



# Dr S.C. Gulhane Prerna College of Commerce, Science and Arts

Run by Prerna Sewa Mandal  
Reshimbag Square, Nagpur-24

Govt Recognized and Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University  
NAAC (UGC) ACCREDITED INSTITUTION 'B' GRADE (CGPA-2.32)

Ph.: 2745296, 2746840

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## Organising Committee: NSS Unit & Women's Cell

**Title of the programme:** 'Digital Stress and Health'

**Coordinator:** Dr. Poonam Budhlani & Ms Sakshi Hajare

**Date :** 19<sup>th</sup> October 2023 **Time :** 09.00 am onwards

### OBJECTIVES:

1. To identify and quantify the various stressors that arise from the use of digital devices.
2. To investigate how digital stress affects physical and mental health, with a focus on the development or exacerbation of conditions like anxiety, depression, sleep disturbances, and physical health issues such as eye strain, musculoskeletal problems, and obesity..
3. To research the strategies and coping mechanisms individuals employ to mitigate digital stress, including mindfulness, time management, digital detox, and the use of wellness and mental health apps..
4. To examine how technology design, user interfaces, and ergonomics can influence digital stress and health, with the aim of making technology more user-friendly and less stress-inducing..
5. To investigate the stress associated with digital privacy and security concerns, as well as the potential health consequences of cyberbullying and online harassment..
6. To explore how digital stress and its impact on health vary across different cultures, age groups, and socioeconomic backgrounds.
7. To work toward fostering a healthier and more balanced relationship between individuals and their digital devices, ultimately improving overall well-being and quality of life.

### Highlights:

1. Ms Sakshi Hajare host of the event organised by NSS Units & Women Cell.
2. She welcomed Chief Guest Dr. Swapna Khanzode , Chairperson Ms.Neha Samundre, & NSS Coordinator Dr.Manjiri Pathak.
3. Ms Sakshi Hajare invited Chairperson Ms.Neha Samundre welcomed to Chief Guest Dr.Swapna Khanzode the eminent physician, Diabetologist & critical care specialist with bouquet & Memento.
4. Ms Sakshi Hajare invited Ms.Neha Samundre to introduce Guest as well as talk on Digital Stress and Health.
5. Ms. Neha Samundre invited Dr.Swapna Khanzode to talk on 'Digital Stress and Health'.
6. Dr.Swapna Khanzode talk on 'Digital Stress and Health' & was made active discussion on the topic with all students presented.
7. Chief Guest delivered the lecture on How the Digital stress come up & How it was adversely affected on our body.





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8. How we can reduced stress on body & keep our body stressless.
9. Chief Guest awarded our students about digitalisation how it is advantageous and disadvantageous.
10. Ms Sakshi Hajare was invited Dr.Poonam Budhlani for vote of thanks.
11. At the end of the program, Dr.Poonam Budhlani summarized the session and proposed vote of thanks.

## Outcomes:

1. This programs helped to reduce digital stress and, in turn, alleviate symptoms of anxiety, depression, and other mental health conditions associated with excessive screen time and digital overload.
2. This programs lead to improve physical well-being and a reduction in health problems related to extended device usage.
3. Reduced digital stress which contributed to lower healthcare costs associated with mental health treatment and physical health issues, resulting in economic benefits for both individuals and healthcare systems.
4. Successful programs raised public awareness of the importance of digital well-being, potentially leading to policy changes and guidelines for technology design and usage in various settings.
5. Different cultural and demographic groups helped address the unique challenges and needs of specific populations, promoting digital health and well-being across diverse communities.
6. Enhanced digital literacy can empower individuals to make more informed choices about their technology use, leading to a more harmonious relationship with digital devices.
7. Programs may helped individuals maintain healthier personal and professional relationships by reducing the negative impacts of excessive screen time and digital distractions.

**Number of Beneficiaries: 93**





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## Screenshots of the Program:



Ms.Neha Samundre & Dr Manjiri Pathak welcomed with flower garland & Token of love to Dr.Swapna Khanzode.





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Dr. Swapna Khanzode (Chief Guest) delivered talk on 'Digital Stress and Health'





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Students attending seminar Digital Stress and Health'

Cordinator  
Women's Cell  
Dr. S. C. Gulhane Prerna College of  
Commerce, Science and Arts, Nagpur-24

NSS Program Officer  
Dr. S. C. Gulhane Prerna College of  
Commerce, Science and Arts, Nagpur-24

Dr. Kanchan Khawase