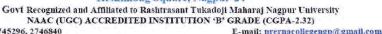


### Dr S.C. Gulhane Prerna College of Commerce, Science and Arts

Run by Prerna Sewa Mandal Reshimbag Square, Nagpur-24





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> Octomber 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.
- She welcomed Chief Guest Dr. Swapna Khanzode, Chairperson Ms. Neha Samundre, & NSS Coordinator Dr. Manjiri Pathak.
- 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 Khanzodeto 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.
- Chief Guest delivered the lecture on How the Digital stress come up & How it was adversely affected on our body.



## 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

E-mail: prernacollegengp@gmail.com

- 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.

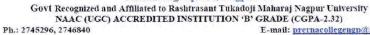
#### **Outcomes:**

- 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



## Dr S.C. Gulhane Prerna College of Commerce, Science and Arts Run by Prerna Sewa Mandal Reshimbag Square, Nagpur-24







### **Screenshots of the Program:**



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



# 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

E-mail: premacollegengp@gmail.com



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



## 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 E-mail: prernacollegengp@gmail.com



Students attending seminar Digital Stress and Health'

Downede Cordinator Women's Cell Dr. S. C. Gulhane Prema College of Commerce, Science and Arts, Nagour-2

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