# Maharashtra State Board of Vocational Education Examination Mumbai

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| **1.** | Name of Course | **Certificate Course in Memory Enhancement with Musical Windows (411181)** |
| **2.** | Max. Nos. of student | 25 Students. |
| **3.** | Duration | 6 Months |
| **4.** | Type | Part time |
| **5.** | Nos of days/week | 6 days |
| **6.** | nos of hours/day | 4 hours |
| **7.** | Space required | Class Room - 500 sq. feet,<br>Workshop - 500 sq. feet<br>1000 sq. feet |
| **8.** | Entry quantification | 7th standard |
| **9.** | Objective of Syllabus. | To achieve excellent results in academics & personal life by understanding how brain & memory works |
| **10.** | Employment opportunity<br>Self employment | Acquire skills by enhancing the brains capability to achieve success in getting employment or create self employment opportunities. |
| **11.** | Teacher qualification | Diploma or Certificate Course in Concern Subject. |
| **12.** | Training System | **Training System Per Week** |

| Theory | Practical | Total |
|---|---|---|
| 06 Hours | 18 Hours | 24 Hours |

**13.** Exam. System

| **Sr. No.** | **Paper Code** | **Name of Subject** | **TH/PR** | **Hours** | **Max. Marks** | **Min. Marks** |
|---|---|---|---|---|---|---|
| **1** | **41118111** | Basics of Memory Improvement | TH-I | 3 hrs | 100 | 35 |
| **2** | **41118121** | Basic Memory Exercises | PR-I | 3 hrs | 100 | 50 |
| **3** | **41118122** | Basic Memory Techniques | PR-II | 6 hrs | 200 | 100 |
| | | **Total** | | | **400** | **185** |

**Syllabus:**

## Certificate Course in Memory Enhancement with Musical Windows

## Theory – 1 - Basics of Memory Improvement

- Introduction to Memory : Basic Principals of Memory,
- Facts about Memory
- Action Plan to boost your brain power : Training the memory , Smart and Effective Study Techniques, Speed Reading
- Brain management : Aware & Beware, How our brain works, Brain Functions
- Memory Management ; Training our memory, How to develop good memory,Activate Right & Left Brain, Test your memory by using simple methods
- Creativity & Visualization.
- Mind management : Electrical waves of the mind, Make the most our of your mind, how our mind works.
- Meditation & Breathing : Advantages of meditation, Breathing benefits.
- Introduction to Musical Windows: Memory in minutes with MUSICAL WINDOWS
- How brain Training can make you smarter
- How to utilize time properly
- Memory Tips & Tricks
- Brain Facts & Myths
- Mnemonic systems to remember numbers
- Tools in memorizing key points / presentations, appointments, Lists, historical events, world map with latitude and longitude, etc

## Practical – 1 - Basic Memory Exercises

- A learning system that helps you to form a habit to unite your senses with a vivid, clear imagination to enhance the brain-power and memory .
- Visual Learning Exercises
- Auditory Learning Exercises
- Kinesthetic Learning Exercises.
- Musical Windows

## Practical – 2 - Basic Memory Techniques

- -'**SUVI**' & '**Alien Technique**' (A swift 'Secret' to creative memory)
- -'**UNITED METHOD**' (provides 'connections' as an excellent base for memorization)
- -'**K3G Technique**' (strengthens the learning skills)
- -'**MUSICAL WINDOWS**' (a mnemonic system that makes the numbers dance to a tune)
- -'**MUSICAL WALK**' (one of the strongest memorization systems on this planet)
- -'**Memory-365 Technique**' (to remember diary/appointments round the year)
- -'**Happy New Year Technique**' (for memorizing a Calendar)
- -'**MAIN HOON NA METHOD**' (a powerful tool for memorizing key notes)
- -'**U2 METHOD**' (a great help in remembering Names and Faces)
- -'**The 'X Factor Technique**' (the positive recall effects of a quick negative command)
- -'**CVSR METHOD**' (for memorizing bullet points)
- -'**Speed Reading'** (for developing good reading habits)
- **- Eye Vision Mapping** (visual diagrams)

**Tools & Equipments :**

- Stationary Material :
  Note Books, A4 Paper, Colour Pens & Pencils, Eraser, Drawing Paper, White Board

- Printer

- Internet Connection.

**Reference Books:**

1) **Memory Enhancement with Musical Windows**
   **Author: Mr. Sushant Mysorekar**
   **Published by: Progressive Publication.**

2) **Boost Your Brain-Power**
   **Author: Dr. G. Francis Xavier**
   **Published by : Pustak Mahal**

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