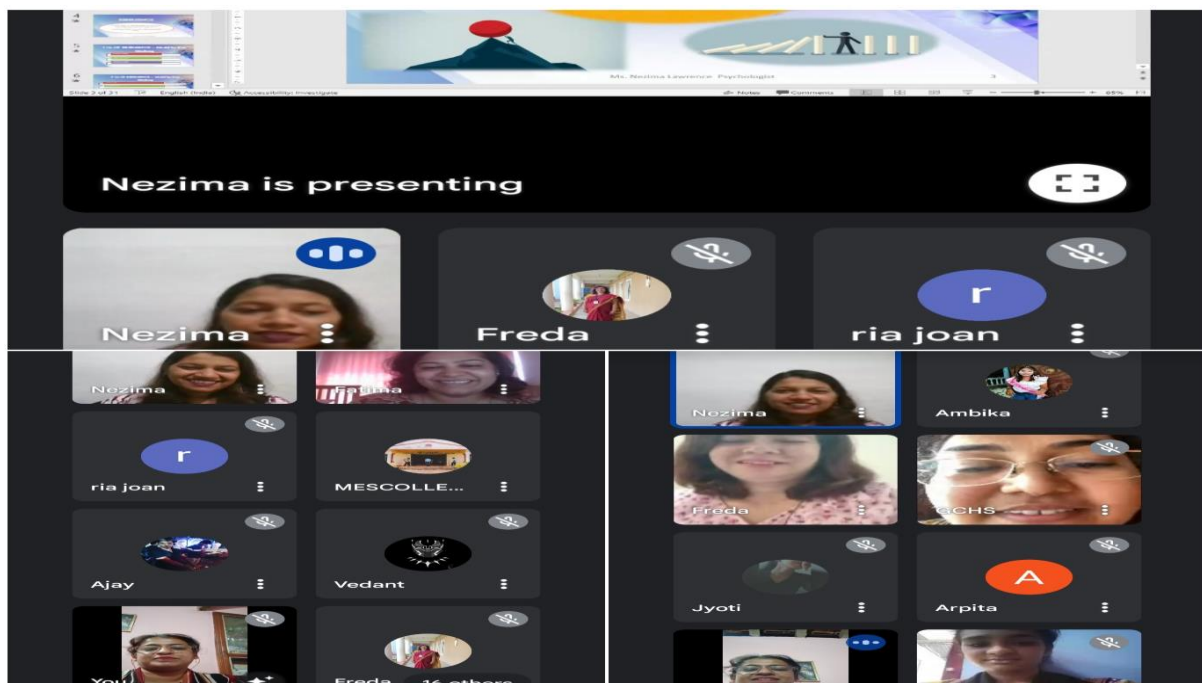


Community Resilience Lecture Series #03: Improved Memory Power for Enhanced Resilience

The Principal of the M.E.S College of Arts and Commerce, Zuarinagar, Dr. Manasvi Kamat in her welcome address stressed the importance of enhancing resilience and appreciated the theme of the lecture series. The resource person, Ms. Nezima Lawrence, a faculty at the Goa College of Home Science, Altinho in her lecture explained the concept of resilience and quoted Amit Sood's explanation of the same as being, 'One's ability to withstand adversity and bounce back and grow despite life's downturns'. She also stressed the 7 C's of resilience according to Kenneth Ginsberg, which are competence, confidence, connection, character, contribution, control and coping as important to cultivate in one's oneself.



Ms. Nezima also felt that through the process of emotional regulation by knowing one's strengths, realistic planning, boosting one's self-esteem, enhancing communication skills and emotional regulation one could build resilience. The resource person also opined that the degree of attention, vigilance, awakening, concentration, interest and motivation are some of the factors that can improve one's memory. Similarly, she felt that rehearsal, selection and organization of material can help to boost one's memory. She stated that meditation, visualizing more, playing card games, practising crossword, sudoku, puzzles chess, socializing and learning new skills, increasing vocabulary, learning a new language, learning a musical instrument, listening to music are some of the brain exercises to improve

memory. Ms. Maria Fatima D'Costa, faculty in the department introduced the resource person while Dr. Freda Cota e Pereira, H.O.D in Psychology proposed the vote of thanks.

