



# DEJA VU

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# INTRODUCTION

- Have you ever had the sense that **you've done something or gone through a new situation before**? Does it seem like you know **what's going to happen next**? That feeling is often described as **déjà vu**.
- The saying comes from French, meaning "**already seen**."



# WHO EXPERIENCES DÉJÀ VU?

- Around **60% to 70% of people** in good health experience some form of déjà vu **during their lifetime**.
- **Déjà vu** happens most often to people between **15 and 25 years of age**.
- If you **travel a lot** or **regularly remember your dreams**, you may be more likely to experience **déjà vu** than others.
- Most people have the **experience during the evenings or on the weekends**.
- **Example:** You may walk into a room in a building you've never visited yet feel like you know it intimately.
- Most feelings of **déjà vu disappear quickly**, which can make it hard for you to recall specific details about the experience.

# WHAT CAUSES DÉJÀ VU TO HAPPEN?

- You may not be a magician, but when you experience **déjà vu**, your brain is **creating an illusion**.
- This is thought to happen when there's a bit of a **miscommunication between two parts of your brain**.
- “**Déjà vu** is caused by dysfunctional connections between the parts of your brain that play a role in memory recollection and familiarity.”

A series of thin, dark grey lines intersecting to form a complex, abstract geometric pattern in the top-left corner of the slide.

## CONCLUSION

**déjà vu** might be the result of the brain trying to resolve an error between what you think you have seen before and what you are actually seeing.