

CHRIST (Deemed to be University), Delhi NCR

EVENT REPORT

Event Name	:	Digital Detox: Nukkad Natak
Collaborators	:	Centre for Social Action (CSA)
Venue	:	Offline, A block, Entrance
Date	:	20 September, 2023
Time	:	12:30 PM – 01:30PM
Event Coordinators	:	Dr. Varuna Gupta
Participants	:	Students of Sem 3 BCA A

The School of Sciences' Club, the Department of Social Action(DSA), under faculty coordinators Dr. Shilpa Srivastava and Dr. Varuna Gupta, organized a Street Play on the Topic “Digital Detox” in Collaboration with the Centre for Social Action (CSA).

This event aimed to Spread awareness about Mobile Addiction and Promote Digital Detoxification. The First scene of the Play depicts a scene based on Christ University itself, where the Protagonist is using her Mobile in Class, and the Faculty confiscates the phone; however, too addicted to her phone, the student exclaims that she would rather get suspended than get her cellphone taken. The Second and Third scenes show how the overuse of Digital Devices can ruin one's Health and Relations.

This event brought in a wave of Drama and Acting from the students of the School of Sciences. The event began with a blast of music and dance, a Flashmob prepared by the School of Sciences' cultural team. It was followed by the main event of Street Play. The street play consisted of multiple jingles and scenarios. Each Scene depicted the results of the overuse of Electronic Devices.

Major Takeaways of the Session:

- Digital Detox: A period during which a person refrains from using electronic devices such as smartphones or computers, regarded as an opportunity to reduce stress or focus on social interaction in the physical world.
- How Overuse of Phones can lead to Mobile Addiction.
- Health concerns that might arise due to Mobile Addiction

Feedback Analysis:

With this Session in tow, Christies has realized the negative impact that the overuse of Digital Devices can have on the population. Christ itself is one of the universities that is extremely strict with its No Phone policy and this Street Play has helped Christies remember the repercussions one might face if they are caught using phones in Class. Other than that, this play has shown students that spending time off with Friends and Family is better than being stuck on Digital Devices as it deteriorates one's Mental and Physical Health and Social Relations. Approximately 74% of students rated the session with a Full 5, while 17.4% rated it as 4. The remaining few students rated the performances as 0, 2, and 3. Overall the performance seemed to be well-liked by most of the audience. A huge chunk of students gained knowledge about Digital Detoxification and the importance of Spending time off devices and interacting with real-life elements.

POSTER

CHRIST (DEEMED TO BE UNIVERSITY)
DELHI-NCR CAMPUS

SCHOOL OF SCIENCES
&
CENTRE FOR SOCIAL ACTION
ORGANISES

NUKKAD **NATAK**

Date: 20 September 2023
Time: 12:30PM Onwards
Venue: A block entrance
Theme: Mobile Addiction

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GeoTag Photos



GPS
Ghaziabad, Uttar Pradesh, India
38, Marium Nagar, Ghukna, Ghaziabad, Uttar Pradesh 20
Lat 28.68309°
Long 77.410846°
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76, Marium Nagar, Ghukna, Ghaziabad, Uttar Pradesh 20
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