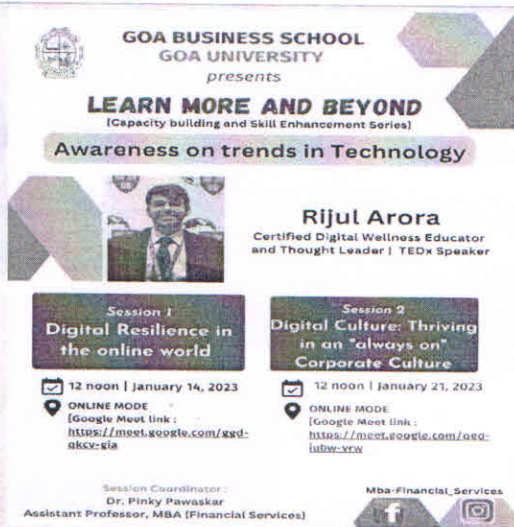
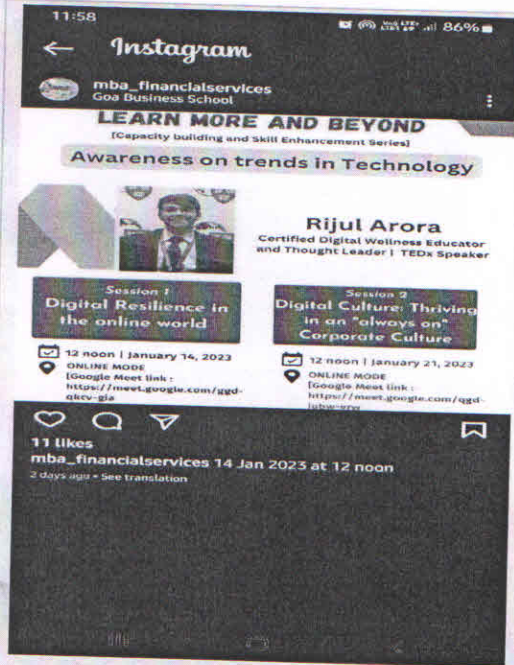


REPORT ON DIGITAL RESILIENCE

Activity	LEARN MORE AND BEYOND – Capacity Building and Skill Enhancement Series Activity.
Date and time held on	January 14th, 2023 at 12.00 noon to 1.00 pm
Mode	Online
Participants	Masters of Business Administration in Financial Services (MBA-FS) FY Batch
Coordinator	Dr. Pinky Pawaskar
Resource Person	Mr. Rijul Arora
Faculty attended	Goa Business School Faculty, Block F (4 faculty)
Students attended	Masters of Business Administration in Financial Services (MBA-FS) FY Batch
The objective of the webinar	The main objective of the seminar is to understand the need for digital wellness and adopt measures to manage digital exposure.
Flyer on the Goa University Website	
Social Media posts and links:	

Instagram post



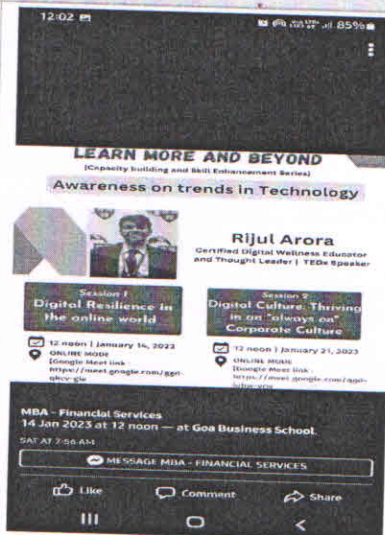
Instagram link

<https://www.instagram.com/p/CnYPbQRqgKw/?igshid=YmMyMTA2M2Y=>

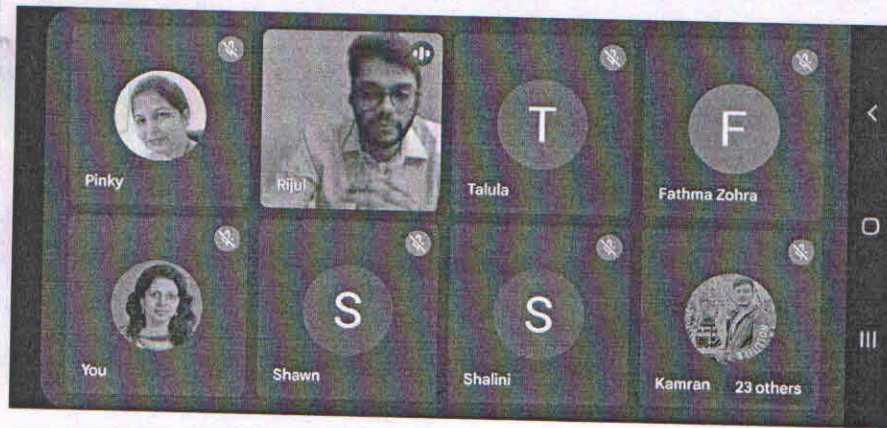
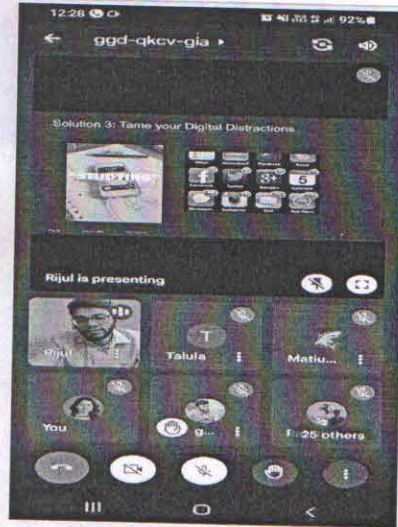
Facebook link

https://m.facebook.com/story.php?story_fbid=pfbid037DutgTEX2nXn5LpvwJ5ZRiLsUEiDKBtiAstG9kZDSvN3bi1eXHwgPCXHiSu5wABUI&id=100064067533924&sfnsn=wiwspwa&mibextid=RUbZ1f

Facebook post



Photos



Key outcome of the event

Participants identified the need for digital wellness and its benefits.
The methods shared by the speaker towards digital wellness were willingly appreciated and adopted.

Reported By : Dr. Pinky Pawaskar, Session Co-ordinator

Dean Goa Business School

