



# Jagannath International Management School

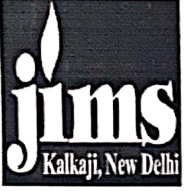
MOR, Pocket-105, Kalkaji, New Delhi-110019

(Affiliated to Guru Gobind Singh Indraprastha University and Approved under Section 2(f) of UGC Act 1956)



## ICT/Computing Skills





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JIMS/B.COM(H)/2022/478

April 18, 2022

## Notice

### NSS/ROTARACT

### Seminar on Digital Wellness

NSS/Rotaract Club is organizing Seminar on "Digital Wellness" on Thursday, 28<sup>th</sup> April 2022. Kindly find details below:

**Resource Name:** Mr. Rijul Arora  
**Designation :** Leading Digital Wellness Speaker & Thought Leader  
**Venue :** College Auditorium  
**Time :** 11:00 AM – 12:00 Noon

Dr. Preeti Singh is to Co-ordinate.

*Manjula*

**Dr. Manjula Shastri**  
Programme Director



**For Distribution:**  
All Notice Board

**For information, Please**  
Director

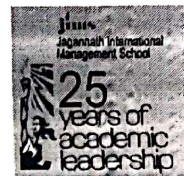




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Date: 30.04.2022

## Report on Digital Wellness Seminar

**Event Category:** NSS

**Topic:** Digital Wellness Seminar

**Date:** 28.04.2022

**Time:** 11:00 pm

**Venue:** Auditorium, JIMS Kalkaji

**Participants:** 36 participants

**Faculty Coordinator:** Dr. Preeti Singh

**Resource Person :** Mr Rijul Arora

**Designation:** Digital Wellness Educator, Senior Consultant At EY

### **Objective:**

- To create awareness on healthy use of digital media
- To help student understand the role of digital wellness in less exhaustion and distraction.

### **Report:**

On 28<sup>th</sup> April 2022 seminar on Digital Wellness was organized in college auditorium. 98 students from BBA and B. Com attended the seminar. The students were sensitized in regards of healthy use of digital media that could eventually increase efficiency and focus of individuals. Technology has an impact on personal wellbeing of individuals. Awareness on maintaining a healthy relationship with technology was created amongst the youth.

### **Learning Outcome**

1. Awareness on tactics for digital wellness was imparted to students
2. Discussion on methods to improve sense of wellbeing was discussed.
3. Awareness to balance the life with balanced use of digital media

### **Photos**



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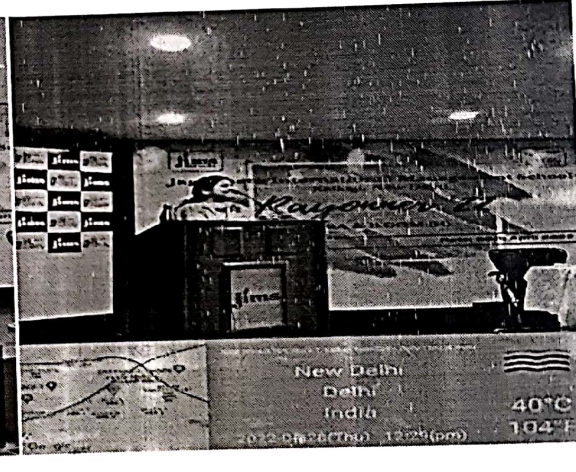
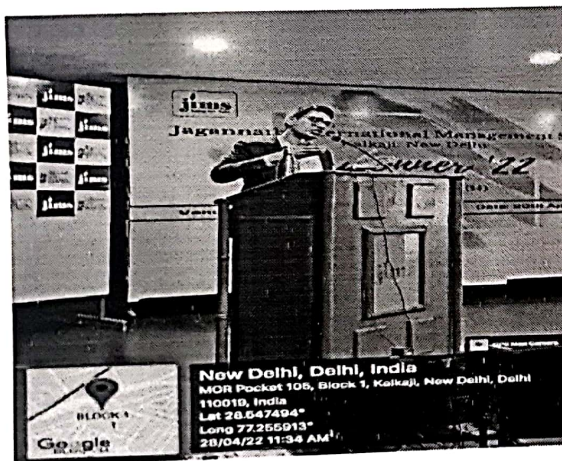
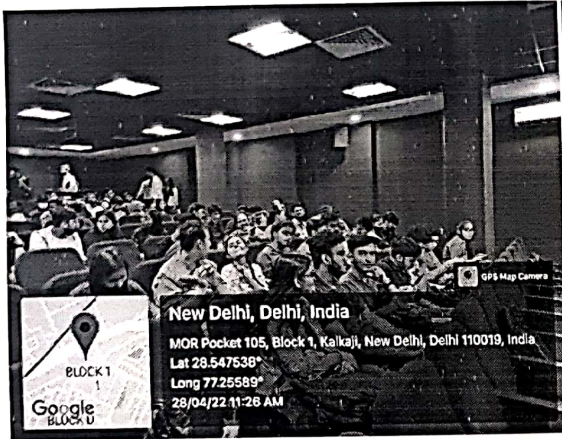
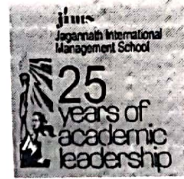




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Glimpses of Seminar

*Preeti Singh*

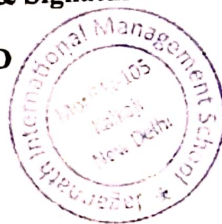
Name & Signature

Coordinator

*MS*

Name & Signature

HOD



*Ashok Sharma*

Name & Signature

Director

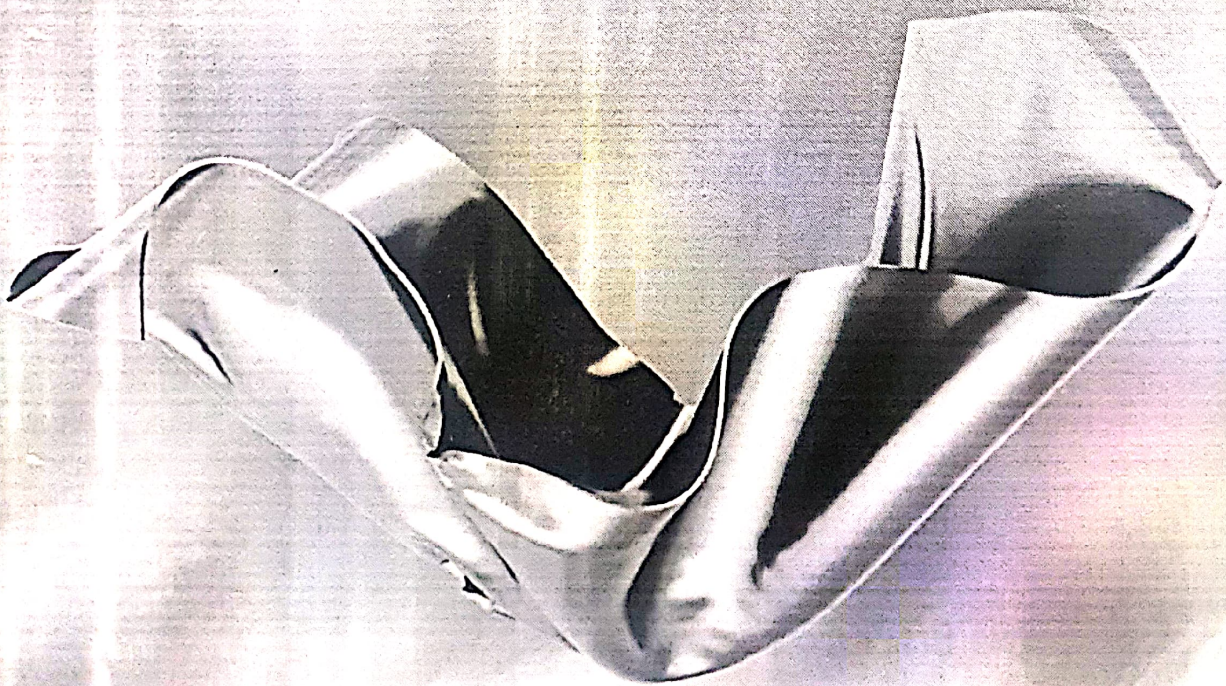




N S S / R O T A R A C T C L U B  
O F J I M S K J  
P R E S E N T S

# DIGITAL WELLNESS

BY MR RIJUL ARORA  
LEADING DIGITAL WELLNESS  
SPEAKER AND THOUGHT LEADER

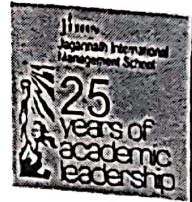


JIMSKJ AUDITORIUM  
28TH APRIL  
11 AM - 12NOON



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JIMS/BBA/2022/400

Dated : February 08, 2022

## Notice

### NSS/Rotaract Internet Safety Day

NSS/Rotaract Club of JIMS Kalkaji is celebrating "Internet Safety Day" on 8<sup>th</sup> February 2022 by organizing a skit on 'internet safety', to spread awareness on usage of internet and safety measures.

*Manjula*

Dr. Manjula Shastri  
Programme Director



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**Date: 09.02.2022**

### **Report on Internet Safety Day Skit**

**Event Category:** NSS  
**Topic:** Skit on Internet Safety  
**Date:** 8th February 2022  
**Platform:** Online  
**Faculty Coordinator:** Dr. Preeti Singh, Dr. Vidya Sharan  
**Number of volunteers:** 10

**Objective:**  
To spread awareness on internet safety.

#### **Report:**

On the occasion of Internet Safety Day, PRAYAAS, the NSS and Rotaract club of Jims Kalkaji conducted an E-skit with the motive to spread awareness on internet safety following the theme of 2022, 'Together for a better Internet'. The skit was performed by 10 volunteers. Skit emphasizes on importance of using the internet safely..

#### **Learning Outcome:**

- Awareness on internet fraud.
- Spread awareness on protection from an internet scam by not sharing their account number, CVV and OTP with anyone.
- Helped people to be responsible users and use a secured internet connection and other services like VPN, antivirus to minimize the risk of scams.

#### **Glimpses:**



**Prayaas**

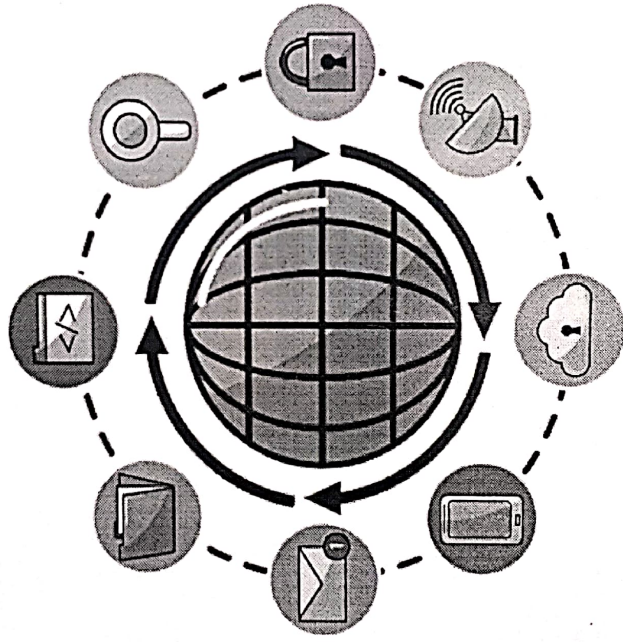
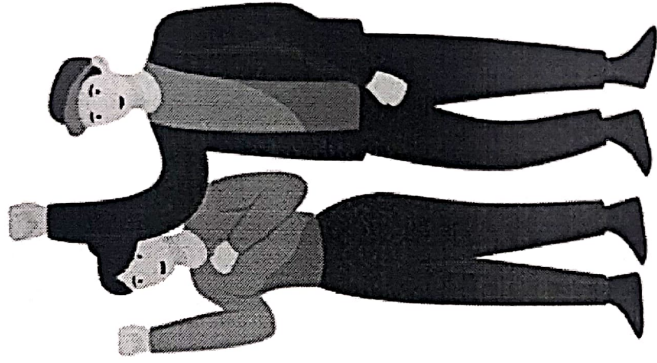
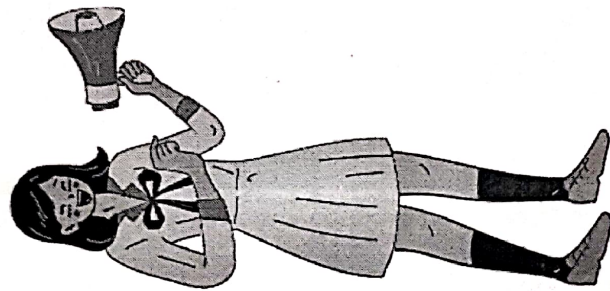
THE NSS AND ROTARACT CLUB OF JIMS KALKAJI

Presents

Skit on

# Internet Safety

8 February 2022



## "Together for a better internet"

This internet Safety Day let's first work towards expanding your own online safety portfolio and encourage others to do the same.



**jims**  
Kalkaji, New Delhi

