

Concentration and Focus

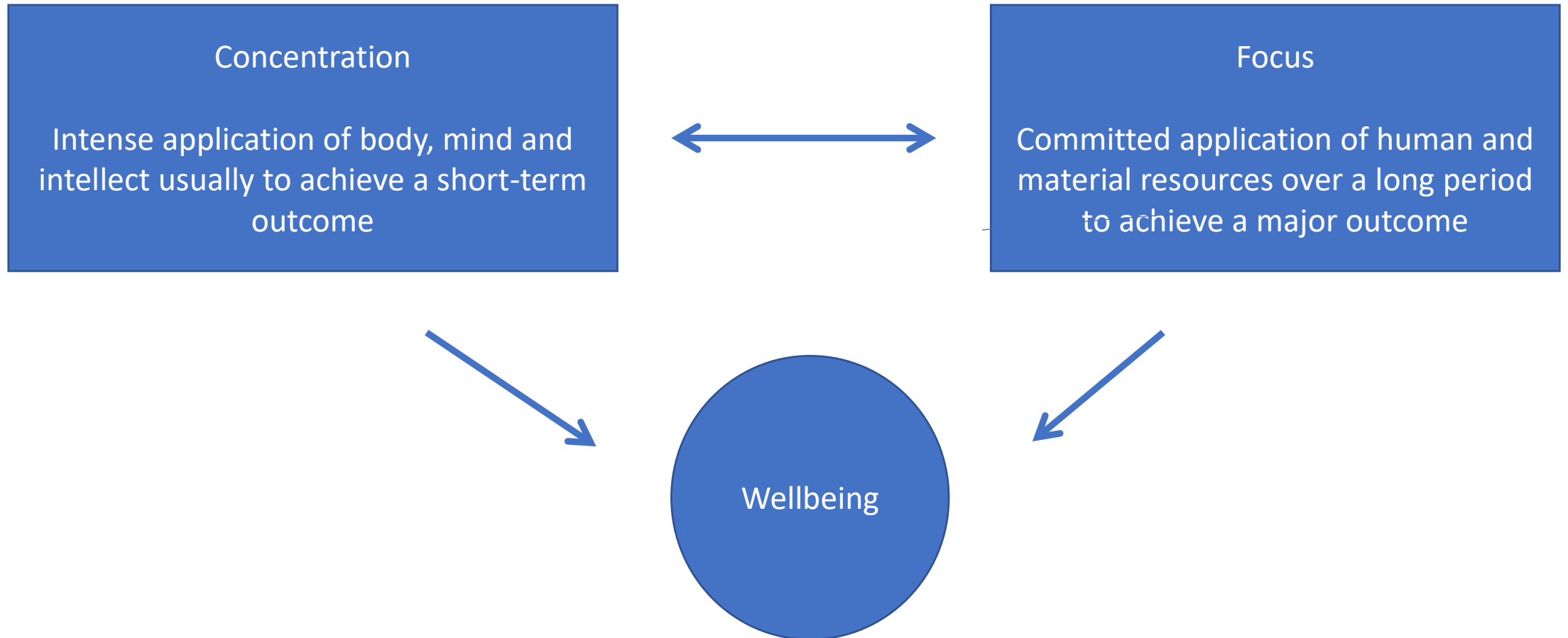
VEV 741 Session 1 – Introductory Session

The importance of Concentration and Focus

“All knowledge that we have, either of the external or internal world, is obtained only through one method- concentration of the mind”

Swami Vivekananda

Concentration and Focus lead to Wellbeing



Concentration

- Giving all attention of the mind and body *usually for a short period of time* and *usually for an immediate tangible result*
- During a sports event
- Active Listening
- Recalling a Memory



Focus

- Long term interest which calls for applying all resources (human and material) to this one area, while sacrificing other avenues.
- Focus on getting into IIT/Civil Services etc.
- Focus on creating a start –up /innovation
- Focus on a passion
- Focus on excellence

Today's session

- The critical importance of concentration
- Assessing our concentration levels
- Understanding the barriers to concentration
- Simple steps to improve concentration
- Starting a journal

Let's check our concentration levels

Game 100 – 1 , missing the 3rd number

Discuss

Attention Deficit has become a crisis

Attention Deficit Hyperactivity Disorder or ADHD is a cognitive disorder that afflicts approximately 2-7% of children globally. ADHD prevalence in India is much higher than the global average (11-17 % according to different studies)

Risk of long-term negative outcomes

- lower educational and employment attainment
- can cause a lot of anxiety to the people around them
- imbalances in emotion (trouble controlling anger, depression and mood swings, relationships and problems at work) and behavior (getting into addictions and substance abuse, experiencing chronic boredom).

Break – come back in 15 minutes

Do one of these things during your break

Observe something with fresh new eyes

Listen to someone with full attention

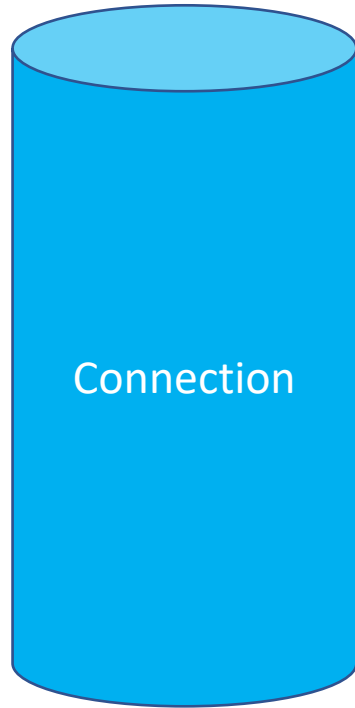
Be fully aware of your thoughts

A wandering mind is an unhappy mind



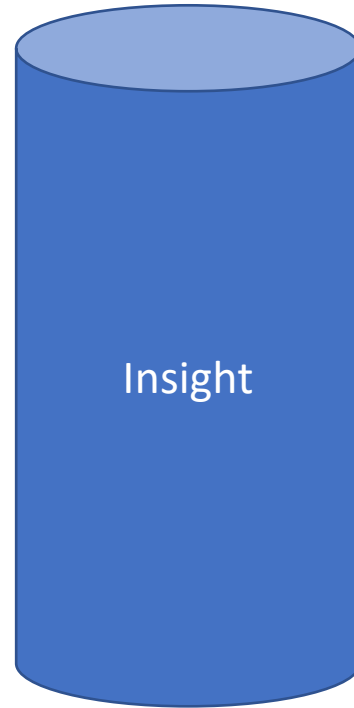
Awareness

Knowing what our minds
are doing right now



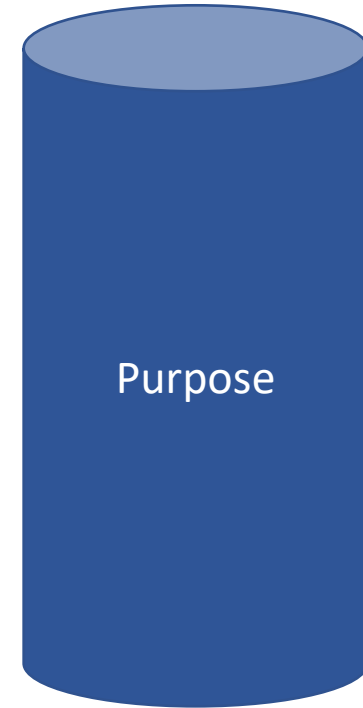
Connection

harmonious inter-
personal relationships



Insight

Watching the stories
we tell ourselves



Purpose

The meaning we
attribute to our life

Assess your own concentration levels

On a scale from 1-10 rate yourself on each of these parameters.

Total your scores – the higher your scores, the higher your attention deficit.

- I often read something without remembering what I have read
- When someone is talking to me I usually am thinking of something else
- I am not fully aware of my surroundings
- I cannot sit still in one place for more than 20 minutes
- I get bored easily

What are the major sources of my distraction?

- Gaming?
 - Social Media?
 - Unhealthy habits?
-
- Why do I indulge in these ?
 - Do I want to do something constructive about it?
 - What can I do about it?

Assignment (20 % of the credit)

Keep a daily journal where you can be honest with yourself.

Identify one source of distraction you are facing.

Be aware of how much time you are losing because of that.

What can you do to reduce this distraction one step at a time?

Track this till 20th august and submit a report to me on email by 22nd August.

It could be a written report or an audio report or a video report. You will be assessed on efforts taken and insights gained – therefore details are needed.

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