

### Programme Overview

The growing popularity of digital health and wellness is due to increased technology use is linked to mental health issues. Including attention issues and behaviour problems in the workplace, excessive technology usage has also been associated with worker burnout suggesting that employers should adopt tools and practices that moderate technology usage to promote healthier life and work. There are a number of best practices to optimize digital health and wellness. This program will help the employees by promoting digital health and wellness by scheduling whitespace time on employee calendars.

### Objectives

- To Understand how frequent use of Digital technologies is becoming TOXIC to our Body, Mind, Brain and Life.
- To Know how technology can be a great asset in the wellness space
- To Identify various digital wellness strategies for employee engagement and productivity enhancement

### Content

- Digital health and wellness
- Digital safety
- Ergonomics
- Learning theories
- Cyber wellness
- Internet Intelligence Quotient

- Smartphone safety
- Safety for social media
- Sleep in Digital Age
- Digital Detoxification
- Neuro-Plasticity
- digital wellbeing tools
- Wellness platforms

### Pedagogy

The programme would consist of a mix of personal assessments; individual and group exercises; concept sessions; and case discussions.

### Key takeaways

Employees can learn how to disconnect from devices and reconnect with what really matters for physical and mental health apart from expansion of professional and personal network.

### Who Can Attend The Program?

This one day Digital wellness programme will be helpful for all employees to reduce health care costs, augment productivity and increase employee retention, and job satisfaction also.

### Programme Director

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