



# Gujarat Technological University

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## Graduate School of Management Studies

Report on “An Expert Session on Decoding the Cyber Psychology”

- 1) Title of Event: Cyber Psychology
- 2) Type of Event: Expert Session
- 3) Date: 26<sup>th</sup> October 2023, Wednesday  
Time: 10:30 AM onwards  
Venue: Acharya Chanakya Hall, GSMS

#### 4) Description of Event:

The Cybersecurity and Digital Wellness Expert Session, hosted by Graduate School of Management Studies (GSMS) was a comprehensive educational event aimed at equipping students and faculty with essential knowledge and skills to navigate the digital landscape safely. Held on 26<sup>th</sup> October, 2023, the session focused on cybersecurity practices, online safety, and maintaining digital well-being in an increasingly interconnected world. The details of the event are as follows:

#### Highlights and Activities:

**Expert Talks on Cybersecurity:** Renowned cybersecurity professionals and experts in the field delivered engaging presentations on cybersecurity threats, data breaches, and the importance of safeguarding personal and organizational data. They highlighted emerging cyber threats and strategies to protect against cyber-attacks.

**Digital Wellness and Mental Health Discussions:** The session also delved into digital wellness and mental health aspects associated with excessive technology use. Speakers addressed the impact of digital devices on mental



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well-being and provided guidance on striking a healthy balance between technology and personal life.

**Interactive Workshops and Demos:** Practical workshops and demonstrations were conducted to educate participants about securing personal devices, recognizing phishing attempts, and implementing effective cybersecurity measures in both personal and professional contexts. Hands-on activities increased participant engagement and learning.

**Q&A Session:** A stimulating panel discussion and Q&A session allowed attendees to interact with the expert, ask questions, and seek clarifications on cybersecurity best practices, digital privacy concerns, and methods for promoting digital wellness in everyday life.

5) Name of Expert: Dr. Rakesh Kriplani, Cyber Security Expert

6) List and Number of Participants:

The workshop was organized for the students of BBA. The total number of enrolled students for the BBA course are 72 students.

7) Geotag Photograph of the Event:





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### 8) Feedback of the Event:

- The Cybersecurity and Digital Wellness Expert Session received a positive response from the college community, fostering a heightened awareness of cybersecurity threats and the importance of digital wellness. The event successfully empowered attendees with practical knowledge and tools to navigate the digital world safely while prioritizing their mental health.
- The college remains committed to organizing such informative sessions in the future to ensure that our students and faculty stay informed and equipped with the necessary skills to thrive in an increasingly digital-centric environment.
- This report encapsulates the impactful insights and knowledge shared during the Cybersecurity and Digital Wellness Expert Session, reinforcing our commitment to promoting a secure and healthy digital culture within Graduate School of Management Studies (GSMS).

### 9) Photographs from the Event:





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10) Social Media Post:



### Coordinator of the Event

Mr. Rajan Modha, Assistant Professor, GSMS

### Report Prepared by:

Nidhi Madia, Student, BBA, GSMS

### Report Edited by:

Dr. Neela Multani, Assistant Professor, GSMS