

Ref: Office2/Dean/CSR-NSS/2024/11

Date: 21.03.2024

NOTICE

Digital Detox Challenge – Disconnect to Reconnect!

Dear Faculty Members and Students,

Are you ready for a break from screens? The **CSR Club/NSS Unit of MERI** is organizing a **Digital Detox Challenge** on **March 26, 2024**, encouraging students to **step away from digital devices and engage in offline activities** for a day. This initiative aims to promote **mental well-being, mindfulness, and meaningful social interactions**.

Challenge Highlights:

24-Hour Digital Detox – Switch off **smartphones, laptops, and social media** for the day.

Engage in Outdoor & Social Activities – Join **sports, book reading, and group discussions** instead.

Reflection & Sharing Session – Discuss **how a tech-free day improves focus, mood, and productivity**.

Date: March 26, 2024

Time: Full-Day Challenge

Venue: College Campus

Take the pledge to **reduce screen time and embrace the real world!** Join us for a day of **refreshing, distraction-free engagement. Are you up for the challenge?**

Club Coordinators:

Prof. (Dr.) Deepshikha Kalra, DEAN, MERI

Ms. Shweta Ahuja, Faculty Coordinator

Mr. Pawan Kishore Jha, Faculty Coordinator

CC:

All Notice Boards

DM Team: For website upload

All Faculty Members and Staff: For information please

HOD-(JMC): For information please

HOD-(HR): For information please

HOD-(IT): For information please

Dean: For information please

CFO: For information please

Vice President: For information please

Student Coordinator:

Lavanya

Deepanshu