



HOW TO “IMPROVE YOUR MEMORY” WORKSHOP

WATCHED BY MORE THAN
200 MILLION PEOPLE WORLDWIDE

By Mr. Muhammad Faisal
HOLDER OF 3 WORLD RECORDS IN MEMORY



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WORKSHOP CONTENTS

1. Four Pillars of Memory Power System
2. Story Method
3. Mnemonic Technique
4. Calendar (600 Years)
5. Memorizing Vocabulary (Type 1)
6. Memorizing Vocabulary (Type 2)
7. Memorizing General Knowledge
 - a. Minerals and Places
 - b. Inventions and Inventors
 - c. Countries and Capitals
 - d. Countries and Currencies
 - e. Countries and Parliaments
 - f. Indian Cities on Rivers
 - g. Indian States and Capitals
 - h. American States and Capitals
 - i. Books and Authors
8. The List Method
 - a. Memorizing Shopping List
 - b. Memorizing Schedules and Appointments
 - c. Memorizing Long Chapters
9. Memorizing Theory in Points
10. Minor Pegging System
 - a. Rhyme Method
 - b. Shape Method
 - c. Value Method
11. Remembering Spellings
12. Remembering Periodic Table (1 – 50)
13. The Journey Method
14. Memorizing Numbers
 - a. House Numbers
 - b. Telephone Numbers
 - c. Lock Codes
 - d. Melting Points
 - e. Boiling Points
 - f. History Events
 - g. Sections/Sub-Sections/Articles / Laws
 - h. 40 Digit Long Number in Forward and Reverse Order
15. Periodic Table (51 – 100)
16. Periodic Table (101 – 111)
17. Periodic Table (112 – 118)
18. Foreign Language (French, German, Sanskrit, etc)
19. Mind Controlling Methods
 - a. Mini Nap Technique
 - b. Sleep Learning Technique
 - c. Gyan Mudra Technique
 - d. Curing Absent Mindedness
20. Remembering Phobias
21. Measuring Units
22. Scientific Definitions
23. Reactivity Series of Metals
24. Memorizing Alloys
25. Remembering Frequencies
26. Chemical Processes
27. Chemical Names / Compounds
28. Formulae (Maths and Physics)
29. General Memory Tips
30. How to Study Effectively
31. 9 Powerful ways to Improve Concentration
32. Speed Maths (Bonus Technique)

ELIGIBILITY
CLASS 6TH
ONWARDS

