

## **PROGRAM REPORT**

### **Digital Detox Initiation – A Best Practice by Department of Philosophy**

**Government College (A), Rajahmundry**

**Date: 18th October 2025**

The Department of Philosophy, Government College (Autonomous), Rajahmundry, successfully initiated a unique and meaningful best practice titled “Digital Detox Initiation – One Day in College Campus.” This programme was conducted on 18th October 2025 with the objective of promoting mindful living, reducing digital dependency, and helping students reconnect with themselves and their surroundings.

#### **Purpose of the Initiative**

In response to the rising concern of excessive mobile phone usage, especially among youth, the Department of Philosophy resolved to promote a healthier academic environment. As part of this initiative, the department has officially decided to observe “No Mobile Day” every Friday, encouraging students to disconnect from devices and engage deeply in learning, reflection, and interpersonal interactions.

#### **Programme Highlights**

The inaugural event of this best practice was conducted on the college campus with enthusiastic student participation. A series of awareness messages, posters, and pledges were displayed to emphasize the need for digital discipline.

#### **Address by Department In-Charge**

Dr. K. Saitamahalakshmi, Department In-Charge, addressed the students and highlighted the disadvantages of excessive mobile usage. She explained how constant screen engagement negatively impacts concentration, reduces academic productivity, contributes to stress, and disrupts mental well-being. Her insightful talk motivated students to introspect on their digital habits.

#### **Lecture on Human Relationships and Mobile Usage**

Philosophy Lecturer Sri Satyam Suryanarayana delivered an impactful session on “How Mobile Usage Kills Human Relationships.”

He explained how digital overload weakens real-life communication, reduces empathy, and detaches individuals from meaningful personal interactions. His session encouraged students to value presence, human connection, and mindful living.

#### **Student Pledge and Participation**

Students actively participated in the event and collectively took a Digital Detox Pledge, committing themselves to reduce unnecessary mobile use and be fully present in academic and social environments. Posters displayed messages such as:

“Unplug. Reconnect. Reflect.”

“Find your mind beyond the screen.”

“Our minds are unchained. Our presence reclaimed.”

### Outcome of the Initiative

The first implementation of “No Mobile Day” on campus received overwhelming support. Students reported feeling more focused, peaceful, and engaged in classroom interactions. The Department aims to continue this best practice every Friday, making it a consistent effort toward holistic student development.

### Conclusion

The Digital Detox Initiation marks a significant step by the Department of Philosophy in nurturing mindful, responsible, and emotionally connected individuals. By promoting device-free engagement, the department reinforces the philosophical principle of “An examined life,” encouraging students to regain clarity, presence, and balance in their lives

