



Department of Applied Sciences

GUEST TALK REPORT

Digital Distraction and Suicide Prevention

07 September 2026 | 1:30 PM – 3:00 PM | Auditorium

Guest Talk

Digital distraction and suicide prevention

07 September 2026
 1:30 PM – 3:00 PM
 Auditorium

Dr. Padmakshi Lokesh
Sejal New Life Foundation,
Book of World Record Holder

Faculty Coordinators

Dr. Poornima G S Dr. Bhavya p	Dr. Anusuya Devi V S HoD- Applied Sciences	Dr. R J Anandhi Vice Principal – Academics	Dr. Manjunatha Principal, NHCE
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Organised by
Department of Applied Sciences

Speaker: Dr. Padmakshi Lokesh
Sejal New Life Foundation | Book of World Record Holder

1. Introduction

On 07 September 2026, the Department of Applied Sciences, New Horizon College of Engineering, organized a guest talk titled “**Digital Distraction and Suicide Prevention.**” The session was scheduled from 1:30 PM to 3:00 PM at the Auditorium. The resource person for the session was **Dr. Padmakshi Lokesh, Sejal New Life Foundation, Book of World Record Holder.**

The theme of the guest talk brought together two closely related areas highlighted in the event title: the impact of digital distraction and awareness related to suicide prevention. The programme was intended to provide participants with an opportunity to reflect on responsible digital engagement, personal well-being, awareness, and the importance of seeking appropriate support when required.

Speaker and Faculty Coordinators

Resource Person: Dr. Padmakshi Lokesh – Sejal New Life Foundation, Book of World Record Holder.

Faculty Coordinators: Dr. Poornima G S and Dr. Bhavya P.

Academic / Institutional Coordination: Dr. Anusuya Devi V S, HoD – Applied Sciences; Dr. R J Anandhi, Vice Principal – Academics; Dr. Manjunatha, Principal – NHCE.

Session Overview

The guest talk was centered on the theme “Digital Distraction and Suicide Prevention.” Based on the theme stated in the event poster, the session provided a platform to discuss the role of digital habits in everyday life alongside the importance of awareness and preventive approaches concerning suicide. The topic is particularly relevant in an educational environment, where students and faculty members interact extensively with digital devices, online platforms, and social media.

Key Areas Addressed

Digital distraction and attention

Awareness of how excessive or unregulated digital engagement can affect attention, time management, interpersonal interaction, and day-to-day functioning.

Responsible digital engagement

Encouragement of mindful and purposeful use of digital devices and online platforms, with attention to maintaining a healthy balance between digital and offline activities.

Mental-health awareness and communication

The theme highlighted the importance of openness, empathy, listening, and timely communication when an individual may be experiencing emotional distress.

Suicide prevention awareness

The session theme emphasized the importance of recognizing warning signs, responding sensitively, encouraging help-seeking, and connecting individuals with appropriate professional or support resources.

Learning Outcomes / Takeaways

- Participants were encouraged to reflect on their own digital-use patterns and the importance of purposeful digital engagement.
- Participants gained thematic awareness of the relationship between digital distraction, well-being, communication, and responsible support.
- The session reinforced the importance of empathy, active listening, and early support when someone is experiencing distress.
- Participants were encouraged to approach suicide prevention as an area requiring awareness, sensitivity, responsible communication, and timely professional support.
- The programme contributed to creating greater awareness of personal and social responsibility in promoting a supportive environment.

Event Photographs



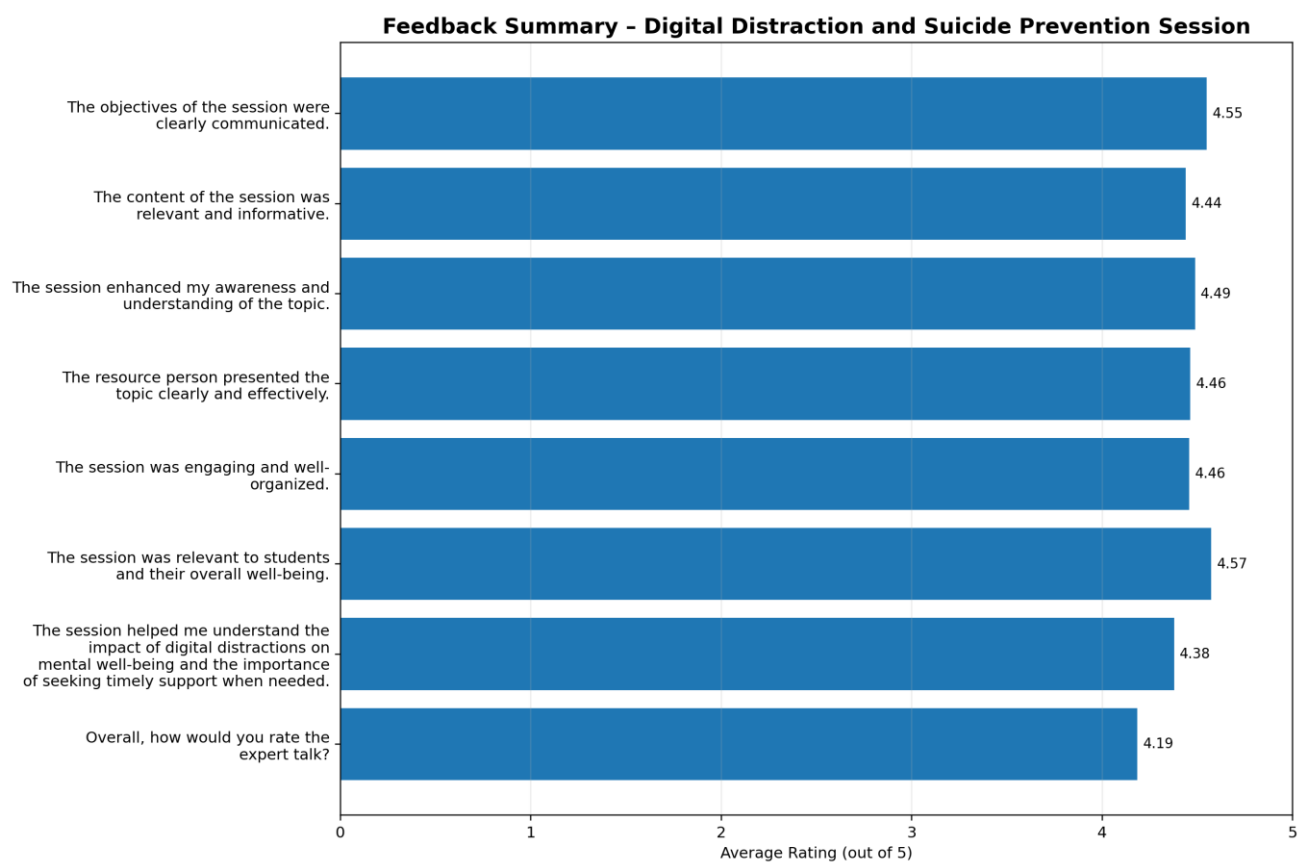
Conclusion

The guest talk on “Digital Distraction and Suicide Prevention” provided an important awareness-oriented platform for participants to reflect on responsible digital engagement and the significance of prevention, empathy, and timely support. The programme conducted by the Department of Applied Sciences on 07 September 2026 at the Auditorium brought attention to a contemporary issue relevant to the well-being and responsible development of the academic community.

The event concluded with acknowledgement and appreciation of the resource person, Dr. Padmakshi Lokesh, for contributing to the programme.

Feedback Report

The session received positive feedback from the participants. Students found the topic relevant and informative and appreciated the awareness created regarding digital distraction and suicide prevention. The interactive discussion encouraged participants to reflect on responsible digital usage, empathy, communication, and the importance of timely support. Overall, the session was considered meaningful and beneficial to the participants.



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