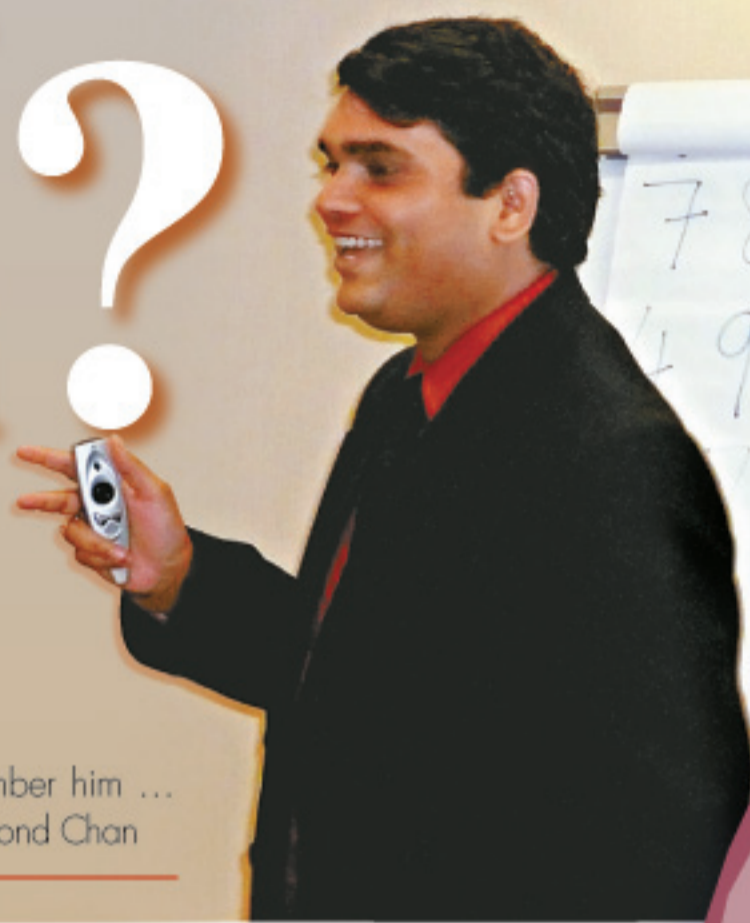


Remember him?



After reading this article and you don't remember him ... make an appointment to consult him, writes Raymond Chan

HAVE you ever had this experience? You told somebody something and a month later you repeat it to same person. This may happen to most people but Nishant Kasibhatla, a grand master of memory.

He holds a world record for remembering a 400-digit binary number in ascending and descending orders. He can memorise in two minutes 32 seconds the positions of all cards in a **shuffled** (洗亂了的) deck.



Also, he can remember a random 1,944-digit number.

He earned the titles of International Master of Memory and Grand Master of Memory in memory competition held in London and Kuala Lumpur. During his visit to Hong Kong, he shared with *The Student Standard* his view on memory.

Weak memory

MANY people feel **perplexed** (困惑的) for having a weak memory, which sometimes cause trouble in daily life. Nishant is well aware of this fact.

"I realise many people have a lot of memory problems, like they don't remember names and speeches of people," he said.

While most of us believe good memory is inborn, he insisted one could actually learn to remember things well.

"Many people feel that memory is something you are born with it or not born with it. In fact, everyone has a fantastic memory. If you start using your memory in the way it should be used, you can do lots of things," he said.

He started learning memory skills only a few years ago and took only a month to master all the skills.



Create meaning

ADULTS and youngsters are using their memory intensively every day and they have never received memory training.

"Students have to remember tons of information every day. In the present educational system, no school you can think of will teach students how to memorise," he said.

He said people often forgot things because they were **unmindful** (漫不經心的) of what they had to remember. For instance, they seldom paid attention to names of people they met for the first time. He explained how we could overcome the obstacle.

We may find it hard to remember Nishant's surname, Kasibhatla. He suggested one might read it as Kasi-bhat-la, which could be interpreted as "casino, bad, L.A." (Los Angeles). One may further connect them into "casino is bad in L.A."

This is not a **trivial** (瑣碎的) matter. To memorise, creating a meaning for what has to be memorised is far more effective than repeating it many times.

VAP strategy

ACCORDING to Nishant, a basic memory technique is called VAP. It comprises three elements helpful in memorising various information well. It is easy to learn and effective.

V stands for visualisation. One should visualise what they have to remember, since humans remember better pictures than concepts.

A stands for association. One should link up different parts meaningfully, such as making up a short story.

P stands for pleasure. One should always try to add some fun to memorising process, for example, make up an interesting story.

To demonstrate the power of VAP, Nishant helps readers to remember the following words in order: Picture, horse, coffee, train and human.

One may visualise a picture of horse drinking coffee, which is on a train full of humans.

Readers can try it out on any random object. See whether you can remember the sequence!