



बाळाच्या पहिल्या रडण्यापासून ते पहिलीपर्यंत सर्वांगीण विकासाची हसत-खेळत शास्त्रीय माहिती

बालपण फुलवितांना

डॉ. सुनील गोडबोले



अनमोल प्रकाशन, पुणे-२

2. Healthy body – Adequate sleep + proper diet + regular exercise
3. Yogasana, Pranayam (breathing exercise) and prayers certainly elevate the concentration power.
4. Experience – self gathered experience teaches much more than just reading from a book.
5. Time and Task planning – Time pressure and tremendous work load totally ruin the concentration power.
6. Brain training and grooming and using studying techniques.
7. Goal setting and Courage: - both of these values are lifelong useful. Accomplishing small goals and encouraging the children adequately will encourage them and will enhance their concentration power.
8. Responsible parenting: - parents should set up the right role model by carrying the chores at hand with high level of concentration.
9. Timely expert advice: - expert advice at early stages is surely useful.



Enemies of Concentration

- Disturbance during reading or listening
- Pre-occupied and over-occupied brain
- Scarcity of experience
- Confusion in presentation
- Unfit health/body
- Few medications
- Mental-retardation