

**AMITY University Uttar Pradesh**  
.....**Lucknow Campus**.....

**Outcome Report for Event to be uploaded on**

**AMIZONE:**

1. Name of the Event: **“Mental Detoxification of Youth in Digital World”**
2. Level of the Event: **National level Central Campus Level**
3. Type of the Event: **Webinar , 12<sup>th</sup> Feb 2023**
4. Organized by: Amity Centre of Excellence for Positivity and Happiness (ACEPH), under the convenorship of Prof (Dr) Manju Agrawal, Dean Student Welfare, and Director of this independent centre established on the initiative of Dr Aseem Chauhan, Chairperson, and Lucknow Campus.
5. General Introduction: Mental health is an important construct that needs to be understood and taken seriously in todays’ scenario. While dealing with mental health it is very important to embark upon the strengths and virtues gifted to the mankind. A digital detox is when you completely abstain or intentionally reduce your time using electronic devices like smartphones, computers, TVs, and tablets.
6. Objectives:
  - To provide the participants the concept, meaning and importance Mental Health and Digital World
  - To create new connections, engage in physical activity, undertake wilderness expeditions and learn mindfulness techniques, and Yoga as they enjoy their peaceful and comfortable journey of Life
  - To highlight the importance of Happiness and its impact not only on individual success, relationships and health but also for organizational growth and development.

Organizers :

**Prof Dr Manju Agrawal ,  
Dean Student Welfare , Director ACEPH  
Amity University Uttar Pradesh Lucknow Campus**

Dr Ritu Tripathi Chakravarty  
Associate Professor, AIE  
Centre Coordinator, ACEPH  
Amity University Uttar Pradesh Lucknow Campus

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7. Details of Envisaged Vs Achieved Outcomes and Actionable Progressive Outcomes

- Envisaged Outcome(s):- Students and faculty became aware of the the importance of keeping good mental Health and need of sustaining our happiness by detoxifying the evils caused due to digital world
- Is the outcome tangible or intangible? Both Intangible and tangible.
- a. Achieved Outcome:-
  - 1.The event provided the participants with the concept of wellness and wellbeing with highlighting the neurological and psychological benefits of mental detoxification..
  2. Participants learnt to Nurture a strong character through cyber wellness values
  3. Students learned the simple skills of practicing yog and integrating in their daily routine
- b. Progressive Outcome yet to be achieved: **A dedicated series of Yog and meditation workshops**
- c. Action plan how to achieve the progressive Outcome: Collaborate with The Resource Person is Dr. Naveen Pandey Founder & Manager, Shriram Yog Prashikshan Evam Anusandhan Society (SYPAS), U.P., Assistant Professor, Department of Computer Science, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand for conducting workshops on Mental and Physical Detoxification through Yog
- d. Target Date to achieve the progressive Outcome: **Dec 2023 to continue**
- e. Responsibility for achieving the progressive Outcome: **ACEPH**
- f. Additional Remarks, if any

8. Scientific/ Technological/ Administrative strengths of the institution(s)/individual(s) who participated. Students and Faculty of Amity University and Other universities participated.

9. Further possibilities of establishing linkages or collaborations with the Organization(s)/ Participants in the event :

10. List of guest speakers with their specializations and contact details,

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Dr. Naveen Pandey Founder & Manager, Shriram Yog Prashikshan Evam Anusandhan Society (SYPAS), U.P., Assistant Professor, Department of Computer Science, Dev Sanskriti Vishwavidyalaya, Haridwar

11. What was the Inspiration behind taking up this Particular Subject for the Event?  
ACEPH organised the event to help find balance in the daily life of students with the objective of making the ends meet in our day-to-day life. Finding out what makes us happy and how to lead a healthy life physically, mentally and emotionally.
12. What was the Criteria Considered for inviting the Various Individual Guests, Internal as well as External?  
**The national presence and expertise in the subject.**
13. Who all attended the webinar? Also, if possible, give the numbers.  
**Students of Amity attended the interactive session. Approximately 90 participants were present during the session.**
14. What were the 'Take Homes' for the Guests and the Attendees in the form of knowledge, facts, information etc.?  
Please give the Salient Novel Points Covered by the Guest Speakers, in Bullet Points Format.
  - Yog and Mediation helps to detoxify physical and mental health
  - Young people should be included at every stage of the process.
  - Digital is not always the best choice
  - Digital health is not a silver bullet.
  - The good news is that technology can also be used to improve young people's mental health when used correctly
  - The aim should not be about eradicating the use of digital devices, but it aims to help young people gain the skills to better balance their lives and reduce the negative emotional and social impact of digital dependency.
  1. **The session was brought to end with the round of Question and Answer by students to the resource speaker.**
15. Has the Webinar been able to generate any Tangible Gains for the Faculty, Researchers and Students of Amity. If yes, what are these?  
**Happiness and gratitude skills were given to students. There is also possibility of organizing Happiness Fest with World Happiness Foundation, USA.**
16. What are the plans for utilizing the contacts developed with the Invited Guests, for future cooperation to meet the targets of 'Mission: Connect' and Mission : Synergy of Brains ?  
Please give a roadmap with timelines.

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As mentioned above.

## Press Note/ Media Coverage / Photographs

**YouTube link of the webinar:**

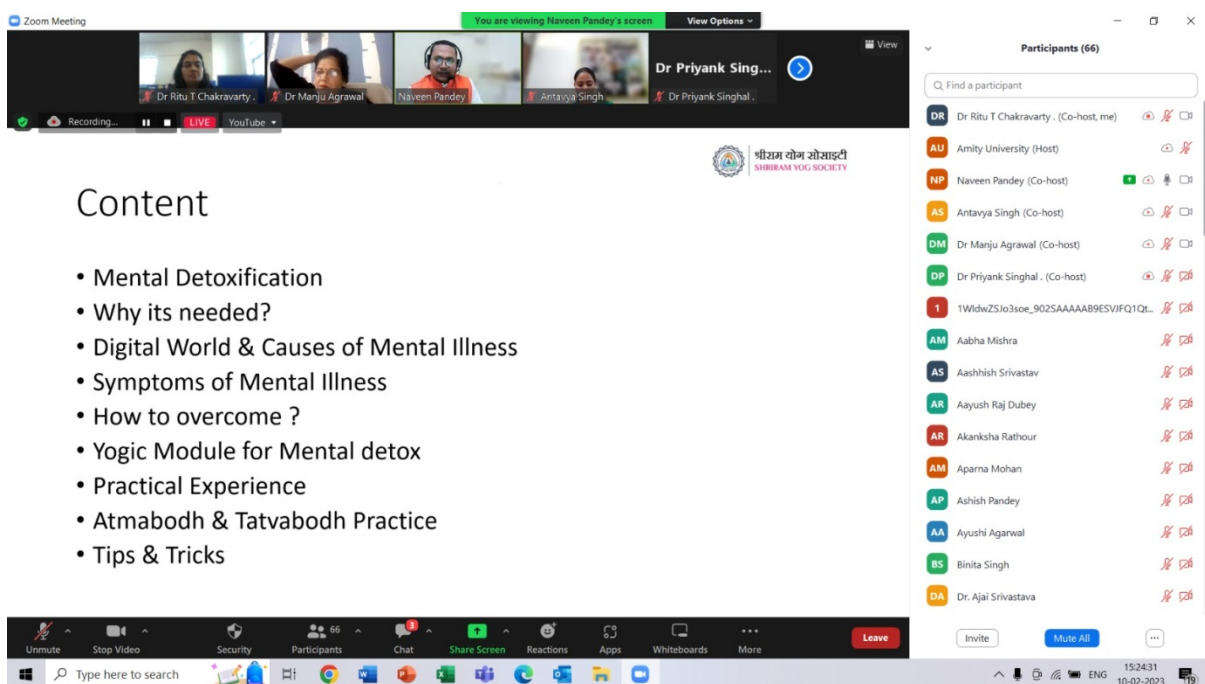
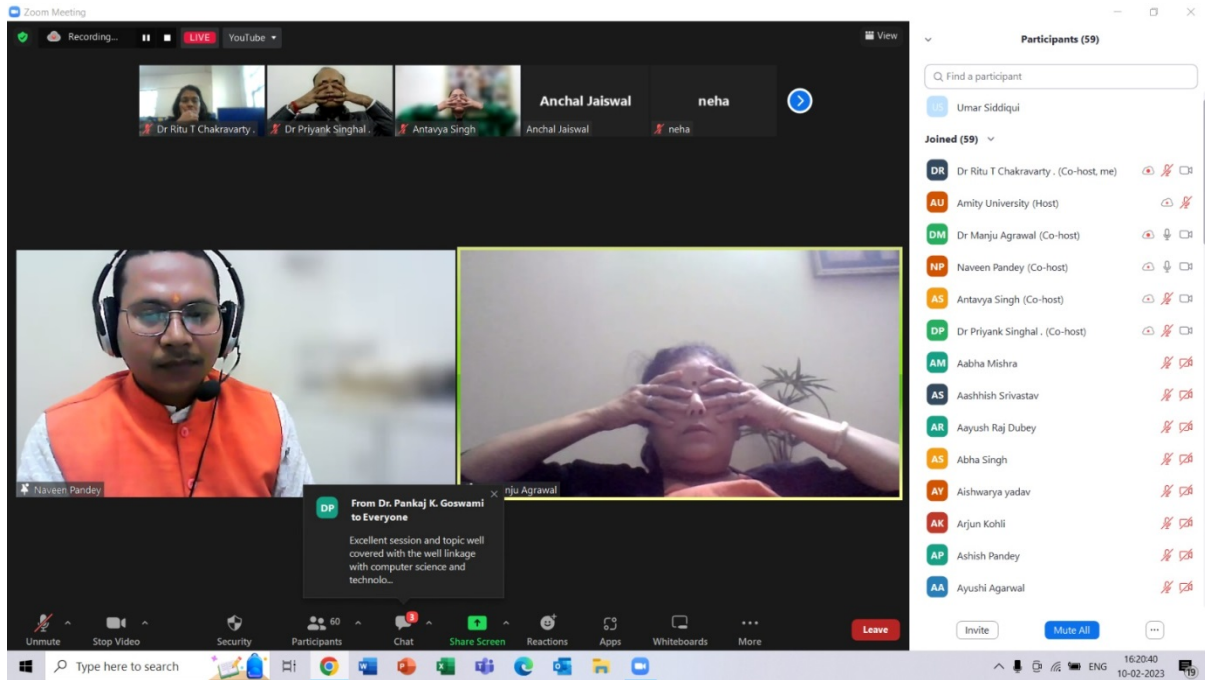
10th Feb 2023

Webinar on Mental Detoxification of youth in the digital world

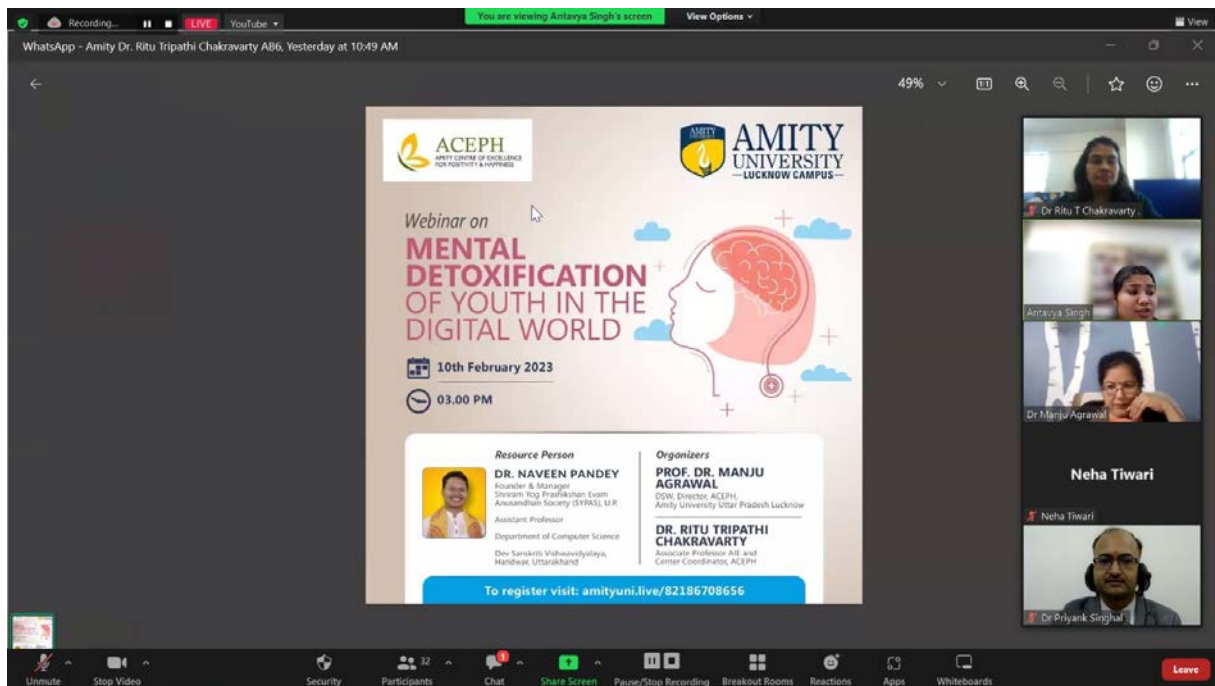
<https://youtu.be/6nQlhp5HWf8>

The screenshot shows a Zoom meeting interface. The main content is a slide titled "Webinar on MENTAL DETOXIFICATION OF YOUTH IN THE DIGITAL WORLD" dated "10th February 2023" at "03.00 PM". The slide features logos for ACEPH (Academy of Excellence for Positivity & Happiness) and AMITY UNIVERSITY - LUCKNOW CAMPUS. It lists a Resource Person, DR. NAVEEN PANDEY, and Organizers, PROF. DR. MANJU AGRAWAL and DR. RITU TRIPATHI CHAKRAVARTY. A registration link is provided at the bottom: "To register visit: amityuni.live/82186708656". On the right side of the Zoom window, there is a vertical stack of video thumbnails for participants: Dr. Ritu T Chakravarty, Antavya Singh, Dr. Manju Agrawal, Neha Tiwari, and Dr. Priyank Singh. The Zoom control bar at the bottom includes options like Unmute, Stop Video, Security, Participants (32), Chat, Share Screen, Pause/Stop Recording, Breakout Rooms, Reactions, Apps, Whiteboards, and a Leave button.

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