



Report

“Prakriti Vairagya – Embracing Media Silence for Mental Clarity through Digital Detox”

Date: 18th February 2025

Time: 2:30 PM.

Venue: B317, B Block, K.R. Mangalam University

Event Type: Skill-Based activity

Mode of Activity: Offline

Target Audience: Pan-University Students

Faculty Coordinators: - Dr Manju Rani, (Convenor, Chetna Society)

Organized by: CHETNA SOCIETY

Number of Participants: 42

On **18th February 2025**, the **Chetna Society** at **K.R. Mangalam University** organized an insightful session titled *Prakriti Vairagya: Embracing Media Silence for Mental Clarity through Digital Detox*. The event, convened by **Dr. Manju Rani, Convenor, Chetna Society**, was held at **B317, B Block**, and welcomed students and staff from across the university. This offline session aimed to promote **mindful living and digital minimalism**, encouraging participants to reflect on their **media consumption habits** and explore ways to achieve a healthier balance with technology.

Objectives of the Event

The primary objective of the session was to create awareness about the **psychological impact of excessive media usage** and the necessity of a **digital detox** for mental clarity. It aimed to encourage participants to practice **mindful media consumption** and adopt **intentional digital habits** for overall well-being. Additionally, the event sought to introduce **meditation and mindfulness techniques** to help individuals reduce digital distractions, improve concentration, and achieve emotional balance.

Event Highlights

The session began with a **powerful theatrical performance** that vividly portrayed the **consequences of excessive screen time, social media addiction, and information overload**. The thought-provoking enactment deeply resonated with the audience, prompting them to introspect on their **digital dependency** and its impact on their mental and emotional well-being.

Following the performance, a **guided meditation session** was conducted, offering participants an opportunity to experience **mental stillness and self-awareness**. This session helped attendees disconnect from digital distractions and focus on their **inner peace**, reducing stress and enhancing clarity of thought. The atmosphere was filled with a sense of tranquility as participants embraced the moment of silence, away from the constant noise of the digital world.

During the session, **Dr. Manju Rani** emphasized the **importance of digital detox for mental clarity** and discussed the **adverse effects of excessive screen exposure on cognitive functions, productivity, and emotional health**. She encouraged participants to incorporate **mindful digital habits** into their daily routines, such as **limiting screen time, practicing media fasting, and engaging in offline activities** that nurture creativity and well-being.

Outcomes of the Event

The session received an **overwhelmingly positive response**, reflecting the growing need for **digital mindfulness initiatives** in academic settings. Participants gained a **better understanding of how digital overuse affects their mental health** and were motivated to adopt a **healthier relationship with technology**. Many attendees shared that they felt **rejuvenated and inspired** to implement **regular digital detox practices** in their routines. The event also initiated meaningful conversations around **mindful media consumption**, empowering students and staff to take conscious steps toward **reducing digital stress and enhancing personal well-being**.

Conclusion

Prakriti Vairagya: Embracing Media Silence for Mental Clarity through Digital Detox was a **transformative experience** for the participants, reminding them of the importance of **mindful engagement with technology**. The session successfully fulfilled its objective of promoting **self-awareness, digital discipline, and mental clarity** among students and staff. The **Chetna Society** looks forward to organizing more such **thought-provoking events** that foster **mindfulness, emotional well-being, and balanced living** in the digital age.

Glimpse:



Photo1: Students participating in activity via play



Photo2: participant experiencing meditation session



Photo3: Group Photo



Photo 4: Picture with banner