

The Cyber Wellness workshop was held on 18th Jan 2023 from 9:20 a.m-5:15 p.m. at Multipurpose hall, Sanskruti Bhavan, Patto Panaji, Goa. The workshop was organized by DHE in association with Responsible Netism. The internet has made its place in the lives of human beings which enables us to connect with others in the entire world. The Internet although being a boon has also given rise to concerns of cyber security, cyberbullying and cyber hygiene that are having long-term emotional and psychological trauma to victims. Considering this the Cyber Wellness Centre, Panjim presented a workshop on “Cyber Wellness” to the counsellors of Goa.

The resource person, for the programme, were Mr. Mukul Joshi, Ms. Sonali patankar, Mr. Unmesh Naik, Ms. Shilpa Chandolika. Through the workshop, they discussed the nature and types of cybercrimes that take place like photo morphing, cyber terrorism, online gambling and also deliberated on how to handle cyberbullying online. They highlighted the role of mental health professionals, and how counsellors can assist with client-facing distress.

Mr. Mukul Joshi shed light on the impact of the cyber bullying on mental health. Ms. Shilpa Chaolika discussed several case studies and further sensitized towards the privacy and security of data. Mr. Unmesh Naik also shared insight into the various Cyber Laws of India and their punishments were also shared and discussed. Ms. Sonali, shared some practical tips to avoid digital fraud and also shared the website for reporting Cyber Crimes. The workshop came to an end by requesting people to Stay alert and Stay safe!

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