



**PRESENTS**

Special Session on

# "Strategies for Fostering Focus and Self-Awareness"

FOR Students of class 5th – 12th

”  
**APRIL 27, 04:00 IST**

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**KNOWLEDGE AND AWARENESS MAPPING PLATFORM**

**KNOWLEDGE SESSION 2023: EPISODE 25**

ORGANISED BY: KNOWLEDGE AND AWARENESS MAPPING PLATFORM

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**NIS&PR**  
National Institute of Science Communication and Policy Research  
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**SPEAKER:**

**DR. KOMAL PARIHAR**  
ART THERAPIST & FOUNDER OF  
EKAKIVEDAM

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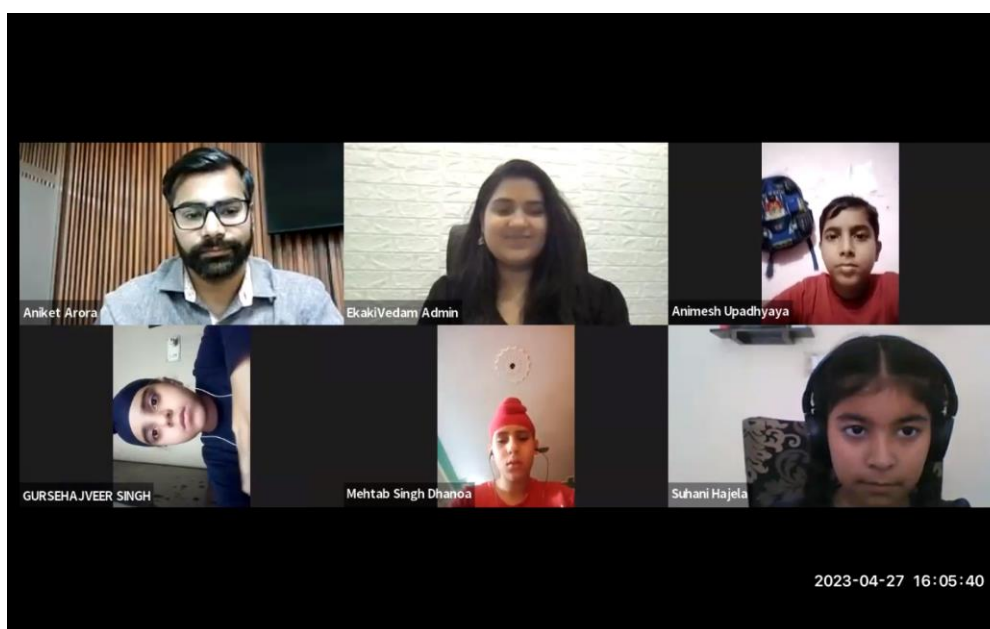
**Topic:** Strategies for Fostering Focus and Self-Awareness    **Category:** Scientific and Life Skills  
**Organized for:** Students (from 5th to 12th grade)    **Date:** April 27, 2023

**Speakers/Presenters:** Dr. Komal Parihar (Art Therapist and Founder of Ekaki Vedam)

**No. of Participants:** 250+ students from different schools across India

### Overview:

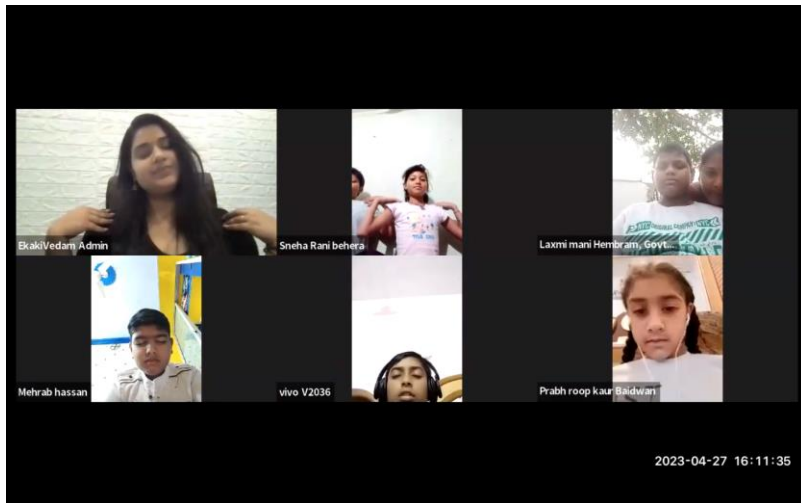
On April 27th, 2023, KAMP conducted an exclusive knowledge-sharing session on the topic "Strategies for Fostering Focus and Self-Awareness" with 250+ students from different schools across India. The main aim of this workshop was to help students foster focus and self-awareness with the help of breathing exercises, mindfulness activities like drawing/coloring, Mandala Art, writing journals, etc.



The session was convened by Mr. Aniket Arora (Outreach coordinator, KAMP) and was facilitated by Dr. Komal Parihar (Art Therapist & Founder of Ekaki Vedam).

Fostering focus and self-awareness in a student can help them develop the skills that are necessary for learning, such as concentration and organization. It can also give them a sense of control over their studies as they become aware of their own needs, strengths, and weaknesses. By having a greater focus on their learning, they can better identify their progress, uncover their potential, and become engaged in their own growth and development.

Additionally, by having an awareness of the environment and their own emotions in the classroom, they can have a better understanding of how to better interact with those around them and how to react in certain situations. It is important to learn the importance of focus and self-awareness, as they will empower them to be more confident and successful in their studies.

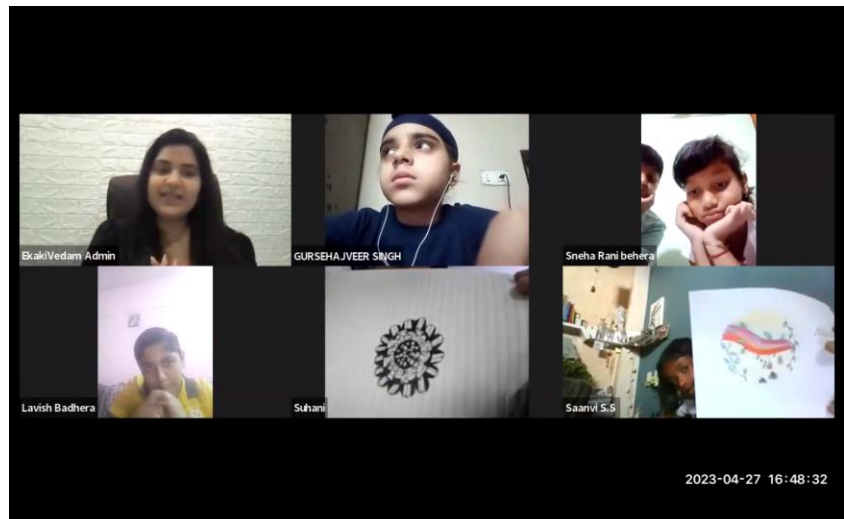


Throughout the session, Dr. Komal taught the students how they can increase their focus and self-awareness with the help of breathing exercises and mindfulness practices like mindfulness of breath, body scanning, progressive muscle relaxation, and visualization. These

are a few of the techniques that can help students increase their focus, self-awareness, and mindful living. Also, they can practice yoga and other mindful activities like art.

Dr. Komal also guided them through a breathing exercise, reflexing their muscles and releasing the stress within them. Moreover, further in the session, she did plenty of other activities like doodling over a page, Mandala coloring, making a to-do list, writing a journal with suggestions such as what to change in life, how to change, reflection on the tasks done in the day, etc.

She also suggested, for better focus and self-awareness the students must take short breaks every once in a while, as our brain uses a lot of energy, and it needs to recharge. During the breaks, the students can go for a



walk, stretch their muscles, eat fruits or dry fruits for energy. Students must also practice positive self-talk and stay away from negative rumination. Lastly, to help manage distractions and concentrate on tasks better, she encouraged the creation of a study space with minimal distraction, a to-do list, rewarding oneself, and chunking tasks.

The purpose of KAMP's Fortnightly workshops is to help students develop creativity, meaningful learning, and critical reading and thinking skills that bring out their inherent abilities. The vision of KAMP is to identify and capture Scientific and Technological temperament in students to make India – a Global Leader in the field of Science, Technology and Humanities.

Such workshops, conducted by KAMP deal with various topics that fall under the category of Science, Technology and Innovations, Scientific and Life Skills, Career & Professional Development, Academic Development and training the trainers/teachers.

KAMP believes that with exposure to such topics from experts within such specific fields, students will become aware of real-life situations and challenges, develop a helping, problem-solving nature wherever possible, understand their core values and personal interests, evaluate their skills within the given area and achieve their best in their most desirable way.

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**Organized By:**

**Knowledge and Awareness Mapping Platform**  
(KAMP Operations and Coordination Office)

**Moderated By:**

**Mr. Aniket Arora**  
(Outreach Coordinator)

**Team Credits:**

**Ms. Arika Mathur**  
(Member, KPMC)

**Ms Vishakha Gola**  
(Sr. Coordinator KAMP)