

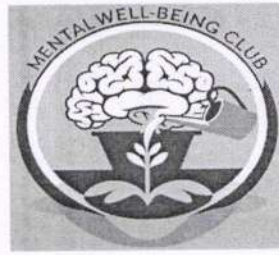


# TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC GRADE "A" INSTITUTE (CYCLE-1)

Approved by AICTE, Ministry of Education Govt. of India,  
Affiliated to G.G.S.I.P University & Recognized Under Sec. 2(f) of UGC Act 1956.

INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085



Ref. No: TIAS/MHYC/2024-25/005

Date: 5 November, 2024

## Tecnia Mental Well-being Club

### **Title: Work-Life Balance and Digital Detox Workshop**

#### **Values:**

Balance, Mindfulness, Self-regulation, Intentional Living, Digital Well-being

#### **Learning Outcome:**

Students learned to create a healthier balance between academic life and personal well-being while adopting mindful digital habits to improve focus, mental health, and overall productivity.

#### **Objectives:**

- To help students understand the importance of work-life balance
- To equip students with techniques for prioritizing responsibilities and managing time effectively
- To raise awareness about the mental health impact of excessive screen time and digital overload
- To encourage the adoption of mindful digital practices and self-care routines

#### **Organized by:**

Tecnia Mental Well-being Club

#### **Program Theme:**

**Balancing Life and Technology for Well-being**

#### **External/Internal Expert:**

Internal

#### **Date:**

5th November 2024

#### **Time:**

12:00 to 1:00 PM

#### **Venue:**

Tecnia Institute of Advanced Studies



*Pranoti*

**PRAGATI GANOTRA**  
Clinical Psychologist

Nodal Officer, Mental Health & Yoga Club  
Tecnia Institute of Advanced Studies  
Madhuban Chowk, Rohini, Delhi-85



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**No. of Students:**

65

**No. of Faculty:**

12

## Report Description:

On 5th November 2024, the Tecnia Mental Well-being Club conducted a dynamic workshop titled "*Work-Life Balance and Digital Detox*" for students of all courses. The session was designed to help students achieve a healthier balance between academic duties and personal life. Through engaging discussions and reflective exercises, students explored strategies for task prioritization, time management, and setting boundaries for study, relaxation, and social engagement. A core component of the workshop addressed the growing reliance on digital devices and the detrimental effects of screen overuse—particularly doom scrolling—on sleep, mental well-being, and academic focus. Students were introduced to digital detox strategies such as app usage monitoring, establishing tech-free times/zones, and reconnecting with offline experiences. The session concluded with a focus on intentional living and self-care, leaving students with actionable insights to foster a more balanced, productive, and meaningful daily life.



## Work-Life Balance and Digital Detox

**Date:** 5th November 2024

**Time:** 12:00 PM - 1:00 PM

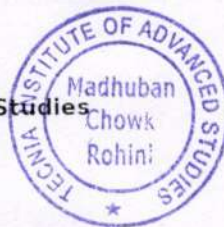
**Venue:** Auditorium, TIAS

**Why You Should Attend:**

- Understand the impact of digital overload
- Learn simple strategies to maintain work-life balance
- Tips for mindfulness, productivity, and peace of mind
- Explore how digital detoxing improves mental health

**Organized by:**

- Mental Health and Yoga Club
- Tecnia Institute of Advanced Studies



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