**Name of the program**: A webtalk on the tittle “How to remain motivated in studies during Covid crisis.”

**Date of the program**: 6th July, 2020

**Organized by:** Seminar Sub-committee, Chakdaha College.

**Resource Person:** Sri Sukalyan Karmakar, WBCS, Assistant Commercial Tax Officer, Govt. of WB.

**Objective of the program**: The objective of the program is to empower students with effective strategies and insights to maintain motivation, overcome challenges, and achieve academic success in the midst of the ongoing COVID-19 pandemic.

**Outcome of the program:** The outcome of the program includes

1. Students learned how to stay motivated while avoiding sadness during the COVID crisis by reading articles, watching motivational videos, and developing strategies for career opportunities.
2. Students gained the ability to express their creative thoughts in writing so they can use them in the future.
3. Students discovered that it is best to memorize a theory in smaller chunks rather than as a whole while they are studying.
4. Students learned that this method helps bypassing the limited capacity of working memory and allowing the working memory to be more efficient.

**Weblink of the program**: <https://www.youtube.com/watch?v=I63W1o9TOhk>



