

PROGRAM REPORT

Name of the program: Mind Hygiene 2.0

Category: Extra Mural activity

Date: 20/3/2024

Speaker: Dr. Jyotik Bhachech (M.B.B.S, D.P.M)

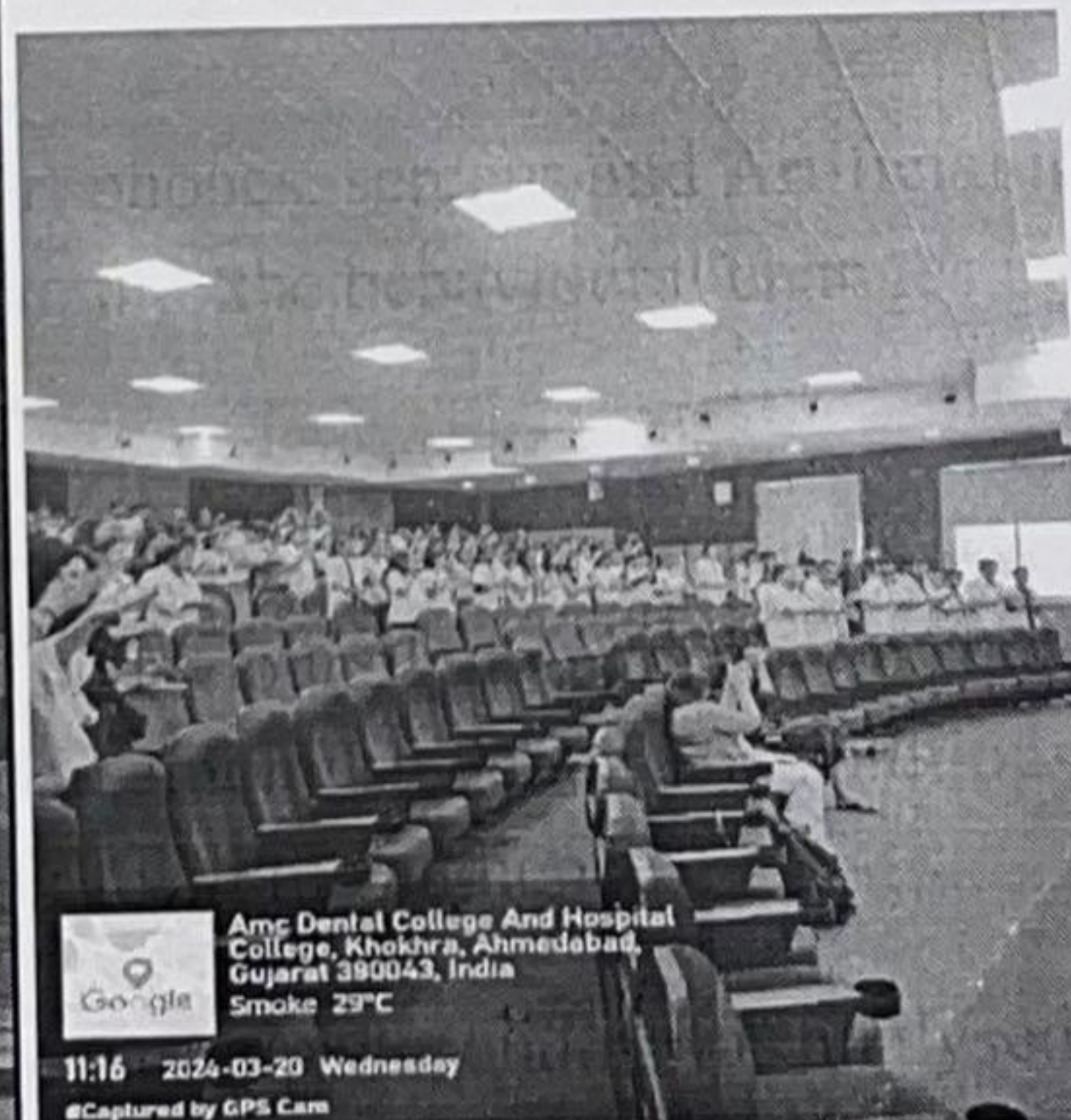
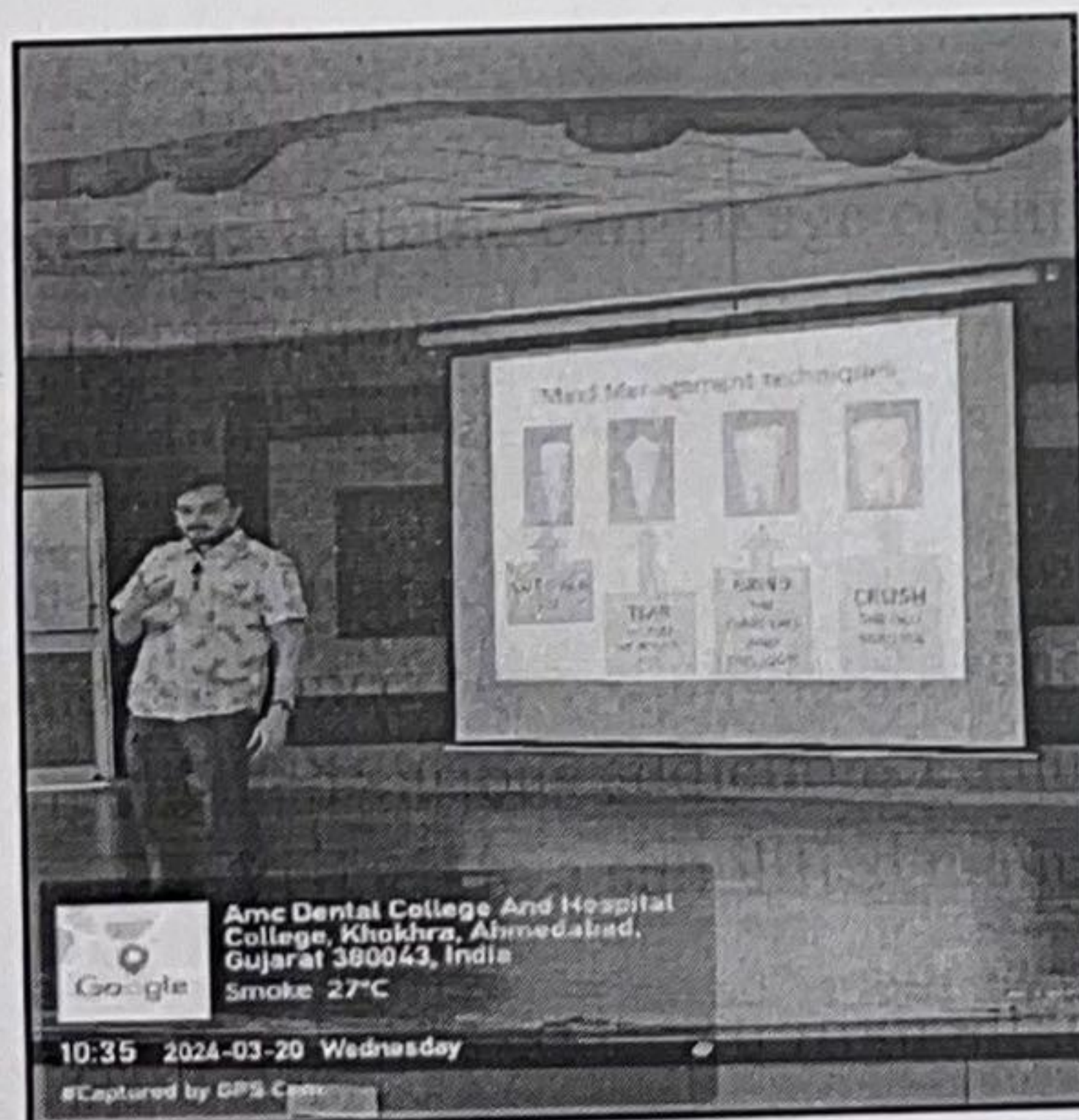
No. of Participants: 342

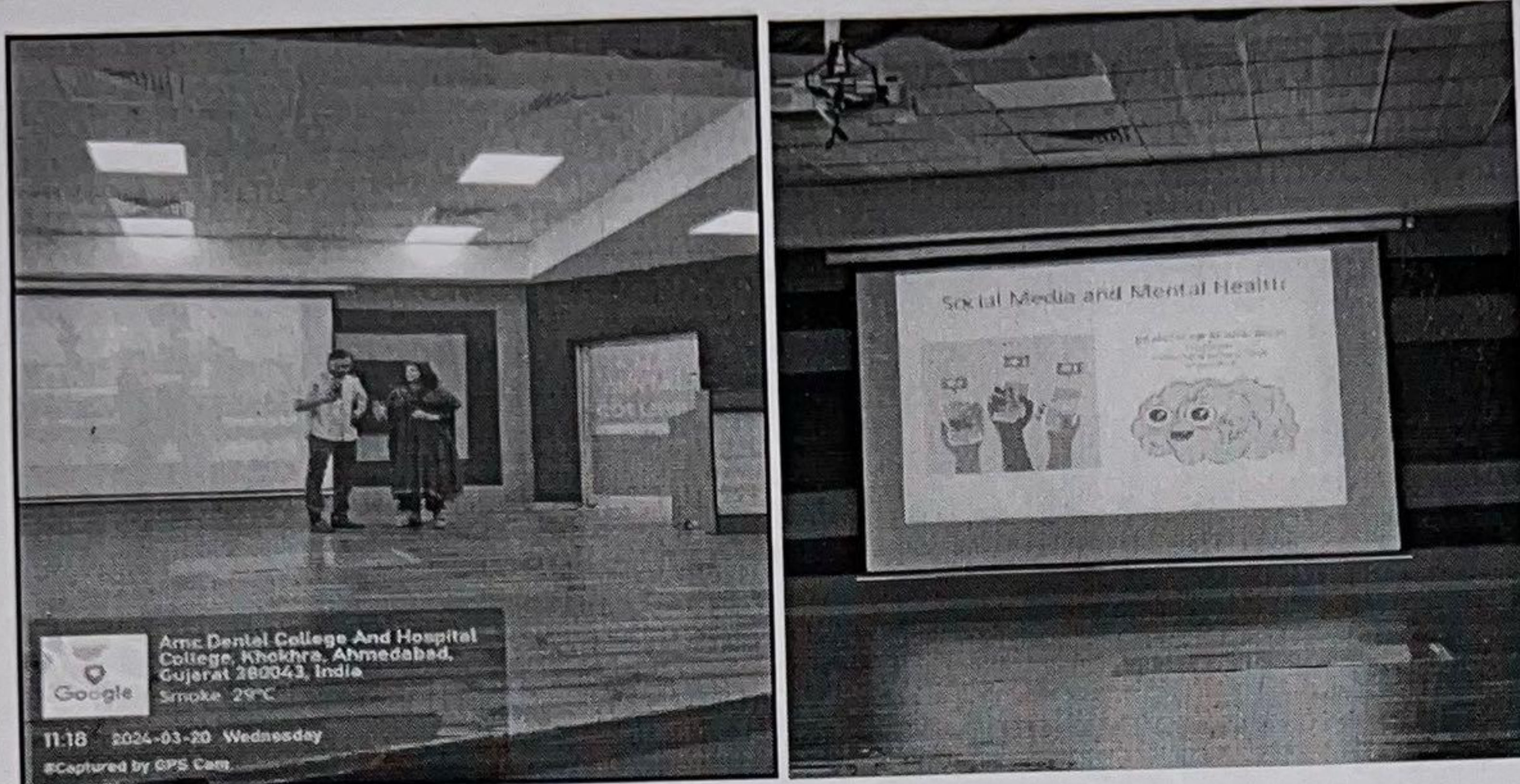
Program Co-ordinator:

Report: With the current age of Smart phones, screens and Artificial intelligence, it is imperative to understand that we delve into the behavioural changes in the students on addiction or over usage of mobile.

In a very interactive manner, Dr Jyotik Bhachech highlighted this scenario as a grave disease and explained both scientifically and behaviourally the impact on student life. He also highlighted various addictions common among students. The solutions to these problems were explained in a simplified manner to all the audience.

A feedback was collected from all the participants and it was analysed that 100 percent agreed on usefulness of program and equally found it to be helpful. Personal queries and suggestions were welcome and similar programs were to be organised on advise of Dean Dr Dolly Patel ma'am.





Dr Chirag Rudakia
Program Co ordinator