Stop Forgetting and Remembering Now By Verma Method

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Abstract— **By using Verma Method peoples can stop forgetting daily routine things (Items). When a person goes from home to office, company, College, market or tour, He need wallet, handkerchief, mobile, pen, vehicle key, locker key, medicine, bag, any document etc. He takes many items but leaving/missing some items like mobile, wallet, key or other things. But by using Verma Method he will carry all items which he is requiring without any stress and memorizing to mind and brain at all.**

I. INTRODUCTION

In this world there are many types of peoples. Some peoples having very strong memory, some having strong memory, some having average memory, some having weak memory, some having very low or weak memory. Peoples which having very strong or strong memory they are carrying with all items they needed. But the peoples who have not good memorizing power, low or very low memorizing power they are not taking/carrying all the items they requiring. One or two important items they are leaving at home by which they are missing items and feeling disappointed or facing some problems by lack of those things/items. But now by using Verma Method all types of peoples can carry with all items they really wanted in office, company, college, school, market or tours.

Verma Method: Now you are thinking what is Verma Method, how it works and how it can solve the problems of peoples which are really facing memorizing and forgetting problems. Verma Method works on **Numbering the Items**.

So Verma Method States the following steps to use : Suppose Verma goes to company,market and some time on tour.

First of all Verma makes a list of items which he needed in company, market and tour on a paper which may be a hard copy or soft copy on mobile phone note pad. **E.g. Blue pen, black pen, wallet, mobile, stapler, headphone, car key ,medicine, hair dressing, all windows/ doors/gas regulator closed, prayer to GOD,laptop, bag, list of market things to buy**. Now he will separate items which are common for company,market and tour.

These are:
Mobile
Wallet
Handkerchief
Hair dressing
Car/Bike key

Now verma will give No. to each items based on **priority**. The most important items for a person is Wallet and then

mobile phone and so on like this…
1. Wallet
2. Mobile Phone
3. Handkerchief
4. Hair dressing
5. Car/Bike Key

Now Verma gives next no. to company items because he daily goes to company and need all items on urgent basis like…
6. Locker key (two keys kept in adjacent 5. and 6.)
7. Company Id. Card
8. Black pen
9. Blue pen
10. Marker
11. Stapler
12. Tiffen
13. Medicine
14. Prayer to God
15. All doors/windows/gas closed(not required if family at home)

Now Verma goes to market then he needed...
16. List of things to bring and buy (veg., fruits, clothes etc.)
17. Any document to carry

When Verma goes to tour he require..
18. Tour bag
19. Think now All things taken for tour like headphone, charger, power bank, innerwear's, documents, clothes, bathroom things etc.
20. Everything taken or still I have left something just think by your brain and mind now this time.

All items Verma now written on a Note Pad (mobile phone). When verma will go to company he will open the paper and start counting…
1. Means Wallet
2. Means mobile phone
3. Means handkerchief
4. Means Hair dressing done or not. Not done then dress.
5. Means car key (I have taken or not. If not taken I will take it)
6. Means locker key taken or not
7. Company Id. Card
8. Black pen
9. Blue pen
10. Marker

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11. Stapler
12. Tiffen
13. Medicine required or not
14. Prayer to God I have to do
15. All doors, gas required to be closed or not
16. List of things to buy required or not. Not required because I(verma) going to company.
17. Any document need to carry or not
18. Tour bag required or not
19. All items for tour taken(I am not going to tour but office)
20. I have left anything for tour think just a while.

So on 2nd day verma will open the notepad and start numbering…

1…this
2…this
3… this
4…
5…
6..
…
…
…
10….
…
…
15…
…
18…
19…
20… this.

So Verma will open notepad daily and start numbering…and will verify and carry with all the items which he really wants to carry to office, market or tour. This, Verma will do daily with paper and numbering to 5 days,10 days and a time will come that Verma will remember after 15 days or 1 month each item with a specified Number or a specified no. for particular item. Now we can say that Verma knows after about 1 month with the location of item like this...

1…wallet kept in back pocket of pant
2…mobile in front pocket of pant
3...Handkerchief on front pocket pant
4…hair dressing on head
5…car key with this shape in pant pocket
6...locker key with this size
7…company Id. Card on neck
8…black pen
9…blue pen
10...marker
11…stapler of this shape and size on this position
12…tiffen with size and weight
13...medicine required or not ??
14…prayer to God

15…Reminder of All doors gas closed
16…list of market items required or not(required if Verma coming home via market after   company)
17…Any document to carry ??
18…Tour bag ?
19…All items taken for tour ??
20…is anything special which I have to do ??

Now Verma has been memorized now Each item with defined Number, its size, shape and weight with the help of **Practice and Habit**. Here are total 20 items but **practically a person require only 8 to 10 items in routine practice**. So it is very simple to carry 10 items with Verma Method. It is explained with 20 items because if he required even 20 items he will be able to carry with 20 items with 100% guarantee.

In this way there is **100 % guaranty** to carry with all the items which Verma really wants to carry to company, market or tour. Why this is effective because Verma is using numbering method. And all we know that we never forget counting or numbering. e.g.1,2,3,4,5,6,7,8,9,10…14…19,20. But we forget when we want to carry items by remembering through brain and mind. e.g. mobile…,pen…,wallet..,tiffen..pen…?...?..etc. And

then we say Oh sit I have left marker. Oh sit I have left Company Id Card. But by using Verma Method there is 100 % guaranty to carry all items because it is based on numbering which is in sequence and systematic and each specified no. acts as a **reminder** for that particular item. Therefore Verma Method is also known as N Method because it uses numbers to reminding the items. Other synonym name of this method are VN Method (Verma Number Method), V Method(Verma Method).

Conditions in Verma Method (VN Method): In this method **Item** stands for **a thing, activity and a process** too. First make list of Items which I (Person) need in company/office/School. Then make 2nd list of items which I need in market. Then make 3rd list needed to tour. Now make a last list which containing common Items (eg. Wallet, mobile, handkerchief etc.). Then start each item with a No. based on priority (e.g. 1.Wallet ,2.Mobile…etc. as shown on above pages). After giving no. to common items add office/company/school items in the same list and give no. based on priority. Then add items of market and give no. one by one in a sequence as shown earlier. Then add Items of tour at last in same list and give next no. to items of tour as explained earlier. So finally I made a list of items(Verma List) and given a specific no. to particular items based on priority in ascending order like…1,2,3,4,5…..11,…..,16,…..20. The condition for Verma Method is that a person will never change the No. given to a item. E.g. If 1 for Wallet,2 for Mobile, 5 for Car key, 7 for Id. Card etc. it will be remained the same and will never be changed to get benefit of Verma Method. If a person is leaving/missing items then there are following possibilities : a) Person has not used Verma Method.

b) Person has not completed the Numbering(1,2,3,4,5,6,7,8,…left counting of numbers)

c) The Items still not in its final list(Verma List).

Verma Method in Reverse order is also used when person is coming back to home from Office/market/tour. So when a

person is coming back from office he/she will ensure…
1..
2….
3….
.
.
.
.
.10…
.
.
19…
20….

Verma Method for other Areas (Total No. Method): I have discussed with you for the Items you are carrying with to office/market or tour. But there are other things also we forget other than these items. E.g. Is my final submission report containing all ducuments when I am working in office/company. How can I ensure this ? This can be done by total no. of items(annexures). Suppose if a completed Report contains GRN(Goods Receipt Note), Test Data Sheet, Cont. Sheet, party CoA, Sampling checklist, Raw data, Review Checklist. Thus there are total 7 items. By counting total 7 items we can ensure that a report is complete or not. If a report having total 6 items ,this means 1 item is missing. So it is a reminder for missing item and then thinking by mind person can add left item immediately in the report to complete it. In other places like market or tour a person having no. of bags. By counting total no. of bags (items) he/she can ensure that I have total 5 bags but now 4 bags are here. 1 bag is missing. So it reminds to recall the missing bag immediately. This is the Total No. Verma Method.

CONCLUSION

As mentioned above explains the Verma Method/VN Method/N Method/V Method. This is very useful not to forget all items almost for all peoples in the world. But it is **specially made for those peoples who having weak memorizing power**. They can use Verma Method properly and can make their life easy, comfortable, happy and Beautiful.