



## **An Expert Session under AICTE-SPICES grant on 'Digital De-addiction Among Youth'**

**Expert: Dr. Birva Desai Modh**

**Date: 20<sup>th</sup> January 2023**

**Place: Shrimad Hall, Uka Tarsadia University**

In this expert talk, participants learnt about scientific reason for digital addiction, problems associated with digital addiction and various ways of digital deaddiction.



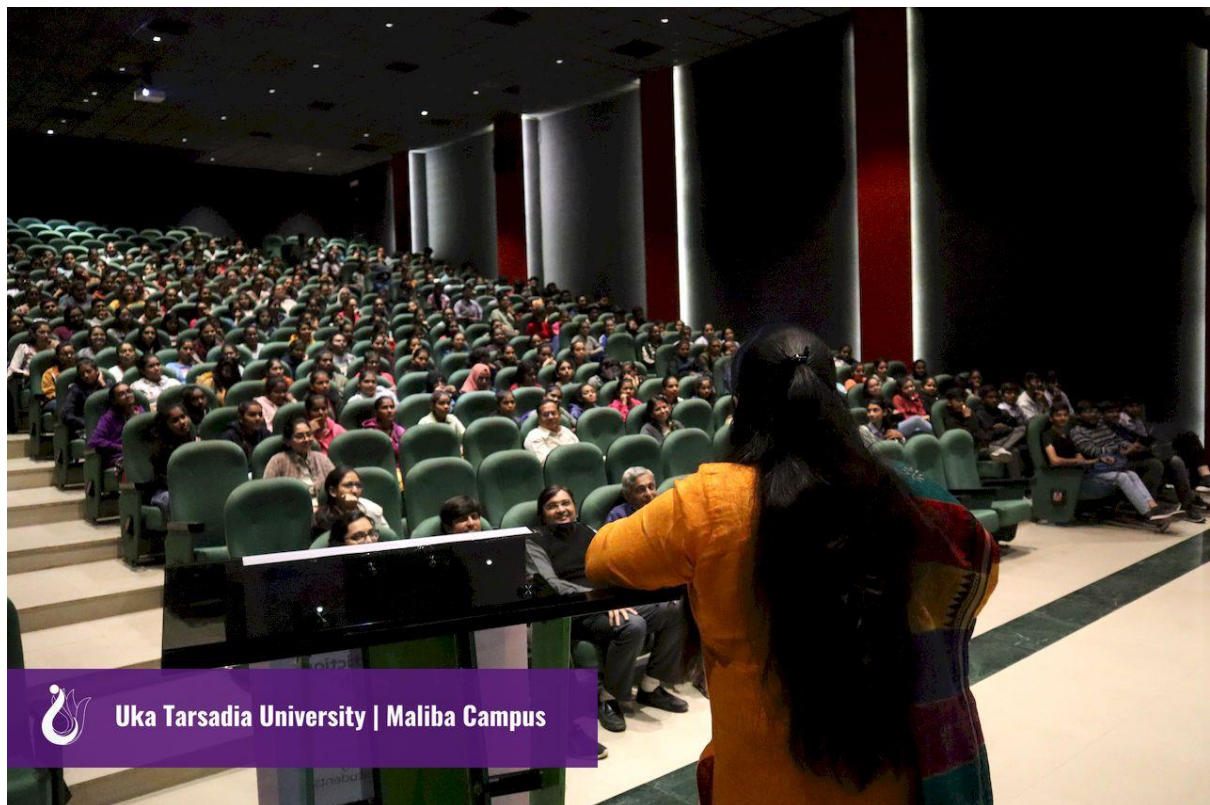














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