

## Newsletter Article: Enhancing Focus and Overcoming Mind Wandering

On February 24, 2025, the **Vivekananda Study Center** at Ramaiah College of Arts, Science & Commerce hosted Lecture 2 of the Experiential Course on Better Learning: Strategies for Academic Improvement. The session, titled "Mind Wandering & Focus," was delivered by Dr. Narendra Samantaray, Assistant Professor at NIMHANS, Bengaluru.

The interactive session explored the science behind distraction, attention control, and cognitive strategies to enhance focus. Dr. Samantaray explained how mind wandering impacts learning and provided practical methods to cultivate mindfulness, strengthen concentration, and optimize study habits.

Students actively engaged in exercises designed to train their attention and improve cognitive flexibility. The session, coordinated by Dr. Shobha and Dr. Vijayalakshmi, was led by Convenor Dr. Sathish Babu and supported by Dr. Pushpa, President of the Study Center.

The program received overwhelming appreciation, with students finding the insights highly relevant to their academic challenges. This session reaffirmed the need for scientifically backed learning strategies to enhance productivity and academic success.

**RAMAIAH**  
College of Arts, Science  
& Commerce - Autonomous

**VIVEKANANDA STUDY CENTER**

Personality Development Program for Students

**“ Experiential Course on Better Learning:  
Strategies for Academic Improvement ”**

**Lecture 2 – Mind Wandering & Focus**

**Speaker: Dr Narendra Samantaray**  
Assistant Professor, Dept of Clinical Psychology  
NIMHANS, Bengaluru

**Date: Monday, 24<sup>th</sup> February 2025**  
**Time: 3:00 PM**  
**Venue: Kuvempu Seminar Hall**

**Convenor**  
Dr Sathish Babu

**Coordinators**  
Dr Shobha & Dr Vijayalakshmi

**President**  
Dr Pushpa





