

Goa Business School Goa University

presents

LEARN MORE AND BEYOND [Capacity Building and Skill Enhancement Series]



Workshop on 'Digital Wellness'

Rijul Arora
Certified Digital Wellness Educator and
Thought Leader | TEDx Speaker

March 22, 2022 (Online Mode)

11.30 a.m. to 1.30 p.m.

Google Meet Link : <https://meet.google.com/nnz-dbny-wjm>

Session Coordinator - Dr. Pinky Pawaskar

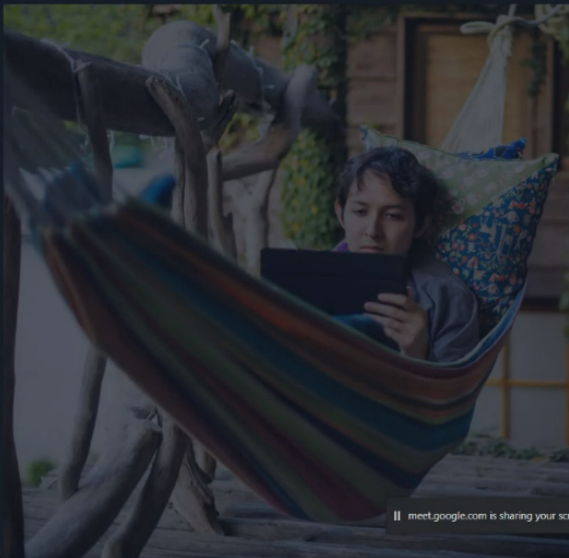
Programme Director, Financial Services

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Digital wellness is about Balance..



The image shows a person lying in a colorful striped hammock, holding a tablet. The background is a blurred outdoor setting. A digital wellness scale is overlaid on the right side of the image. The scale is a horizontal bar with a yellow slider. The scale is divided into four sections: Digital Detox (white), Digital Minimalism (light gray), Digital Overuse (dark gray), and Digital Addiction (yellow). The slider is positioned between Digital Minimalism and Digital Overuse. Below the scale is a circular arrow icon and the text 'Digital Flourishing™'. At the bottom of the image, there is a Google Meet interface showing a 'meet.google.com' link and buttons for 'Stop sharing' and 'Hide'.

Digital Detox

Digital Minimalism









Digital Overuse





Digital Addiction

Digital Flourishing™

Source:
Digital Wellness Collective

11:43 AM | nnz-dbny-wjm

The screenshot captures a Google Meet interface during a session titled "nnz-dbny-wjm". At the top, the browser's address bar shows the URL "https://meet.google.com/nnz-dbny-wjm?pli=1". Below the header, a banner indicates "Rijul Arora is presenting". The central video area displays a presentation slide from Goa University. The slide features the university's crest and the title "GOA UNIVERSITY" above the subtitle "Digital Wellness: Your choice to digitally thrive in the age of hybrid academic work & distractions". To the right of the main video, a vertical list of participant thumbnails is visible. From top to bottom, they are: Rijul Arora (with a blue border indicating he is the active speaker), Pinky Pawaskar, Jolina Mascarenhas (represented by a grey circle with the letter 'J'), shreyan Pinto (represented by a green circle with the letter 'S'), a group icon for "22 others" (two overlapping orange and blue circles with the letter 'S'), and a thumbnail for "You" showing a woman. At the bottom of the screen, a toolbar contains icons for muting/unmuting, ending the call, chat, raising the hand, screen sharing, and other controls. The system tray at the very bottom shows the time as 11:41 AM on 22-03-2022, along with weather information (32°C Haze) and various background application icons.