

International Training for Certified Memory Trainers

Date: 6th to 10th September 2016.

International Training for Certified Memory Trainers (organised by the Department of Social Work, Bharathidasan University, Trichy in association with EURAG - Memory Training Centre in Prague, Czech Society for Memory Training and Brain Jogging and Heritage Foundation Hyderabad. In UGC Human Resource Development Centre (Academic Staff College), Bharathidasan University, Khajamalai campus, Tiruchirappalli-620023.

Resource persons

Dana Steinova, Dipl.Ing. (University of Economics, Prague), Adult Education Faculty of Philosophy, Charles University, Prague is the Secretary General of the European Federation of Older Persons (EURAG), an international advocacy group for the elderly and the head of the Czech Society for Memory Training and Brain Jogging.

Prof.PavelKalvach, M.D a board certified neurologist since 1975. He studied Charles University, Medical faculty in Prague.

The Principal goals and Specific Objectives of Memory Training:

- 1) Our goal is to enable Seniors to apply well established techniques and strategies for remembering in their daily lives in order to strengthen their independence.
- 2) Our speciality is the "Therapy of pleasant shock" whereby the participants verify through concentration tests and the use of complex strategies such as association and visualisation that their memory is still functional. As a result trained Seniors approach any new information in the positive expectation that they will remember it and this does affect the result.
- 3) This approach leads to an instant increase in self confidence and self esteem of the Seniors participating in our classes which reflects generally in an improvement in their quality of life because they are able to deal with the problems of daily life more efficiently.
- 4) We use an individual approach and adjust training to the abilities of our clients in order to ensure that they succeed and experience a feeling of victory through their efforts.

5) The personal responsibility of the trainer for the success of the client is the alpha and omega of our training task. It is not the fault of the client if he does not succeed, but of the trainer who has not been able to adjust the task to the client's abilities and failed to fulfill his mission.

6) We focus on changing the Seniors' attitude toward their own memory problems so that they cease to perceive them as an inevitable and negative part of the ageing process and realise that their fate is largely in their own hands.

7) The content of each session is prepared with the intention that the seniors will obtain a long term benefit from attending.

8) Memory training is a combination of cognitive training and relaxing psychomotoric exercises. It serves as a platform for social contact with similarly motivated seniors.

9) No doubts that minimalization of memory lapses in daily life is only a side effect of much more important issue and it is building the reserved brain capacity by incorporating regular exercise, social interaction, and a healthy diet. Doing familiar things in unfamiliar ways. Disrupting routines can stimulate nerve cells, enhance blood flow, and increase the production of chemicals called neurotrophins that protect our precious brain cells. The number of opportunities to inject novelty into everyday tasks is limited only by our imagination.

10) Memory training is an effective tool in promoting self sufficiency and the prolonged independence of our ageing population which is resulting from our greater life expectancy and changes in demography. It is the cheapest solution from the economical point of view and the most dignified way of ageing for individuals.

The Chief patron Dr. V. M. MUTHUKUMAR, Hon'ble Vice Chancellor, Bharathidasan University Tiruchirappalli, Patron Dr. C. THIRUCHELVAM, Registrar, Bharathidasan University, Tiruchirappalli.

The Chair persons, Dr.P.Ilango, Professor, Dean of Arts, Dr.V. Sethuramalingam Professor & Head, Department of Social Work, Bharathidasan University, Tiruchirappalli.

The programme Organizing Secretary Mr.N.Rajavel, Assistant Professor, Department of Social Work, Bharathidasan University, Tiruchirappalli. The total number of beneficiaries from this program 135 participants.