

EVENT

NAME OF THE EVENT - Seminar on Balancing Digital Dependence

ORGANISED BY - Department of Commerce (B.Com Evening)

IN COLLABORATION WITH -Chanakya University, Bengaluru

DATE - 8th May, 2025

TIME - 3:10pm

VENUE - Shri Shikshayatan College, Room - 212

NUMBER OF PARTICIPANTS

STUDENTS - 57

TEACHERS - 3

RESOURCE PERSON

NAME - Prof. Anilkumar G. Garag

DESIGNATION - Professor of Management, School of Management
Sciences, Chanakya University, Bengaluru,
Ph.D., Goa University

BRIEF DESCRIPTION OF THE EVENT

Balancing digital dependence involves establishing clear boundaries for screen time, encouraging alternative activities, and potentially seeking professional help. This includes setting limits on device usage, designating tech-free zones, and engaging in offline hobbies and activities to foster a more balanced relationship with technology.

OUTCOME

Students came to know about,

- **Identifying Dependency:**

Students should be able to recognise the signs of digital dependency, such as excessive screen time, preoccupation with devices, neglecting offline activities, and experiencing withdrawal symptoms when deprived of digital access.


- **Time Management:**


Students should learn time management techniques to allocate time for digital activities and offline engagements.

DOCUMENTS

Upcoming Online Session at Shri Shikshayatan College!


 Organized for B.Com Students

 Date: Thursday, 8th May 2025

 Time: 03:10 PM IST

 Session Topic:

Balancing Digital Dependence

 Explore the impact of digital life on mental, academic, and professional balance!

 Speaker Profile:

Prof. Anilkumar G. Garag

Professor of Management, School of Management Sciences
Chanakya University, Bengaluru
Ph.D., Goa University

 Don't miss this insightful and inspiring session!

PHOTOGRAPHS

