

## ZAKIR HUSAIN DELHI COLLEGE (EVENING)

UNDER THE AEGIS OF IQAC

### DIGITAL DETOX 101:

## STAYING SANE IN THE DIGITAL AGE

Speakers

Chair



**Dr. Sandesha Rayapa Garbiyal**  
Assistant Professor  
LEC, JNU



**Ms. Prakriti Madan**  
Social Media strategist



**Prof. Madhumita  
Chakraborty**  
Professor, ZHDCE

### Organising Committee:

**PROF. NARENDRA SINGH**  
PRINCIPAL

**PROF. TEJASWINI N DEO**  
CONVENOR, ELS

**PROF. SANJIB K BAISHYA**  
TEACHER IN CHARGE

**Date: 20 March 2025**

**Venue: Room #001**

**Time: 4 pm**