

## **Report of Talk by Professor (Dr.) R. K. Suri on Digital Technology And Campus Wellbeing under Aryabhatta Science Forum (ASF) Dated 23<sup>rd</sup> November 2022**

An informative talk on Digital Technology and Campus Wellbeing by Prof. (Dr.) R. K. SURI was delivered on 23<sup>rd</sup> November 2022.

Venue – Room 111 Department of physics (11:30 a.m. - 1:00 p.m.)

Date – 23<sup>rd</sup> November 2022

Event Name: Talk by Prof. (Dr.) R. K. Suri on Digital technology and campus wellbeing

Total number of attendees: 65+

Event conducted by:

Dr. Kulvinder Singh (Convenor ASF)

Dr. Nupur Verma (TIC- Department of Physics)

Under the aegis of the student induction programme “Deeksharambh” and Aryabhatta Science Forum Physics society, a Talk on ‘Digital technology and campus wellbeing’ was delivered by Prof. (Dr.) R. K. Suri. The event was very successful and was received greatly from both the speaker and attendees end. The speaker Dr. (Prof.) R. K. Suri is a trained professional chartered clinical psychologist, having an overall experience of 36+ years in the field of hypnotherapy, psychoanalysis, neuropsychological assessment, career counselling, and relationship management. He provided a new insight to students on current digital technologies emphasizing their pros and cons on students’ life. He guided regarding the right usage of the technologies and their importance in campus wellbeing including the proper behaviour and measures one should take with their fellow peer group. He cleared doubts of students and suggested many effective ways to handle stress and anxiety faced by college students. The interaction was very effective in today’s busy world with students coping new challenges in this post Covid scenario. The talk was very enlightening and gave a new direction to the students.









# ARYABHATTA SCIENCE FORUM

DEPARTMENT OF PHYSICS, DEEN DAYAL UPADHYAYA COLLEGE

INVITES YOU ALL TO  
TALK ON DIGITAL TECHNOLOGY AND CAMPUS  
WELLBEING

UNDER THE AEGIS OF DEEKSHARAMBH  
STUDENT INDUCTION PROGRAM 2022

23  
NOV'22

VENUE- ROOM NO. 111

11:30 AM  
ONWARDS



## Dr. (Prof.) R K Suri

Trained professional chartered  
clinical psychologist,  
1st Traffic Psychologist  
(Scientist) appointed at Central  
Road Research Institute, Delhi.

ASF  
CONVENOR

DR. KULVINDER SINGH

TEACHER  
INCHARGE

DR. NUPUR VERMA

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Dr Kulvinder Singh	Dr Nupur Verma	Divyanshi Singh
Teacher convener (ASF)	Teacher Incharge (Department of Physics)	Vice President (ASF)