

## NSS Report on Digital Detoxification

12 July 2020

On 12<sup>th</sup> July, 2020 our Institute of Vocational Studies NSS volunteers participated in the “Digital Detoxification webinar” by NSS Cell, GGSIPU in collaboration with NSS, IIT Delhi and Rajyoga Education and Research Foundation (a sister concern of Brahma Kumaris). Under the supervision of programme coordinator, NSS Prof. BVR Reddy (professor, USICT Co-ordinator, NSS Cell, GGSIPU), Patron by Sh Ravi Dadhich, Chief Patron Prof.(Dr.) Mahesh Verma and Prof.(Dr.) Arvinder Kaur grace the occasion with her kind words.

Speaker of the event was Mr. Bala Kishore who is a founder of SPIR-IT Summit conference & Spirituality in IT Retreats, professional Certified coach(PCC) as accredited by international coach federation(ICF), 2013 and many others degrees. He holds dynamic knowledge about the IT Field and human traits and mind.

Mrs. Priyanka starts the event by welcoming speech of all the faculty members, speaker and the participants. After that Prof. BVR Reddy Sir enlighten us with his inspiring words and over usage of mobile and other electronic devices. Later on Mr. Bala Kishore starts with his presentation on the topic “Digital Detoxification”.

A digital detox refers to a period of time when a person refrains from using tech devices such as smart phones, televisions, computers, tablets, and social media sites. “Detoxing” from digital devices is often seen as a way to focus on real-life social interactions without distractions. By forgoing digital devices, at least temporarily, people can let go of the stress that stems from constant connectivity.

Agenda of the webinar was to know **Who is the master, WE or our MOBILE?**

Key points of the meeting were:

- Attention: carried out with simple exercise on colors.
- Multitasking: carried out with simple exercise on pen and paper by participant.
- Neuroplasticity (Use-dependent cortical reorganization): it is the ability of the brain to undergo biological changes ranging from the cellular level.

In the end he provides us some of the ways to Unplug/Detoxify as:

- **Switch off** Notification
- Do not touch your mobile at least 1 hour after you wake up and before you sleep
- Make your bedroom *e-free*
- Have **screen-free** breakfast, lunch and dinner
- Do **NOT** put mobile on dining table
- Once a week do a **Mobile fasting** as a family.