

**Report
On
“Health Awareness Session:
Memory Enhancement”**

Held on 13th May 2019

**Organized by
NSS Wing in Association with Internal Quality Assurance
Cell, RITE, Odisha**



**Principal
Radhakrishna Institute of Technology
and Engineering, Bhubaneswar**

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Background:

If you've ever found yourself forgetting where you left your keys or blanking out information on important tests, you've probably wondered how to improve memory. Fortunately, there are plenty of things that you can do to increase memory power.

Obviously, utilizing some sort of reminder system can help. Setting up an online calendar that sends reminders to your phone helps you keep track of all those appointments and meetings. Creating daily to-do lists can ensure that you don't forget important tasks that need to be completed.

But what about all the important information that you need to actually cement into your long term memory? It will take some effort and even involve tweaking or dramatically changing your normal study routine, but there are a number of strategies you can utilize to get more out of your memory.

Before your next big exam, be sure to check out some of these tried and tested techniques for improving memory naturally. Some research-proven strategies can effectively improve memory, enhance recall, and increase retention of information.

1. Focus your Attention
2. Structure and Organize
3. Utilize Mnemonic Devices
4. Elaborate and Rehearse
5. Visualize Concepts



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Notice:

Radhakrishna Institute of Technology &
Engineering, Bhubaneswar
(BPUT affiliated, AICTE approved & NAAC accredited)



REF. NO RITE/2018-19/470(A)

DATE: 13.05.2019

NOTICE

Sub: - Expert talk on "Memory Enhancement"

Radhakrishna Institute of Technology is going to organize an expert talk on, "Memory Enhancement" as per the following details. All students and staff members are required to attend the program without fail.

Resource Person: Dr. Aditya Kantha Arjya, Retired Medical Officer (AYU.)

Date: 13th May 2019

Time: 02:00 PM -04:00 PM

Venue: Seminar Hall



PRINCIPAL



Principal
Radhakrishna Institute of Technology
and Engineering, Bhubaneswar

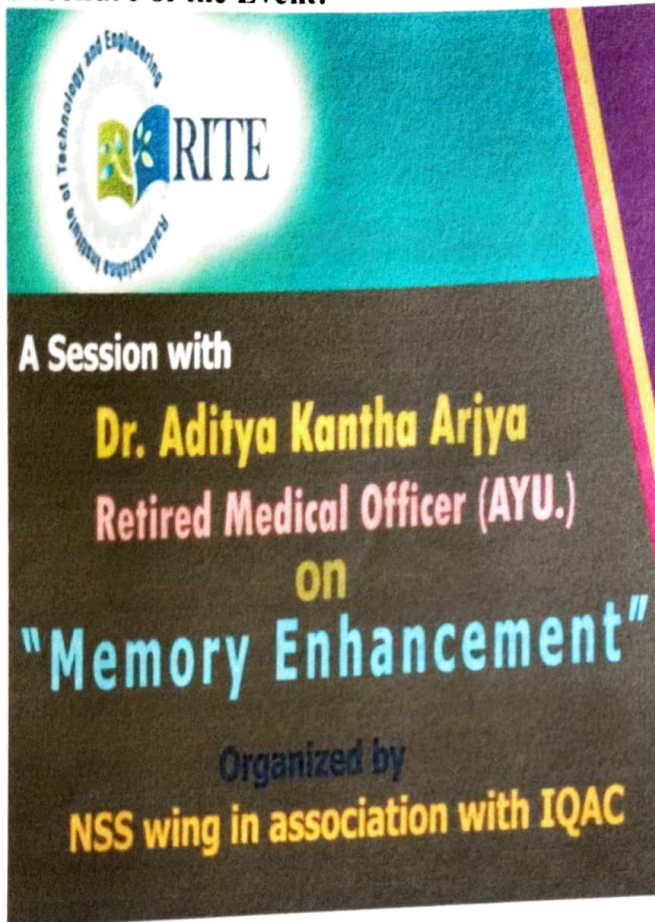
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RITE Bhubaneswar, IDCO Plot-1, IDCO Industrial Estate, Barunei, Bhubaneswar-752057, India
Tefax: 91-6755-220242, Email: riteodisha@gmail.com Web: www.riteindia.in



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Brochure of the Event:



A Session with
Dr. Aditya Kantha Arjya
Retired Medical Officer (AYU.)
on
"Memory Enhancement"
Organized by
NSS wing in association with IQAC



Date: 13th May 2019
Time: 02.00 PM - 04.00 PM
Venue: Seminar Hall

Objective

To aware the audience regarding Memory Enhancement



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and Engineering, Bhubaneswar

Schedule of the Event

Time	Event
2.00 PM-2.10 PM	Inaugural ceremony
2.10 PM -2.20 PM	Introductory speech by Professor Rashmita Lenka, Dept of ECE, RITE
2.20 PM- 03.20 PM	Talk delivered on "Memory Enhancement" by the Dr. Aditya Kantha Arjya.
3.20 pm-3.30pm	Vote of thanks & felicitation by honorable Principal, RITE.

About the Resource Person:

Dr. Aditya Kantha Arjya , Retired Medical Officer (AYU.)

Target Audience:

- Students of RITE
- DDU-GKY Members
- All the teaching and non-teaching staffs of RITE



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Aditya Kantha Arjya

(Chikitsaka Ratna) B.A., B.A.M.S.
Retired Medical Officer (AYU.)

Regd. No.: 2594

SENIOR AYURVEDIC CONSULTANT FOR ALL DISEASES

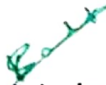
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Date: 13-05-2019

The Principal
Radhakrishna Institute of Technology and Engineering
Khurda, Bhubaneswar, Odisha

I am glad that I got an opportunity to share my thoughts with the young and energetic students of Radhakrishna Institute of Technology and Engineering, Khurda, Bhubaneswar, Odisha, on the theme of "Memory Enhancement" on dated 13th May 2019. I am feeling very happy after having the great interaction with students. I wish all the very best to family of Radhakrishna Institute of Technology and Engineering.



Principal
Radhakrishna Institute of Technology
and Engineering, Bhubaneswar

Dr. Aditya Kantha Arjya
13/05/2019
Regd. No. 2594 B.A., B.A.M.S. (AYU.)
Retired Medical Officer (Ayu.)
Dr. Aditya Kantha Arjya

KUSHAL AYURVED BHAWAN

N.A.C. CHHAKA, KARANJIA, DIST.- MAYURBHANJ, PIN - 757 037

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