

**Sri Adichunchanagiri College of Arts and Commerce**  
**Nagamangala, Mandya District-571432**

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**YOUTH RED CROSS UNIT**  
**Concentration Programme**

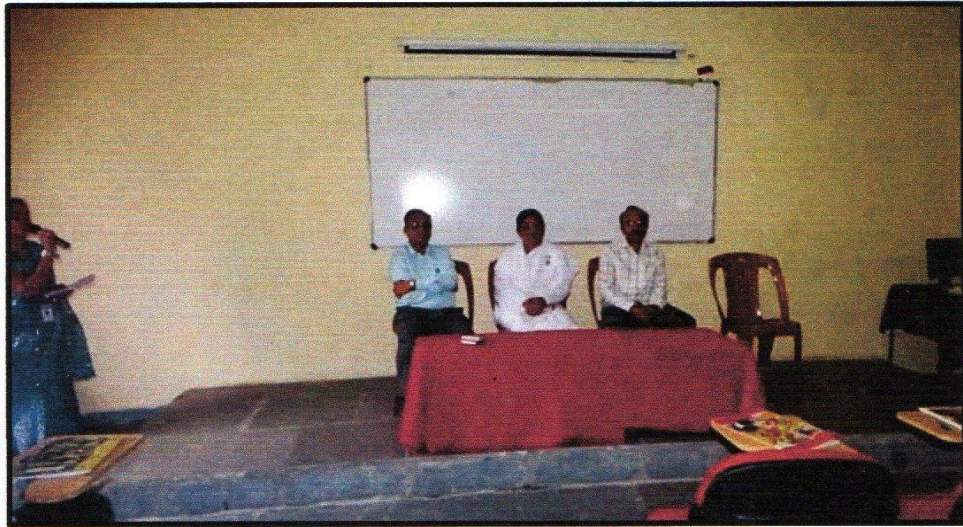
**Date: 28-12-2018**

Concentration is the ability to direct one's attention in accordance with one's will. Mysore Brahamakumari Eshwari Samajaakka Shoba gave information to our students .It means control of the attention. It is the ability to focus the mind on one subject, object or thought without being distracted. It is the ability to focus the attention, and at the same time, ignore other unrelated thoughts.

Principal Dr.B.K. Lokesha in his speech talked about, concentration as the ability to do one thing at a time, instead of jumping from one subject to another, and losing attention, time, and energy. Concentration is a state, in which one's whole attention is engrossed in one thing only, and being oblivious to everything else. During concentration, the mind focuses on the object of concentration, and only one thought occupies the mind. The whole energy of the mind becomes concentrated on this one thought. The ability to command the mind and control the attention is not common, and requires training. Most people lack the ability to control their attention and focus their mind exclusively on one thought subject for any length of time. They can't command their mind to concentrate, whenever they want to. Compeering was done by Thriveni H.R and vote of thanks was done by Srinivasa H.R.

  
**Principal**  
Sri Adichunchanagiri College of Arts & Commerce  
Nagamangala-571432, mandya Dist.





**Concentration Programme, Date: 28-12-2018**

  
Principal  
Sri Adichunchanagiri College of Arts & Commerce  
Nagamangala-571 432, Mandya Dist.

# Sri Adichunchanagiri College of Arts and Commerce

Nagamangala-571432, Mandya Dist.

## YOUTH RED CROSS UNIT

### Concentration Programme

Date :- 22/12/2018

Sl. No	Name	Sign
1	Anjushree L	Anju
2.	Anshiya Banu	Anshiya Banu
3.	Blarath B.K	Blarath B.K
4.	Bhavya. m.k	Bhavya mok
5.	Bhoomika B.G	Bhoomika B.G
6.	Dhamalakshmi S.	Dhamalakshmi S.
7.	Divya A.S	Divya A.S
8.	Govindaraju H.N	G
9	Jayaprakash T.M	J
10.	Kavyashree G.J	Kavya
11.	Keerthana. D.L	Keerthana. D.L
12.	Leelavathi. M.C	L
13.	Madhushree. M.T	Madhu - m.T.
14	Megha C	Megha C
15	Nagaraja S.G.	Nagaraja S.G.
16.	Nishathathina	<del>Nishathathina</del>
17	Mawatha R	M R
18.	Aspitha. v.R	Aspitha. v.R
19.	Thejaswini H	Thejaswini H
20	Lavanya C.S	L

21	Chaitanya, K.A	<del>Chaitanya</del>
22	Rachana D.V	Rachana D.V
23	Sujatha P.N	Sujatha P.N
24	Rakshita	Rakshita
25	Suresh P.L	<del>Suresh</del>
26	Rakhi P.L	<del>Rakhi</del>
27	Bhargathi	Bhargathi
28	Bhavana T.E	Bhavana
29	Sangeetha N.S	<del>Sangeetha</del>
30	Anushreel N.D	<del>Anushreel</del>
31	Bindu B.S	<del>Bindu</del>
32	Leelavathi	Leelavathi
33	Lakshmi, R	<del>Lakshmi</del>
34	Sushmita K.M	Sushmita K.M
35	Deepika K.N	Deepika K.N
36	Swathi K.S	Swathi K.S
37	Vanitha A.S	Vanitha
38	Chandana	Chandana
39	Supreetha C.M	Supreetha
40	Shalini S.V	Shalini S.V
41	Nayana M	Nayana M
42	Shabreen neha	Shabreen neha
43	Sindhu C	Sindhu C
44	Anusha K.S	<del>Anusha</del>
45	Pushpa K.P	<del>Pushpa</del>
46	Poornima	<del>Poornima</del>
47	Socanya K.G	Socanya K.G
48	Hemabhatra N	<del>Hemabhatra</del>
49	Mamatha M.R	Mamatha M.R
50	Yashaswini	Yashaswini
51	Teju M.R	Teju M.R

PRINCIPAL

Sri Adichunchanagiri College  
of Arts and Commerce  
Nagamangaluru Taluk, Tumkur Dist.