



# DIGITAL

# DETOXIFICATION

A PARADOX ?



A NECESSITY ?



## Bala Kishore

Vice President - Transformation - SEARCE Software  
Founder of SPIR-IT Summit Conference & Spirituality in IT Retreats  
Professional Certified Coach (PCC) as accredited by International Coach Federation (ICF), 2013, Certificate in Business Administration (C.B.A.) from Manchester Business School, UK, 2002, M.Tech (CSE) from NIT Warangal, 1995, B.E in ECE, Osmania Univ., Hyderabad 1993

Register Here: [bit.do/mindovermatter2](http://bit.do/mindovermatter2)

REGISTRATION is required ONLY ONCE for the series.

**Date : 12th July, 2020 (Sunday) Time: 4:45 PM IST**

LIVE



<http://www.youtube.com/c/MindOverMatterSeriesNSSGGSIPU>  
or [bit.do/mindovermatterNSS](http://bit.do/mindovermatterNSS)

## Gracing the Occasion



Prof. (Dr.) Arvinder Kaur  
Chairperson - Staff Development Cell,  
Dean, USICT

### Patron



Sh Ravi Dadhich  
Registrar, GGSIPU

### Chief Patron



Prof. (Dr.) Mahesh Verma  
Padmashree Awardee,  
Vice Chancellor, GGSIPU

### Programme Coordinator



Prof. BVR Reddy  
Professor, USICT  
Co-ordinator, NSS Cell, GGSIPU

### Conveners

Ms. Priyanka Bhutani  
Asst. Professor, USICT  
Programme Officer, NSS Unit - A

Mr. Gaurav Talan  
Asst. Professor, USMS  
Programme Officer, NSS Unit - A

Organized by:

NSS Cell, GGSIPU in collaboration with NSS, IIT Delhi and  
Rajyoga Education and Research Foundation  
(a sister concern of Brahma Kumaris).



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F. No. GGSIPU/NSSCELL/2020/354  
Dated: 09<sup>th</sup> July, 2020

## **INVITATION**

**"DISCONNECTING from our technology TO RECONNECT with ourselves is ABSOLUTELY ESSENTIAL."**  
**- A Paradox or A Necessity... Let's explore...**

GGSIU NSS Cell in collaboration with the esteemed NSS, IIT Delhi and RERF cordially invite you to attend the 4<sup>th</sup> **enlightening Online session** under the *Mind Over Matter : A Series of Sessions* on the topic relevant to everyone's life - **"Digital Detoxification"** by **Mr. Bala Kishore, Vice president - Transformation - SEARCE Software, Founder of SPIR-IT Summit Conference & Spirituality in IT Retreats, Professional Certified Coach(PCC) as accredited by International Coach Federation (ICF), 2013, (C.B.A.) from Manchester Business School, UK, M. Tech(CSE), NIT Warangal, B. E.(ECE), Osmania University** on **Sunday, 12<sup>th</sup> July, 2020, 4.45 pm - 06:00 pm IST** on our **YouTube LIVE channel**, please see below link:

Direct YouTube Link: <https://youtu.be/exvJoBLediy>

Mind Over Matter YouTube channel: [www.youtube.com/c/MindOverMatterSeriesNSSGGSIU](http://www.youtube.com/c/MindOverMatterSeriesNSSGGSIU)

**The Session will be graced by Prof. (Dr.) Arvinder Kaur, Chairperson Staff Development Cell, Dean, USIC&T, GGSIPU and Prof. B. V. Ramana Reddy, Professor, USIC&T, Programme Coordinator, NSS Cell, GGSIPU**

These series are aimed to help individuals, especially students to develop their inner potential, manage resources of their Mind, and especially to cope with the current challenging situations of the Covid-19 era.

**Registration Link:** <http://bit.do/mindovermatter2>

**Email ID:** [mindovermatter@ipu.ac.in](mailto:mindovermatter@ipu.ac.in)

**Best Wishes for Healthy and Happy Times ahead,**  
**Team NSS Unit-A, GGSIPU**

**Ms. Priyanka Bhutani,**  
Asstt. Professor, USIC&T  
Prog. Officer (NSS Unit-A)  
GGSIU NSS Cell

**Mr. Gaurav Talan**  
Asstt. Professor, USMS  
Prog. Officer (NSS Unit-A)  
GGSIU NSS Cell

**Prof. B.V. Ramana Reddy**  
Professor, USIC&T  
Program Coordinator,  
GGSIU NSS Cell

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