



Mr. A. Parsuramen, the Founder- President of Global Rainbow Foundation and members of Global Rainbow Foundation and also with the help of the University of Mauritius, organised a Memory Training course for the first time in Mauritius.



Ms Dana Steinova, who is a professional memory trainer and founder of many organisations, came to Mauritius to share her knowledge on that course.

It was a five-day course given at the R. Burrenchobay Theatre, University of Mauritius, for a wide range of people. The course started with a welcome speech given by Mr A. Parsuramen and was followed by a motivational speech given by the Vice Chancellor of the UOM, Mr. D. Jhurry.

Miss Steinova, who is a passionate memory trainer, gave a meaningful course which consisted of understanding how the brain works and showing the techniques that can be adopted to remember useful and daily information such as dates and days or shopping lists. The five days course was also given to those who wanted to become memory trainers and can thus help people with Dementia, Alzheimer or even cognitive impairments.

A brief interview was conducted with Miss Dana Steinova by Miss J. Ramasamy, member of GRF, on memory training and her experiences teaching it.

Since the age of 34, you've had a great journey around the world sharing your experiences and now you are in Mauritius, so how did you come across the Global Rainbow Foundation?

I am a member of the Global Network called Pass It On and I am the representative of the Czech Republic and Armoogum Parsuramen is

a representative for Mauritius and it was how we met.

You have given a five-day course here, what are your views on the Mauritian participants and the course given here?

So, surprisingly, we got quite well educated people for this course. Mostly young educated people arrived for the course and they did well. They could be compared with the level of the Czech participants who are also very determined to get good result and use it professionally. However, we got also several older people, probably from U3AM and for them it was a life opportunity to get the proof that they still possess a great memory potential. Memory training is oriented in a way that it is supposed to increase the self-confidence of people, but it is not a funnel that you can use to pour something into their brain. They have to just grab the opportunity and do something with that. However, they actually stopped before they actually got that proof; they gave up and some even didn't go for the test. They missed such an opportunity and till the end of their lives, they will have doubts about their mental potential because they didn't get that tangible proof that they can do it. Moreover, someone from the University was explaining to me that it was probably the legacy of the previous educational system that they are so scared of the exams, which made them gave up in advance.

Does Memory Training restore or improve the brain function?

The human brain is not perfect, it is far from perfect. It has many limitations and in reality we are not equipped, by nature, to remember too well. So, that is why we can't be surprised that we have difficulties to remember. Moreover, Memory Training is a unique way of how to compensate the imperfection of the

brain with mnemonics for the healthy ones but we also have to equip the future trainers with the tools of how to work with people who already suffers from cognitive impairment. That is why half of the course is based on the work with long term memory and it is that German Integrated Memory Training that we are using which will allow trainers to be fully equipped with the wide range of skills; how to work with the whole spectrum of population.

Your course certifies participants as memory trainers. What are your goals for the participants of this course?

The goal is not only to improve their own memory or the function of their own memory but the main goal is to share it with their future clients, because it is an absolutely extraordinary way of how to increase very efficiently and quickly the self-confidence and self-esteem of people and hence improving the quality of life. I almost feel that it would be a great shame if they keep it for themselves. They now have the mission to share it with others and to help the others and it was the main reason why I came to Mauritius; to help the whole spectrum of population.

Has the Memory Training improve the social aspect between people?

Definitely, if you increase their self-confidence, they feel more valuable and they don't hesitate to present themselves to the public. And they definitely feel good and they also have the tendency to show-off a little bit because they don't want to keep it for themselves; if they achieve something, they want the others to know it. So, it is a good way of how to prove that they still possess the potential and it is how they can also increase their prestige in their family among friends and among relatives. Just to show to the society that they are still the valuable

individuals who have something that they could possibly share with the others.

You have taken various initiatives throughout your life, for example you founded the Club for Active Elderly, there is also the U3A and you also run the Centre for Lifelong Learning in Prague. What has driven you towards that path and, if I may say, that passion to help the elders?

I have started almost 35 years ago and I have always been developing new activation programs for the elderly in order to give a new dimension to their retirement, to prepare a substitute life program for them after they leave their professional life. It is a sort of selfish action from my side because there are so many positive feedbacks coming from the people, that it became like a drug for me and I can't do without it. I became the Chairman of Prague Senior Council and I am the Secretary General of the European Federation of Older Persons and also I am Head of the Czech Society Memory Training, so all these activities are somehow connected together.

What is your message for the Mauritian population?

For the Mauritian population it is that, first of all, they have to work on themselves, not to give up and not to carry on any legacy that may have had a negative impact on them. They should grab the opportunities that are coming to them. Then, they will probably not be scared and will have enough courage to change the things that they don't like. They should be able to speak up openly but they will not if they are not self-confident and this is one way on how to make the local population more confident. So, it is what I wanted to do here and what I wanted to convey to the local people. And it was my main mission; to

improve the lives of the local population, showing to those who attended the course that it is not so difficult to increase the self-confidence of people of any age if you learn the know-how. And I expect that those who attended the course learnt it.

I am pleased that I was able to bring something new here and I hope that it will have a very positive impact on the lives of the local people after the trainers start to put the outcomes of the course into practice.

Successful Mauritian Memory Trainers

On the fourth day of the course, an exam was conducted by Miss Steinova and those who passed it, were congratulated and were given certificates on Friday 16th June. As Miss Steinova accentuated in her interview, the trainers have now the mission to share their knowledge and to help those in needs.

A warm thank you goes to the University of Mauritius and to Mr. A. Parsuramen and the Global Rainbow Foundation; we now have successful Memory Trainers in Mauritius to help the elders and those suffering from Alzheimer, dementia or even cognitive impairment.

For more information on this course, please contact:

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Note:

Dementia is a serious mental disorder caused by brain injury or disease that affects the ability to think, remember and behave normally.

Alzheimer is a progressive mental deterioration that can occur in middle or old age and it prevents the brain from functioning normally and causes loss of memory and loss of ability to speak properly.

Cognitive Impairment is when a person has trouble remembering, learning new things, concentrating, or making decisions that affect their everyday life.