

Report on Online Training Programme on Digital Detox

The objective of the programme was to create awareness among participants regarding the importance of maintaining a healthy balance between digital engagement and personal well-being. With the increasing reliance on digital tools for professional communication and work processes, the training aimed to encourage mindful and responsible use of digital devices.

The programme was conducted in an online mode, enabling participants to join from different locations. The session was well coordinated and commenced as per the scheduled time. Prof. Dhara began the session by welcoming the participants and briefly outlining the purpose and structure of the training. The content was delivered in a clear and systematic manner, ensuring ease of understanding for all participants.

During the session, the resource person discussed the general concept of digital detox and its relevance in the present work environment. The importance of taking periodic breaks from digital devices and managing screen time effectively was highlighted. The trainer also shared practical suggestions that participants could incorporate into their daily routines to improve focus and work efficiency.

The session included interactive components where participants were encouraged to share their experiences and observations related to digital usage. This interaction helped in making the session engaging and participatory. Participants responded positively and showed keen interest throughout the programme.

The online platform facilitated smooth interaction between the trainer and participants. Audio-visual aids were used to support the session, and the overall flow of the programme was maintained effectively. Adequate time was allotted for questions and clarifications, allowing participants to seek further inputs from the resource person.

The programme concluded with a brief summary of the key points discussed during the session. Prof. Dhara emphasized the need for conscious digital habits and encouraged participants to apply the learning in both their professional and personal lives. The session ended with a vote of thanks to the resource person and the participants for their active involvement.

Feedback received from the participants indicated that the training was informative and relevant. The programme was appreciated for its simple approach and practical orientation. Participants expressed satisfaction with the conduct of the session and acknowledged its usefulness in creating awareness about digital well-being.

Overall, the online training programme on Digital Detox was successfully conducted and met its intended objectives. The session contributed positively to employee awareness and supported Hindalco Industries' efforts towards promoting a balanced and healthy work culture.