



DIGITAL WELLNESS

IEEE MVSR Student Branch in collaboration with MVSR ACM Student Chapter (Association for Computing Machinery) presented a webinar on Digital Wellness. The main motto behind the event was to bring awareness on how should one express and present themselves on social platforms.

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Dr. Atul Negi,
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Principal and Professor,
MVSR Engineering College.

Student Branch Counsellor:

Dr. D. Hari Krishna,
Associate Professor, EEE Dept.,
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Women in Power	Ms. B. Rajya Laxmi

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Session Details:

Date: 12th September 2021

Timings: 11:00 PM to 1:00 PM

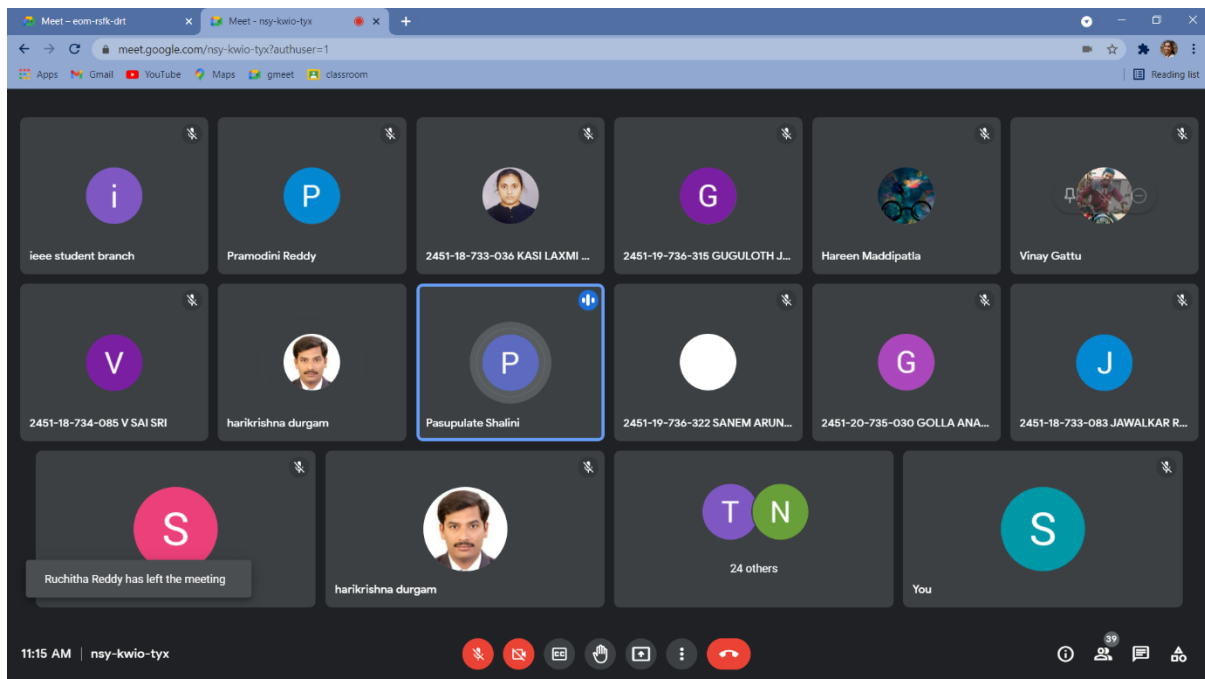
Number of participants: 37

Speaker of the Session: Mr. Anil Rachamalla, Founder, End Now Foundation,
Internet ethics and Digital Wellbeing Expert

The event was commenced by Mr. Ch. Sai Teja, IEEE MVSR Student Branch Chairperson by welcoming the speaker of the session Mr. Anil Rachamalla, Founder, End Now Foundation, Internet ethics and Digital Wellbeing Expert, Dr D Hari Krishna, Student Branch Counsellor IEEE MVSR Student Branch, Mrs A Vijaya Vahini, WIE Affinity Group Advisor, IEEE MVSR Student Branch and the attendees of the session. He then called upon Mr Sai Jaideep, ACM MVSR chairperson to address the meet.

Mr Sai Jaideep, ACM MVSR Chairperson acknowledged the opportunity for collaborating with IEEE MVSR for this event. He mentioned that the event was the first collaboration event of new MVSR ACM Student Chapter ExCom members and assured that many more such events will be held in the future.

Followed by this, Mrs P. Shalini, Assistant Professor CSED and faculty advisor MVSR ACM greeted the participants. She then advised the participants to be interactive throughout the session and take the best out of this event.



Mrs. P Shalini addressing the session

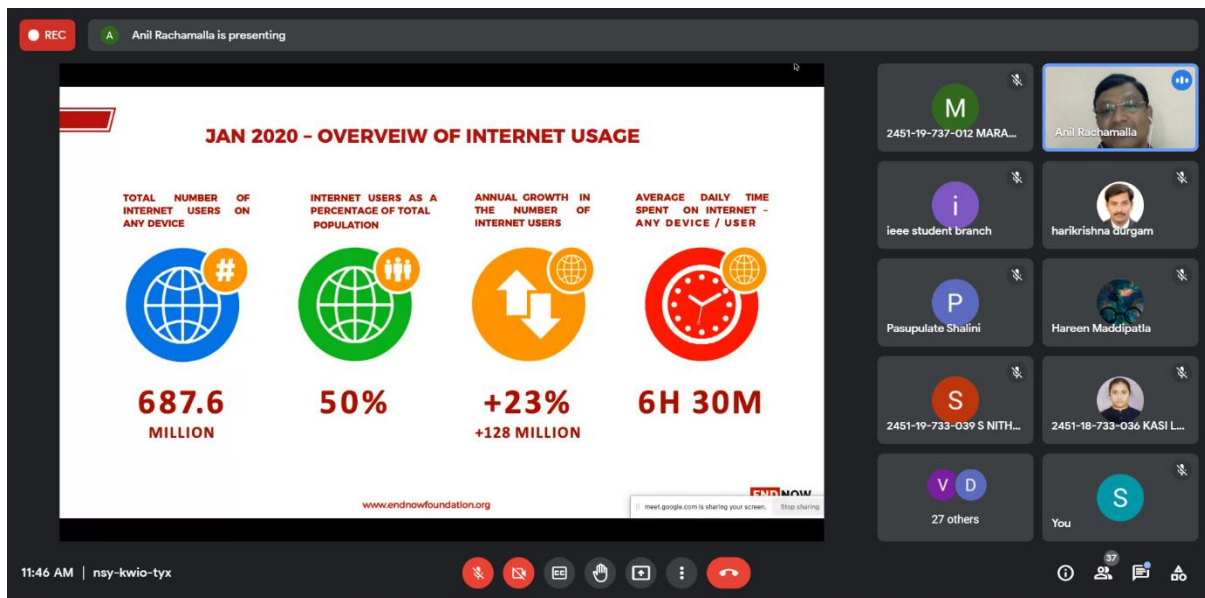
Later, Dr D. Hari Krishna, Student Branch Counsellor IEEE MVSR Student Branch addressed the session by welcoming the speaker of the session and the participants. He mentioned that Mrs P Shalini, Advisor MVSR ACM proposed the idea for this event which could bring awareness on digital wellbeing in this digital era. He wished good luck for both IEEE MVSR SB and MVSR ACM Student Chapter for the upcoming events.

Next, Mr Jawalkar Rithvik, Vicechair of MVSR ACM Student chapter introduced Mr. Anil Rachamalla, the speaker of the session. Mr. Anil Rachamalla has delivered more than 200 talks, FM radio shows and columns in News Papers with over 25 years of experience. He mentioned that Mr Anil Rachamalla is the recipient of many prestigious awards such as Karma Weer chakra award, unsung heroes and social media influencer awards. He then thanked Mr. Anil Rachamalla for his presence and requested him to take over the session.

Then Mr Anil Rachamalla presented the objectives of the session. He then discussed about digital wellbeing and social profiling. He mentioned that social media should be a voice for the voice less people but people on social platforms are not able to understand what is happening around themselves. He then briefed about the change in the way of communication and usage of internet slang in real conversations.

Mr Anil Rachamalla suggested that we should switch off the notifications as they keep informing us about things which we are not supposed to be informed. He also added that advertisement on social platforms targets the specific audience who are interested in the product or service. He mentioned that people are forwarding the messages even if they are not sure about their worth. He then stated that the purpose of the social platforms has completely changed and now people are trying to impress people who they do not know and social platforms are making people unsocial.

Then Mr Anil Rachamalla mentioned the importance of awareness on digital wellbeing. One should know their boundaries while presenting themselves in the social world. He then described about the various diseases like the Google effect, Facebook Depression, seeking attention and getting no proper sleep. He suggested that the way we educate children about manners, they should also be educated about digital manners.

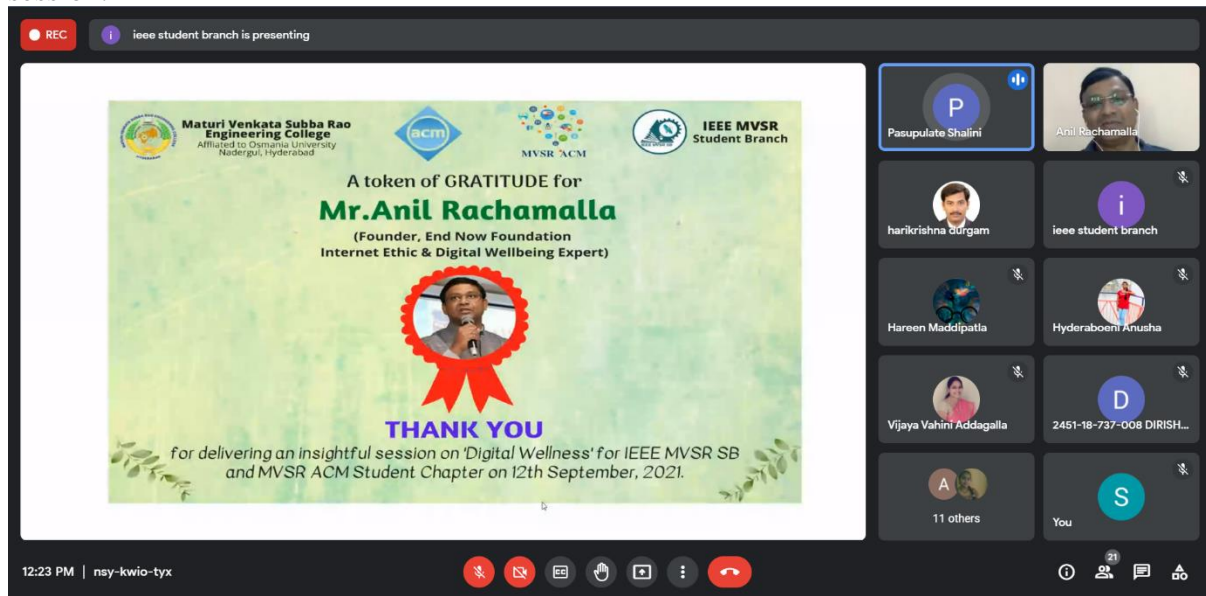


Mr Anil Rachamalla speaking about internet usage in 2020

Mr Anil Rachamalla stated that online world and offline worlds are two different and important places, one has to focus on both appropriately. He mentioned that virtual interactions are not safe with unknown people. He also added that parents should spend time with their children, making them feel comfortable around you which can reduce their screen time and also, they need not search for people online to share their feelings.

Then Mr Anil Rachamalla concluded by stating that there is no scale to say how much time or importance should be given to the social platforms but one should create the scale themselves. He then answered the queries posted by the participants.

Dr D Hari Krishna thanked the speaker for sharing day to day examples. He then presented a virtual memento as a token of gratitude for Mr Anil Rachamalla for delivering insightful session.



Dr D. Hari Krishna presenting a virtual memento to Mr. Anil Rachamalla

Then Mr Anil Rachamalla added that, sessions can be organized on digital detox and cybercrime in the coming days. Ms. P Shalini thanked the speaker and participants for actively participating throughout the session.

Vote of thanks delivered by Ms. Navya Sree, IEEE MVSr Student Branch Joint Secretary, marked the end the session.

**REPORTED BY:
IEEE MVSr SB**