

# Delhi School of Professional Studies and Research

Affiliated to G.G.S Indraprastha University  
(NAAC Accredited "A" Grade Institution)

## Guest Lecture on Digital Well-Being and Virtual Meeting Etiquettes



*Held On*

29<sup>th</sup> August, 2020


<b>Title</b>	Digital Well-Being and Virtual Meeting Etiquettes
<b>Date and Time</b>	29 <sup>th</sup> August, 2020
<b>Venue</b>	Virtual Platform (Zoom)
<b>Resource Person/Facilitator</b>	Dr. Renu Mishra
<b>No. of Participants</b>	220
<b>Summary</b>	A Guest lecture on "Digital Well-Being and Virtual Meeting Etiquettes" was organized by DSPSR on 29 <sup>th</sup> August, 2020. The resource person for the session was Dr. Renu Mishra, Faculty - Gulf American University & Capital Education, Dubai, U.A.E. The lecture was organized by Placement Cell of DSPSR for the students of B.COM (H) & BBA (G) and a total of 220 students participated in the same.
<b>Winners</b>	NA



Photographs of the event:

 **Delhi School of Professional Studies and Research**  
Affiliated to G. G. S. Indraprastha University, New Delhi  
NAAC Accredited 'A' Grade Institution  
A Category Institution Ranked by JAC of GGSIPU & DHE Govt. of NCT of Delhi 

**Let's Talk Session:**  
Digital Well Being & Virtual Meeting Etiquettes

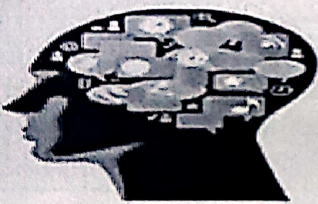



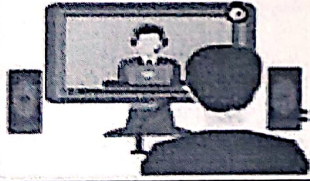
**Dr. Renu Mishra**  
Management Faculty  
Gulf American University & Capital Education, Dubai, U. A. E.  
MBA- 2006-08, DSPSR


**Saturday, 29th August 2020 from 2 PM - 3 PM**

Register at:  
<https://bit.ly/alumniwebinar2020>

Contact us: +91- 9868974097 <https://www.dspsr.in>

 **DIGITAL WELL-BEING & VIRTUAL MEETING ETIQUETTES** 

 **Dr. Renu Mishra**





Two Cycles

# N

## 1: Habit and excessive use over time

- Over time, "phantom cues" experienced
- Repeatedly refresh an app, hoping for new content to appear
- Contribute content to manufacture new triggers

Engage

Trigger

Variable Reward

Behavior

Zoom

## HOW TO HAVE A HEALTHY DIGITAL DIET

### *How much is too much?*      *Monitoring your time*

**Ask yourself a few simple questions.**

- Do I have problems sleeping?
- Do I feel anxious if I forget my phone?
- Does using a digital device make me feel good?
- Do I ever feel overwhelmed and stressed by too much information or social media?

Zoom