

I have followed different learning approaches for different activities during different time periods. From nursery rhymes to shlokas, I attached a tune to it and remembered if I remembered the tune right. Also repetition helped me remember what I learnt. As a rule, we used to chant the hymns twice a day and before I learnt the meaning I knew them by heart.

Dance is something I have picked up quite easily and quickly. But when I was required to go on time and practice at home, I rebelled. Then there happened a session of a senior person sitting me down and telling me, it is a personal experience and freedom of expression. I was told how the stage is a medium of expression and dance was an art. I magically started doing it for myself and till date I dance with that attitude and it helps learning new styles or choreography. I also keep rehearsing the dance in my head until I sequentially remember the steps and the song it is set to.

I have also learnt different sports by just trying till I got a hang of it. Most court games, I self trained myself and corrected my methods by watching other players play, be it professional or friends playing. A sport rather becomes muscle memory and then the reflex kicks in. But recently, I got trained for a sport by a professional trainer and the experience was different. It was more like teaching specific shots and postures, and letting the person compose it to make him court ready. But this method helped me getting my postures and strength for specific shots right. However while playing a game all these trainings have to be applied synchronously in order to move to a place and react in time but with practice one can better it.

Certain skills like making a rangoli or singing started with certain rules at home but eventually got embedded in the system and now comes quite naturally. The learning happened quite early and subconsciously.

While learning languages, I do a lot of listening to people talk and initially start by understanding the context. Then I move on to replace words and trying different verb forms. Then slowly speak sentences. But while in the flow if I keep revisiting the language comes pretty easily.

Right from early schooling to college projects when I need to work on some complex problem or an idea and have a lot of parameter to deal with, I write it down. Then I make connections and write them down again in a concise manner. I make sketches of the subject, be it a scene in history or a design problem. After which the medium is selected and explored.

When reading a book or an article with information to be used elsewhere, I do a glance through for an overview, while marking specific points and come back to them after finishing the book. The medium of learning varies according to the requirements of content or information. I prefer reading something and rechecking it through another source for a view change or a reinforcement. Images help me understand better and recollection is a lot easier when content is associated with images. Then a dialogue always helps understand better after any learning, since the bias and misconceptions are broken.

I am still trying new methods when I start something anew. Sometimes a method fails for a certain activity while works for another and then trial till succeeding is the better for me.