

VEV 741 Concentration and Focus

Course Outline

This **single credit** course is being introduced to help students to understand the critical importance of concentration and focus in achieving their life-goals. The faculty will demonstrate some practical techniques which students can choose to adopt as a daily practice. The course will introduce students to traditional methods of concentration/focus (including techniques that help in mastering the mind) as well as to select contemporary ideas of reputed cognitive experts, psychologists and high achievers, who have benefitted from developing deep concentration and single-minded focus on the goals they choose to work on.

The faculty consists of

Pravrajika Divyanandaprana, a monastic member of Sri Sarada Math. A gold medallist and topper, Pravrajika Divyanandaprana has the unique combination of knowledge in the conventional sciences, and traditional Yogic and Vedantic texts. Pravrajika Divyanandaprana has been lecturing all over India and abroad since 2010, including in several IITs. Her earlier courses are available on YouTube at IIT's official channel: NRCVEE IIT Delhi.

Dr. Anuradha Balaram, a former civil servant (Economic Advisor) with 30 years' experience in Government of India, Government of Kerala and Asian Development Bank, where she was privy to understanding and participating in decision making and policy implementation both at grass-root levels as well as at the level of Cabinet Ministers. She took voluntary retirement from Government Service to volunteer full time as the Chief Coordinator, Value Education Programs, Ramakrishna Mission, Delhi, in order to give back to society and thus find purpose in her life.

The broad session outline is as follows:

A. Lecture Outline

Module no.	Topic	No. of hours (not exceeding 5h per topic)
Module 1: Concentration		
	Loss of concentration in the present generation – identification of specific causes – and building a consensus on the need to commit to learning and practising concentration techniques	2
	Introduction to Raja Yoga	4
	Concentration Techniques practiced by High Achievers in different fields	2

Module 2: Focus		
	Realistic Goal Setting and Continuous Improvement	2
	Case studies of highly focused contemporary leaders in different disciplines	2
Total Lecture hours		12

Please note that the entire course will be completed between 10th August and 10th September. The sessions to be conducted by Pr. Divyanandaprana ji will be on 12, 13, 14 and 16 August **for 2 hours each** and is compulsory. The time will be determined based on mutual convenience of students and Faculty.

B. Brief description of Practical / Practice activities

Module no.	Description	No. of hours
	Introductory Guided Meditation and Mind Management Techniques	4
Total Practical / Practice hours		4

Please note that these meditation sessions will be held on 14th and 16th August for 2 hours each day.

Assessment: Minimum 90 % attendance is compulsory and full participation is required as this is a highly interactive class. Students will be given one individual project and guided to track the improvements in their concentration and focus. In addition, group projects will be given to sets of students, who will learn together and present their findings. This is a graded single credit course and students will be graded on their individual project as well as their group project.

Introductory Session : This will be held **on 3rd August in NRCVEE Centre from 3– 4 pm**. Students will get an idea about the course during this session and dates and timing for the course will be decided after a discussion with interested students. The entire course is expected to be finished between 6th August and 6th September.