

Fostering Digital Well-being: A Reflection on the Maadhyam and Miranda House workshop

In a world increasingly shaped by digital connectivity, **Maadhyam**- International Conflict for Conflict Resolution, in collaboration with **Miranda House**, spearheaded a two-day workshop **BE REAL- THE ART & SCIENCE OF HUMAN CONNECTIONS** held on **March 1 & 2** at Conference Centre , University of Delhi. Aimed at unraveling the complexities of the digital age and rekindling the essence of human connection. With an emphasis on navigating the intricate web of the internet and managing social media conflicts, the workshop served as a beacon of enlightenment for over 300 eager participants seeking to reclaim control over their online experiences.

The workshop commenced with insightful discussions conducted by Mr. A. S. Chandiok, senior advocate, president Maadhyam, and Mr. J. P. Sengh, Senior Advocate, President Elect, Maadhyam on the nuances of navigating the vast expanse of the internet. Participants were encouraged to adopt a discerning approach towards online content consumption, recognizing the importance of critical thinking in an era inundated with information overload. Strategies for deciphering credible sources amidst the sea of misinformation were deliberated upon, empowering participants to harness the power of the internet as a tool for knowledge acquisition and self-empowerment.

Amidst the labyrinth of social media platforms, the workshop delved into the realm of conflict management in virtual spaces. Participants engaged in candid conversations about the pitfalls of online interactions, exploring avenues for fostering empathy and constructive dialogue amidst digital discord. Through role-playing exercises and scenario analysis, participants gleaned invaluable insights into defusing tensions and cultivating meaningful connections in the digital sphere.

Central to the workshop's ethos was the imperative of cultivating authentic human connections in an age characterized by virtual superficiality. Activities conducted by Principal Miranda House Dr. Bijyalaxmi Nanda , aimed at fostering genuine interpersonal bonds, were meticulously curated, prompting participants to disconnect from their screens and embrace the richness of face-to-face interactions. As participants exchanged stories, shared experiences, and basked in the warmth of real-time communication, the workshop served as a poignant reminder of the irreplaceable value of human connection in an increasingly digitized world.

In a bid to combat the pervasive toxicity prevalent in online spaces, Maadhyam, the workshop's esteemed collaborator, unveiled a tantalizing array of culinary delights aimed at promoting a holistic approach to healthy living. Participants were treated to interactive cooking sessions where they learned the art of crafting nutritious delicacies such as roti rolls and burrito bowls. Beyond satiating the palate, these culinary escapades underscored the profound connection

between dietary choices and overall well-being, inspiring participants to embrace a lifestyle anchored in wholesome nourishment and mindful consumption.

As the curtains drew to a close on the transformative two-day workshop, participants departed with a newfound sense of empowerment and enlightenment. Armed with a repertoire of digital literacy skills, conflict resolution techniques, and a renewed appreciation for the essence of human connection, attendees emerged as torchbearers of positive change in the digital landscape. The resounding success of the workshop underscored the unwavering commitment of Miranda House and Maadhyam towards nurturing a generation of digitally savvy, emotionally resilient individuals equipped to navigate the complexities of the digital age while preserving the sanctity of human connection and well-being