

NARULA INSTITUTE OF TECHNOLOGY

81 Nilgunj Road, Agarpara- 700109

Seminar Report

Narula Institute Of Technology, Agarpara organized a one day seminar on “**CREATIVE & INNOVATIVE SKILLS IN TEACHING**” on 5th September 2012 at the seminar hall. The key speaker was Swami Sarvapriyananda, Acharya, Probationer’s Training College, Belurmath .

He focused on to aspect of teaching methods based on Swami Vivekananda.

Two Thoughts on Education are:

1. Education is Self Control !

- Education may be defined as a training of individuals to will rightly and efficiently
- Greater is the happiness... as this will is more successfully manifest
- The training by which the current and expression of will are brought under control and become fruitful is called education.

The Marshmallow Experiment:

- Walter Mischel
- four year olds
- Follow-up fourteen years later
- Repeated in 2008 by Philip Zimbardo

Key finding :

- ability to delay gratification = superior self-management skills
- Superior self control is a key factor in overall success in life

Think about this !

- Fourteen years of school did not equip the children with the crucial capacity for self regulation
- The failure of our education systems

2. Concentration:

- ***“To me the very essence of education is concentration of mind, not the collecting of facts...”***
- ***The difference between an ordinary person and a great person lies in the degree of concentration...***

(Swami Vivekananda)

Scarce Resources :

- Our limit: 7 bits of information at a time
- to discriminate: 1/18 of a second
- Capacity = 126 bits per second
 - 7,560 bits per minute
 - 500,000 bits per hour approx
 - 185 billion bits in a 70 year life span
- It takes 40 bits per second to listen to one person!
- ‘Pay attention!’ – literally true

Quality of Life depends on two things :

‘The mind in its own place, and in itself/ Can make a heaven of hell, a hell of heaven.’

1. John Milton
- Quality of your life depends on
 1. How much you concentrate
 2. What you concentrate on

A Simple Secret for concentration :

- Pay the fullest possible attention to whatever you are doing
- Why?
- Remember it is the same mind.

The Test of Concentration:

- How are we to know that the mind has become concentrated?

.... the idea of time will vanish. The more time passes unnoticed the more concentrated we are... (Swami Vivekananda)

- ‘...freedom from the tyranny of time ...during a state of complete involvement’ (Csikszentmihalyi, ‘Flow’)

As per the conclusion, two Ideas of Enduring Relevance:

- Self control
- Concentration

All members of the college i.e Deans, faculties, staff, students had participated the seminar.