



ST FRANCIS DE SALES COLLEGE

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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

ONE DAY NATIONAL WEBINAR ON "PSYCHOLOGY THROUGH TECHNOLOGY"

DATE:18/05/2021

VENUE:G-MEET (OPEN PLATFORM)

Department : **psylight club**

Dept . Of psychology postgraduate centre

In Association with **Research and IP Cell**

RESOURCE PERSON :

Dr Mohammed Abeer .K. C. M.Sc., PhD

senior counsellor,
Counselling centre,
Indian Institute of technology
Kharagpur and

Dr . KRISHNAMURTHY V.S

Assistant professor and Head of the
department of psychology
government Home science college
for women, Hassan



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NATIONAL WEBINAR ON

Title	One DAY National Webinar on "Psychology through Technology"
Date Of Events	18/05/2021
Department / Association	Research and IP cell
Venue	G Meet (Open Platform)
Number of Participants	234

Resource Persons with Qualification	Dr Mohammed Abeer K.C. M. Sc., PhD Senior counsellor, Counselling centre, Indian Institute of Technology Kharagpur And Dr. KRISHNAMURTHY V. S Assistance Professor and Head of the Department of Psychology Government Home Science College for women, Hassan
Books (if published)	Fun -Fin Stories

Report:

PsyLight Club, Dept. of Psychology, Postgraduate Centre in association with Research & IP Cell organized One-day National Webinar on "Psychology through Technology" on 18 May 2021. The focus of the webinar was to understand the effect of digitalization on psychological well-being and mental health and also understand the impact of digitalization on psychological treatments.



Electronics City P.O., Bengaluru - 560 100

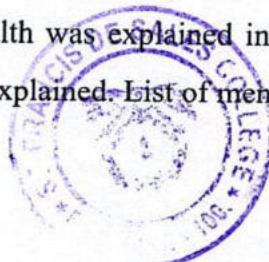
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The session was planned from 3.00 p.m to 5.00 p.m. Two eminent speakers were invited for Webinar. Participants has registered through google form. 234 participants had registered for the event. The session began with prayer song and participants were formally invited. Speakers were introduced right before they begin the session.

Session 1: Dr Mohammed Abeer handled the first session. He introduced the topic, gave basic introduction to the concepts. Later he spoke about the scope of digital interventions. Common therapeutic modality for digital interventions were discussed. Importance of developing models for digital interventions were explained in detail. Content to be included in the model, delivery mode and characteristics were explained in detail. Several examples were given to give more clarity to participants. His rich experience in the field was shared, which was very informative. Adherence to digital intervention were briefed. Measures to be taken to overcome adherences were suggested. Practical measures were detailed. Several research studies were explained supporting the content shared. Data supporting research works were explained. A detailed explanation to each concept was very well received by participants. Importance of gamification was explained. Several new elements were discussed and participants had many new learning during the session. Several doubts of participants were clarified. As a whole the session was very informative and enlightening.

Session 2: Dr Krishnamurthy VS handles the second session. He took over by giving the summary of first session. He started talking about the importance of digitalization, particularly during pandemic. The help or digital era being the support system for functioning of the society was explained. Difference in digitalization and social media was explained. The speaker explained the difference in using social media and excessive use of social media. Relevance and importance of social media was briefed. Impact of social media on cognitive, emotional, behavioural and spiritual aspects was explained. Effect of internet us and mental health was also discussed. Amount of usage of internet over a decade and its effect was briefed. He discussed in detail about social media and mental health. Both the positive and the negative effects of social media on mental health was explained in detail. Several real time examples were given to relate to the concepts explained. List of mental health apps were



shown and it's benefits were explained. The session was very enriching and fruitful. The session concluded by clearing many doubts of participants.

Prof. Mamatha K gave the take away of the webinar. She highlighted major concepts and learning of both the sessions. Common connections of both the sessions were explained in brief. Overall learning of National Webinar was briefly expressed. The Webinar came to end by proposing vote of thanks. As a whole the National Webinar was a success by enriching the knowledge of participants and making it a fruitful experience.

Positive Outcome:

The One-Day National Webinar highlighted the structured functioning of digital interventions, benefits of digitalization, effects of digitalization, impact of social media and mental health. Sessions also showed the issues faced by people due to digitalization. Its not only identifying problems, measures to be taken for effective functioning and improving mental health were suggested. The suggestions given by the speakers were very practical and applicable. The sessions were very relevant, appropriate, situational, thought provoking and solution oriented. As a whole the event was successful in achieving the objectives set for One-day National Webinar on "Psychology through Technology".

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