



# Xavier's Daily

## ➔ Challenge yourself!

What is always in front of you but can't be seen ?

Answer - The Future

## ➔ Spectrum's Corner

### Thought of the Day

"We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far. "

~Swami Vivekananda

### Word of the Day

Stupendous: Amazing, astonishing or overwhelming

eg. "You look absolutely stupendous in that dress. "



# AMNESIA

Written By Aprajita | Designed by - Dimple Kothari [Integrity Club]

As said by A L Korsakoff, "A man's memory is all that stands between him and chaos." When people lose their ability to memorise data they have 'amnesia'. It also refers to a failure in recalling information that is stored in memory. In simple terms, amnesia is the 'loss of memory'. The causes of amnesia may be organic or functional. 'Organic cause' may include brain damage through injury, or the use of drugs, while 'functional causes' are psychological factors, such as defense mechanisms. People with amnesia also find it hard to imagine the future, because our constructions of future scenarios are closely linked to our recollections of past experiences. Our ability to recollect events and experiences is a very complex brain process. In fact, experts say we are only now starting to scratch at the surface in understanding exactly what happens when we commit something to memory, or when we try to retrieve data that was stored by our brain. Although amnesia is a popular theme for movies and books, it is a very rare condition.



### DID YOU KNOW?

Alcohol abuse can lead to a type of amnesia known as Wernicke-Korsakoff's psychosis.