



BHARATI VIDYAPEETH
(Deemed University, Pune)
Department of Engineering & Technology
Navi Mumbai

DIGITAL DETOX EVENT

- Name of Event** : Digital Detox event
- Date & Time** : Wednesday, 10th January, 2024 ,
- Faculty coordinators** : Prof. Reshma Kanse , Prof. Supriya and Prof. Pooja.
- Chief Guest** : Dr. Rekha Chaudhari , Mr Yogesh Alekari , Mrs Nisha Haraale.
- Judges** : Miss Kanishka Ramchandani , Mrs Binda Kanayalkar ,
Mr Mayuresh Asodekar , Mrs Meetu ,
Miss Vandana Chaudhari , Miss Pranita Chaudhari .
- Venue** : Seminar Hall.
- Participants** : Students from 1st year to 4th year and other colleges
- BVDU Nursing College
 - BVDU Management
 - Oriental Institute of Management
- Process** :
- Lamp lighting.
 - Introduction.
 - Felicitation.
 - Speech.
 - Break.

- Results.
- Speech.
- Thanksgiving.

Volunteers : Discipline Committee.

Coordinators : Students Council.

Prepared by

Event	Specification	Time Duration
Lamp lighting	The respected principle sir, the respected judges and the chief guest come together to light the candle for the respected Dr. Patangrao Kadam.	11:15 AM – 11:30 AM (15 min)
Introduction	The anchor introduce the judges and the chief guest to the audience.	11.30 AM – 11:45 AM (15 min)
Felicitation	The respected principle sir felicitate the chief guest and the HOD's felicitate the judges.	11:45 PM – 12:00 PM (15min)
Speech	The respected chief guest Dr. Rekha Chaudhari mam tell us about the importance of the Digital Detox to the audience.	12:00 PM – 1:00 PM (1 hour)
Break		1:00 PM – 1:30 PM (30 min)
Competition	In the competition the beautiful speeches were given by the participants.	1:30 PM – 4:30 PM (3 hours)
Speech	The respected chief guest Nisha Haraale mam enlighten the audience with the importance of the digital detox.	5:00 PM – 5:15 PM (15 min)
Results	The results were announced by the judges and the price distribution were conducted by the chief guest and the principal sir.	4:30 PM – 5:00 PM (30 min)
Thanks giving	The anchor starts the thanksgiving and the event gets ended.	5:15 PM – 5:30 PM (15 min)

Note:

1. All faculty coordinators are responsible to handle concern events smoothly.
2. Faculty coordinators should submit report to activity coordinators after completion of

events.

DIGITAL DETOX

Do you often find yourself glued to your smartphone screen and scrolling endlessly as chunks of time slip away? You're not alone. Research shows that about 61% of people admit they're addicted to the internet and their digital screens.

Worse, that constant connection can also take a toll on your quality of life and overload your senses. That's why taking a break from your numerous social media apps and some time away from screens could help be good for your mental and physical health.

And that's where a digital detox comes in. This is a period of time during which you intentionally reduce the amount of time you spend online on your devices. You may even opt to disconnect completely.

One study found that around 25% smartphone owners between ages 18 and 44 don't remember the last time their phone wasn't right next to them.

All that time online can cause:

- Self-image problems
- Low self-esteem
- Sleep problems
- Depression
- Anxiety
- Weight gain
- Unhealthy eating
- Lack of exercise
- Lack of time management
- Work ethic problems

Experts also found that heavy smartphone use can cause changes in your brain. Every scroll or swipe sends a hit of dopamine to the same areas of your brain that respond to addictive and dangerous drugs like cocaine.











Attendance

Sr. No	ID No.	Name of Candidate	Mobile No	Degree	Name Institute
1	A1	Tanashvi Pujari	8657695926	B.Tech	BVDU-DET-NM
2	A2	Mansi Sharma	8591106608	B.Sc Nursing	BVCO NURSING
3	A3	Meenal Motlekar	9579323648	B.Sc Nursing	BVCO NURSING
4	A4	Delson Davis	8149216355	B.Sc Nursing	BVCO NURSING
5	A5	Keerthana . T	9137765470	B.Sc Nursing	BVCO NURSING
6	A6	Aarush Shrivastav	9695292323	B.Tech	BVDU-DET-NM
7	A7	Disha Jain	9004635747	B.Tech	BVDU-DET-NM
8	A8	Yoshita Maddal	7208316379	B.Tech	BVDU-DET-NM
9	A9	Prajakta Bangale	8108372001	B.Tech	BVDU-DET-NM
10	A10	Anamika Jaiswal	7400194096	B.Tech	BVDU-DET-NM
11	A11	Shivani Patkar	7777014720	B.Tech	BVDU-DET-NM
12	A12	Lekha Dhuri	7507558757	B.Tech	BVDU-DET-NM
13	A13	Harshita Khudwalkar	8169825404	B.Tech	BVDU-DET-NM
14	A14	Ujjwesh Rao	8830323976	B.Tech	BVDU-DET-NM
15	A15	Tanvii Kokitkar	9986320679	B.Tech	BVDU-DET-NM
16	A16	Mithil Mahadik	8451985096	B.Tech	BVDU-DET-NM
17	B1	Neeta Devkar	8169722915	B.Sc Nursing	BVCO NURSING
18	B2	Samiksha Kokate	8007910134	B.Sc Nursing	BVCO NURSING
19	B3	Varsha Singh	9167238502	MMS	ORIENTAL INSTITUTE OF MANAGEMENT
20	B4	Samiksha Patil	9619344245	MMS	ORIENTAL INSTITUTE OF MANAGEMENT
21	B5	Riddesh Gaonkar	8879962331	MMS	ORIENTAL INSTITUTE OF MANAGEMENT
22	B6	Aviraj Dongre	8767480669	B.Tech	BVDU-DET-NM
23	B7	Aniket Giri	9309141461	B.Tech	BVDU-DET-NM
24	B8	Saurabh Todkar	9324613117	B.Tech	BVDU-DET-NM
25	B9	Soham Bait	7304996545	B.Tech	BVDU-DET-NM
26	B10	Sarang Netteth	8089043472	B.Tech	BVDU-DET-NM
27	B11	Adwait Shinde	9594797055	B.Tech	BVDU-DET-NM
28	B12	Adarsh Shukla	9499669453	B.Tech	BVDU-DET-NM

Winners of the Event:-

1st Samiksha Kokate - BVCO NURSING

2nd Manshi Ramesha Sharma - BVCO NURSING

3rd Samiksha Patil -ORIENTAL INSTITUTE OF MANAGEMENT

Winner are awarded with cash prize of 5000 along with certificate, 1st runner up will get 3000 cash prize and certificate and the 2nd runner up will get 2000 cash prize which will be deposited in their account.

(Prof. Reshma Kanse)

FACULTY CO-ORDINATOR

DEPARTMENT OF ENGINEERING &

TECHNOLOGY

KHARGHAR, NAVI MUMBAI

(Dr. Mohan Awasthy)

PRINCIPAL

DEPARTMENT OF ENGINEERING &

TECHNOLOGY

KHARGHAR, NAVI MUMBAI