



World Mental Health Month Celebration

14th-16th October, 2022

Three Days Online Workshop on

Behaviour Technology to Manage Internet Addiction

organized by

**Counselling and Guidance cell
University of Lucknow**

Time :- 6:30pm to 7:30pm

Patron

Prof. Alok Kumar Rai

Vice Chancellor, University Of Lucknow

Speaker

Prof. Vedagiri Ganeshan

**Director & Former Syndicate Member.
Global Institute of Behaviour Technology &
Former Head, Department of Psychology,
Bhartathiar University, Coimbatore, Tamil Nadu**

Registration Link :-

https://docs.google.com/forms/d/e/1FAIpQLSd91ILH0cEPH3x2icI1TakjFZPIRqIASZjHsJg72OAVCif8Cg/viewform?usp=pp_url

Organising Team

Dr. Arpana Godbole

Coordinator

Counselling & Guidance Cell
University Of Lucknow

Dr. Vaishali Saxena

Deputy Director

Counseling & Guidance Cell
University of Lucknow

Prof. Madhurima Pradhan

Director

Counselling & Guidance Cell
University of Lucknow

Ms. Jyoti Shukla

Research Scholar

Department of Psychology
University of Lucknow

Ms. Archana

Research Scholar

Department of Education
University of Lucknow

Ms. Apoorva Sharma

Research Scholar

Department of Education
University of Lucknow

WORKSHOP ON
BEHAVIOUR TECHNOLOGY TO MANAGE INTERNET ADDICTION

(Day-1)

Report

As part of World Mental Health Celebration, Counselling & Guidance Cell of University of Lucknow organized a Three Days Workshop on “Behaviour Technology to Manage Internet Addiction” from October 14 to October 16, 2022 in online mode. On the first day of Workshop, i.e. on October 14,2022, the Director of Counselling & Guidance Cell, Prof. Madhurima Pradhan , addressed the participants and introduced them about the purpose and objective of the workshop. She discussed about the behavioural changes, stress and mental illness that is caused due to excessive usage and dependence on the Internet in today’s time, and how it can be overcome with behaviour modifications and right habits. Prof. Pradhan said that like we learn to adapt to a good habit, we must also learn to unlearn the wrong ones. A person needs to train their mind and practice mindfulness.

Dr. Arpana Godbole, Coordinator of Guidance & Counselling Cell, also addressed the participants and stressed that one can get over any mental health issue only when one accepts the fact that there is some issue. Accepting and talking about one’s problem is very important.

More than 50 participants attended the session. Some of them also discussed about their own Mental Health issues. Prof.Pradhan and Dr.Godbole oriented them about the Happy Thinking Lab of University of Lucknow and invited them for Personal Counselling session. Some other participants gave suggestions to improve Mental Health. Thus, the session turned out to be interactive along with informative. Research Scholars- Ms. Jyoti Shukla (Department of Psychology), Ms. Apoorva Sharma and Ms. Archana Pal (Department of Education) extended their technical assistance during the session.

WORKSHOP ON
BEHAVIOUR TECHNOLOGY TO MANAGE INTERNET ADDICTION

15/10/2022

(Day-2)

Report

On the Second Day of the Three Days Workshop on “Behaviour Technology to Manage Internet Addiction”(organised by Counselling & Guidance Cell, University of Lucknow), Prof. Vedagiri Ganesan, Director, Global Institute of Behaviour Technology, Coimbatore; Ex-Professor and Former Head of Department of Psychology, Bharthiar University, Coimbatore, was the Resource Person. He is a renowned Business/Organisational/Environmental Psychologist and an expert in the field of Behaviour Modification. Prof.Ganesan started the session by explaining the meaning of the term Behaviour Technology and said that like an engineer modifies machinery similarly a behaviour technologist modifies one’s behaviour. He interacted with the participants about the management of their Internet Addiction through Cognitive Behaviour Modification and shared various cases that he encountered during his professional life as examples of how in the current scenario, we can help ourselves and our near and dear ones overcome any sort of addiction. He also stressed that one can overcome psychological issues by connecting more with their culture, and through the regular practice of Rewards and Punishments. To manage the addiction, he also told the participants about practising the Premack Principle, where a person is asked: “To do what one wishes to do by doing what one is asked to do”.

The session was coordinated by Prof.Madhurima Pradhan, Director of the Counselling & Guidance Cell of the University of Lucknow. The session was attended by more than 40 participants. During the session, many participants also asked questions related to addiction and mental health, which were duly answered by Prof. Ganesan and Prof. Pradhan. Prof. Pradhan also suggested that family dynamics in today’s time also need to be managed. Every family member needs to better manage their time so that work and family balance can be maintained. In the end, Ms. Apoorva Sharma (Research Scholar, Department of Education) extended a vote of thanks to Prof. Ganesan and Prof. Pradhan for a meaningful and informative session. Ms. Jyoti Shukla (Research Scholar, Department of Psychology) and Ms. Archana Pal (Research Scholar, Department of Education) extended their technical support in the conduct of the session through online mode.

WORKSHOP ON
BEHAVIOUR TECHNOLOGY TO MANAGE INTERNET ADDICTION

16/10/2022

(Day-3)

Report

Day 3 of the Workshop on Behavioural Technology to Manage Internet Addiction, organised by the Guidance and Counselling Cell of the University of Lucknow, as part of World Mental Health Celebrations, was held on October 16, 2022, in an online mode. The session began with Prof. Madhurima Pradhan, Director of Counselling and Guidance Cell, University of Lucknow, welcoming all participants and Resource Person Prof. Vedagiri Ganesan, a renowned Behaviour/ Organizational/ Environmental Psychologist and Director of Global Institute of Behaviour Technology. Further, the session was open for all participants to ask their questions related to various issues that need behaviour modification. Most participants actively participated and asked questions related to internet addiction, fear of examination, post-trauma issues, procrastination, over-confidence, inferiority complex, handling over-pampered kids, psychological issues of elderly family members, etc. Prof. Ganesan very well answered the queries of all participants and suggested various techniques to overcome their problems. Besides, Prof. Ganesan also suggested ways to develop and improve one's self-concept. He stressed that the policy of "Smart work and not Hard Work" must be practised by everyone.

At the end of the session, Dr Arpana Godbole, Co-ordinator, Counselling and Guidance Cell, University of Lucknow, extended a vote of thanks to Prof. Ganesan for his valuable words and time, and for suggesting great tips and tricks for one's behaviour modification to deal with various psychological issues. The session was attended by more than 50 participants and turned out to be beneficial for all those who attended it. It was a great initiative towards building better Mental Health. Ms Apoorva Sharma, Research Scholar, Department of Lucknow, thanked all the organising members of the Counselling and Guidance Cell of the University of Lucknow for providing such a platform to connect and learn, and to all participants for their enthusiastic participation. Research Scholars -Ms. Archana Pal (Department of Education) and Ms Jyoti Shukla (Department of Psychology), extended their technical support during the conduct of the session.

Three Days Workshop
on
Behaviour Technology to Manage Internet Addiction
(October 14, 2022 - October 16,2022)

Report

As part of World Mental Health Month Celebrations, the Counselling & Guidance Cell of the University of Lucknow conducted a Three Days Workshop on “Behaviour Technology to Manage Internet Addiction” from October 14, 2022 to October 16, 2022, in an online mode, under the direction and supervision of Prof. Madhurima Pradhan (Director, Counselling & Guidance Cell), Dr. Vaishali Saxena (Deputy Director, Counselling & Guidance Cell) and Dr. Arpana Godbole (Co-ordinator, Counselling & Guidance Cell). Renowned Business/Organizational/Environmental Psychologist Prof. Vedagiri Ganesan was the Resource Person for the workshop. He is the Director of Global Institute of Behaviour Technology, Coimbatore, Ex-Professor and former Head of Department of Psychology, Bharthiar University, Coimbatore.

The workshop began on October 14, 2022 where Prof. Madhurima Pradhan addressed the participants and introduced them about the purpose and objective of the workshop. She discussed about the behavioural changes, stress and mental illness that are caused due to excessive usage and dependence on the Internet in today’s time, and how it can be overcome with behaviour modifications and right habits. Prof. Pradhan said that like we learn to adapt to a good habit, we must also learn to unlearn the wrong ones. A person needs to train their mind and practice mindfulness. Dr. Godbole, also interacted the participants and stressed that one can get over any mental health issue only when one accepts the fact that there is actually some issue. Accepting and talking about one’s problem is very important.

On second day i.e. October 15, 2022, Prof. Ganesan started the session by explaining the meaning of the term Behaviour Technology and said that like an engineer modifies machinery similarly a behaviour technologist modifies one’s behaviour. He interacted with the participants about the management of their Internet Addiction through Cognitive Behaviour Modification and shared various cases that he encountered during his professional life as examples of how in the current scenario, we can help ourselves and our near and dear ones overcome any sort of addiction. He also stressed that one can overcome psychological issues by connecting more with their culture, and through the regular practice of Rewards and Punishments. To manage the addiction, he also told the participants about practising the Premack Principle, where a person is asked: “To do what one wishes to do by doing what one is asked to do”. During the session, many participants also asked questions related to addiction and mental health, which were duly answered by Prof. Ganesan and Prof. Pradhan. Prof. Pradhan also suggested that family dynamics in today’s time also need to be managed. Every family member needs to better manage their time so that work and family balance can be maintained.

On the last day of the workshop i.e. on October 16, 2022, Prof. Ganesan suggested many useful strategies like breathing exercise to handle one’s emotions and stressed that breathing is “sarv rog nivaarini” i.e. cure of all diseases. Apart from Internet addiction, participants also

discussed about their problems related to fear of examination, post-trauma issues, procrastination, over-confidence, inferiority complex handling overpampered kids, and psychological issues of elderly members of the family. Prof. Ganesan answered all their queries and suggested various techniques to overcome their problem. He also suggested ways to develop and improve one's self-concept. He said that policy of "Smart Work and not Hard Work" must be practiced by everyone.

At the end of session, Prof. Madhurima Pradhan and Dr. Arpana Godbole extended their vote of thanks to the Resource Person for such interactive and informative sessions. The workshop was attended by more than 50 participants and was a great initiative towards building better mental health. Research Scholars- Ms. Jyoti Shukla (Department of Psychology), Ms. Archana Pal and Ms. Apoorva Sharma (Department of Education) extended their technical assistance during the conduct of the session.



