



Shri Mahaveer College

(Affiliated to the University of Rajasthan)
A Co-educational English Medium PG College



Shri Mahaveer College

(Affiliated to the University of Rajasthan)
A Co-educational English Medium PG College

Mahaveer College of Commerce
(Faculty of Business Studies)

One Day Seminar
on
How to Improve IQ and Memory

IQ

Date: 4th Oct 2019

ABOUT: How to Improve IQ and Memory

Improving IQ and memory involves a holistic approach to cognitive health. Start by engaging in regular mental exercises such as puzzles, chess, and learning new languages to keep your brain active. Incorporate physical exercise into your routine, as it enhances blood flow to the brain and reduces stress. Maintain a nutritious diet rich in antioxidants, omega-3 fatty acids, and vitamins to support cognitive functions. Stay hydrated and get 7-9 hours of quality sleep each night, as sleep is crucial for memory consolidation and brain health. Practice mindfulness and meditation to improve focus, reduce stress, and enhance cognitive clarity. Socialize regularly and engage in intellectually stimulating activities to challenge your brain and build resilience. Lastly, establish a consistent routine and set achievable goals to foster a sense of purpose and cognitive engagement. By combining these strategies, you can support and enhance both IQ and memory over time.

SCHEDULE: 1-Day Seminar on How to Improve IQ and Memory

Day 1: Topics
Introduction to Basics Concepts of IQ and memory
Cognitive Exercises and Brain Training
Lifestyle Changes for Cognitive Enhancement
Long-Term Strategies and Maintenance

Neelima
IQAC
Co-ordinator
Shri Mahaveer College



Arushi
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A Report on “How to Improve IQ and Memory” Seminar

NAME OF ACTIVITY: How to Improve IQ and Memory Seminar

DATE & DURATION: 4th October, 2019

TYPE OF ACTIVITY: Seminar

ORGANIZER(S): Mahaveer College of Commerce, Jaipur.

EXPECTED OUTCOMES:

CO1: Participants will gain a fundamental understanding IQ, memory, and how they can be improved.

CO2: Participants will learn how to explore lifestyle factors that can influence IQ and memory.

CO3: Participants will gain knowledge of various cognitive exercises and brain training techniques.

1-Day Seminar on How to Improve IQ and Memory

Day 1: Topics	
Introduction to Basics Concepts of IQ and memory	
Cognitive Exercises and Brain Training	
Lifestyle Changes for Cognitive Enhancement	
Long-Term Strategies and Maintenance	

MAPPINGS WITH PO & PSO: Mapping Levels: 1- Low, 2- Moderate, 3-Strong

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	-	-	-	-	3	-	-	-	-	-	-	-	2	3	2
CO2	-	2	-	-	-	-	-	-	3	-	-	-	3	3	2
CO3	-	-	-	-	-	-	-	-	-	-	-	3	2	3	2

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NOTICE

Date: 27/09/2019

We are pleased to announce through this notice that a one day seminar entitled “**How to Improve IQ and Memory**” will be organized on 4th October, 2019. Participants are required to register themselves. Certificate will be issued to the registered participants.



Dr. Ravi Sharma

Principal
Mahaveer College of Commerce

Neelima
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FLYER/POSTER:



Mahaveer College of Commerce

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One Day Seminar on How to Improve IQ and Memory



IQ

IQ



Date: 4th Oct 2019

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ABSTRACT OF THE SESSION: SMC organized 'How to Improve IQ and Memory Seminar' on 4th October, 2019. The main objective of this Seminar is to equip participants with a comprehensive understanding and practical strategies to enhance their cognitive abilities. This seminar aims to demystify the concepts of IQ and memory by explaining their underlying mechanisms and how they can be measured and improved. Through a combination of cognitive exercises, brain training techniques, lifestyle modifications, and long-term strategies, participants will learn to boost their intellectual capacities and memory retention. The seminar will cover brain health, the role of nutrition, physical exercise, stress management and the importance of lifelong learning and social interaction. By the end of the seminar, participants will have a personalized toolkit of methods to apply in their daily lives, promoting sustained cognitive enhancement and overall mental well-being.

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GLIMPSES:



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LIST OF PARTICIPANTS:

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ATTENDANCE SHEET:

S. No.	Name	College Name	Signature
1	Akshat Soni	Mahaveer College of Commerce	Akshat
2	Akshu Jangid	Mahaveer College of Commerce	Akshu
3	Ananya Khurana	Mahaveer College of Commerce	Ananya
4	Anmol Singh Chouhan	Mahaveer College of Commerce	Anmol
5	Anna Sharma	Mahaveer College of Commerce	Anna
6	Anushka Bhargava	Mahaveer College of Commerce	Anushka
7	Apeksha Agarwal	Mahaveer College of Commerce	Apeksha
8	Apoorv Kalla	Mahaveer College of Commerce	Apoorv
9	Aryan Sain	Mahaveer College of Commerce	Aryan
10	Aryan Sharma	Mahaveer College of Commerce	Aryan
11	Ashpreet Singh	Mahaveer College of Commerce	Ashpreet
12	Ashutosh Pareek	Mahaveer College of Commerce	Ashutosh
13	Ayush Patel	Mahaveer College of Commerce	Ayush
14	Bital Qureshi	Mahaveer College of Commerce	Bital
15	Charandeep Singh	Mahaveer College of Commerce	Charandeep
16	Chinmay Sogani	Mahaveer College of Commerce	Chinmay
17	Chirag Gupta	Mahaveer College of Commerce	Chirag
18	Deeptik Rajoria	Mahaveer College of Commerce	Deeptik
19	Dev Kapoor	Mahaveer College of Commerce	Dev
20	Devansh Gulyani	Mahaveer College of Commerce	Devansh
21	Devesh Koolwal	Mahaveer College of Commerce	Devesh
22	Divyansh Sharma	Mahaveer College of Commerce	Divyansh
23	Divyanshi Sharma	Mahaveer College of Commerce	Divyanshi
24	Farhan Khan	Mahaveer College of Commerce	Farhan
25	Ganesh Sharma	Mahaveer College of Commerce	Ganesh
26	Gautam Bihani	Mahaveer College of Commerce	Gautam
27	Gautam Jaipuria	Mahaveer College of Commerce	Gautam
28	Harsh Kushwaha	Mahaveer College of Commerce	Harsh
29	Harsh Pareek	Mahaveer College of Commerce	Harsh
30	Harsh Sharma	Mahaveer College of Commerce	Harsh
31	Harshita Bansal	Mahaveer College of Commerce	Harshita
32	Hemangi Sharma	Mahaveer College of Commerce	Hemangi
33	Hemant Sharma	Mahaveer College of Commerce	Hemant
34	Himanshi Agarwal	Mahaveer College of Commerce	Himanshi
35	Himanshu Jhamtani	Mahaveer College of Commerce	Himanshu
36	Ishu Agarwal	Mahaveer College of Commerce	Ishu
37	Jai Sharma	Mahaveer College of Commerce	Jai
38	Jatin Bathija	Mahaveer College of Commerce	Jatin
39	Kanika Gaur	Mahaveer College of Commerce	Kanika
40	Kashish Suresh Khanchandani	Mahaveer College of Commerce	Kashish
41	Kashvi Jain	Mahaveer College of Commerce	Kashvi
42	Keshav Kumawat	Mahaveer College of Commerce	Keshav
43	Khushi Khandelwal	Mahaveer College of Commerce	Khushi

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FEEDBACK ANALYSIS:

SEMINAR FEEDBACK ANALYSIS								
Sr.no	Attributes	Total Feed Back	Total Feed Back- 43					Remark
			>80% Objective Achieved, 60 to 79 %- Satisfactory, Below 60%, Need improvement					
1	Do you think workshop was useful for you?	43	Yes	No	Partial	---	---	Remark
			39	0	4	0	0	Objective Achieved (90.69%)
			90.69	0.00	9.30	0.00	0.00	
2	Did you receive all the information you expected by the Seminar?	43	Yes	No	Partial	---	---	Remark
			40	0	3	0	0	Objective Achieved (93.02%)
			93.02	0.00	6.97	0.00	0.00	
3	Opinion Rating on the speaker for the Seminar	43	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			41	2	0	0	0	Objective Achieved - Outstanding & Excellent (100%)
			95.34	4.65	0	0	0	
4	Audience Query Response by the Speaker	43	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			43	0	0	0	0	Objective Achieved (100%)
			100	0	0	0	0	
5	Overall experience about the Seminar	43	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			40	0	3	0	0	Objective Achieved - Outstanding (93.02%)
			93.02	0	6.97	0	0	

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SAMPLE CERTIFICATE:



Mahaveer College of Commerce

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Present this

CERTIFICATE OF PARTICIPATION

to

This is to certify that Akshat Soni of Mahaveer College of Commerce has successfully completed the 1 day seminar on “How to Improve IQ and Memory” held on 4th Oct 2019. He / She demonstrated a strong commitment to enhance their skills and developing their knowledge.

Dr. Neelima Pareek
Coordinator

Dr. Ravi Sharma
Principal
Mahaveer College of Commerce

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