



NEW HORIZON COLLEGE OF ENGINEERING

DEPARTMENT OF CSE (DATA SCIENCE)

Event: TEDx Talk – “How to Get Your Brain to Focus”

Venue: Room C204

Time-9:00 AM-10:00AM



TEDxTALK

Leadership: How to get your brain to focus

📅 13 March 2026

🕒 09:00 AM to 10:00 AM

👥 4th Semester Students

Speaker

Mr. Chris Bailey

Faculty Coordinator
Pallavi Nayak
Assistant Professor

Convenor
Dr. B Swathi
HoD -CSE(DS)

Dr. R J Anandhi
Dean-Academics

Dr. Manjunatha
Principal

Organised by
Department of Computer Science and Engineering (Data Science)

The Department of Computer Science and Engineering (Data Science), New Horizon College of Engineering, organized a TEDx Talk viewing session titled “How to Get Your Brain to Focus” for students. The session featured Chris Bailey, a productivity expert and author, who shared valuable insights into how attention works in today’s distraction-filled world.



The talk focused on the importance of managing attention rather than time, explaining how constant exposure to technology and notifications reduces our ability to concentrate. The speaker introduced key concepts such as hyperfocus, which refers to deep concentration on a single task, and scatterfocus, a relaxed mental state that encourages creativity and idea generation.

He emphasized that both modes are essential and should be used intentionally. The session highlighted how reducing distractions, avoiding multitasking, setting clear goals, and taking intentional breaks can significantly improve productivity and mental clarity. The speaker also shared practical observations from his experiments, demonstrating how limiting screen time and being mindful of attention can enhance performance

The session concluded with key takeaways on developing better focus habits, encouraging students to build discipline in managing their attention for improved academic and personal success.



Faculty Coordinator

Assistant Prof.

Ms. Pallavi Nayak

Convener

HOD-CSE-DS

Dr. B Swathi