

**MET's Institute of Engineering  
Bhujbal Knowledge City, Adgaon, Nashik  
Department of First Year Engineering**

**Name of the program:** Induction Program: Day-4

**Date:** 09/11/2022

**Time:** 10:00AM - 05:00PM

**Day:** Wednesday

**Venue:**

**Coordinator:** Dr. R. S. Dhake & Prof. R. D. Rajkuvar

**Session 1:** Yoga & Meditation

**Time:** 10:00AM - 11:15AM

**Session 2:** Mind Control and Concentration to Study.

**Time:** 11:30AM - 01:30PM

This lecture was delivered by Prof. Vishal Lonikar, Assistant Professor at Bhujbal Academy of Science and Commerce. During his session he mainly focused on following things:

Concentration is essential whether it's studies, games, or a job. When you have razor-sharp attention, you can excel in whatever you do. But do all of us possess it? We sit fully prepared to read something, but after few minutes, we lose interest. The mind keeps on oscillating with one or more thoughts, and we leave something and jump onto something else. This happens to most of us, right?

Concentration is critical while preparing for examinations. You would be familiar with the story of Arjuna's concentration power in the epic Mahabharat. When the rest of his brothers saw trees, leaves, branches, Arjuna saw only the bird's eye and hit it with his arrow. That was the level of his concentration. If you can retain attention for a long time, it can do wonders. It is not a gift or boon that people are born with.

Anyone can improve their concentration skills by regular practice and determination. If you have total focus without any deviation, you can finish off things quickly without committing any errors. That is the power of concentration. Let us learn effective tips on how to focus on studies and how to improve memory and concentration.

You have so many things that distract you from studying. Right from a notification on WhatsApp, to a friend request on Facebook and all other social media, calls, messages, PlayStation, etc., the list is endless. When you are mentally prepared to read a complex topic, suddenly, if you hear the doorbell or a barking dog, you lose your concentration and get drifted away.

Sometimes, you may listen to your stomach crying for food, or you may feel sleepy or get bored within some time. The big question is how to increase concentration in studies? One can follow some techniques to focus on study.

The same session is conducted on next day for remaining students.



**Session 3:** Field Visit

**Time:** 02:00AM - 03:0PM

At this session we organised field visit at grape farm near college campus. The main objective of this visit is to understand management of grape farming.



**Session 4: Physical Activity.**

**Time: 03:00AM - 05:0PM**

**Prof. R. D. Rajkuvar  
(Coordinator)**

**Dr. R. S. Dhake  
(Coordinator)**

**Dr. V. S. Khairnar  
(FE-Coordinator)**

**Dr. Vijaykumar P. Wani  
(Principal-IOE)**