



# Sunbeam® Women's College Varuna

(Affiliated to Mahatma Gandhi Kashi Vidyapith, Varanasi)

Towards Women Empowerment ...

(Accredited by NAAC)

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## NOTICE

### Guest Lecture on Technology Addiction and Psychological Well-being

This is to inform all students that the Department of Psychology is organizing a guest lecture on the topic "**Technology Addiction and Psychological Well-being**". The session will be conducted by Dr. Nishant Ohri, Psychiatrist, Newlife Hospital, Varanasi. The session aims to create awareness regarding the psychological impact of excessive technology use and promote mental well-being among students.

**Date:** Thursday

**Time:** 2:00 PM onwards

**Venue:** College Melody

All students are requested to attend the session positively and maintain proper discipline.

**Dr. Shalini Singh**  
Administrator

**Dr. Rajeev Singh**  
Principal