




Goa University

Name of Discipline: MBA (Financial Services)- Goa Business School

Report on: Learn More and Beyond


1. Title of the Event/Activity/program	Healthy Digital Habits: Student's guide to better focus
2. Date and Time	22 November 2024, 11.00am to 1.00pm
3. Mode of conduct (Physical/Online)	Online
4. School/ Directorate/ Section	Goa Business School
5. Collaborating Agency/School/Directorate	NIL
6. Detail of the Resource Person (Brief biodata)	<p>A Certified Digital Workplace and Wellness Educator, Rijul's vision is to enable people to lead a healthy relationship with technology. A TEDx speaker, guest faculty at IIT Delhi and IIM Kashipur, coach, Highest Rated Udemy Course Instructor and Amazon bestselling author, Rijul is a Digital Wellness Expert. He's also the head of LookUp India, a youth-for-youth social venture dedicated to helping young people thrive in the digital world. He was also featured among Bagby's Top 28 Thought Leaders in Digital Wellness!</p> <p>His work has been featured with global media handles like Indian Express, Financial Express, Forbes and National Public Radio (NPR) US. He's also coached famous celebrities like Ex-Miss India (2004) on her Digital Habits and Productivity. He's also the CTO and Director of Online Learning at Joy of Missing Out (JOMO), one of the biggest American companies in the space of Digital Wellbeing. Professionally, he works as a</p>

	<p>Manager with EY Global Metaverse Lab.</p> <p>Rijul is a millennial on both sides - completely addicted to technology, left it entirely, and now has a healthy relationship with it. He is an ardent advocate of using tech in moderation with a focus on digital wellbeing and personal growth.</p>
7. Number of Faculty attended/participated	1
8. Number of Student attended / participated	35
9. No. of external students/faculty/other participants	1
10. The objectives of the Program/activity/event	The main objective of the seminar is to understand the need for digital wellness and adopt measures to manage digital exposure while maintaining a healthy relationship with the digital medium.
11. Description of the Program/activity/event	The session was conducted in online mode, but was projected on a screen for a more discussion and collaborative experience. The session had many innovative methods of presentation and deliberation. It also involved activities and a quiz.
12. Benefit/Key outcomes of the Program/activity/event	The key outcome of the session was to make the participants realize the need for moderation in digital usage and help them identify means and methods to maintain a healthy relationship with the digital platforms.
13. Enclosures with report	Flyer, Geo-tag photos, Attendance of students/faculty/external participants.

Signature: 

Name of coordinator: Dr. Pinky Pawar

Designation: Assistant Professor

Signature: 

Dean/Director/Head

Seal of the School/Directorate/University

Dean
Goa Business School,
Goa University



**Goa Business School
Goa University**

presents

LEARN MORE AND BEYOND

[Capacity Building and Skill Enhancement Series]

**Healthy Digital Habits:
Student's guide to better
focus**



Rijul Arora
**Certified Digital Wellness Educator and
Thought Leader | TEDx Speaker**

22, November 2024 (Online Mode)

11.00 a.m. to 1.00 p.m.

**<https://us06web.zoom.us/j/83242685230>
[pwd=zwoPD7OKbf21Jkdqb3VAMgDvLFGk6V.1](#)**

Session Coordinator - Dr. Pinky Pawaskar

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Goa University

Lecture on: Healthy digital habits; learn more & Beyond.

Date: 22 November 2024.

Sr No.	Name	Sign
1	Kaushal. Naik	
2	Sour Maghe	
3	Sahil Gawar	
4	Porth Talodekar	
5	Krishnanand Gawde	
6	Soham D. Nale Rasnikar	
7	Prenna Pratap Fulte	
8	Sejal V. Kakodkar	
9	Satani V. Kakodkar	
10	Witin Pansh	
11.	Esha Godkar	
12.	Tusha Velip	
13.	Gautami Tanaskar	
14	Akanksha Shetye	
15	Abigail Rathod	
16	Sohil Madhwani	
17	Rui Souza	
18	Shreyash Pariekar	
19	Gayatri Rane	
20	Alvin Shaikh	
21	Siddhant Salgaonkar	
22	Pliny Joy Travasso	
23	Reedhi Rane	
24	Aditi Parab Gaonkar	
25	Srushti Lolayekar	
26	Mubashira Mulla	
27	Janet De Souza	
28	Naween Kumeer	
29	Clive Tavares	
30	Amreen Makandar	
31	Simran	
32	Daylane	
33	Chrisval	
34	Janet	
34	Gowind Chavhan	
35	Dr. Pinky Bhavskar	

Notable quotes by client/attendees:

'I can listen to you all day'

'Rijul changed my life'

'I wish I could have heard you 10 years back'

'I couldn't stand up and helped me make policy decisions'

'The impact of your talk still stays with me even after months'

Brief Bio:

A Certified Digital Workplace and Wellness Educator, Rijul's vision is to enable people to lead a healthy relationship with technology. A TEDx speaker, guest faculty at IIT Delhi and IIM Kashipur, coach, Highest Rated Udemy Course Instructor and Amazon bestselling author, Rijul is a Digital Wellness Expert. He's also the head of LookUp India, a youth-for-youth social venture dedicated to helping young people thrive in the digital world. He was also featured among Bagby's Top 28 Thought Leaders in Digital Wellness!

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Professionally, he works as a Manager with EY Global Metaverse Lab.

Rijul is a millennial on both sides - completely addicted to technology, left it entirely, and now has a healthy relationship with it. He is an ardent advocate of using tech in moderation with a focus on digital wellbeing and personal growth.

Notable achievements (Optional and not required to be mentioned during the session as it will make it long):

Personal

- **4 times TEDx Speaker** (including international virtual TEDx talk in US)
- **Amazon bestselling author (Book was listed among Top 10 of Personal health e-books)**
- Highest Rated Udemy Instructor
- **Delivered 300+ workshops** at leading schools, colleges & corporates like EY, Airtel, Sony, **Neemrana Hospitality, IIT's, IIM's, Delhi University** etc.
- Founder and Council Chair/Head at LookUp.Live India (US based NGO focused on Tech Life Balance and Digital wellness)
- Delivered large scale Digital Wellness programs to 10,000+ employees of EY globally across 6 continents
- **Featured in Bagby 2022 Digital Wellness Collaborative Report (reach of 100K+): Among the Top 28 Thought leaders in Digital Wellness in the World (Only Indian to be featured)**
- **Counselor at leading Suicide Hotline** of the country (Handled 2000+ cases)
- Ex-founding team member of Global Shapers Gurugram Hub (World Economic Forum)
- Internet Society Early Career Fellow/ Internet Champion

Professional:

- Worked with leading Indian and Global clients like **World Bank, UNDP, Microsoft, Govt. of India** etc. across various sectors

- ~ 7 years of work experience with EY, PwC & IBM
- Helped clients across sectors in end-to-end technology transformation focusing on aspects like Digital Workplace, Workplace of the future and IT Strategy, etc. keeping employee digital wellness & experience at the core
- Microsoft Certified Data Analyst
- Awarded I am Exceptional Twice & Kudos by EY for **exceptional client service and social work in the field of Public Speaking and Mental health**

Check out more of his work here: www.rijularora.com



GPS Map Camera



Durgavado, Goa, India

Fr5f+ppp, Durgavado, Goa 403206, India

Lat 15.459449° Long 73.824451°

22/11/24 12:58 PM GMT +05:30



GPS Map Camera

Durgavado, Goa, India

Fr5f+ppp, Durgavado, Goa 403206, India

Lat 15.459427° Long 73.824279°

22/11/24 12:58 PM GMT +05:30



Google



GPS Map Camera

Durgavado, Goa, India

Fr5f+ppp, Durgavado, Goa 403206, India

Lat 15.459498° Long 73.82438°

22/11/24 12:58 PM GMT +05:30





GPS Map Camera

Durgavado, Goa, India

Fr5f+ppp, Durgavado, Goa 403206, India

Lat 15.459479° Long 73.824296°

22/11/24 12:59 PM GMT +05:30

Google



GPS Map Camera



Google

Durgavado, Goa, India

Fr5f+ppp, Durgavado, Goa 403206, India

Lat 15.459481° Long 73.824329°

22/11/24 12:59 PM GMT +05:30



Goa University

Voucher No. _____

Goa University, _____

To MR. Rijul Arora

In the subject of Student Activity (KMB) Degree Post graduates

To amount due to me towards incidental charges for delivering Post Graduate lectures as detailed below:-

For the I semester/term of the I part I/II/III

Number of Lectures delivered 2

Dates of Lectures:- 22nd November 2024

from 11:00 am to 1:00 pm

2000 per session

X

2

Certified that the claimant has delivered the above number of lectures as stated in the bill.

[Signature]
10/3/2025
I/C Programme Director,
(), Goa Business School,
Goa University

Total ₹

4000

Address _____

Signature [Signature]

State Bank of India, Cheque No. _____

Panaji, Goa.

Date: _____

Place and Date _____

PASSED FOR ₹ _____

P. _____

Rupess _____

Date: _____

Payment Received



Account Clerk

Accountant

Finance Officer

Bank details:

- 1) Account Holder name: RIJUL ARORA
- 2) Bank Name: HDFC Bank
- 3) Branch Name: D 965, Ground Floor, New Friends Colony, New Delhi, Delhi 110065
- 4) Account Number: 00891000152079
- 5) IFSC Code: HDFC0000089
- 5) Mobile No: +919958319470