

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 ON 27.11.18



PIC.2: THE SPEAKER DELIVERING HER LECTURE ON 27.11.18

GOVERNMENT GENERAL DEGREE COLLEGE AT MANGALKOTE

UGC-SEMINAR COMMITTEE

DATE: 27.11.2018

TITLE OF SEMINAR: IMPROVING CONCENTRATION

STUDENTS ATTENDANCE CUM PARTICIPATION REPORT

SL. NO.	NAMES OF REGISTERED STUDENTS	STREAM	YEAR / SEMESTER	SIGNATURE OF STUDENT
1	PRIYANKA SARKAR	BA GEN.	PT. III	Priyanka Sarkar
2	SK ATATUR RAHAMAN	BA GEN.	PT. III	
3	MRINMOY GARAI	ZOOLOGY	PT. III	Mrinmoy Garai
4	SHREYASREE DEY	ZOOLOGY	PT. III	Shreyasree Dey
5	MONAMI JASH	SOCIOLOGY	PT. III	Monami Jash
6	SUKANTA DAS	SOCIOLOGY	PT. III	Sukanta Das
7	ANJAN GHOSH	HISTORY	PT. III	Anjan Ghosh
8	KATYAYANI GHOSH	ENGLISH	PT. III	
9	SAHANA PERVIN	ENGLISH	PT. III	Sahana Pervin
10	SASWATI PAUL	ENGLISH	PT. III	Saswati Paul
11	ARPITA GHOSH	BENGALI	PT. III	Arpita Ghosh
12	NIRMAL DAS	BENGALI	PT. III	
13	NOWRIN MIDDA	BENGALI	PT. III	
14	AYAN GHOSH	ZOOLOGY	SEM III	
15	INDRAJIT GHOSH	ZOOLOGY	SEM III	Indrajit Ghosh
16	KRISHNA PAL	ZOOLOGY	SEM III	Krishna Pal
17	RESHMA SULTANA	BA GEN.	SEM III	Reshma Sultana
18	ROKEYA KHATUN	BA GEN.	SEM III	
19	SAMAPTI HAZRA	BA GEN.	SEM III	Samapti Hazra
20	MANDIRA DAS	SOCIOLOGY	SEM III	Mandira Das
21	NASRIN SULTANA	SOCIOLOGY	SEM III	Nasrin Sultana
22	NOORHUMA KHATUN	SOCIOLOGY	SEM III	Noorhuma Khatun
23	ABIDA SULTANA	POL. SC.	SEM III	Abida Sultana

Dr. Pradipta Kumar Basu
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Dr. Purba Bardhaman, West Bengal- 713132



Madhumita Chatterbarly

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24	RIMA KHATUN	HISTORY	SEM III	Rima Khatun
25	ROBINA KHATUN	HISTORY	SEM III	Robina Khatun
26	SAMPA KUNDU	HISTORY	SEM III	sampakundu
27	RIMA PRAMANIK	ENGLISH	SEM III	
28	RIYA PANDIT	BENGALI	SEM III	Riya Pandit
29	SALMA KHATUN	BENGALI	SEM III	Salma Khatun
30	RIMA MONDAL	ZOOLOGY	SEM I	Rima Mondal.
31	RUPAK MONDAL	ZOOLOGY	SEM I	
32	SAIYAD BENOZIR	ZOOLOGY	SEM I	
33	SERINA KHATUN	BA GEN.	SEM I	Serina Khatun
34	SHIKHA SINGHA	BA GEN.	SEM I	
35	SIRIN SULTANA	BA GEN.	SEM I	Sirin Sultana
36	SAHELI DUTTA	SOCIOLOGY	SEM I	Saheli Dutta
37	SANCHITA DUTTA	SOCIOLOGY	SEM I	
38	SAMIT DAS	POL. SC.	SEM I	Samit Das
39	SHRABANI PAL	POL. SC.	SEM I	
40	SOHAIL MONDAL.	POL. SC.	SEM I	Sohail Mondal
41	BAPTU GHOSH	HISTORY	SEM I	Baptu Ghosh
42	BAISHAKHI CHAKRABORTY	ENGLISH	SEM I	Baishakhi Chakraborty

Madhumita Chakraborty

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GOVERNMENT GENERAL DEGREE COLLEGE AT MANGALKOTE

UGC-SEMINAR COMMITTEE

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, 2nd 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



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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, 2nd 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
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PANCHANANTALA, KHUDRUN DIGHI, MANGALKOTE
P.O. - MAJHIGRAM; BLOCK - MANGALKOTE; SUB DIVISION - KATWA
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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DISTRICT – PURBA BARDHAMAN; WEST BENGAL; PIN CODE – 713132; INDIA
Email: 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.

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**CERTIFICATES OF THE
PARTICIPATING
STUDENTS HAVE BEEN
ATTACHED BELOW**



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*This is to certify that PRIYANKA SARKAR of Part III, Dept. of B.A. (GENERAL), GGDC, Mangalkote has successfully participated in the Seminar on '**Improving Concentration**' held on 27.11.2018 at Government General Degree College, Mangalkote, West Bengal*

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This is to certify that MRINMOY GARAI of Part III, Dept. of ZOOLOGY, GGDC, Mangalkote has successfully participated in the Seminar on 'Improving Concentration' held on 27.11.2018 at Government General Degree College, Mangalkote, West Bengal

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This is to certify that MONAMI JASH of Part III, Dept. of SOCIOLOGY, GGDC, Mangalkote has successfully participated in the Seminar on 'Improving Concentration' held on 27.11.2018 at Government General Degree College, Mangalkote, West Bengal

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This is to certify that NASRIN SULTANA of Semester III, Dept. of SOCIOLOGY, GGDC, Mangalkote has successfully participated in the Seminar on 'Improving Concentration' held on 27.11.2018 at Government General Degree College, Mangalkote, West Bengal

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*This is to certify that ABIDA SULTANA of Semester III, Dept. of POLITICAL SCIENCE, GGDC, Mangalkote has successfully participated in the Seminar on '**Improving Concentration**' held on 27.11.2018 at Government General Degree College, Mangalkote, West Bengal*

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*This is to certify that ROBINA KHATUN of Semester III, Dept. of HISTORY, GGDC, Mangalkote has successfully participated in the Seminar on '**Improving Concentration**' held on 27.11.2018 at Government General Degree College, Mangalkote, West Bengal*

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*This is to certify that SALMA KHATUN of Semester III, Dept. of BENGALI, GGDC, Mangalkote has successfully participated in the Seminar on '**Improving Concentration**' held on 27.11.2018 at Government General Degree College, Mangalkote, West Bengal*

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*This is to certify that BAPTU GHOSH of Semester I, Dept. of HISTORY, GGDC, Mangalkote has successfully participated in the Seminar on '**Improving Concentration**' held on 27.11.2018 at Government General Degree College, Mangalkote, West Bengal*

Officer in Charge



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CERTIFICATE OF PARTICIPATION

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