

# GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE

## SEMINAR REPORT

ON

# Improving Concentration

ORGANISED BY: UGC-SEMINAR COMMITTEE

DATE: 27.11.18

TIME: 01.00 pm – 2.30 pm

VENUE: Seminar Hall, 2nd Floor



## **OBJECTIVE OF THE SEMINAR:**

The focus of the seminar was to promote capacity building of students in the form of making them aware of certain techniques to improve their concentration. The programme was organised keeping in mind the growing trend of attention deficit order in the young generation and their deleterious effects on their performances.

## **SPEAKER:**

Ms. Sanchari De, Assistant Professor, Department of Sociology, GGDC, Mangalkote

## **PROCEEDINGS OF THE SEMINAR:**

The speaker began her deliberation by defining the term ‘concentration’ as an act of focusing or being attentive towards accomplishing a task or a goal. She mentioned that it is considered as a key to achieve success because it makes the mind aware on how to use available resources and cope with various challenges efficiently. She highlighted that the power of concentration plays an important role in the life of students as youngsters of the current generation get distracted very easily, facing lack of concentration while studying or doing any kind of work. She reasoned the changing lifestyle visible among the current youth influenced by sedentary work-life, global culture and social media platforms leading to unhealthy diet, poor sleep pattern, fatigue, stress and mood disorders such as depression and anxiety issues for the erratic behaviour affecting the daily routine of youngsters including educational performance and commitments. As a remedy she suggested various measures through which youngsters can improve their concentration power. They include – 1) Prioritizing the work, 2) Focusing on one topic or subject at a time, 3) Studying in small portions, 4) Jotting down relevant points or facts to memorize, 5) Taking small breaks in-between study, 6) Doing a hobby to divert the mind, 7) Doing physical exercise, yoga or meditation for peace of mind, 8) Eating nutritious food to stay healthy and fit, 9) Avoiding late nights and lastly, and 10) Reduce social media usage. She elaborated these points and ended her talk by stating the importance of improving concentration to transform today’s youth into human resources which is essential for the development of nation’s socio-economic growth.

## **PARTICIPANT DETAILS:**

*NO. OF STUDENTS REGISTERED FOR THE PROGRAMME: 42*

*NO. OF STUDENTS ATTENDED THE PROGRAMME: 30*

## **OUTCOME OF THE PROGRAMME:**

The programme successfully made the students aware about why increasing the level of concentration and attention is essential to maintain their academic performance and achieve their career-goals successfully in this competitive world.

## GLIMPSES FROM THE SEMINAR



**PIC.1: THE SPEAKER WITH HER PRESENTATION**



**PIC.2: THE SPEAKER DELIVERING HER LECTURE**

# GOVERNMENT GENERAL DEGREE COLLEGE AT MANGALKOTE

## UGC-SEMINAR COMMITTEE

DATE: 27.11.18

**TITLE OF SEMINAR: *Improving Concentration***

**SPEAKER:** Ms. Sanchari De, Assistant Professor, Department of Sociology, GGDC, Mangalkote

### STUDENTS ATTENDANCE CUM PARTICIPATION REPORT

SL. NO.	NAMES OF REGISTERED STUDENTS	STREAM	YEAR / SEMESTER	PRESENT/ABSENT
1	PRIYANKA SARKAR	BA GEN.	PT. III	PRESENT
2	SK ATAUR RAHAMAN	BA GEN.	PT. III	ABSENT
3	MRINMOY GARAI	ZOOLOGY	PT. III	PRESENT
4	SHREYASREE DEY	ZOOLOGY	PT. III	PRESENT
5	MONAMI JASH	SOCIOLOGY	PT. III	PRESENT
6	SUKANTA DAS	SOCIOLOGY	PT. III	PRESENT
7	ANJAN GHOSH	HISTORY	PT. III	PRESENT
8	KATYAYANI GHOSH	ENGLISH	PT. III	ABSENT
9	SAHANA PERVIN	ENGLISH	PT. III	PRESENT
10	SASWATI PAUL	ENGLISH	PT. III	PRESENT
11	ARPITA GHOSH	BENGALI	PT. III	PRESENT
12	NIRMAL DAS	BENGALI	PT. III	ABSENT
13	NOWRIN MIDDA	BENGALI	PT. III	ABSENT
14	AYAN GHOSH	ZOOLOGY	SEM III	ABSENT
15	INDRAJIT GHOSH	ZOOLOGY	SEM III	PRESENT
16	KRISHNA PAL	ZOOLOGY	SEM III	PRESENT
17	RESHMA SULTANA	BA GEN.	SEM III	PRESENT
18	ROKEYA KHATUN	BA GEN.	SEM III	ABSENT
19	SAMAPTI HAZRA	BA GEN.	SEM III	PRESENT
20	MANDIRA DAS	SOCIOLOGY	SEM III	PRESENT
21	NASRIN SULTANA	SOCIOLOGY	SEM III	PRESENT
22	NOORHUMA KHATUN	SOCIOLOGY	SEM III	PRESENT
23	ABIDA SULTANA	POL. SC.	SEM III	PRESENT

*Madhumita Chakraborty*

**CONVENER  
UGC-SEMINAR COMMITTEE  
GGDC, MANGALKOTE**

*Dr. Pradipta Kumar Basu*



24	RIMA KHATUN	HISTORY	SEM III	PRESENT
25	ROBINA KHATUN	HISTORY	SEM III	PRESENT
26	SAMPA KUNDU	HISTORY	SEM III	PRESENT
27	RIMA PRAMANIK	ENGLISH	SEM III	ABSENT
28	RIYA PANDIT	BENGALI	SEM III	PRESENT
29	SALMA KHATUN	BENGALI	SEM III	PRESENT
30	RIMA MONDAL	ZOOLOGY	SEM I	PRESENT
31	RUPAK MONDAL	ZOOLOGY	SEM I	ABSENT
32	SAIYAD BENOZIR	ZOOLOGY	SEM I	ABSENT
33	SERINA KHATUN	BA GEN.	SEM I	PRESENT
34	SHIKHA SINGHA	BA GEN.	SEM I	ABSENT
35	SIRIN SULTANA	BA GEN.	SEM I	PRESENT
36	SAHELI DUTTA	SOCIOLOGY	SEM I	PRESENT
37	SANCHITA DUTTA	SOCIOLOGY	SEM I	ABSENT
38	SAMIT DAS	POL. SC.	SEM I	PRESENT
39	SHRABANI PAL	POL. SC.	SEM I	ABSENT
40	SOHAIL MONDAL	POL. SC.	SEM I	PRESENT
41	BAPTU GHOSH	HISTORY	SEM I	PRESENT
42	BAISHAKHI CHAKRABORTY	ENGLISH	SEM I	PRESENT

*Madhumita Chakraborty.*

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GGDC, MANGALKOTE**



# GOVERNMENT GENERAL DEGREE COLLEGE AT MANGALKOTE

## UGC-SEMINAR COMMITTEE

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DATE: 22.11.18

### NOTICE

All concerned are hereby notified that a seminar on "Improving Concentration" has been scheduled to be organised by the UGC-Seminar Committee, GGDC, Mangalkote on 27.11.18 from 01.00 pm – 2.30 pm (venue – Seminar Hall, 2<sup>nd</sup> Floor). The programme is a part of the capacity building of students which will help to bring out the best in all their academic endeavours. Ms. Sanchari De, Assistant Professor, Department of Sociology, GGDC, Mangalkote will act as in-house resource person for the said programme.

All the departments are requested to encourage their students for maximum participation in the programme and to register for the same at the earliest. The brochure will be shared shortly.

### COUNTERSIGNED



**OFFICER-IN-CHARGE  
GGDC, MANGALKOTE**



**CONVENER  
UGC-SEMINAR COMMITTEE  
GGDC, MANGALKOTE**



**GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE**  
**UGC SEMINAR COMMITTEE**

Invites you to join the

**SEMINAR**

on

***IMPROVING CONCENTRATION***

on 27.11.2018

AT: 01.00 P.M.

Venue: Seminar Hall, 2<sup>nd</sup> Floor



***ABOUT THE PROGRAMME:***

In the current scenario of distractions and multi-tasking lack of concentration has emerged as a commonly reported problem in all generations, young and old. However, there are certain techniques, which, if practiced seriously can help in improving concentration. Often regarded as a soft skill this can enhance the academic and co-curricular performance of students. The current programme aims to make the students aware of these issues and the techniques to handle them.

***TARGET AUDIENCE:***

U.G. Students of GGDC, Mangalkote

***SPEAKER:***

**PROF. SANCHARI DE**  
ASSISTANT PROFESSOR,  
DEPARTMENT OF SOCIOLOGY,  
GGDC, MANGALKOTE



*Dr. Pradipta Kumar Basu*  
OFFICER IN CHARGE, W.B.E.S.  
Government General Degree College, Mangalkote  
Dt. Purba Bardhaman, West Bengal-713132





Government of West Bengal  
Office of the Principal  
**GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE**  
PANCHANANTALA, KHUDRUN DIGHI, MANGALKOTE  
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DISTRICT - PURBA BARDHAMAN; WEST BENGAL; PIN CODE - 713132; INDIA  
Email: ggdc Mangalkote@gmail.com; Website: <https://mangalkotegovtcollege.org>

To,  
Ms. Sanchari De  
Assistant Professor  
Department of Sociology  
GGDC, Mangalkote, Burdwan

**Sub: Invitation to deliver a Special Lecture titled “*Improving Concentration*” in the in-house seminar organized by UGC-Seminar Committee, GGDC, Mangalkote on 27.11.2018 at 01:00 PM.**

Sir,

It is our honour to invite you as a speaker to deliver a Special Lecture titled “*Improving Concentration*” in the in-house seminar organized by UGC-Seminar Committee, GGDC, Mangalkote on 27.11.2018 at 01:00 PM. We sincerely hope that it will be an enriching experience for the students to listen to your thought provoking and pertinent deliberation.

We shall be highly obliged if you kindly accept our invitation.

**Officer-In-Charge  
GGDC, Mangalkote**





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Email: [ggdcmangalkote@gmail.com](mailto:ggdcmangalkote@gmail.com); Website: <https://mangalkotegovtcollege.org>

## *Certificate of Appreciation*

**This certificate is awarded to:**

**Ms. Sanchari De**  
**Assistant Professor, Department of Sociology**  
**GGDC, Mangalkote**

In recognition of her valuable contribution as an in-house speaker in the seminar entitled “*Improving Concentration*” on 27.11.2018, organized by the UGC-Seminar Committee, GGDC, Mangalkote.

**Officer-In-Charge**  
**GGDC, Mangalkote**



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