



3.2.2: Number of workshops/seminars/conference including programs conducted on Research Methodology, Intellectual Property Rights (IPR) and entrepreneurship (Session: 2022-23)

Report on Workshop on the "Research Methodology for Studying Internet Addiction and Mental Health " Organised by Department of Psychology, PPN PG College.

The Department of Psychology at PPN PG College organized an insightful workshop on the "Research Methodology for Studying Internet Addiction and Mental Health," featuring Dr. Sadhna Yadav as the distinguished speaker on 19th January 2023. The event aimed to address the growing concerns surrounding the influence of internet usage on mental well-being.

The workshop began with a warm welcome to Dr. Sadhna Yadav, Assistant Professor, Juhari Devi Girls PG College. The teacher-in charge of the Department of Psychology Prof. Abha Singh introduced Dr. Yadav and highlighted her expertise in the field, particularly her significant contributions to the understanding of the psychological implications of technology use.

Dr. Sadhna Yadav led an engaging session that covered essential aspects of internet usage and its impact on mental health:

1. **Understanding Internet Addiction:** Dr. Yadav provided a comprehensive overview of internet addiction, discussing the psychological factors contributing to compulsive online behavior. Participants gained insights into the prevalence of internet addiction and its potential correlation with mental health challenges.
2. **Impact on Mental Health:** The workshop delved into the various ways excessive internet usage can affect mental health. Dr. Yadav presented relevant research findings, illustrating the connection between prolonged screen time and issues such as anxiety and depression. Real-life examples were discussed to emphasize the practical implications of these findings.
3. **Identifying Signs and Coping Strategies:** Attendees learned to recognize signs of internet addiction and were equipped with practical tools for self-assessment. Dr. Yadav shared evidence-based coping strategies, emphasizing the importance of mindfulness, time management, and fostering offline connections to mitigate the negative impact on mental health.



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4. **Open Dialogue and Interaction:** The workshop fostered an open dialogue between Dr. Yadav and the participants, allowing for the exchange of experiences and concerns related to internet usage and mental health. Attendees actively engaged in the discussion, seeking guidance on personalized approaches to strike a balance in their digital lives.



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Workshop on

“Research Methodology for Studying Internet Addiction and Mental Health”

Organised by

Department of Psychology

Resource Person

Dr. Sadhna Yadav
Assistant Professor
Juhari Devi Girls PG College
Kanpur

Date: 19.01.2023

Convenor

Prof. Abha Singh
Department of Psychology

Conclusion: The workshop on the "Research Methodology for Studying Internet Addiction and Mental Health" proved to be a valuable and timely event for the participants from PPN PG College. Dr. Sadhna Yadav's expertise and engaging presentation style contributed to a meaningful exploration of the subject. Attendees left the workshop with heightened awareness, practical strategies, and a commitment to fostering a healthy relationship with technology while prioritizing their mental well-being. The Department of Psychology at PPN PG College successfully organized an event that enriched the understanding of the complex dynamics between internet usage and mental health.



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Workshop conducted by Department of Psychology on 19.01.2023