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*Enhanced concentration and focus*

*360 degree development of brain*

*Feel confident*

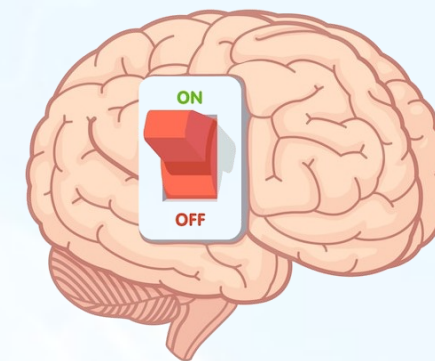
*Improvement in studies*

**THERE IS NO BAD MEMORY  
IT IS EITHER TRAINED OR UNTRAINED**



# MEMORY MANAGEMENT PROGRAM

Exercise Isn't Just For Your Body, Your Brain Too Needs Daily Flexing And Exercise.



Memory training helps filter out information selectively instead of memorizing everything you see, read, or hear. It fires up your overall memory and intelligence. This includes your working memory skills, short and long term memory, executive function, fluid intelligence, and creativity.

A growing body of literature shows that one's working memory (WM) capacity can be expanded through targeted training. Given the established relationship between WM and higher cognition, these successful training studies have led to speculation that WM training may yield broad cognitive benefits.

**Still don't Believe that no one has bad memory? Then Just think**  
**Why do we forget headlines of yesterday's newspaper**  
**but remember movie seen many years back.**

## NATURE GIVES YOU A BRAIN, WE TURN IT INTO A MIND

In today's scenario, parents often try to find simple stimulating ways to improvise their child's memory and creativity without pressurizing them. Schools have not just become a place for learning, but also a place where the child exerts more energy both physically and mentally.

### Why?

*"I just can't remember well enough to pass the test."*

*"Names give me trouble. I can't remember them."*

*"There are so many things I can't remember..."*



Does your child have a hard time keeping one bit of information in mind while he's doing something else? For example, if he's studying and the phone rings, does he forget he needs to go back and continue with his studies? If he often has trouble with such tasks, he might have memory and concentration issues.

Memory refers to the manipulation of information that brain stores. It's a skill kids use to learn. It's needed for tasks like following remembering difficult things, multi-step directions or solving a math problem mentally.

## PROGRAM SCHEDULE

Memory Management program is exclusively designed for School children. This program offers unique sessions in helping child to improve their memory. We also offer a series of exercises for comprehensive development of the brain. These memory techniques will help child to handle situation in a much better way, so as to overcome exam fear, anxiety, stress and also the mental fumbling throughout the exam phase.

### LEVEL – 1: (2 Sessions of 2 Hours each)

**Association Method:** Connecting pieces of information to aid in memory recall.

### LEVEL – 2: (2 Sessions of 2 Hours each)

**Number Shape System:** Associating the shapes of numbers to pictures to remember items in sequence, order or randomly.

### LEVEL – 3: (4 Sessions of 2 Hours each)

**Number Filing System:** Remember up to 100 items with sequence and position.

### LEVEL – 4: (1 Sessions of 2 Hours)

**Remembering Names:** This is the easiest for remembering a lot of unfamiliar people with their names at once.



*Our aim is to make tomorrow better than yesterday.*