



NLP COACHING NEXUS
Making A Difference



UNLOCK YOUR MAGICAL BRAIN

Retention in Learning and Memory Booster



A Signature Program
By

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NLP Expert, NPM & Wellness Coach



Name:

Phone #:

#razanpmcoach

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Dear All,

Welcome to the Unlock Your Magical Power recall your memory faster Masterclass based on recalling your Memory Challenge.

First of all, I congratulate you for your participation in this Challenge for Memory Power recall your memory with the use of Memory Techniques.

“Before you help others, you must first help yourself” this is the basic concept depending on which this Masterclass has been designed.

To help a person understand actually how memory boosting techniques could be applied to your own syllabus, I analyzed, modified and created the Self Boosting Memory Techniques in this transformation with Memory Techniques Using Neurological Alignment.

With this note, let's begin our Journey!!

— Mohtamim Raza

Social Media Connections



www.youtube.com/channel/UCmBwPXYh9bx_F2XGEhE7D1A



www.facebook.com/RazanpmOfficial



www.instagram.com/razanpmcoach/



<https://t.me/+l-LggcAiKSkxNmM9>



www.razanpm.com



www.cards.qvcard.com/razanpm

Code of Honor

Punctuality:

Respect other's time. Show up on time.

Commitment:

You are investing this time for Yourself to Brighten Your future

Clarity:

Now or Never, do the exercise in real time.

Productivity:

Stop procrastination & laziness of asking, I don't know what to do... Let's find it out

Focus:

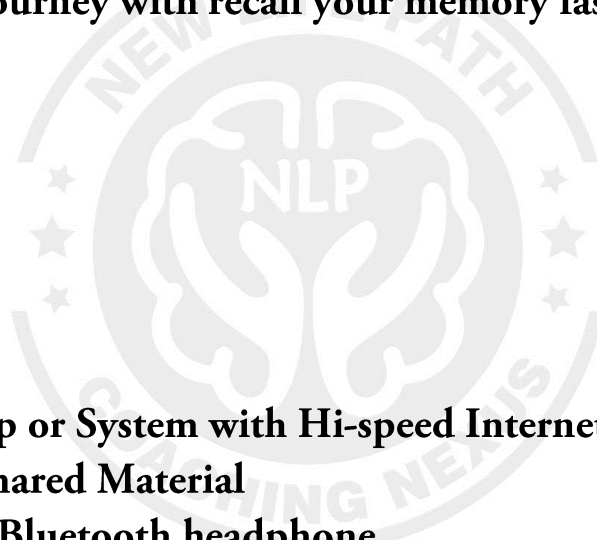
For growth, you must develop a “Vision” and “Set a goal”.

Rule of Attendance

Rules to be followed by attendees and have some values that will align you to getting the best out of this course

Unlock Your Magical Power

Journey with recall your memory faster.



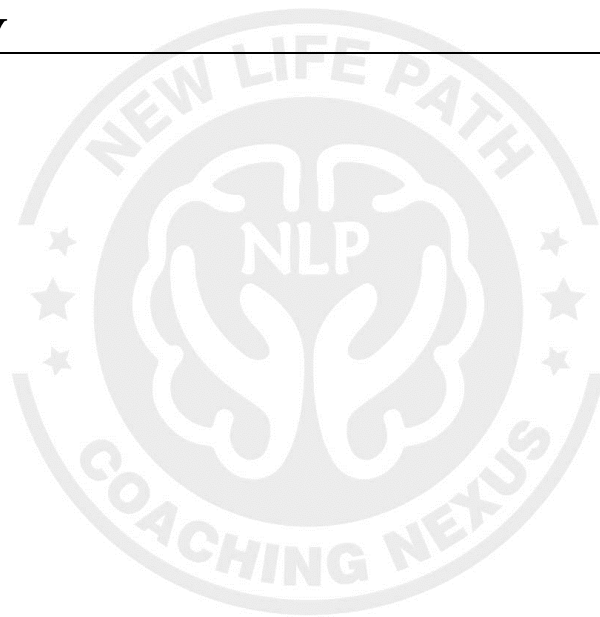
Ground Rules:

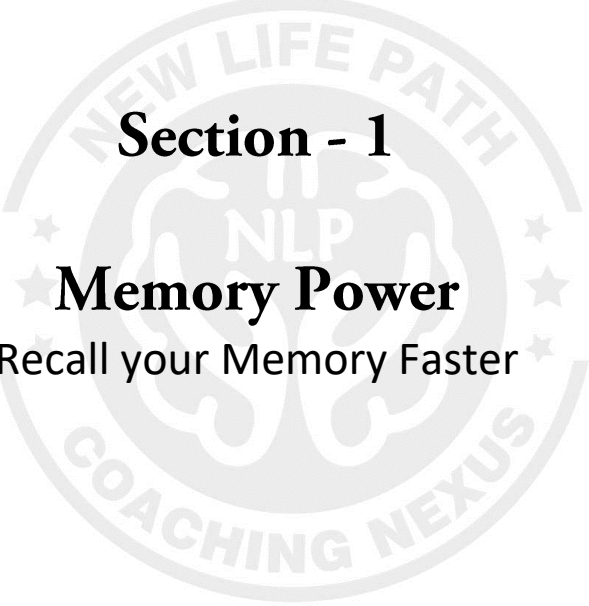
- 1. Mobile, Laptop or System with Hi-speed Internet Connection**
- 2. Printouts of Shared Material**
- 3. Hands-free or Bluetooth headphone**
- 4. A diary or Pen-paper for making notes**
- 5. Distraction free area for focused learning**
- 6. A Devoted time for learning on daily basis**

Content

Section	Topic	Pg No.
	Note form Mohtamim Raza	
	Code of Honor	
1	Memory Power	--
	How can we memorize 10x Faster?	10
	10x Memory Power	11 - 12
	Our 5 Senses	13
	Left brain vs Right brain Facts about	14
	Facts about Known to Unknown	15
	Memorizing Vocabulary	16 - 17
	How our mind learn 10x Faster	18 - 20
	Memorizing Spelling (Curing Dyslexia)	21
	Memorizing Usage of Vitamin 'D'	22 - 23
	Memorizing Cycle of Nitrogen	24
	Rhyming Words	25 - 27
	Pegging Method	28 - 29
2	Mnemonic Major System Technique	--
	How to Number Memorization (Number & Code)	31
	How to Memorize Atomic Number -	32 - 37
	Remembering History Dates	38
	How to Memorize Maps	39
3	Number & Word Cues Memorisation	--
	Retaining Nmber	41- 45
4	How to Memorize Table	--
	Memorize Table Exercise	47
	Memorize Table Assignment	48 - 49
5	Remembering 300 Yeays Calender	--
	Code of Day	51
	Code of Month	52

	Code of Year	53
	How to Calculate the Day of the week of any Given Date	54
5	Bonus Memory Booster	--
	Auto-Suggestion for Students	Watch Video
	Ring of Confidence	Watch Video
	Internal Voice Change	Watch Video
	Removing Past Painful Memories	Watch Video
	Creating Inner Self Image	Watch Video
	Building Brighter Future	Watch Video
6	Summary	



A faint, circular logo is centered in the background. It features a brain-like shape in the center with the letters 'NLP' inside. The words 'NEW LIFE PATH' are curved along the top inner edge, and 'COACHING NEXUS' is curved along the bottom inner edge. There are small stars on either side of the central brain shape.

Section - 1

★ Memory Power

Recall your Memory Faster

How can we memorize 10x Faster?

Learning



Concentration



Interest



Association



1. ☐ Color ☐ Black
2. ☐ Muilt ☐ Sound, Music, Dialogue
3. ☐ Still Photograph, Poster ☐ Movie
4. The 'I' Factor
5. Uniqueness

10x Memory Power

Exercise

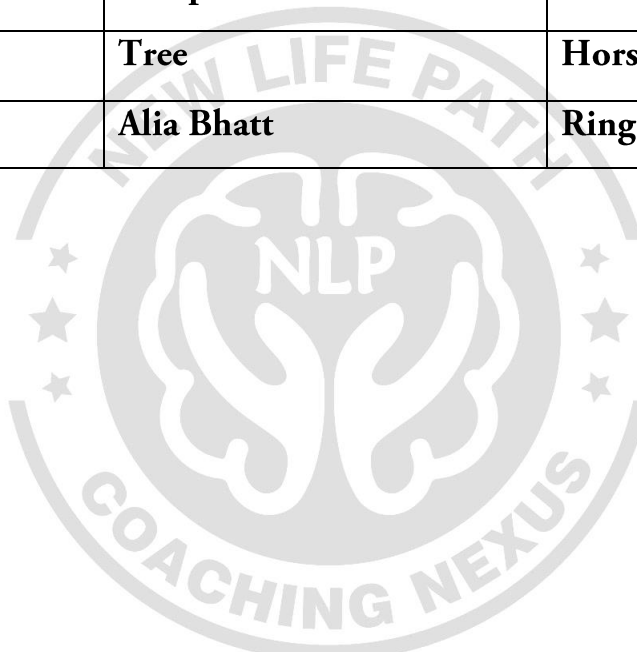
Garden	Market	Fox
Moon	Elephant	Mountain
Tiger	Ring	Red fort
Pole	Rabbit	Dog
Horse	Bus	Chess
Sea	River	Car
Laptop	Camel	Tree
Bike	Watermelon	Aeroplane
Football	Pond	Cow
Star	Cricket	Truck

Assignment-1

Jeans	Boat	Seater
Sun	Priyanka	Lion
Jeep	Soap	Jail
Sofa	Coke	Petrol
Deer	Restaurant	Bullock Cart
Cat	Rocket	Pan
Gun	Cap	Carpet
Fire	Mike	Dosa
Mall	Laboratory	Duck
Table	Movie	Donkey

Assignment-1

Mine	Carpenter	Duck
Guitar	Ship	Chef
Pen	Lake	Cake
Mall	Dhoni	Diamond
Hen	Monkey	Cow
Computer	Mug	Book
Tennis	Park	Stove
Blanket	Temple	Truck
Lassi	Tree	Hors
Akshay Kumar	Alia Bhatt	Ring



Our 5 Senses

Five Sense Organs

As stated before, we have five sense organs that can receive and relay sensory information to the brain. These senses provide an organism with information crucial for perception. The different sense organs and the senses they provide are mentioned below:

Visual Sense

These are the visual sensory organs in our body. These are sensitive to light images. The eyes vary in colour depending upon the amount of melanin present in our body. It helps in the sense of sight by detecting and focussing on the light images.

Auditory Sense

Ears are the auditory sense organs of our body. They help us to perceive sounds. Our auditory system detects vibrations in the air and this is how we hear sounds. This is known as hearing or audio caption

Kinesthetic Sense

Skin is the largest organ of our body. It is related to the sense of touch. The sense of touch is also referred to as tactioception.

Gustatory Sense

The gustatory helps in perceiving various tastes and flavours. The taste buds are present between the papillae on the tongue—these help in sensing different tastes.

Olfactory Sense

The nose is an olfactory organ. Our olfactory system helps us to perceive different smells. This sense of organ also aids our sense of taste. The sense of smell is also known as olfaction.

V



Visual
Seeing

A



Auditory
Hearing

K



Kinesthetic
Touch

O



Olfactory
Smell

G



Gustatory
Taste

Left brain vs Right brain Facts about

Left brain

The left side of the brain is adept at tasks involving logic, language, and analytical thinking. The left brain is described as being better at:

- Language
- Logic
- Critical thinking
- Numbers
- Reasoning

What are left-brained people like?

They are described as logical, analytical, and orderly. The theory suggests that people who are left-brain dominant do well in careers that involve linear thinking, math, and verbal information, such as an accountant, scientist, or computer programmer.

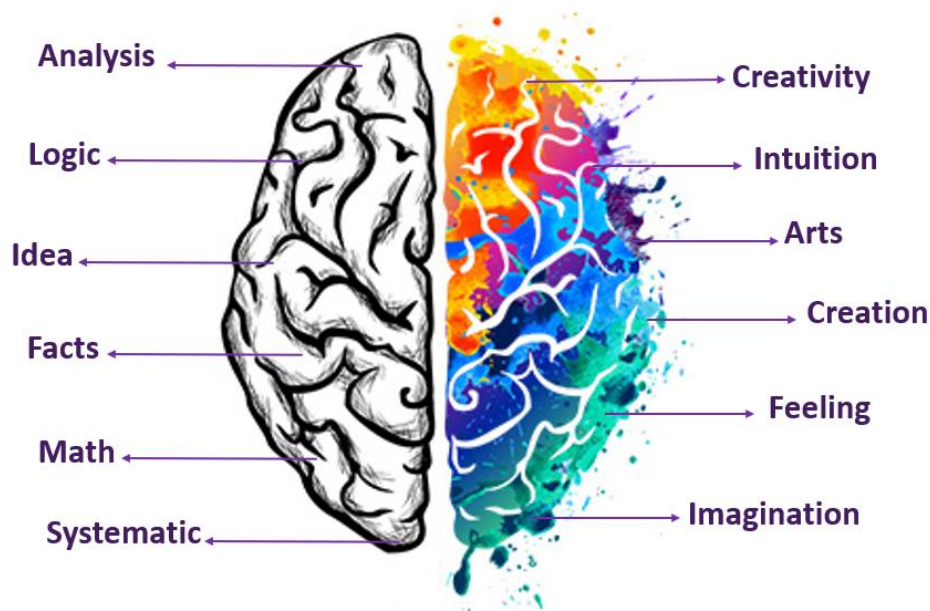
Right Brain

According to the left-brain, right-brain dominance theory, the right side of the brain is best at expressive and creative tasks. Some of the abilities popularly associated with the right side of the brain include:

- Recognizing faces
- Creating music
- Reading emotions
- Appreciating color
- Using imagination
- Being intuitive
- Being creative

So what are so-called right-brained people like?

They are often described as being more emotional, intuitive, and creative. They are often described as doing well in careers that involve creative expression and free-thinking, such as becoming an artist, psychologist, or writer.



Facts about Known to Unknown (List of Words)

Exercise

1	Hydrogen
2	Helium
3	Lithium
4	Beryllium
5	Boron
6	Carbon
7	Argon
8	Fluorine
9	Nitrogen
10	Oxygen

Assignment

1	Sodium	1	Thulium
2	Chromium	2	Ytterbium
3	Magnesium	3	Lutetium
4	Gallium	4	Hafnium
5	Arsenic	5	Tantalum
6	Ammonia	6	Tungsten
7	Potassium	7	Rhenium
8	Aluminium	8	Osmium
9	Bronium	9	Iridium
10	Silicon	10	Platinum

Memorizing Vocabulary

Exercise

Words	Meaning
Vagabond	Wanderer
Sacrosanct	Most Sacred
Vacillate	To disturb
Vacuous	Empty
Cache	Hidden Store
Cadaver	A dead human body
Yeoman	Middle class farmer
Cadence	Regular beat of Sound
Gadfly	An Irritating Person
Quaff	To Drink Hurriedly

Assignment

Words	Meaning
Knoll	A Small Natural Hill
Aphotic	Lacking Light, Dark
Puissance	Power, Light, Glory
Apprise(v)	To Inform
Flummox(v)	To Confuse or Perplex
Rife	Excessively Abundant
Fractionous	Easily Irritated
Defunct	Inactive
Cavet	Wish

Abstruse	Difficult to Penetrate
Obeisance	To Bow (To Show Respect)
Obdurate	Stubborn
Macabre	A Stupid Person
Lachrymose	Producing Tears
Labile	Unstable
Waggish	Humorous
Nadir	Lowest Point
Nascent	Coming into Existence
Kernel	Central or Vital Part
Ebb	To Diminish
Dainty	Delicate
Haggle	To Argue About Prices
Proxy	A Person acting for someone
Garish	Highly Decorated
Assiduous	Hardworking
Repartee	Quick Reply
Adamant	Firm, Non-flexible
Benison	Blessing
Dross	Useless
Dogma	Set of Rules
Ebullient	Very Enthusiastic
Flippant	Disrespectful
Belligerent	Aggressive
Placid	Peaceful

How our mind learn 10x Faster ?



Input or Reception

Event 1

Filter

Deletion / Distortion / Generalization

Some Event are
deleted by us.

Some Events are
Distorted by us. Change
the Meaning as per our
convenience.

Truth

Universal Truth

- The sun rises in the east.
- The Earth is Round

Scientific Facts

- $2+2=4$

**General Random
Opinion (G.R.O)**

- Money spoils relation.
- Diabetes can not be cured

How the DDG filter works

Time/ Space:

What time is it now? Where are you now?

Languages :

knowledge of language

Education:

Education allows us to better understand the event in which we live.

Learning :

The process of acquiring new understanding

Experiences :

Direct observation of or participation in events as a basis of knowledge

How the DDG filter works

Decisions :

The process of making choices by identifying a decision, gathering information, and assessing alternative resolutions

Values :

Individual value that motivate people to act one way or another

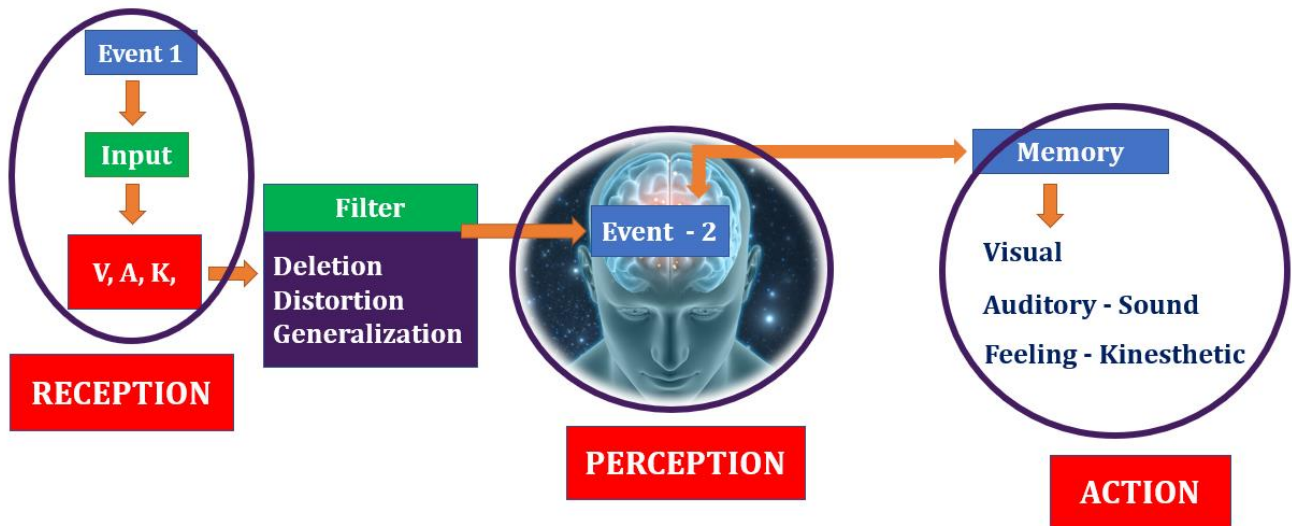
Beliefs :

The mental acceptance or conviction in the truth or actuality of some idea.

Conditioning :

Controls our reactions and responses

Knowledge, Know, Knock,
Wrong ,Wrap, Wrestling, Knife



Memorizing Spelling (Curing Dyslexia)

Exercise

Spontaneous

Spon - tane – ous

Or

Consternation

Cons - tern - ation

Assignment

1	Anamnesis	11	Inveterate
2	Acquiesce	12	Lieutenant
3	Ensconce	13	Consternation
4	Onomatopoeia	14	Camaraderie
5	Grandiloquent	15	Embezzlement
6	Convalesce	16	Spondulics
7	Liaison	17	Paregmenon
8	Intransigent	18	Pusillanimous
9	Forbearance	19	Otorhinolaryngologist
10	Archetypal	20	Diidohydroxyquinonline

Memorizing Usage of Vitamin

Exercise

Vitamin 'D'

Sunlight

Liver

Fish

Egg Yolk

Milk

Butter

Fish Liver Oil



Assignment

Vitamin A

Liver, Egg, Yellow Fruit, Fish, Green Vegetable, Butter

Vitamin B

Egg, Liver, Brain, Kidney, Milk & Products, Fermented & Sprouted Foods, Whole, Cereals, Pulses, Nuts

Vitamin C

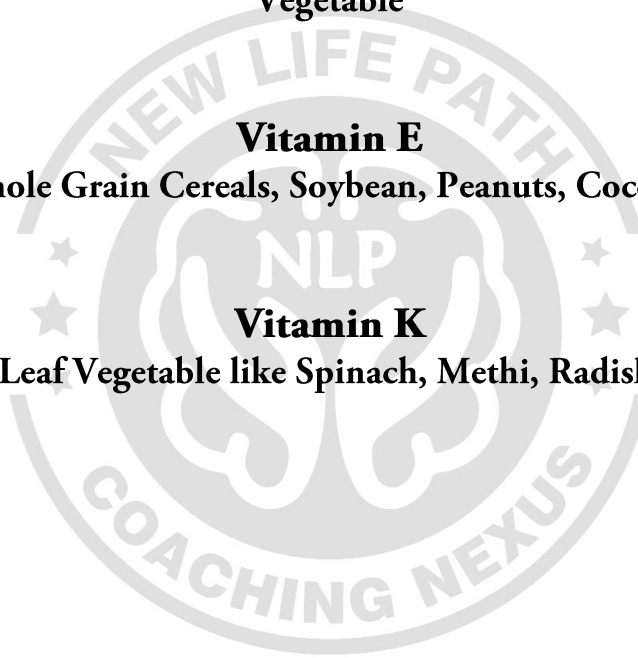
Citrus Fruits, Sprouted Grams, Guava, Amla, Tomato, Cabbage, Green Chilies, Green Vegetable

Vitamin E

Whole Grain Cereals, Soybean, Peanuts, Coconut

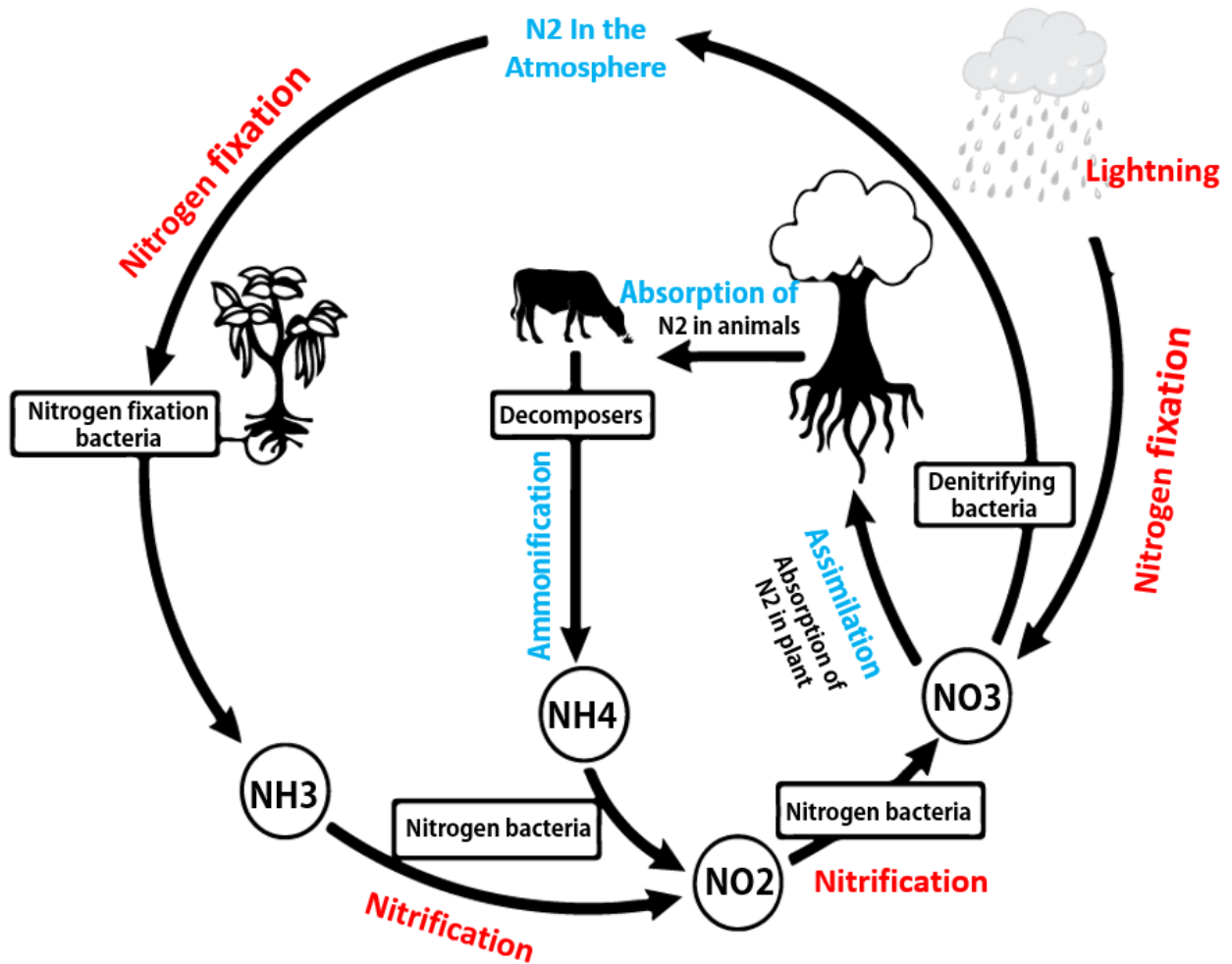
Vitamin K

Green Leaf Vegetable like Spinach, Methi, Radish Leaves



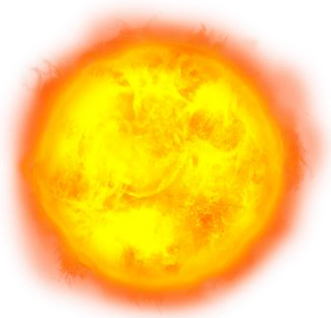
Memorizing Cycle of Nitrogen

Exercise



Rhyming Words

1 - Sun



2 - Shoe



3 - Tree



4 - Door



5 - Knife



6 - Vicks



7 - Heaven



8 - Plate



9 - Win



10 - Hen



11 - Lemon



12 - Towel



13 - Thirsty



14 - Fort



15 - Lift



16 - Sweet Sixteen



17 - Servant



19 - Namkeen



18 - Attack



20 - Aunty



Pegging Method

Exercise

1	Milk, Chess, Red Fort
2	Taj Mahal, Apple, Book
3	TV, Classroom, Sky
4	Temple, Garden, Boat
5	Qutub Minar, Cricket Bat, Jalebi
6	Mall, Mug, Monkey
7	Dhoni, Truck, Ship
8	Sofa, Air Condition, Lake
9	Jal, Lion, Jeep
10	Cow, Blanket, Lift

Assignment

1	
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24	

Section – 2

Mnemonic Major System

Technique

Number & Code

Exercise

1 –

t, d

2-

n

3-

m

4-

r

5-

L

6-

g, j, ch

7-

k

8-

f, V

9-

p, b

0 -

S

How to Memorize Atomic Number

Exercise

Hydrogen	-	हाइड्रोजन	-	1
Lithium	-	लिथियम	-	3
Sodium	-	सोडियम	-	11
Potassium	-	पोटैशियम	-	19
Rubidium	-	रूबिडियम	-	37
Caesium	-	सीज़ियम	-	55
Beryllium	-	बेरिलियम	-	4
Nitrogen	-	मैगनीशियम	-	12
Calcium	-	कैल्शियम	-	20
Strontium	-	स्ट्रॉंटियम	-	38
Barium	-	बेरियम	-	56
Francium	-	फ्रैनशियम	-	87

Assignment

Sr.N	Element Name	In Hindi Name	Atomic number
1	Hydrogen	हाइड्रोजन	1
2	Helium	हीलियम	4
3	Lithium	लिथियम	7
4	Beryllium	बेरिलियम	9
5	Boron	बोरान	11
6	Carbon	कार्बन	12
7	Nitrogen	नाइट्रोजन	14
8	Oxygen	ऑक्सीजन	16
9	Fluorine	फ्लुओरीन	19
10	Neon	नीयन	20
11	Sodium	सोडियम	23
12	Magnesium	मैगनीशियम	24
13	Aluminium	अल्युमीनियम	27
14	Silicon	सिलिकॉन	28
15	Phosphorus	फास्फोरस	31
16	Sulfur	सल्फर	32
17	Chlorine	क्लोरीन	35
18	Argon	आर्गन	40
19	Potassium	पोटेशियम	39
20	Calcium	कैल्शियम	40
21	Scandium	स्कैंडियम	45
22	Titanium	टाइटैनियम	48

23	Vanadium	वैनेडियम	51
24	Chromium	क्रोमियम	52
25	Manganese	मैंगनीज	55
26	Iron	आयरन	56
27	Cobalt	कोबाल्ट	59
28	Nickel	निकल	59
29	Copper	कॉपर	64
30	Zinc	जिंक	65
31	Gallium	गैलियम	70
32	Germanium	जर्मेनियम	73
33	Arsenic	आर्सेनिक	75
34	Selenium	सेलेनियम	79
35	Bromine	ब्रोमिन	80
36	Krypton	क्रिप्टन	84
37	Rubidium	रूबिडियम	85
38	Strontium	स्ट्रॉंटियम	87
39	Yttrium	येट्रियम	89
40	Zirconium	ज़िरकोनियम	91
41	Niobium	निओबियम	93
42	Molybdenum	मोलिब्डेनम	96
43	Technetium	टेक्नेटियम	98
44	Ruthenium	रूथेनियम	101
45	Rhodium	रोडियम	103
46	Palladium	पैलेडियम	106
47	Silver	सिल्वर	108

48	Cadmium	कैडमियम	112
49	Indium	इंडियम	116
50	Tin	टिन	118
51	Antimony	एंटीमनी	122
52	Tellurium	टेल्यूरियम	128
53	Iodine	आयोडीन	127
54	Xenon	क्सीनन	131
55	Caesium	सीज़ियम	133
56	Barium	बेरियम	137
57	Lanthanum	लैथानुम	139
58	Cerium	सेरियम	140
59	Praseodymium	प्रेसियोडीमियम	141
60	Neodymium	नियोडिमियम	144
61	Promethium	प्रोमीथियम	145
62	Samarium	समैरियम	150
63	Europium	युरोपियम	152
64	Gadolinium	गैडोलीनियम	157
65	Terbium	टर्बियम	159
66	Dysprosium	डिस्प्रोसियम	163
67	Holmium	होल्मियम	165
68	Erbium	एर्बियम	167
69	Thulium	थूलियम	169
70	Ytterbium	यटरबियम	173
71	Lutetium	ल्यूटेशियम	175
72	Hafnium	हॉफ्नियम	179

73	Tantalum	टैंटलम	181
74	Tungsten	टंगस्टन	184
75	Rhenium	रेनीयाम	186
76	Osmium	ऑस्मियम	190
77	Iridium	इरिडियम	192
78	Platinum	प्लैटिनम	195
79	Gold	गोल्ड	197
80	Mercury	मरकरी	201
81	Thallium	थालियम	204
82	Lead	लीड	207
83	Bismuth	बिस्मथ	209
84	Polonium	पोलोनियम	209
85	Astatine	एस्टाटिन	210
86	Radon	रेडॉन	222
87	Francium	फ्रैनशियम	223
88	Radium	रेडियम	226
89	Actinium	एक्टिनियम	227
90	Thorium	थोरियम	232
91	Protactinium	प्रोटैक्टीनियम	231
92	Uranium	यूरेनियम	238
93	Neptunium	नैप्टुनियम	237
94	Plutonium	प्लूटोनियम	244
95	Americium	अमरीशियम	243
96	Curium	क्यूरियम	247
97	Berkelium	बर्कीलियम	247

98	Californium	कलिफ़ोरनियम	251
99	Einsteinium	आइंस्टिनियम	252
100	Fermium	फेर्मियम	257
101	Mendelevium	मेण्डेलीवियम	258
102	Nobelium	नॉबेलियम	259
103	Lawrencium	लोरेनसियम	266
104	Rutherfordium	रदरफोर्डियम	267
105	Dubnium	डबनियम	268
106	Seaborgium	सीबोरगियम	269
107	Bohrium	बोरियम	270
108	Hassium	हैसियम	277
109	Meitnerium	मिटनेरियम	278
110	Darmstadtium	डार्मस्टैडियम	281
111	Roentgenium	रेन्टजेनियम	282
112	Copernicium	कोपरनिसियम	285
113	Nihonium	निहोनियम	286
114	Flerovium	फ्लेरोवियम	289
115	Moscovium	मोस्कोवियम	290
116	Livermorium	लिवरमोरियम	293
117	Tennessine	टेनेसीन	294
118	Oganesson	ओगनेसन	294

Remembering History Dates

Exercise 1

**First Railway line opened
between Bombay and Thane**

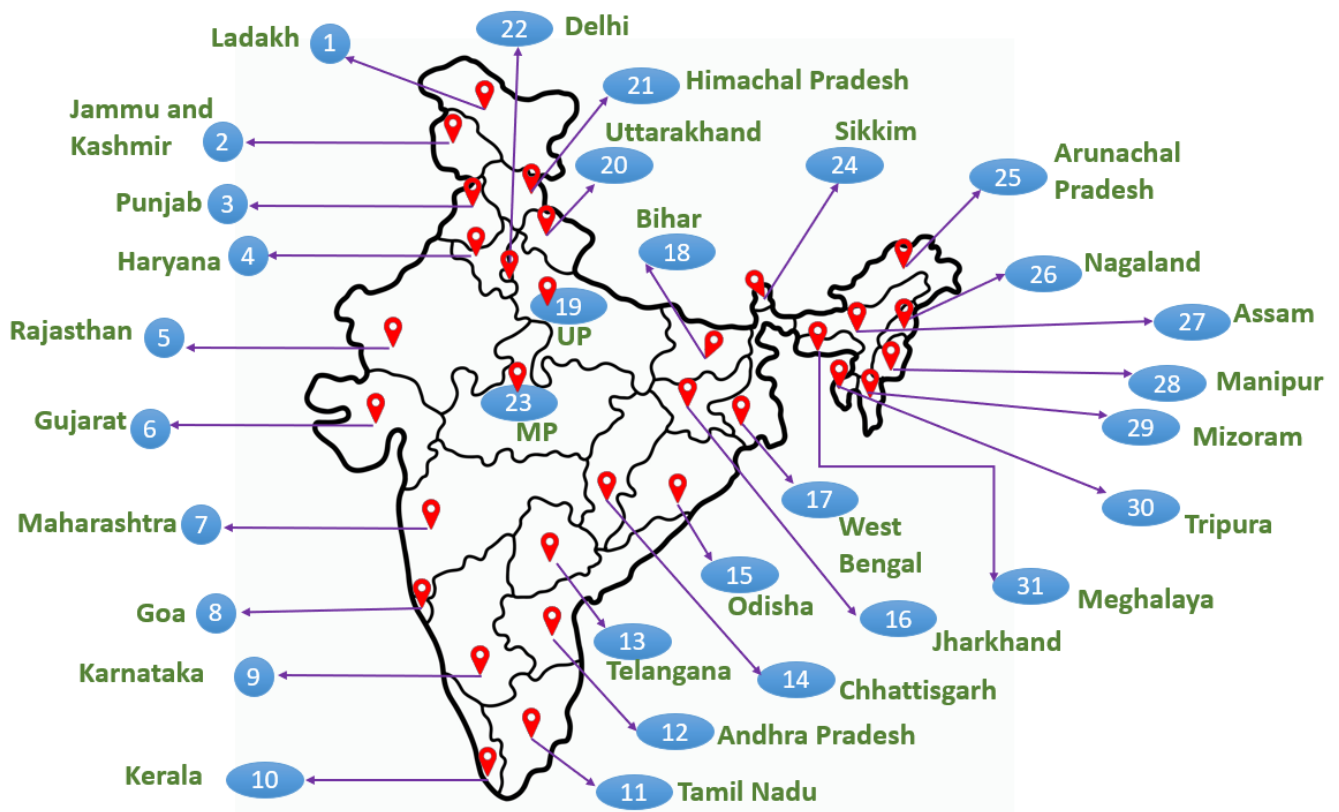
1823

Exercise 2

**All India Kishan Sabha formed
अखिल भारतीय किसान सभा का गठन
1938**

How to Memorizing Maps

Exercise



01- Ladakh

02- Jammu & Kashmir

03- Punjab

04- Haryana

05- Rajasthan

06- Gujarat

07- Maharashtra

08- Goa

09- Karnataka

10- Kerala

11- Tamil Nadu

12- Andhra Pradesh

13- Telangana

14- Chhattisgarh

15- Odisha

16- Jharkhand

17- West Bengal

18- Bihar

19- Uttar Pradesh

20- Uttarakhand

21- Himachal Pradesh

22- Delhi

23- Madhya Pradesh

24- Sikkim

25- Arunachal Pradesh

26- Nagaland

27- Assam

28- Manipur

29- Mizoram

30- Tripura

31- Meghalaya

Section – 3
Number Technique
&
Word Cues Memorisation

Retaining Nmb Assignment

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Section – 4
Memorize Table
Technique

How to Memorize Table Exercise

Table of 13	Story of TeaM
13 x 1 = 13	TeaM x Sun = TeaM
13 x 2 = 26	TeaM x Shoe = NaG
13 x 3 = 39	TeaM x Tree = Mobile
13 x 4 = 52	TeaM x Door = Lion
13 x 5 = 65	TeaM x Knife = Jail
13 x 6 = 78	TeaM x Vicks = KaiF
13 x 7 = 91	TeaM x Heaven = BaT
13 x 8 = 104	TeaM x Plate = ST, SaaRi
13 x 9 = 117	TeaM x Wine = ST, Duck
13 x 10 = 130	TeaM x Hen = ST, MS Dhoni

Table of 17	Story of Duck
17 x 1 = 17	Duck x Sun = Duck
17 x 2 = 34	Duck x Shoe = aMiR
17 x 3 = 51	Duck x Tree = Lata
17 x 4 = 68	Duck x Door = Kaif
17 x 5 = 85	Duck x Knife = Ball
17 x 6 = 102	Duck x Vicks = ST, SoNu
17 x 7 = 119	Duck x Heaven = ST, TaBu
17 x 8 = 136	Duck x Plate = ST, Maggi
17 x 9 = 153	Duck x Wine = ST, LeMon
17 x 10 = 170	Duck x Hen = ST, KisSan

Assignment-1

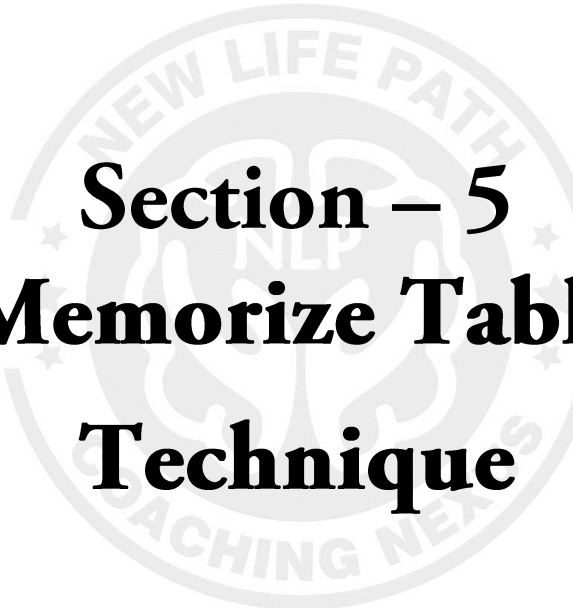
Table of 17	Story of
$43 \times 1 = 43$	
$43 \times 2 = 86$	
$43 \times 3 = 129$	
$43 \times 4 = 172$	
$43 \times 5 = 215$	
$43 \times 6 = 258$	
$43 \times 7 = 301$	
$43 \times 8 = 344$	
$43 \times 9 = 387$	
$43 \times 10 = 430$	

Table of 17	Story of
$57 \times 1 = 57$	
$57 \times 2 = 114$	
$57 \times 3 = 171$	
$57 \times 4 = 228$	
$57 \times 5 = 285$	
$57 \times 6 = 342$	
$57 \times 7 = 399$	
$57 \times 8 = 456$	
$57 \times 9 = 513$	
$57 \times 10 = 570$	

Assignment-2

Table of 69	Story of
$69 \times 1 = 69$	
$69 \times 2 = 138$	
$69 \times 3 = 207$	
$69 \times 4 = 276$	
$69 \times 5 = 345$	
$69 \times 6 = 414$	
$69 \times 7 = 483$	
$69 \times 8 = 552$	
$69 \times 9 = 621$	
$69 \times 10 = 690$	

Table of 93	Story of
$93 \times 1 = 93$	
$93 \times 2 = 186$	
$93 \times 3 = 279$	
$93 \times 4 = 372$	
$93 \times 5 = 465$	
$93 \times 6 = 558$	
$93 \times 7 = 651$	
$93 \times 8 = 744$	
$93 \times 9 = 837$	
$93 \times 10 = 930$	



Section – 5

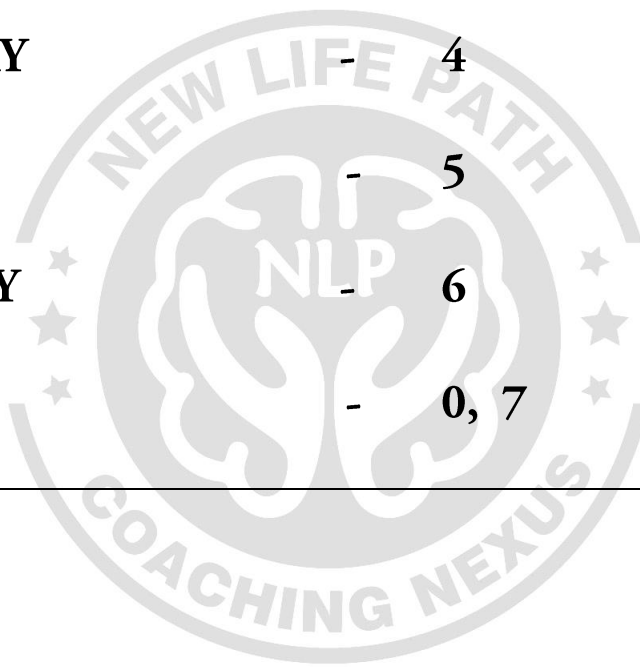
Memorize Table

Technique

Day of the week Code

Exercise

MONDAY	-	1
TUESDAY	-	2
WEDNESDAY	-	3
THURSDAY	-	4
FRIDAY	-	5
SATURDAY	-	6
SUNDAY	-	0, 7



Code of Month

Exercise

1	January	0
2	February फरवरी	3
3	March मार्च	3
4	April अप्रैल	6
5	May मई	1
6	June जून	4
7	July	6
8	August	2
9	September सितम्बर	5
10	October	0
11	November नवम्बर	3
12	December दिसंबर	5

Code of Year

Year of 1901 to 2000

1901 - 1	1936 - 3	1971 - 4
1902 - 2	1937 - 4	1972 - 6
1903 - 3	1938 - 5	1973 - 0
1904 - 5	1939 - 6	1974 - 1
1905 - 6	1940 - 1	1975 - 2
1906 - 0	1941 - 2	1976 - 4
1907 - 1	1942 - 3	1977 - 5
1908 - 3	1943 - 4	1978 - 6
1909 - 4	1944 - 6	1979 - 0
1910 - 5	1945 - 0	1980 - 2
1911 - 6	1946 - 1	1981 - 3
1912 - 1	1947 - 2	1982 - 4
1913 - 2	1948 - 4	1983 - 5
1914 - 3	1949 - 5	1984 - 0
1915 - 4	1950 - 6	1985 - 1
1916 - 6	1951 - 0	1986 - 2
1917 - 0	1952 - 2	1987 - 3
1918 - 1	1953 - 3	1988 - 5
1919 - 2	1954 - 4	1989 - 6
1920 - 4	1955 - 5	1990 - 0
1921 - 5	1956 - 0	1991 - 1
1922 - 6	1957 - 1	1992 - 3
1923 - 0	1958 - 2	1993 - 4
1924 - 2	1959 - 3	1994 - 5
1925 - 3	1960 - 5	1995 - 6
1926 - 4	1961 - 6	1996 - 1
1927 - 5	1962 - 0	1997 - 2
1928 - 0	1963 - 1	1998 - 3
1929 - 1	1964 - 3	1999 - 4
1930 - 2	1965 - 4	2000 - 6
1931 - 3	1966 - 5	
1932 - 5	1967 - 6	
1933 - 6	1968 - 1	
1934 - 0	1969 - 2	
1935 - 1	1970 - 3	

How to Calculate the Day of the week of any Given Date

WATCH



VIDEO

In the Section

Summary of the Course

- **Feedback Form**
- **Experience Sharing**
- **Give yourself a treat**
- **Thank yourself & the Universe for this opportunity**

