



### EMBRACING TRANQUILITY: A TECHNOLOGY DETOX RETREAT

**Date:** 21st May 2024

**Time:** 11:50 AM

**Venue:** A Block, Room 209, K.R.M.U

**Event Type:** Expert Session

**Mode of Activity:** Offline

**Target Audience:** Pan-University Students

**Resource Person:** Mr. Sumit Bhatia, Deputy Commissioner IRS (C&IT)

**Faculty Coordinators:** - Dr. Manju Rani (Asst. Prof. SOHS)

**Organized by:** CHETNA SOCIETY

**Number of Participants:** 40

#### **Introduction:**

On 21st May 2024, the Chetna Society of K.R. Mangalam University organized an insightful expert session titled "Embracing Tranquility: A Technology Detox Retreat." The session was conducted by Mr. Sumit Bhatia, Deputy Commissioner IRS (C&IT) and Director General of GST Intelligence, Gurgaon Zonal Unit. The event commenced at 11:50 AM in Room 209, A Block of the university campus.

Mr. Sumit Bhatia holds a prestigious position within the Indian Revenue Service (IRS) and currently serves as the Director General of GST Intelligence in the Gurgaon Zonal Unit. With extensive experience in technology and intelligence, Mr. Bhatia brings a unique perspective on the impacts of technology on daily life and the importance of digital wellness.

#### **Objectives:**

- To inform participants about the negative effects of excessive technology use on psychological well-being.

- To encourage participants to take regular breaks from digital devices to improve mental health and overall well-being.
- To provide valuable knowledge and practical tips from an expert in the field, Mr. Sumit Bhatia.
- To emphasize the importance of mindfulness and self-awareness in daily life.

## Highlights

### 1. Introduction to Technology Detox

- Mr. Bhatia began by discussing the pervasive nature of technology in contemporary society. He highlighted how constant connectivity and digital engagement can lead to stress, anxiety, and reduced productivity.
- He defined a technology detox as a deliberate period during which individuals minimize their use of digital devices to rejuvenate their minds and bodies.

### 2. Impact of Technology on Mental Health

- The speaker provided compelling statistics and research findings on the adverse effects of excessive screen time, including disrupted sleep patterns, decreased concentration, and heightened stress levels.
- Mr. Bhatia shared personal anecdotes and examples from his professional experience to illustrate the real-world impact of digital overload.

### 3. Benefits of a Technology Detox

- Improved Focus and Productivity: By reducing distractions, individuals can enhance their focus and complete tasks more efficiently.
- Enhanced Relationships: Disconnecting from devices allows for more meaningful interactions with family and friends.
- Better Physical Health: Less screen time can reduce the risk of eye strain, headaches, and poor posture.
- Greater Mindfulness: A technology detox encourages individuals to be more present and engaged in their surroundings.

### 4. Practical Tips for a Successful Detox

- Setting Boundaries: Establish specific times of day to disconnect from digital devices, such as during meals or before bedtime.
- Creating Tech-Free Zones: Designate certain areas of the home or workplace as

technology-free spaces to encourage relaxation and social interaction.

- Engaging in Alternative Activities: Pursue hobbies, exercise, read books, or spend time outdoors to divert attention away from screens.
- Mindfulness Practices: Incorporate mindfulness techniques, such as meditation and deep breathing exercises, to reduce stress and promote mental clarity.

## 5. Interactive Q&A Session

- Attendees were allowed to ask questions and share their experiences with technology use. Mr. Bhatia provided thoughtful responses and personalized advice on managing digital consumption.

## Session Overview

The session "Embracing Tranquillity: A Technology Detox Retreat" focused on the growing need to balance technology use with mindfulness and well-being. Mr. Bhatia emphasized the significance of taking regular breaks from digital devices to enhance mental health, productivity, and overall quality of life.

## Conclusion

The session concluded with Mr. Bhatia encouraging all participants to take proactive steps towards embracing tranquillity through regular technology detox practices. He emphasized that by striking a balance between digital engagement and mindfulness, individuals can lead healthier, more fulfilling lives.

## Acknowledgments

The Chetna Society of K.R. Mangalam University received a commendation for organizing the event, which provided valuable insights and practical strategies for managing technology use in today's digital age. The attendees expressed their gratitude to Mr. Sumit Bhatia for his enlightening presentation and actionable advice. The session was well-attended by students, faculty, and staff members, reflecting a high level of interest and engagement.





Dr Manju Rani welcoming guest Mr. Sumit Bhatia



The expert explained various mindfulness techniques