



23rd September 2024

CIRCULAR

DEPARTMENT OF HUMANITIES

The Department of Humanities is organising a **‘Guest Lecture on Digital Detox for a Healthy Mind’** for all the UG students of all streams of M. S. Ramaiah College of Arts Science and Commerce on 30th September 2024.

Students from all departments are invited to participate.

Venue: Mother Theresa Auditorium

Time: 11:00 am onwards

HOD

Principal



DEPARTMENT OF HUMANITIES
DIGITAL DETOX FOR A HEALTHY MIND

Date: 30-09-24

Time: 11:00 AM -12:30 PM

Name of the resource person: Dr. Ankitha Umakanth

Venue: Mother Theresa Auditorium

Quarter- III

No of Students present - 43

No of Faculty – 3



**MS RAMAIAH COLLEGE OF ARTS, SCIENCE
AND COMMERCE - AUTONOMOUS**

DEPARTMENT OF HUMANITIES

**ORGANISES
A GUEST LECTURE ON**

DIGITAL DETOX FOR A HEALTHY MIND

 **30 SEPTEMBER 2024**  **11:00 AM**

 **VISHWESHWARAYA AUDITORIUM**



GUEST SPEAKER
Dr. ANKITHA UMAKANTH
Counselling Psychologist

Ms. Dionne Bose
Faculty Coordinator

Dr. Ravi Shankar AV
Head of the Department

Dr. Pushpa H
Principal



The Department of Humanities organised a Guest Lecture on “Digital Detox for a Healthy Mind” in association with Dr. Ankitha Umakanth Founder- Mind Auraa who is a Psychologist and Trainer. The guest lecture was open to all the UG students. It was an enlightening experience as the resource person Dr. Ankitha Umakanth, touched on various aspects of our dependence on technology and what happens when we feel like we can’t live without it. She shed light on the ill effects of technology. She told us about how too much usage of digital devices causes health problems like lack of sleep which could lead to Insomnia.

The resource person told us about Dopamine Disaster, which happens when we experience a surge of Dopamine when we check social media or engage in online shopping. This sucks us into a vicious cycle of wanting a Dopamine surge through technology. She told us how we could limit our use of digital devices. Dr. Ankitha made us be part of an interesting “paper tearing exercise”, which showed us that we are all unique in the way we do things. She asked us what would we want if we were marooned on an island to which the students gave interesting answers. She told us how we can achieve our goals and dreams through S.M.A.R.T.: Specific. Measurable. Attainable. Relevant. Timely. The guest lecture was an informative and insightful experience. The students greatly benefitted from it.

