

# Know what is Healthy use of Technology



## Impact of Unhealthy Use

- **Weight Gain**
- **Sleep Disturbance**
- **Restlessness**
- **Performance Decline**
- **Lack of Concentration**
- **Social Isolation**

## Benefits of Yoga

- **Sleep Regulation**
- **Stress management**
- **Social Connectedness**
- **Enhanced Productivity**
- **Mindfulness**
- **Emotional Stability**



## Join Workshop on...

"Mechanism of technology use through Psychological and Yogic Approach"

### Speakers:

**Dr. Manoj K Sharma**  
Professor of Clinical Psychology  
NIMHANS

**Dr. Hemant Bhargav**  
Assistant Professor of Yoga  
Integrative medicine  
NIMHANS

For registration  
Contact us on  
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### Venue:

**SHUT Clinic,**  
**NIMHANS Center for Well-Being,**  
**9th main rd, 1st stage BTM Layout,**  
**Bangalore**

### Workshop details:

Date: 4th Nov 2022  
Time: 9:30 A.M to 1:00 P.M  
Registration fees-300-/Rs

**Followed by Live Yoga session**

