

# NIMHANS CENTRE FOR WELL-BEING PUBLIC LECTURE ON DIGITAL DETOXIFICATION



The Internet and the mobile phones have revolutionized the information and communication flow of people, changing the way we interact with others, gather and disseminate information, and do business & academic assignments . They have become a virtual necessity in today's world. Due to this virtual necessity, we are facing new challenges like Scrolling syndrome, Binge watching, Binge gaming, Nomophobia and Zero inbox syndrome. They have also been identified as an accessory to issues including cyber related problems,. Frequent use of cell phone or internet leads to negative impact on person's physical, psychological, social, and financial well-being. Environment (ex: workplace or to maintain social contact, which requires one to use the internet or on cell phone for long periods of time), also acts as a gateway for the development and persistence of these problems.

**There is a need to evolve methods to promote Digital Detoxification to promote our Digital Fasting & Digital Hygiene in our life style.**



## **SPEAKER:**

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NIMHANS

**Register in advance for this lecture: <https://nimhans-ac->**

**[in.zoom.us/meeting/register/tZUldOigqTosGtf30D4IdFV6AWU26aZSwNCa](https://nimhans-ac-in.zoom.us/meeting/register/tZUldOigqTosGtf30D4IdFV6AWU26aZSwNCa)**

**Date: 17<sup>th</sup> September 2022**

**Time: 3.00 PM – 4.00 PM**