

**DATE: 19th March, 2021**  
**EVENT: Art of Focus and Distraction**  
**Report:**

Topic: Art of Focus and Distraction

Presenters : Anushka and Sajal.

Total participants: 50

Start time: 11:57 AM

The session started with an ice breaking session on an online platform where the participants were asked questions about Multitasking.

During the session the Presenters spoke about Focus, the perks of focus how to master the act of Focus, along with a step by step explanation to follow so we can acquire it as a focus. The presenter also spoke about the everyday obstacles we face on a daily basis in our struggle to focus. Following this, a short, informative video was provided about the same concept. Participants were asked to discuss their thoughts about the video. They also provided information on multitasking and how one can become proficient at Multitasking.

The presenter also discussed the Warren-Buffet method of Multitasking by telling a story about Multi-tasking. She also spoke regarding understanding the myth of distraction and how distraction can be a tool for us. The types of distractions we face everyday was also discussed.

After which distraction was portrayed as a therapeutic intervention, pushing it away from the

general negatory meaning it connotes. The session ended with tips to increase ones attention

span and remain focused during important activities. The rest of the time was yielded for a Question and Answer session for the benefit of the audience. A feedback form was circulated

after this. The teachers incharge conveyed their gratitude to all the volunteers involved, following this we ended the session at 12:44 PM.

**Photo:**

