studied and then again to be successful he reaches out to some other lines and again his struggles starts. That is why even after formal education the child undergo many types of other education also to build his career e.g MBA, MCA etc. to all these problem there is only one solution that is we build a strong base to our education that is we start working on making our knowledge permanent. Therefore recollection is important and the science of recollection is only known as brain science, which is the fourth dimension of education. Mnemonic science supports this recollection science. Mnemonic science means to memorize any effectively and interestingly. if we use mnemonic science in studies, it will result in –

1. Better exam results
2. Fast memorization
3. Permanent memory which results in accurate recollection
4. Reducing the study time, efforts and removing the stress

Everywhere around us, there is a stressed environment in terms of education, and when the exams are nearby the phobia starts moreover there are lot many cases of suicides

coming out just because of the stress and depression caused by the education; this is happening because the one wheel of education is missing that is recollection. You will notice that all the students commit suicide after the result and not during the studies. In our education system this recollection is a missing part, recollection is on demand but the training for recollection missing. The brain science learning will provide you training on recollection and memory training.

Now the question arises that how to understand brain science. Let us first understand the word Brain Science Training, Training converts the knowledge into skills, we are scared to see a lion in jungle but we enjoy to see that same lion in circus, a trainer changed the behavioral skill of that wild animal. When a wild animal can be trained then don't you think that even a child requires this sort of training in his life? So there must be training over knowledge.

Next lets understand the word Science – by which human effort and human time is reduced in fast and effective way. E.g - if will be want to travel and cover the distance of 100 kms and if to walk and cover the same you will require 2 days but by car you can cover the same 2 hours, by this example you can understand what is the meaning of science. in early ages, people write letters and now a days they take the help of WhatsApp, this is also possible with the help of science. Science does 3 things in your life – reduces time, reduces effort, and increases comfort. But lets talk about our studies, in last 30 years the time has only increased, which clearly indicates that we study science but we don't use science in studies. In our life how science reduces the human effort and human time in the same way Brain Science reduces the learning time and learning effort. In brain science you learn some the methods, in brain science will also learning the balancing of both right and left brain and you will also learn how to be creative you will learn how to be creatively logical. Our human brain has an inbuilt and most unique quality known as creativity some people are logical and some are creative, the ones who are logical they take least interest in creative work e.g principal, politician, mathematician, rationalist and on the other hand the ones who are creative e.g musician, painter, artists, if you give them logical work they won't take interest in doing the same but some fall in a category of being both that is the people who are creatively logical known as scientist that is they create, they imagine first in their brain and they come out to the conclusion with the logic that how it can be made. Einstein once said that the children who fall in the age group of 9 years to 16 years in the world, they have a similar brain pattern to that of a scientist that means they are creatively logical this science will make you learn how to be creatively logical in education.

Being Meritorious with Brain Science

Merit is a symbol of success. Hardworking students look at merit as their goal.

To be successful in today's time

'Either you be the better of the best OR you be the different from the rest.'

For being better of the best, it takes a lot of efforts and time but being different can be easier, smarter and faster.

In other words-

Being different is being Meritorious

See, to be on merit what does an aspirant need

That needs to (1) Read well (2) Write well (3) understand well, (4) Memorize well, (5) Retain well
And (6) Recollect accurately.... Agree!!!! This is called Learning cycle.

If you are preparing for your exams you will do all these 5 things to finally reach at 6th that is 'Recollect' in exam correctly.

If the mistakes are less, the chances of Merit are more!!

Where you make mistakes mostly, in recollection right?? Because you learned how to read, write and understand well...even you memorize before the exam and you learned repetition and cramming way of memorization. BUT have you learned HOW TO RECOLLECT? What is the best way of accurate and complete recollection?

Even in schools and institutions, mostly we are taught, How to read, write and understand well but are we ever taught How to recollect is exams?

This is the gap in your preparation for merit....

In brain science you not only learn How to memorize fast, how to retain longer and stronger but also you also learn How to recollect!! Remember we get marks only for recollection of knowledge what you obtain in the whole year. This means, reading, writing, understanding and memorizing are learning steps and recollection is the test of learning so recollection science can also be called as Exam Science.

Divided into two parts left brain and right brain and the functioning of both left brain and right brain are totally different.

The function of the left brain is to concentrate on Logics, Analysis, Sequencing, Linear, Mathematics, Language, Facts, Think in Words, Words of Songs, Computation.

The significant fact is that during a full life span an average human being uses very little

or a fraction of his brain potential, and mostly left brain, which signifies day to day activities like study, reading, calculation etc., It is a fact, and here I would like to have your attention and acknowledgment that your hardly use the right side of your brain, which is capable of creative activities like painting, associations, emotions, imagination, ideas and insights. Just question yourself right now. Isn't it right? Yes it is. Now further question, what will happen to your overall performance if you start using this very important right hand side of your brain? I bet you can increase your success rate and happiness manifolds and all the content in the ensuing pages will deal with this very significant aspect of your life.

Logics - Any particular information which has its basic platform. Things related with logics always have meaning to it. One always learns first, understands and then memorize which stays in our mind for a very longer period of time. For example: we have already studied the Newton's Law of gravity in our childhood where we understood that whatever is held high will fall because of the gravitational force of the Earth. Now as we grow up we do not revise it on daily basis as logically it has been set in our minds that whatever we hold without any support is going to fall! And this information of logic and understanding is stored in our left brain. Sequencing- This concept is learned and understood by our left brain as what comes after number one is two and then three and so on... or for example we never forget that where our vegetables are kept as we all know they are kept in our fridge but we may sometimes forget that where the keys or the TV remote is kept as they always don't have a

fix place and may not be kept in sequence. Linear - everything which includes lines in it like square, rectangle, triangle, etc. This understanding of lines is being functioned by our left brain Mathematics-The word 'mathematics' as a subject is the total concept of left brain. Each and every concept which is included in this subject is being performed or controlled and understood by the left brain.

Language-Whenever any new language is learned or understood properly by using correct grammar, when one is capable of reading, writing a language this whole criteria is being controlled by the left brain.

Facts- The permanent memory formed by continuous revising where after particular point of time one does not have to think twice can be known as facts. For e.g. "Taj Mahal is situated in Agra" is a sentence which every person has heard since their childhood and now this has become a fact!

All these facts are stored in the left brain. But one point which has to be noted regarding facts is that the left brain does not store the images related to the facts, it only stores the basic spelling of it. Left brain will not store the image of "Taj Mahal" but only the fact that there exists a word named as Taj Mahal.

Think In Words – Anything related to alphabets, letter, words or sentences being

Understood by human beings are the work of left brain.

Words of Songs-Whenever a song is being played, it consists of basically two things, Lyrics and its tune. The "Words" of the song are beings to read by the left brain and not the tune.

Computation – One can say that the left side of the brain is a computer in itself. All

Kinds of calculation is being controlled by left brain.

Right Brain Function

Creativity, Imagination, Holistic Thinking, Intuition, Arts (Motor Skill), Rhythm (Beats), Non-Verbal, Feelings, Visualization, Tune of Songs, Daydreaming, are the contents included in the right brain.

Creativity- Anything which exist or does not exist, of which a human can think of and create. We can say that all the inventions done by so many people is the result of creativity. For example:- before creating an Airplane, Wright Brothers must have first created some picture in their mind and the Ways of it's execution and after that the plane was invented. So all these thinking is stored in the Right Brain. Imagination - According to 'Albert Einstein' "Imagination" is the most powerful thing in the world. Imagination means watching images in your dream or in the mind which may not be in one's hand but is existing! All the images which one have ever seen or may not have seen exists in the right brain. For example: if just after listening the word 'Airplane' an image of it has been created is the work of Right Brain. Creativity works first and logic follows after, that means:

Logic comes after and imagination comes first!

Holistic Thinking- Each and every thing which is complete or incomplete, if anything is damaged or not damaged, right or wrong this knowledge is known as holistic thinking which is being stored by the right brain. For example: while eating when we taste a food, the realization of the taste that whether the food is tasty or not, this feeling is known as holistic thinking because of which we have a feeling of

aspiration being successful in life, making things more perfect, moving towards the success, all this is stored in the right brain.

Intuition- Intuition basically means a feeling which a person feels even before an incident has occurred. We also call it as 6th sense! It do happens many a times that one is thinking about something and that really happens with them, these feelings are basically being controlled by the right brain.

Arts (Motor Skills) - It basically means brain creates a software of the physical working of humans. For example: one must have used smart phones in their life but when it came first typing was a little difficult but after some time our fingers automatically starts running on the key pad without thinking much, but, if suddenly in the middle of the typing one asks to tell that where exactly any particular letter is written we will definitely stop for a second to recognize that whether the letter is exactly written that means the thumb which we are using on the smart phone to type knows where the letters are but not us, this skill is basically known as motor skill, which means each and every cell in our body has a memory which is being controlled and directed by the Right Brain.

Rhythm (Beats)- whenever any music is played or one is listening to any tune or rhythm it naturally happens that one starts moving their hands or legs and start adjusting themselves with the beats, this synchronization with the rhythm is being controlled by the right brain.

Non-Verbal- Any language has two forms that is Verbal and Non Verbal. Verbal means which contains words in it but Non Verbal language includes the feelings or which could be shared without speaking but only with the means of expression. For example: if someone asks you that how are you? And you say that I am good but you are not smiling so the other person will realize that you are lying. This happens because your words may be saying that you are good but the feeling of expression is recognized by the right brain and creates a sense in someone's mind that you are not actually good. So all kinds of non-verbal expressions are being recognized by the right brain.

Feelings- All kinds of expressions like being happy, sad, angry, proud etc. all these feelings are recognized by the right brain. It is very much related to nonverbal expressions. Human brain immediately understands these expressions which are not spoken, not written anywhere. All these understanding things are directly controlled by the right brain.

Visualization- visualization means having a video memory, which a person looks through eyes and directly all of that is stored in the right brain. Human being contains overall 7 types of memory, and one of them is the video memory. If right brain would not exist then all the things which a person see would never be able to remember in their life. Turning the visuals into memory is done by the right brain.

Tune Of Songs-One part of the songs is lyrics or words which is being produced by the lyrics, writer of the song and now as we all know that those part of the songs which are being produced in words comes from the left brain but any song is incomplete without its tune. The singer is the one who gives a tune to the song and that tune comes from the right brain. One must have seen that it happens many a times that a singer when performing a song on the stage sometimes forget the lyrics but still continues to sing the tune which means that tunes are much more remembered

than words. So all those tunes of the songs goes to the right brain while all the words go the left brain.

Day Dreaming-All kinds of expectations or dreams which a person looks forward to accomplish in his life, all the goals a person sets in their lives, all the expectations for the betterment of life for example: some people wants better house, or better job, better lifestyle, etc. all those dreams are the part of thought process of right brain and the memory for the accomplishment of these goals is set in the right brain.

Summary of lesson

The significant fact is that during a full life span an average human being uses very little or a fraction of his brain potential, and mostly left brain, which signifies day to day activities like study, reading, calculation etc., It is a fact, and here I would like to have your attention and acknowledgment that your hardly use the right side of your brain, which is capable of creative activities like painting, associations, emotions, imagination, ideas and insights. Just question yourself right now. Isn't it right? Yes it is. Now further question, what will happen to your overall performance if you start using this very important right hand side of your brain? I bet you can increase your success rate and happiness manifolds and all the content in the ensuing pages will deal with this very significant aspect of your life. Neglecting one part of the mind will lead to poor performance. For an improved Performance and super memory you should have a balanced and healthy mind.

Memory Principle–Base for a Wonderful Memory

Some people make more use of left brain like scientists, mathematicians, etc. while some make more use of the right brain like writers, painters, musicians, etc. But the best way is keeping a balance between the left and the right brain. This lesson is all about the fluctuations, concentration and synchronization of brain. Sometimes left brain does not support the right brain and sometimes right brain does not support the left brain and brain science helps in the association of the left and right brain. This could be understood by a very simple example from day today life. Let us say once a mother told her two children named as Chintu and Mintu that today she'll be going out for shopping as tomorrow some guests are going to arrive at their place, so today I am giving you the responsibility to clean the house. If both of you will clean the house properly then I will give you chocolates and will allow you to play in the evening. So the mother distributed the work to both of them as the Chintu was told to clean the drawing room and the bedroom, and Mintu was told to clean the kitchen and the dining room, as, when the guests will arrive tomorrow the mother could say that this beautiful house has been decorated and cleaned by her children. They were bounded by the time limit of three hours. The children promises to do as the mother has said and then she leaves the house. After the mother left both of them got engaged in their respective works and after three hours when the mother arrived the house she was shocked to see the condition of the house as everything was badly messed up in the house, water was splited all over the place, blankets were falling instead of being placed properly on the bed, table and chairs are somewhat broken.

In the kitchen water is splashed all over the place, vegetables are lying all over the floor, fridge has been kept open. In the drawing room the sofa set is out of place, all the things in the shelves are fallen down. In short everything in the house was misplaced and destroyed because of which the mother gets extremely angry and calls both of them. They both arrives fighting with each other and the mother gives a slap on their faces and asks the reason behind the chaos. The mother scolds them and says I told you to clean the house in three hours and now the present condition of the house is so worse that it cannot be cleaned even in three days and also tomorrow the guests are arriving. They both started blaming each other. Chintu said that when Mintu cleaned the dining room he kept all the dust in the bedroom and Mintu said that he put all the dust in the kitchen after cleaning the drawing room. So now we can Say that as both of them were responsible for cleaning different things so for the sake of their own work they were trying to destroy the other's work because of which everything became complicated and everything was destroyed. And as a result the timing of the work increased from three hours to three days!! This happened because they had conflict between both of them and so they consumed their tie in two things one- completing their work and second- destroying others work. This also happens with our brain that when left and right brain both are in conflict and a work is given to the brain when it has to use both the sides than the synchronization gets disturbed.

Hence, this is what BRAIN SCIENCE teaches, the synchronization between left and right brain. Brain Science teaches different methods because of which the brain works on all three forms i.e. memorization, recollection, and retention.

In the coming chapters you will be learning the synchronization of left and right brain as this is the most important part of brain science.

Acronym for principles of good memory

MR.SC.IAS

M stands for Mnemonics.

R stands for Ridiculed thought

S stands for science of positivity C stands for concentration

I stands for imagination A stands for association S stands for sleep

Now you are going to read about the First Memory Principle of Brain i.e. MR. SC. IAS. The spelling of this word is different as it is an abbreviation. These are some special letters which if one understands fully then it they will be able to use the brain in a complete manner and the brain would get perfect in the science of memorization, recollection and retention.

Let's understand MRSCIAS step by step. So the first letter of the word MRSCIAS is C, which indicates CONCENTRATION. Since our childhood we have heard, learned, understood, written, read that if one have to learn anything or have to understand anything properly we need to have a good concentration. We have heard so many times that the teachers are complaining to the parents that the student is fine but it do have a lack of concentration. But the fact is that Concentartion is never weak or strong. It is either Controlled or Uncontrolled. Controlled means that one have the full concentration and Uncontrolled means one has lack

of concentration on the brain. Let us understand this properly!

When the students are studying in a class they are having lack of concentration because of which they start talking to each other or instead of concentrating on the topics they open the last page of the book and start typing or making drawing on it. You must have noticed that whenever one is memorizing something after 5 or 6 minutes we start doing something else because we start losing concentration then again we create concentration that we have to complete a particular topic.

One must have also noticed that we feel to create concentration we need silence place or no disturbance because we believe that a place with silence helps in creating concentration. But one must notice that whenever a child is watching their favorite cartoon or movie on TV, they never get disturbed by the extra noises around them as their total concentration is on the television. No matter if we are sitting in a crowded place but if you are fully concentrated in talking to another person the background sound will never effect you as you are fully concentrated in talking to the person. This happens because the fact is **CONCENTRATION HAS DIRECT CONTACT WITH INTEREST** and not with silence. In any Particular thing if a person has interest concentration automatically generates there.

We can say that if the study material is not interesting so no matter how much a person tries, they cannot create 100 percent concentration in it. But if the study material is created in an interested manner with a special format then one will be able to have 100 percent concentration in studies as well.

We can say **CONCENTRATION AND INTEREST ARE BEST FRIENDS**. Let us understand how concentration could be created in studies or we can say how we can create interest in studies or studies could become interesting, let's understand the further meaning of **MRSCIAS**.

The next letter of the word **MRSCIAS** is **R**, which indicates **RIDICULOUS THINKING**. This is a very big factor for a good and permanent memory which being discovered my brain science. Ridiculous thinking means weird or different thinking. Things which are extremely different, very unexpected, very weird and is able to make any one laugh are the things which our brain remembers very easily. For example: if one meets with 100 people it is not possible to remember all the 100 names but if anyone had a name as "Chaparganju" that would be remembered by one for a very longer period of time because it was a different name, a weird name. If one sees a ten feet tall man in a fair, he would be remembered for a very longer period of time as he was different from other common stuff usually found in a fair.

Normally jokes are much more easily memorized than theories as we laugh after listening to jokes. So, if we also make studies ridiculous in our imagination then automatically our studies would become interesting and the concentration power would increase. How this would happen? Now, as you are going to read further your brain without wasting a single second will automatically start to create that images in your mind.

Now let us understand this with some examples: think of a horse wearing helmet and doing roller skating. So as you read your brain automatically created an image of a horse doing roller skating and wearing a helmet!

Another example could be taken as: Imagine a girl with a hornbill beak instead of a mouth. This means that brain could create those images also which a person has not seen in real life. Brain has a great software known as creativity which could create images while a person is just speaking that in words.

Even a computer cannot create things so fast as a person's brain could do so. Now imagine a rhinoceros wearing a shirt trouser and is hanging from a branch. Also imagine that you are holding an apple in your hand and as you are about to eat it, suddenly it turns into a monster and that apples opens its mouth with sharp teeth and trying to take out the tongue from its mouth.

Now let me ask you a question: from now onwards whenever you are going to eat an apple, will that image would come in your mind or not? This means that your brain could create all that stuff which may have happened earlier, or may never happened. You have ever seen it or may have never seen it, or something is very common or may be extremely ridiculous.

According to the method of **MR. SC. IAS.**, anything which is Ridiculous and with the help of imagination, all the images would be turned in a Permanent Memory. Which means that in just one time we could remember it for a very longer period of time. Let us understand how to apply **Ridiculous Thinking in Studies!**

There is a method called **ABC Principle** to make things Ridiculous.

In Brain Science **A** means **ACTION!** According to Brain Science whatever thing is in motion that means things which are not stable but continuously moving, brain registers those things very fast.

The second principle is **B** means **BIG!** Brain registers bigger things faster than the smaller things. For example: In our homes we many times misplace smaller things like safety pins, all pins but whenever forget where the fridge or television is kept as they being registered by the brain on some fix places. Even if we shift those things to some other place our brain would remember that at some time the fridge or tv was kept at this particular place. Whenever we go to a new place for example in any hall we remember the big things which one sees but may not remember the smaller things as the brain registers the bigger things faster. Third principle is **C** which means **COLOR!** Things which are colorful in nature, brain registers those things faster. People love watching colorful movies rather than black and white movies. You must have noticed that whenever you go to a clothing shop, you are always attracted to the colorful clothes. If you visit to a salon and we are in a waiting queue and a newspaper and magazine are kept in front of us then what would you choose to pick? Magazine would be your answer as our brain is attracted towards the colors. This is the nature of the brain. If this nature of the brain is joined with the studies which means that without changing the book your books also becomes colorful and full of pictures than studies would automatically become interesting, which will make it easier to learn.

With the help of a simple example let us understand the concept of **ABC Principle**: let us imagine that you went to see a fair and after that when you come home back or even if think of it right now then what is the first thing which comes to your mind? I hope it would be the giant wheel. You will also see other stuffs in your mind remembering the fair but the first thing one would see in their mind would be

the giant wheel because it contains all three forms of ABC, first it is in motion, second it is very big, third the giant wheel is colorful as well. Anything which contains all these three principles and you have seen it, then you don't have to remember it but it will automatically come to your mind.

This could be done with anything. Anything could be made Ridiculous with the principle of ABC. Imagine a bottle which is extremely big and is made up of different colors moving towards you so that you can drink water from it. You must have never seen this in reality but your brain imagined it and made a picture out of it. As you are reading it the brain is continuously creating it in your mind and this is the power of brain. You can also do these exercise by taking different objects for example ice cream, bottle, snake, etc.

Now, let us understand the next letter of the word MRSCIAS i.e. the letter I, which indicates IMAGINATION (Visualization). This means that anything which has an image our brain takes interest in those things. One of the most important memory of our brain is "Photographic Memory". With words any photo is attached with it, brain remember that thing faster.

We have two important memory: first is the "Ear Memory". That means learning by listening. Whenever a teacher dictates and the students listen to it or when we are reading silently but the mind is listening to the words, while we are writing something our brain listens to the words, this memory in which we listen and learn is known as the ear memory or audio memory.

Second is the "Video Memory", in which we learn by watching. Learning by watching is twenty times more powerful and easy than listening and then learning. That means our eye memory is twenty times stronger than the ear memory.

In simple terms 50 times Reading, 30 times Writing, 20 times Listening, and 1 time Watching is one and the same thing. Which hence includes watching is the most easiest method of memorizing. So, if we convert the studies into imagination, that means study material is converted into images, than that study material could also be watched in our minds with reading and writing which will include that rather than reading for fifty times one only have to watch it ones a time.

But, now the question is how to watch the study material? For that one has to convert their study into visuals which will make the study interesting. We like Bollywood movies because we watch them. Now think if you go to a theatre and there you are provided the movie in a book so would you like to read there sitting for three hours? The answer would be No, but that movie if being visualized we enjoy watching it for three hours and we remember that movie as well.

The next letter of MRSCIAS is S which mean SLEEP. Many a times this is said that sleep is the enemy of studies. You must have seen so many students doing late night studies. We have heard this so many times that the more hours one spend on studies, the more result one gets, but the fact is that it is a total myth. Even if you ask a teacher that what should we do to get a good result, the teacher would suggest to do a lot of study. That means to increase the time of study we decrease the time of sleep.

But the fact is that when we sleep our brain does not sleep, rather it reorganize all the information being collected in the whole day! That means the sleeping time of a person is the

reorganizing time of the brain. Indirectly if we are also reducing the reorganizing time of the brain.

For example if a non-organized room is there and it will take four hours to clean it, but if only one hour is giving for it, then you will be able to organize only those things which takes one hour in it. Just like that when brain is sleeping, that is the time when only your conscious brain is sleeping, it make your goes to sleep so that no new information could be registered in the brain, it stops your conscious activities so that in the sub conscious mind all the information could be organized. But if we reduce the sleeping time than the brain won't be able to organize the information stored because of which mistakes happen with the students in examination!

Many a times this happens with the students that after learning a particular answer many times at night the students get assured that the answer is now learned but still the next day in the morning while attempting the examination the answer is forgotten, this happens because your brain heard the answer, read the answer, written the answer, learned the answer, understood it, revised it, but it did not got the time to organize it properly. Brain was not able to store it, as the storage time was reduced by not sleeping!

Now let us understand that rather than reducing the time of sleep what methods should be applied so that in less span of time we could memorize properly what we have studied. Your motto at the end is to memorize, so there is no need of reducing the sleeping time! For a healthy brain sleeping is very important that too for 8 hours. Sleeping for 8 hours is a very good organizing activity for brain, it keeps the mind fresh, brain works intelligently, it increases the memory power of the brain, memory storage, memory receiving, memory recollection, and memory organizing becomes very easy for the brain to function accordingly. Any information received by the brain in raw form, and when a person sleeps, the brain process it into the organized information which works as a food for the brain which hence the brain converts it into a form of memory.

To have all this rather than changing the time schedule of studies and sleep, one can change the pattern of study in a limited time by applying the methods of Brain Science which will help you to memorize twenty times faster in the same time period of studying!

Some more important points to keep in mind: Never read a new topic one hour before sleeping and one hour after waking up from asleep. Rather use that time for revising what have already learnt. Avoid intake of caffeine 4 to 6 hours before bedtime. Never eat any carbs or fatty food before bedtime. Eat anything one hour before bedtime. If before bedtime. Eat anything one hour before bedtime. If you still feel hungry try to eat light food like fruits.

The next letter of MRSCIAS is M which indicates MNEMONICS. The meaning of mnemonics is RECOLLECTION. The dictionary meaning of mnemonics is Artificial Aid to Memory. Science of brain training which means how to train your brain to memorize faster and for longer period of time i.e. longer retention, and quick recollection. The synchronization of these three science is known as Mnemonic Science.

Different techniques and methods are given which helps to remember different kinds of information. For example we did learn this in our childhood that if we have to memorize that how many days are there in the months i.e. if the month is of 30 days or 31 days. We use the knuckles of our hands

to memorize this. This happened because we took an artificial aid of our knuckles to remember that information. Another example could be used as VIBGYOR, which we use to remember the seven colors of rainbow in series. For that we took the first letter of each color and made a word as V means Violet, I means Indigo, B means Blue, G means Green, Y means Yellow, O means Orange, R means Red.

VIBGYOR as a word does not have any specific meaning in reality but with the help of this word we learned to save our main information. These kind of basic examples are a part of Mnemonics. These are some very basic or primary methods of mnemonics science and there are so many different methods of this mnemonics in brain science which will make you learn in advance manner.

The next letter of the word MRSCIAS is A which means ASSOCIATION (LINKAGE). To join one information to any other information the link which has to be used by brain science is Association. Dr. Thorn Dyke has spoke about it several times. Let's understand with the help of an example: There is a train and in that train there are 20 compartments and the first compartment consists of an engine. Which means that the power to move the train is consisted only with one compartment but still all the other compartments of the train move all together, the only reason behind that is the linkage or the association of all the compartments with each other. So if we break the linkage of all the compartments then each compartment would need a separate engine to move on! The fact of the brain is that, whatever our brain memorizes it always do it with the help of association.

Brain is the house of different information when one information is associated with another in formation then it creates memory in the brain. If the association is weak then after sometime the memory will be lost but if the association is stronger between two information and then the memory will be remembered for a very longer period of time or permanently.

Let us understand the concept of association in a better manner. There is no difference that the information was seen for 1 hour, for 10 hours or it was seen for just 1 sec. What matters is that how the association was created. For example if we talk about common association than we can say the clothes are kept in the almirah. So the association of the clothes is with the almirah, if said that name two movies done by Mr. Amitabh Bachhan than the first thing which your mind will create would be of Amitabh Bachhan and then you will be able to associate him with two of his movies but if you have been given a word as acrophobia then the first thing your brain will create will be spelling of the word and not its picture as the word acrophobia does not have any associated image of it in your brain. So the image of Amitabh Bachhan is set permanently in your brain and because of which its association is very easy as now it's a part of your permanent memory and you may remember the meaning of the word acrophobia, but, not for a very longer period of time as the brain does not have any associated picture of it, so it will be set into your temporary memory. This is the basic work of association, to convert your memory into permanent memory.

Ridiculous Association means link which is created without any logic, which is weird, which in reality does not exist but your mind with the power of imagination can create it.

For example: if a word is said as cricket, so the first thing which comes in mind would not be the spelling of the word cricket but any image related to it for example a bat or ball

or the picture of any player for example Sachin Tendulkar. So Sachin Tendulkar is not cricket but as it is linked with the word so our brain automatically associates it with the word cricket, through which cricket is now settled in the permanent memory of the brain. Association makes the recollection easy.

Now let's do some association exercise: let us take some words like Shoes and Trees and try to associate them by creating an image of that in our minds. We will link these two words ridiculously like shoes are hanging on the tree like fruits. Now let us take four different words and create a single image like cap, bird, elephant and cloud. Let us say that the image created was like an elephant is there who is sitting on cloud wearing a cap and on that cap a bird is sitting. This does not exist in real but as you are reading the software named as creativity in your brain is continuously creating that. This is what association does helps in imagining, then helps in creating it, and converting it into visual format.

The last letter of the word MRSCIAS is S which indicates SCIENCE OF BELIEF! Science of belief means to have faith that you are confident in doing a particular work. People many a times believe that they cannot do the work properly because of which the chances of getting failure in life increases. Whereas a positive belief increases the chances of success in life. The fact is that belief is in our control and one can believe whatever they may like. In reality we cannot fly but some thought and trusted the belief that human can fly and they created airplane for that! Trust is very important in life. There are so many things which are limited in life but what we have unlimited is the power of belief! We can think whatever we want to, we can imagine what we want and so we can have belief in what we feel like. What we trust, believe and approve that forms our personality.

Always trust your belief as give yourself an applause for where you are right now and have faith that you can reach many more heights.

Inventions are the result of beliefs! In short we can say that studies could also become easier and there is no chapter in the world which one cannot learn.

Science of belief is a science which says that you have extreme belief anything could become easier and possible to achieve. And if one lives with this belief the chances of success will surely become possible.

We shall believe that the methods of brain science are very useful and getting 100 percent result is not difficult.

Now let us understand the world of brain science and its applications!

PIS Method

The first method is PIS (Personalized image system)

Whatever we like our brain always like to create it as a Permanent Memory. What is the meaning of the word "meaning"? This means that when brain brings any another information with a particular information already given that is known as meaning, or doing association with it. Meanings are of two types: Personal Meaning and Universal Meaning. Most probably the most commonly known meaning is the Universal Meaning or Dictionary Meaning. And in Brain Science you are also introduced with Personal Meaning which helps in making learning easier, faster and for a very longer period of time.

PIS or PERSONALIZED IMAGE SYSTEM is a unique system which converts any word into picture. There are differences in images as some are still images and some are in motion known as videos and in a very strong way brain learns videos very faster, and this is the reason why videos are remembered very faster than studies as they are in action, contains both audio and video and directly impacts the brain.

In universal meaning the meaning of the word is the same for all for example if we take a word BIG, the universal meaning of this word is something which is large. And if asked what image comes when you heard the word Big? Anything could come like any big building, mountain, an ocean, a blue whale, etc.

This means that anything which has a specialty of being big will come to your mind.

From this we are concluding that according to the Universal Meaning the meaning of the word Big is Large, but in Personal meaning for every person the image will be different from person to person. Another example could be taken as Food. Everyone knows it's Universal Meaning as something to eat. But in Personalized Meaning the item which could be eaten would be different from person to person. This means that the associated images which the brain creates after hearing the word as Big or Food is Personalized Image System. The image that is coming to your brain which is coming automatically and obviously, once you pronounce the word, we will use this image to remember anything which is related to that word. PIS converts unknown words, difficult words or non-pictorial words picture form. Let us understand this better with some examples: all we have to do right now is to learn an original word by associating it with the personal image which comes to your mind. If a word is taken as AGRA, what comes first to your mind? As you heard the word AGRA the first thing which came in mind was TAJ MAHAL. But the fact is that the meaning of the word Agra is NOT Taj Mahal but as Taj Mahal is the specialty of Agra because of which and is a very strong association of it that is why whenever one hears about Agra, the picture of Taj Mahal automatically comes to the brain. So, anything related to Agra could be learned with the help of the image of Taj Mahal.

Creating PIS of any word includes Four Methods which means that if you heard any word and any related image is not coming to the brain, than one can create its own image of it.

- 1. Resemblance:** Resemblance means that if any word is of which the image is not provide than any other related word could be taken with that word, which the brain could make an image. For example we take a word as FERRET. It may be possible that note very one knows the meaning of Ferret, but you may be definitely getting a related word to it i.e. PARROT. Now if you want to learn the meaning of the Ferret then link it with Parrot. How we will do this we will learn in the next topics in brief but write now let us understand some basics.
- 2. Breakdown:** If the brain cannot create the image of any word than break the word into two and the new word which has arrived, create an image of that. For example: there is a word known as KATNI (It is the name of a place), it may be possible that people who does not know this place would not be able to create any image of it in their brain but could only see the spelling. So we can breakdown this word as KATNI: CUT AND KNEE.

Two separate words are provided with this as Cut and Knee, through which an image of a broken knee is visible. Now any information if has to be learned with the place KATNI, The Personalized Image System as broken knee could be used to remember all the information.

- 3. Slow Motion:** Which means speaking slowly. Let's take a word as ABDICATE. It may be possible that some people may not be able to create any image of it, so if we speak it slowly... we can make a word out of it as: a badi Cat, which generally means (ABigCat). Right after listening to it an image is created in mind of a big cat. Now if you want to learn the meaning of the word Abdicate and wants to remember it on permanent basis it could be done by linking the meaning to the particular image of a big cat.
- 4. Symbolism:** As we earlier talked that when we talked about the word Agra, Taj Mahal as a symbol came to our mind. Let us take another word as Australia, and right after reading it your brain must have creates the image of a Kangaroo, as Kangaroo is the symbol of Australia.

Now let us understand what the use of making these images is and how they are going

To be used by using PIS!

PIS is of two types: BASIC and ADVANCE.

BASIC PIS- Basic PIS is also further divided into two: LHS and RHS. Now LHS contains Already Converted and RHS contains To Be Converted. Let us understand this in a simpler form. What we do in brain science is, if we are reading a theoretical part is that we simply that paragraph by picking the key words from that paragraph, of which images could be made. Then those key words are arranged in such a manner that they are converted into a table, which is known as Simplifying Tabulation. And that table is much easier to learn than the whole paragraph.

Now we divide these key words into two sections as words which are easy an already has an image as for example if we take as airplane, so the image is already converted for this so it will come under LHS that means it is already converted. Now the words which does not have an image and are to be converted for example let's take a word as Priority. Now after hearing this word it may not be always possible to create an image instantly so this will come under RHS as this has to be converted. Our main focus is on the section which is to be converted, after that to memorize the paragraph we use association method. In any sentence, it contains major keywords and others are the filler words. For example if there is a sentence like I drink warm water at 4:00a.m. in the morning. So the key words in this sentence are 4:00a.m and warm water.

Background Interfering Image System

This method is very well used in learning the dictionary as well. This is important to know that there are some confusions which could be created by PIS method. In PIS method we link LHS and RHS but it may happen sometimes that the image could be created multiple times and it is difficult to remember that the particular image is depicting what word. To understand this better we will understand this with the help of an example: we learnt that the capital of Japan is Tokyo. So to memorize Japan we took a picture of a similar word i.e. Paan (Betel). And for Tokyo we took a picture of Tokna (Someone is disturbing) but if we want to

learn the Parliament of Japan which is Diet. Or if we want to learn about the Currency of Japan which is Yen. In this case the basic word Japan is same and its picture which we created of Paan, would remain the same. But, the image of its capital, parliament and currency would change. So that will create confusion in the brain that exactly the picture of Paan should be connected with the capital, currency or parliament! IF any image has multiple Linkage and to resolve this confusion we are going to learn about BIIS which means Background Interfering Image System! BIIS means

That now to create a difference we will use a background or interfering image. Now we will again come to the example of Japan and we have to learn its capital i.e. Tokyo, for that we did not created any background image and simply made an image of paan and toknaand created an image out of it. Now to learn the currency we will first create the image of the word related to currency let's take the image of a bank. So that when we are talking about any country in relation with its currency the first image that will come to our mind will beofa bank. Wewill learn the currency of some countries keeping in mind the background image that is a Bank.

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