

## **Report on Online Lecture**

### **“MASTER YOUR MEMORY – Unlock the Hidden Power of Your Brain”**

Date: 23<sup>rd</sup> September 2025

Organized by

**Competitive Examination Guidance Centre (CEGC)**

The Competitive Examination Guidance Centre (CEGC) of Dr. Ambedkar College, Deekshabhoomi, Nagpur, organized an insightful and interactive online lecture titled “MASTER YOUR MEMORY – Unlock the Hidden Power of Your Brain” on 23<sup>rd</sup> September 2025. The session aimed to guide students in developing strong memory skills, overcoming examination-related fear, and improving learning efficiency.

The program was held under the esteemed chairpersonship of Hon’ble Principal, Dr. Deepa Panhekar Madam, who addressed the participants and highlighted the importance of cognitive skills and memory enhancement, especially for students preparing for competitive examinations. She appreciated the initiative of the CEGC and encouraged students to adopt scientific methods to strengthen their memory power.

The keynote address was delivered by the **Guest Speaker, Mr. Nilesh Sarjare**, a Certified Memory Coach, known for his practical and result-oriented techniques. He conducted an engaging session where he explained:

- How the human brain stores and retrieves information
- Simple and effective techniques to enhance long-term memory
- Methods to overcome examination stress and fear
- Smart study habits and concentration-boosting practices
- How to use visualization, association, and mind-mapping for quick learning

Mr. Sarjare demonstrated several memory exercises and involved students through live activities, making the session highly interactive and enjoyable. Participants gained confidence in applying the strategies to their academic preparation.

The session was coordinated by Dr. N. G. Telkapalliwar, Co-ordinator, Competitive Examination Guidance Center. Dr. Labhesh Parteti, Assistant Professor and member of CEGC, who welcomed the participants and managed the smooth conduct of the program. He expressed gratitude to the Principal, the resource person, and all students for their active participation. Overall, the online lecture proved to be highly informative and motivating. It successfully inspired students to explore the hidden potential of their minds and adopt disciplined study habits to excel in their examinations. Total of 80 students participated in the session.



# Dr. Ambedkar College

Deekshabhoomi, Nagpur



## COMPETITIVE EXAMINATION GUIDANCE CENTRE

Organises

# MASTER YOUR MEMORY

Unlock the Hidden Power of Your Brain

"Your brain is a library—  
memory mastery is the key to unlock it."

### What you'll learn :

- Proven techniques to remember faster & recall better
- How to overcome exam fear with confidence & clarity
- Powerful strategies to study smart, not just hard

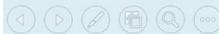
Sep 23, 2025

06:00 PM



Trainer

Nilesch Sarjare  
Certified Memory Coach



📢 Dear Students,

Competitive Examination Guidance Centre, Dr. Ambedkar College, Deekshabhoomi, Nagpur (CEGC-DACN) is organising an online session on "**MASTER YOUR MEMORY – Unlock the Hidden Power of Your Brain**"

🧠 "Your brain is a library—memory mastery is the key to unlock it."

📌 **Date: 23rd September 2025 (Tuesday)**

🕒 **Time: 06:00 PM**

📍 **Mode: Zoom Live**

👤 **Trainer: Mr. Nilesch Sarjare (Certified Memory Coach)**

👉 What you'll learn:

- Proven techniques to remember faster & recall better
- How to overcome exam fear with confidence & clarity
- Strategies to study smart, not just hard

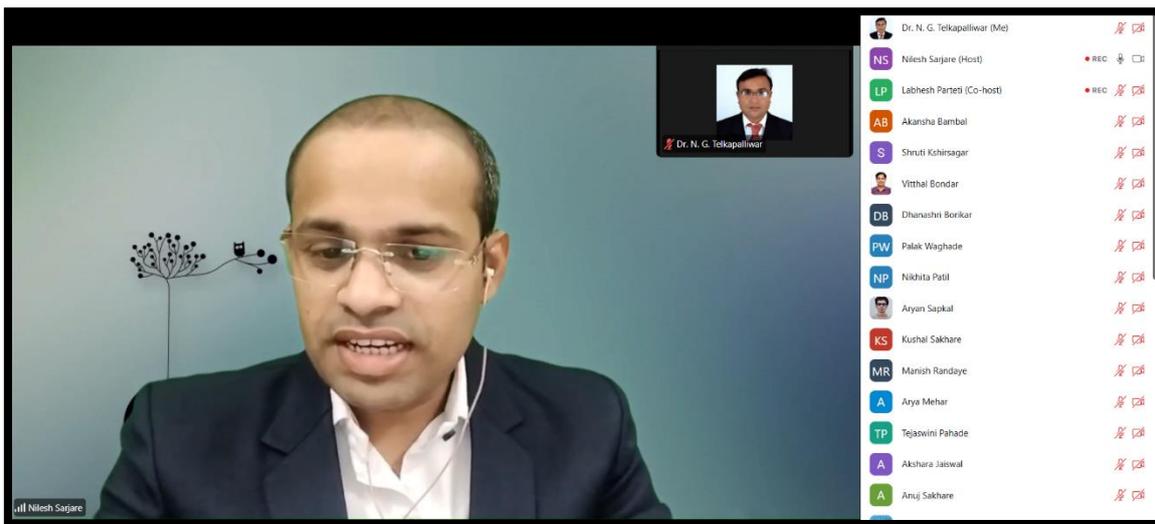
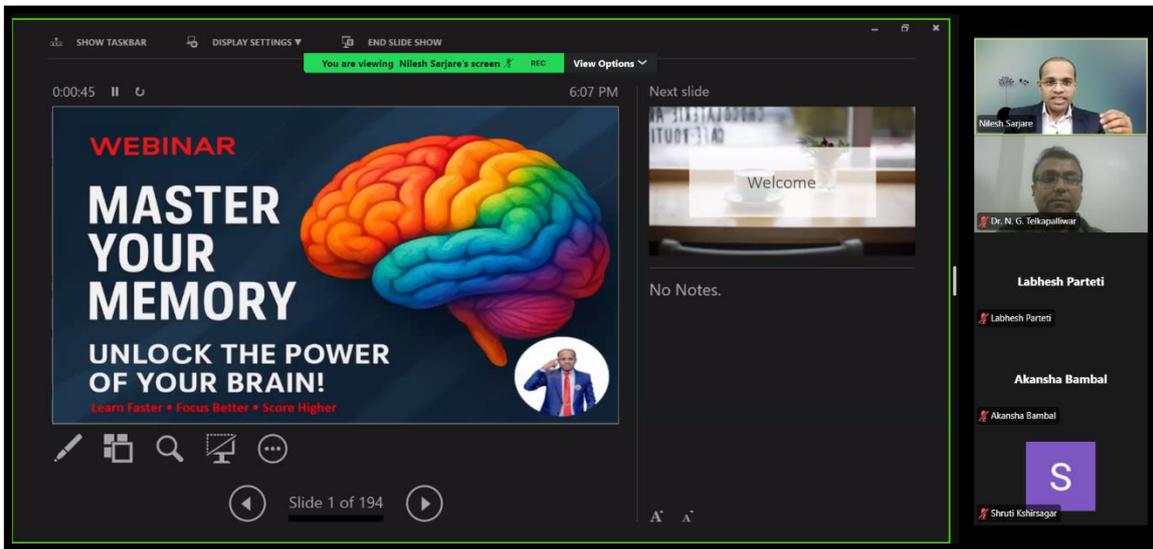
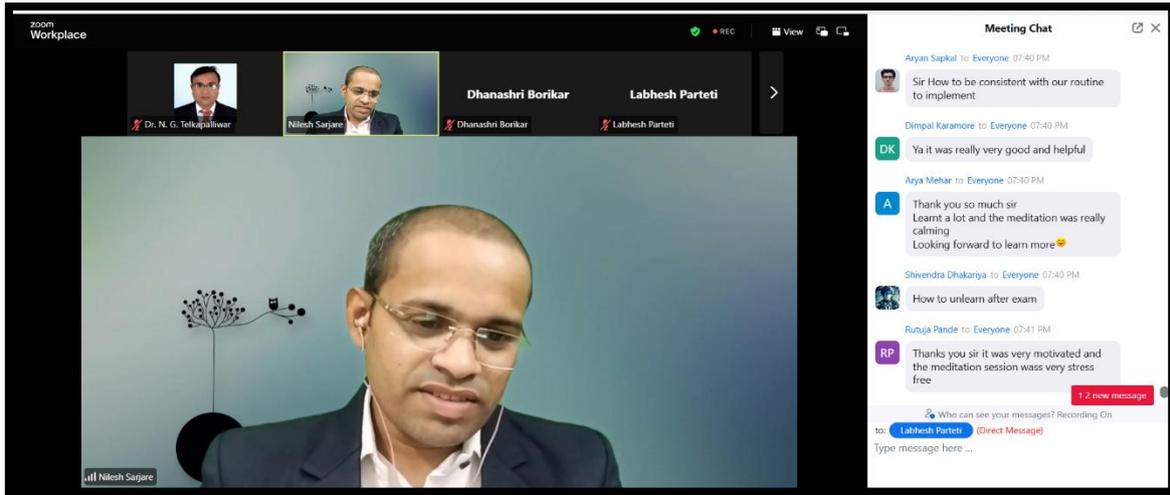
🔗 **Join Zoom Session Here:**

<https://zoom.tagmango.com/redirect/webinar/single/68cbe32b3bd95b0caa4e3506>

**Chairperson:** Dr. Deepa Y. Panhekar (Hon'ble Off. Principal, Dr. Ambedkar College, Nagpur)

**Convener:** Dr. N. G. Telkapalliwar (Co-Ordinator, CEGC-DACN)

12:12 pm ✓



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