

**G. S. Mandal's**  
**Maharashtra Institute of Technology, Chhatrapati Sambhajinagar.**  
**(An Autonomous Institute)**  
**Emerging Science & Technology Department**  
**Expert Talk on Digital Wellness**  
**28<sup>th</sup> March 2025**

**Expert Talk**

**Title:** Expert Talk on “**Digital Wellness**”

**Resource Person:** Ms. Mitali Lathi (Counseling Psychologist, Life Coach, Vice-President - Chetana Empowerment Foundation)



**Overview:**

The Emerging Science And Technology Department had successfully organized an expert talk on **Digital Wellness** on **28<sup>th</sup> March 2025**. The session was conducted by **Ms. Mitali Lathi**, a renowned Counseling Psychologist, Life Coach, and Vice-President of **Chetana Empowerment Foundation**.

With an extensive background in psychology and alternative therapy, Ms. Lathi has been instrumental in guiding individuals toward maintaining a balanced digital life. She is currently pursuing a Ph.D. in Psychology, specializing in **Screen Addiction & Mindfulness**.



### Objectives of the Session:

- To understand the impact of excessive screen time on mental well-being.
- To explore strategies for maintaining a balanced digital life.
- To promote mindfulness techniques for reducing digital distractions.
- To create awareness about healthy digital habits among students.

### Key Highlights:

- Ms. Lathi shared valuable insights on the psychological effects of digital overuse, including stress, anxiety, and reduced productivity.
- She introduced **Mindfulness Techniques** to help students manage their screen time effectively.
- Real-life case studies were discussed to demonstrate the adverse effects of digital addiction.
- The importance of **Digital Detox** and setting boundaries for social media consumption was emphasized.
- An interactive Q&A session allowed students to seek guidance on managing their digital habits efficiently.

### Learning objective:

- Enhanced awareness of digital wellness and its significance in daily life.

- Practical techniques to reduce screen dependency and improve focus.
- Understanding the role of mindfulness in fostering mental well-being.
- Encouragement to adopt healthier digital habits for a better work-life balance.



### Conclusion:

The expert talk on **Digital Wellness** was an insightful session that provided students with crucial knowledge on managing their digital interactions wisely. The engaging discussion and practical strategies shared by Ms. Mitali Lathi empowered participants to lead a more mindful and balanced digital life. The department extends its gratitude to Ms. Lathi and the **Chetana Empowerment Foundation** for their valuable contribution to promoting digital well-being.

Ms Parmeet Gill / Dr Dipa Dharmadhikari

Faculty Coordinator

Prof. Dr. Kavita Mohite (Bhosle)

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