

Concentration and Focus

VEV 741 Session 2 – Techniques –Peer and Personal Learning

A quick recap

What the games we played taught us

- Lemon and spoon
- Reverse counting missing the 3rd number

We observed something with fresh new eyes

We listened to someone with full attention

We tried to be fully aware of our thoughts

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

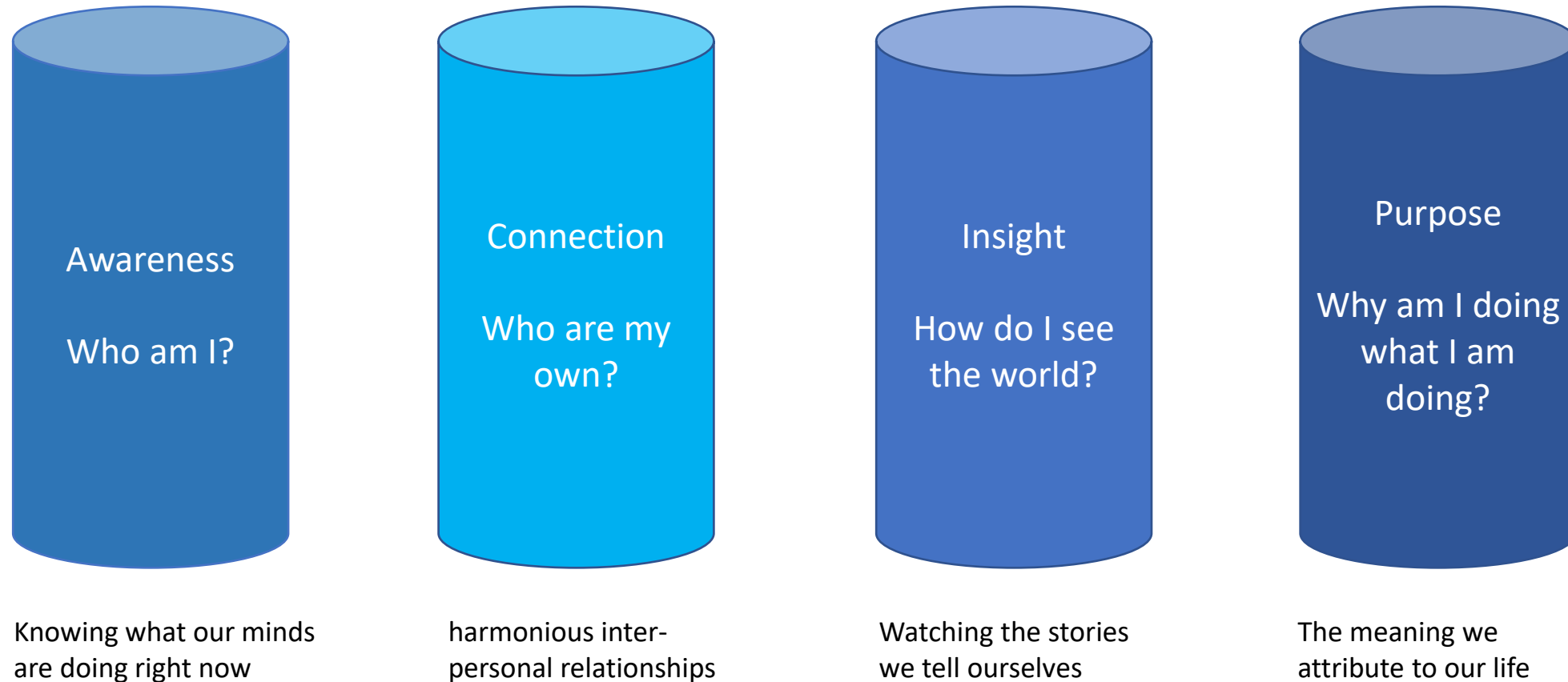
What are the major sources of my distraction?

- 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?

Hope you started your journal – Keep adding relevant learnings from the classes as well as your own personal learning

A wandering mind is an unhappy mind



Worth watching | Video by Richard J Davidson <https://www.youtube.com/watch?v=7CBfCW67xT8>

Abhinav Bindra – Mister Cool



- In shooting, there is no margin for error. One little mistake and you're out. You have to be focused, you have to be in the moment. In that sense, it is a very mental sport.
- Every day, Bindra does an hour of cardio training and an hour of jogging in a swimming pool. Then it's six hours of target-practice – balance, posture-correction, aiming and triggering.
- Shooters also need to have a very fit cardiovascular system. The heart can't beat fast out of nervousness or excitement. At the same time, as this is a reaction-oriented sport, you don't want your heart-rate to be very low either. He spent over 200 hours getting the right balance.

How Abhinav learnt to concentrate- Tips from his coach Vaibhav Agashe.



- **Breathing:** Always ensure that your breathing is calm and even. When you are agitated, the breathing becomes uneven and shallow. So control your mind by controlling your breathing. Practice breathing all the way down from the stomach. When you are aware of your breathing, you are aware of everything.
- **Self-talk:** Think of the situation you have to handle, anticipate your thought process and plan what you will say to yourself. Formulate replies to negative thoughts like, 'What will happen if I fail? What if I can't do it?' and say them aloud (or in your mind) at the moment of pressure. Talk to yourself whenever you are faced with a crisis.
- **Visualisation:** Close your eyes and visualise the process that will help you to reach your goal. For instance, in the context of rifle shooting. Start from the moment you enter the shooting range. Visualise yourself picking up the rifle, the feel of it on your shoulder and your finger squeezing the trigger. However, do not visualise yourself hitting the target and winning the medal as you will then focus on the result and not the process. You can apply this technique to any situation in your life.

Kiran Bedi's experiments with Tihar Jail Prisoners



- Inspector General Of Police from 1993-95
- Rampant corruption, drugs, poor sanitation
- Shift in focus to making them feel human again
- Transformative model – **Collective, Corrective, Community**
- Introduced Yoga, Vipassana, prayer sessions, a mini panchayat system
- The prisoners told her – please don't call this Tihar Jail
- **Please call it Tihar Ashram**

Today's session

- A recap and further discussion on the 4 pillars to happiness
- A quick look at the concentration practices of Abhinav Bindra and Kiran Bedi
- Group work :
 - (a) Identifying at least 3 good practices from your group's personal experience
 - (b) Choosing one high achiever in any field and seeing how they practiced concentration and focus
- Group Presentation

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