

KALKA INSTITUTE FOR RESEARCH AND ADVANCED STUDIES, ALAKNANDA NEW DELHI

Conference Organised

National Conference on “Emotional & Mental Well Being in the Era of Digitalization through Indian knowledge System” (18.01.2025)

The National Conference on “Emotional & Mental Wellbeing in the Era of Digitalization through Indian Knowledge System” was organized on Jan 18, 2025 by Kalka Institute for Research and Advanced Studies. The event featured insightful discussions by experts on integrating traditional wisdom with digital advancements for holistic well-being. Research presentations explored themes such as digital addiction, emotional resilience, and mindfulness through Indian philosophies. The conference concluded with reflections on its impact, emphasizing the need for continued research and application of Indian knowledge systems in modern digital challenges.



NATIONAL CONFERENCE ON “EMOTIONAL & MENTAL WELLBEING IN THE ERA OF DIGITALIZATION THROUGH INDIAN KNOWLEDGE SYSTEM”



Prof. Rachna Verma Mohan
Deen and Head,
School of Education,
Shri Lal Bahadur Shastri
National Sanskrit Central
University, New Delhi



Dr. S. Ranjan
MBBS,
Energy Medicine
Physician
Wellness Coach,
New Delhi



Dr. M. Bala Krishna
Professor
USIT, GGSIPU,
New Delhi



Dr. Anjali Shokeen
Associate
Professor
USE, GGSIPU,
New Delhi

PATRON
DR. ANJU MEHROTRA
(Director, KGI)

DR. ONIKA MEHROTRA
(Co-Director, KGI)

CONVENER
DR. SHUBHAM SAXENA
(Director, KIRAS)

DR. RAJEEV KUMAR
(H.O.D, KIRAS)

DATE-18 JANUARY 2025 **VENUE- ONLINE** **TIME- 9:00 A.M - 2:00 P.M**
KALKA INSTITUTE FOR RESEARCH AND ADVANCED STUDIES
ALAKNANDA, NEW DELHI 110019.
Affiliated to G.G.S.I.P. University, New Delhi

Registration Link: <https://forms.gle/VoXNH4D9WwWdlr1d5>
Platform: Google Meet
Conference Link: <https://meet.google.com/vsb-nxrh-mun>

ABOUT THE COLLEGE

Kalka Institute for Research and Advanced Studies (KIRAS) is recognized by N.C.T.E. and A.I.C.T.E. affiliated with G.G.S.I.P. University, New Delhi. It was founded in 2000 under the Kalka Educational Society. KIRAS is dedicated to providing high-quality education in B.Ed and B.A. Located in Alaknanda, New Delhi, the institute is easily accessible via nearby Metro stations like Greater Kailash, Chirag Delhi, and Govindpuri.



MISSION

To develop and nurture a community of researchers committed to excellence, critical thinking, and the highest standards of academic rigor, empowering faculty and students to become leaders in their fields. To become a globally recognized centre of excellence in research, contributing to the expansion of knowledge across various disciplines and addressing critical challenges facing society.

ABOUT THE CONFERENCE

This conference empowers the educators, researchers & youth with best practices for impactful life education through Indian knowledge. Academia experts share insights through case studies, fostering quality research-based teaching and societal impact.

OBJECTIVES OF THE CONFERENCE

- To Explore the Synergy Between Indian Knowledge Systems and Modern Digital Technologies
- To Promote Holistic Approaches to Wellbeing in the Digital Age
- To develop digital learning and emotional wellbeing
- To facilitate Knowledge Exchange on Traditional Practices and Digital Innovations
- To Incorporate Indian Philosophical Principles in the Development of Ethical Digital Technologies
- To understand Indian Knowledge System and prepare for life.
- To bridge the Rural-Urban Divide Using Digital Platforms Rooted in Indian Knowledge Systems
- Empower Communities Through Education and Awareness
- Promote Research and Collaboration

VISION

To create an inspiring environment for educators that nurtures the joy of teaching and learning, promotes critical thinking, and enhances effective communication. The vision is to empower teachers to become future leaders and innovators in education, contributing to a dynamic and inclusive higher education landscape.

NATIONAL CONFERENCE

ON
“EMOTIONAL & MENTAL WELLBEING
IN THE ERA OF DIGITALIZATION
THROUGH INDIAN KNOWLEDGE
SYSTEM”

Organized by



**KALKA INSTITUTE FOR RESEARCH
AND ADVANCED STUDIES**
Alaknanda, New Delhi – 110019
Affiliated to G.G.S.I.P. University,
Dwarka, New Delhi

DATE: 18th JAN 2025
TIME: 9:00 A.M to 2:00 P.M
VENUE: ONLINE

SUB-THEMES OF THE CONFERENCE

- Integrating Ancient Indian wisdom for innovative teaching learning process
- The Digital Paradox: Exploring the Intersection of Technology and Mental Health
- Emotional and Social Resilience through Indian Knowledge System
- The Impact of Digital Relationships on Mental Health: Indian Perspectives
- Mental & Emotional well-being: Challenges and Opportunities
- Digital Detox: A practical approach to reduce the effect of social media
- Bhagavad Gita: Ancient wisdom for modern life
- Digital Addiction: A Growing Concern in the Era of Digitalization
- Yoga, Meditation & Ayurveda for holistic well-being
- Digital Ethics for emotional & mental well-being

IMPORTANT DATES

Last Date for Abstract Submission-10th Jan 2025
Last Date for Full Article Submission-15th Jan 2025
Conference Date: 18th JAN 2025
Time: 9:00 A.M to 2:00 P.M
Conference Venue: Online

FORMAT FOR MANUSCRIPT

- Title of Paper
- Author's Details (Name, Designation, Department, Institution, Contact Number, Email Id)
- Manuscript (Abstract, Keywords, Content, References) Tables & Figures may be given as a part of text.
- Language - English Manuscript: MS Word, Times New Roman, 12 Pt, Single Spacing
- Abstract: 100-150 Words
- Word Limit: 2000-3000 Words
- Referencing Style: APA 7th Edition

REGISTRATION DETAILS

- No Registration Fees
- Only Publication Charges (Rs.500/-)

Link for Online Registration:
<https://forms.gle/VoXNH4D9WwWdlr1d5>

CALL FOR PAPERS

Academics, faculty members, research scholars, and students are invited to submit original unpublished papers on the given themes of the conference. Selected papers will be published in upcoming journal of KIRAS.

Mail ID for submission of Abstract and Full Paper: events@kirasdelhi.com

CERTIFICATES WILL BE PROVIDED TO ALL PAPER PRESENTERS.

SESSIONS	NAME OF SPEAKER & DESIGNATION	TIME
Inaugural Session	Prof. Rachna Verma Mohan Dean & Head, School of Education, Shri Lal Bahadur Shastri National Sanskrit Central University, New Delhi	09:00 A.M - 11:00 A.M
	Dr. S. Ranjan MBBS Energy Medicine Physician Wellness Coach, New Delhi	
First Technical Session	Dr. M. Bala Krishna Professor USIT, GGSIPU, New Delhi	11:30-12:30 P.M
Second Technical Session	Dr. Anjali Shokeen Associate Professor USE, GGSIPU, New Delhi	12:30-01:30 P.M
Valuedictory Session	Dr. M. Bala Krishna Professor USIT, GGSIPU Dr. Anjali Shokeen Associate Professor USE, GGSIPU, New Delhi	01:30-02:00 P.M

ORGANIZING COMMITTEE

PATRON
Dr. Anju Mehrotra (Director, KGI) **Dr. Onika Mehrotra** (Co-Director, KGI)

CONVENER
Dr. Rajeev Kumar (HOD, KIRAS) (9910744809) **Dr. Shubham Saxena** (Director, KIRAS) (9999377351)

FACULTY COORDINATORS

Dr. Anshu Vats (Associate Prof) 9819131501
Ms. Anita (Asst. Prof) 9405479463
Dr. Puneet Kapuria (Asst. Prof)
Ms. Kamal Meera (Asst. Prof)

NATIONAL CONFERENCE ON EMOTIONAL & MENTAL WELLBEING IN THE ERA OF DIGITALIZATION THROUGH INDIAN KNOWLEDGE SYSTEM.

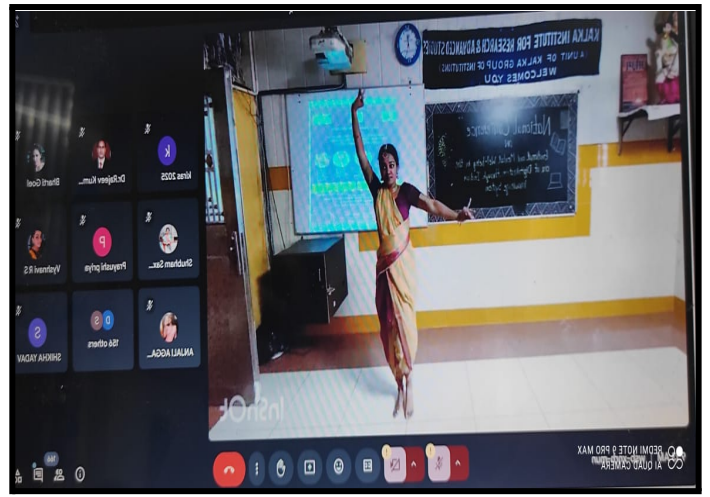
DATE: 18 January 2025 Time: 09:00 A.M to 02:00 P.M
VENUE: - Online

S.NO.	SESSIONS	NAME OF SPEAKER AND DESIGNATION	PROFILE PICTURE	TIME
1.	INAUGURAL SESSION	Dr. S. Ranjan MBBS, Energy Medicine Physician Wellness Coach		09:00 A.M-11:00 A.M
		Prof. Rachna Verma Mohan Dean and Head, School of Education, Shri Lal Bahadur Shastri National Sanskrit Central University		
Tea-Break >> 11:00- 11:30 AM				
2.	FIRST TECHNICAL SESSION	Dr. M. Bala Krishna Professor USIT, GGSIPU		11:30 A.M- 12:30 P.M
3.	SECOND TECHNICAL SESSION	Dr. Anjali Shokeen Associate Professor USE, GGSIPU		12:30 P.M-01:30 P.M
4.	VALEDICTORY SESSION	Dr. M. Bala Krishna Professor USIT, GGSIPU	Dr. Anjali Shokeen Associate Professor USE, GGSIPU	01:30 P.M-02: 00 P.M

Link for NATIONAL CONFERENCE ON “EMOTIONAL & MENTAL WELLBEING IN THE ERA OF DIGITILIZATION THROUGH INDIAN KNOWLEDGE SYSTEM

Saturday, 18 January - 9:00am - 2:00pm
Platform: Google Meet
Conference Link: <https://meet.google.com/vsb-nxrh-mun>

KALKA INSTITUTE FOR RESEARCH AND ADVANCED STUDIES, ALAKNANDA, NEW DELHI – 110019
Affiliated to G.G.S.I.P. University, New Delhi- 110078



CONFERENCE PROCEEDINGS

NATIONAL CONFERENCE ON “EMOTIONAL & MENTAL WELLBEING IN THE ERA OF DIGITIZATION THROUGH INDIAN KNOWLEDGE SYSTEM”

LIST OF PARTICIPANTS

TECHNICAL SESSION 1 - (EMOTIONAL AND MENTAL WELL-BEING IN THE ERA OF DIGITALIZATION)

Time: 11:30 am to 12:30 pm

S.No.	Name	Designation	Institute	Topic	Email Id
1.	Dr. Manvinder Kaur	Associate Professor	Guru Ram Dass College of Education, GGSIPU, Delhi	‘FOMO’ for Teachers: The Impact of Digital Connectivity on Educators' Well-being	manvinofficial@gmail.com
2.	Dr. Sonika Ahlawat	Assistant Professor	Trinity Institute Of Professional Studies, Dwarka, New- Delhi	From Screen Time To Peace Of Mind: Digital Ethics For Mental Well-Being	ahlawatsonika90@gmail.com
3.	Aradhana Jha, Bilquish, Sapna Rani	Research scholar	Institute of Vocational Studies	The impact of digital relationship on mental health Indian perspective.	Bilquish.ivs@gmail.com sapnaranitaya@gmail.com
4.	Sakshi Sethi	Teacher	The Frank Anthony Public School	Digital Detox: A Practical Approach To Reduce The Effect Of Social Media	sakshi.sethi1@gmail.com
5.	Rishika and Rohit kumar sah	Research scholar	GGSIPU, DTU	Digital Detox: A Practical Approach To Reduce The Effect Of Social Media	rishitanpb@gmail.com
6.	Deepshikha Verma Bishal Kumar Bahadur	Research Scholar	Gurugram University	Digital Addiction	vdeep6511@gmail.com chhetrivishal689@gmail.com
7.	Aditi	Research Scholar	Maharishi University Of Information Technology	Digital Paradox	aditi140703@gmail.com

8.	Akanksha Devgun	Research Scholar	Jamia Hamdard University	Digital Relationships On Mental Health	devgunakanksha@gmail.com
9.	Tanishq Gupta and Sakshi Aggarwal	Research Scholar	IMS ,Nodia	The Impact Of Digital Relationships On Mental Health Indian Perspectives	tanishqguptajii@gmail.com sakshiagg153@gmail.com

NATIONAL CONFERENCE

ON

“EMOTIONAL & MENTAL WELLBEING IN THE ERA OF DIGITIZATION THROUGH INDIAN KNOWLEDGE SYSTEM”

LIST OF PARTICIPANTS

TECHNICAL SESSION II (EMOTIONAL & MENTAL WELLBEING THROUGH INDIAN KNOWLEDGE SYSTEM)

Time: 12:30 pm to 1:30 pm

S.No.	Name	Designation	Institute	Abstract Submission	Email Id
1.	Dr. Pritam Singh	Assistant Professor	Sanatan Dharma Adarsha Sanskrit College Dohgi, Una – 174307 Himachal Pradesh	The Comparative Study Of Nyāya Darśana And Āyurveda	pritamsinghsurma@gmail.com
2.	Rashima Sharma	Assistant Professor	Trinity Institute Of Professional Studies	Integrating Ancient Indian Wisdom For Innovative Teaching Learning Process	rashima16sharma@gmail.com
3.	Dr. Rohtash Dhiman	Assistant Professor	Department of Electrical Engineering, Deenbandhu Chhotu Ram University of Science and Technology, Murthal, Haryana, India	Relevance of Indian Knowledge System for Personal Distress in Modern Digital World	rohtash.k@gmail.com
4.	Vandana	Research Scholar	GNDU, Amritsar	Exploring The Role Of Mindfulness And Meditation In Enhancing Holistic Well-Being.	vandanabhanotgndu@gmail.com
5.	Bimla Kumari	Research Scholar	Uttarakhand University	Yoga, Meditation & Ayurveda For Holistic Well-Being	bimlakumari19741@gmail.com
6.	Shobha Tanwar	Teacher	The Infinity School , Noida	Integrating Ancient Indian Wisdom For Innovative Teaching Learning Process	shobhatawar2000@gmail.com
7.	Sharda suryawanshi	Research Scholar	Rawatpura Sarkar University	Bhagavad Gita: Ancient wisdom for modern life	Sharda1191@gmail.com

8.	Alisha Zuberi	Teacher	Laxman Public School, Hauz Khas	Theme- Bhagavad Gita: Ancient wisdom for modern life “APPLYING THE TEACHINGS OF THE BHAGAVAD GITA FOR MANAGING STRESS IN THE MODERN WORLD”	alizub1996@gmail.com
9.	Dr. Prem Singh Sikarwar	Assistant Professor	Sri Lal Bahadur Shastri, Central Sankrit University, New Delhi	Integrating Ancient Indian Wisdom for Innovative Teaching Learning Process	premsikarwar23@gmail.com

KALKA INSTITUTE FOR RESEARCH AND ADVANCED STUDIES

REPORT ON NATIONAL CONFERENCE

ON

“EMOTIONAL & MENTAL WELLBEING IN THE ERA OF DIGITALIZATION THROUGH INDIAN KNOWLEDGE SYSTEM”

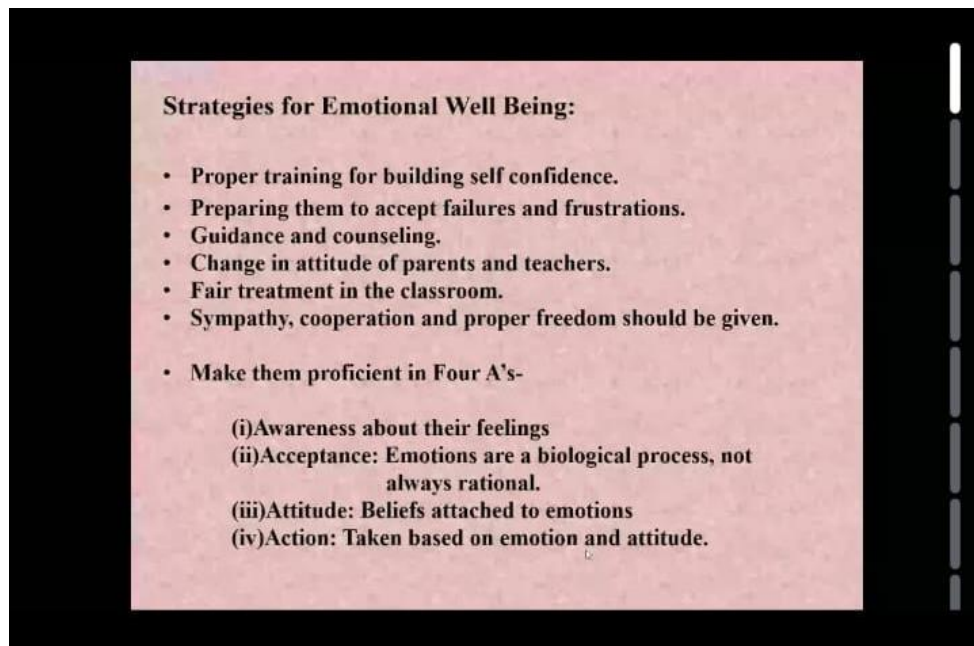
DAY AND DATE: SATURDAY, 18th JANUARY 2025

TIME: 9:00 A.M to 2:00 P.M

VENUE: ONLINE

INTRODUCTION

Kalka Institute for Research and Advanced Studies held an online conference on January 18, 2025, about mixing Indian wisdom with digital education. Students joined through their phones to learn from four expert speakers.



The conference commenced with an engaging introductory speech by Arundhati and Durdana, second-year B.Ed students, who eloquently set the tone for the day's proceedings. This was followed by the auspicious lighting of the lamp ceremony led by Dr. Shubham Saxena, Director of Kalka Institute for Research and Advanced Studies. Adding a cultural dimension to the inaugural session, Vaishnavi and Sakhi Saini, first-year B.Ed students, presented a mesmerizing classical dance performance. Dr. Shubham Saxena, Director, and Dr. Rajeev Kumar, HOD, then delivered warm welcome notes, officially inaugurating the conference.



Dr. S Ranjan and Professor Rachna Verma Mohan started the conference. Then Dr. M. Bala Krishnan from USIT, GGSIPU gave technical talks, followed by Dr. Anjali Shokeen from USE, GGSIPU who led paper presentations. Dr. Bala Krishnan wrapped up the event. The conference covered important topics like using ancient Indian knowledge in teaching, dealing with digital stress, and staying healthy through yoga and meditation. They also discussed the Bhagavad Gita's teachings for today's life and ways to handle social media use.

The National Conference was structured into four focused sessions:

Inaugural Session (9:00 AM - 11:00 AM)

Dr. S. Ranjan (MBBS, Energy Medicine Physician)

Prof. Rachna Verma Mohan (Dean, School of Education, SLBSNSU)

Topics covered: Introduction to digital wellbeing and Indian knowledge systems.

First Technical Session (11:30 AM - 12:30 PM)

Dr. M. Bala Krishnan

Second Technical Session (12:30 PM - 1:30 PM)

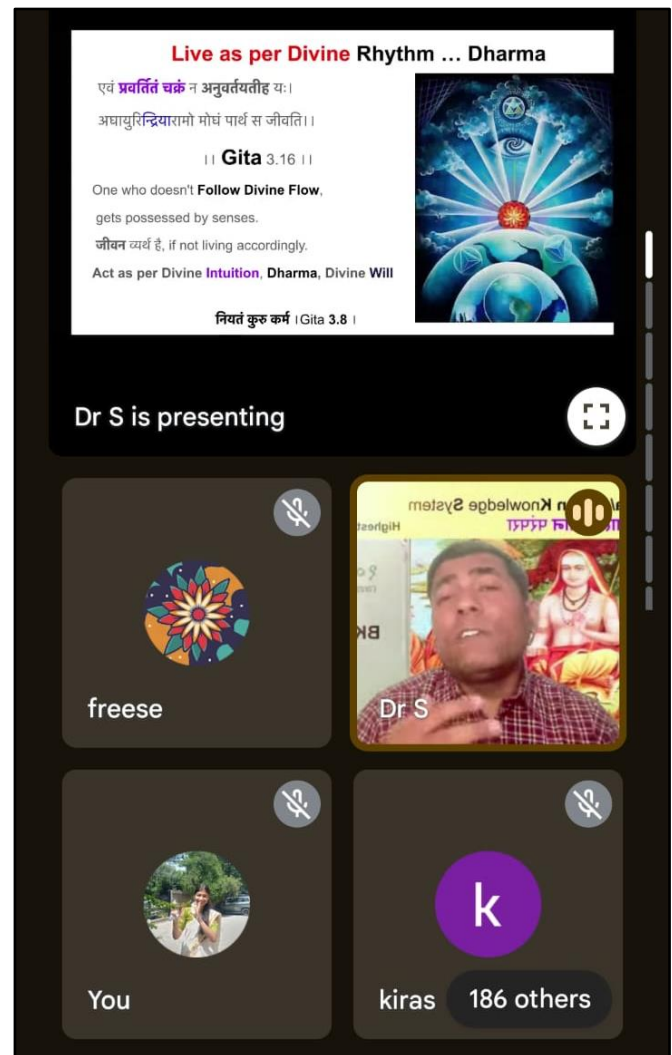
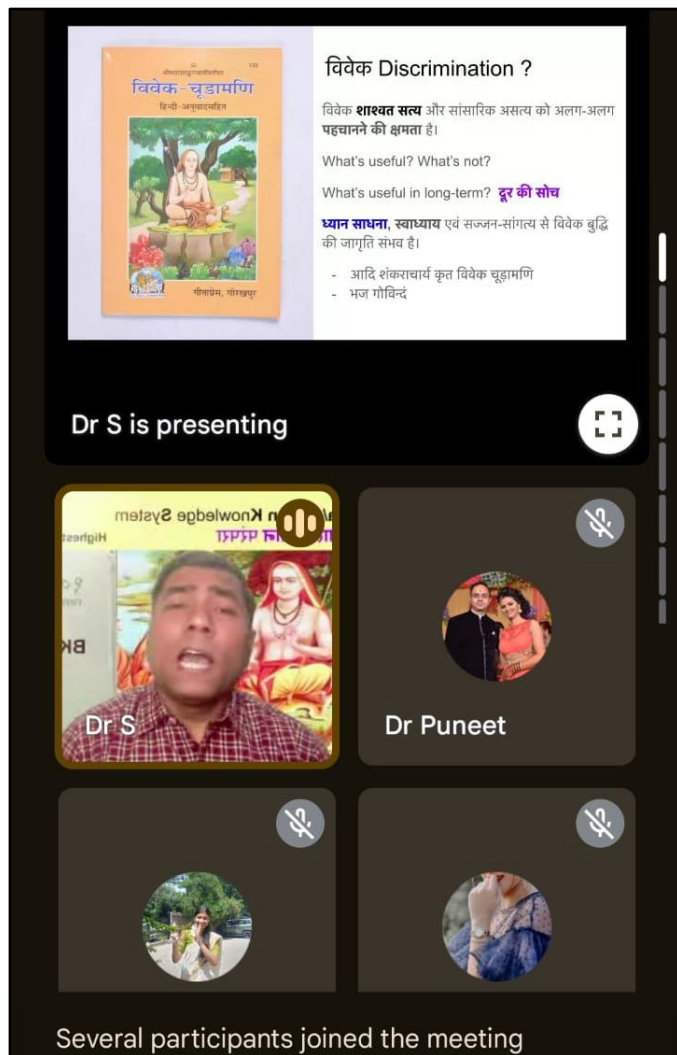
Dr. Anjali Shokeen

Valedictory Session

Dr. M. Bala Krishnan

Key Insights from Dr. Ranjan's Address

Dr. S Ranjan was warmly welcomed by Dr. Puneet Kapatia. Dr. S. Ranjan opened the National Conference with a compelling introduction on emotional and mental wellbeing in the digital age. He emphasized how Indian knowledge systems offer valuable solutions to modern challenges. The speaker began by highlighting the growing concern of digital overwhelm, citing recent statistics showing increased screen time among young adults. Drawing from his medical background, Dr. Ranjan explained the physiological impact of excessive digital exposure on mental health. He shared practical examples from his experience as a wellness coach, illustrating how traditional Indian practices can counteract digital stress.



Key points from his introduction:

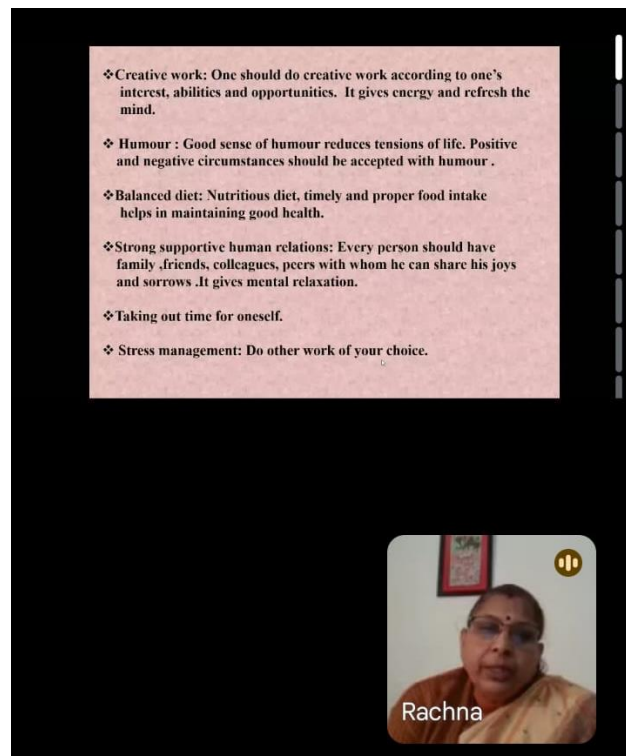
- Connection between ancient Indian wisdom and modern mental health challenges
- Rising cases of digital addiction and its impact on emotional wellbeing
- Need for a balanced approach combining technology with traditional wellness practices
- Role of Indian knowledge systems in developing digital resilience

The session set a strong foundation for the conference by bridging the gap between traditional Indian knowledge and contemporary digital challenges. Dr. Ranjan's medical expertise combined with his understanding of Indian wellness practices provided attendees with a unique perspective on addressing digital-age mental health concerns.

The first inaugural session featured multiple distinguished speakers, with Prof. Rachna Verma Mohan taking the stage after S. Ranjan.

Key insights from professor Rachna Verma Mohan

Prof. Rachna Verma delivered a comprehensive analysis of mental well-being challenges in the digital age, particularly focusing on their impact on youth. Her presentation effectively bridged modern digital challenges with practical solutions rooted in Indian Knowledge Systems.



She discussed how the digital world has amplified competition in academics, career opportunities, and personal achievements. The overwhelming expectation to excel often results in burnout, anxiety, and depression, as people feel compelled to keep up with unrealistic societal standards. She stressed the importance of understanding that one's self-worth is not defined by external achievements but by internal growth and self-acceptance. Prof. Rachna didn't just highlight problems; she also provided valuable solutions to maintain emotional balance in a digitalized world. Some of the key recommendations she shared were that She encouraged incorporating yoga, pranayama, and meditation—deeply rooted in the Indian Knowledge System—to cultivate mental peace and emotional resilience. Human connections play a crucial role in mental well-being. She advised fostering strong relationships with family, friends, and mentors rather than relying solely on virtual interactions. Instead of comparing oneself to others, focusing on self-growth, gratitude, and personal well-being can lead to a happier and more fulfilling life.

Her session was deeply insightful and enlightening, as it addressed the real struggles that people—especially the youth—face in this era of digitalization. By combining modern psychological approaches with the wisdom of the Indian Knowledge System, she presented a holistic path toward emotional and mental well-being. Her speech encouraged attendees to embrace balance, self-care, and mindfulness while navigating the digital world with awareness and resilience.

After the end of the first Inaugural session, it concluded by a vote of thanks given by Ms. Vimmi Kumar.

Paper presentation by Dr. M Bala Krishnan

Dr. M. Bala Krishna, Professor, delivered an insightful presentation addressing the crucial intersection of traditional Indian wisdom and contemporary mental health challenges in our increasingly digital world. The session began precisely at 10:30 AM with a warm welcome from the session chair.

Dr. Bala Krishna presented a compelling integration of ancient Indian wisdom with contemporary mental health challenges. His presentation highlighted the alarming 47% increase in screen-time-related mental health issues among young adults over the past two years. He introduced the concept of 'Dinacharya' from Ayurveda as a framework for establishing healthy digital boundaries and emphasized the importance of 'Sattva' in managing digital overwhelm.

His presentation centered on four key solutions:

- Blending traditional meditation with modern digital wellness
- Applying ancient Indian time management to today's digital lifestyle
- Using Yoga and Pranayama to counter negative effects of screen time
- Implementing Vedantic principles for emotional resilience

Dr. Bala Krishna presented fascinating case studies demonstrating successful implementation of these principles in various educational institutions. He shared how a pilot program incorporating these methods in three universities showed a 32% reduction in reported stress levels among students. The interactive session that followed was particularly engaging, with participants raising pertinent questions about practical implementation strategies. The discussion touched upon challenges faced by educators and mental health professionals in bridging the gap between traditional wisdom and modern technological demands.

The session concluded with Dr. Bala Krishna emphasizing the need for a balanced approach that honors both traditional knowledge and modern advancements. He advocated for the development of a comprehensive framework that could be implemented across educational institutions.

Key insights from Dr. Anjali Shokeen

Dr. Anjali Shokeen, Associate Professor at USE, GGSIPU, addressed the intersection of technology, mental health, and Indian traditional knowledge. Her presentation covered several interconnected themes:

In exploring the digital paradox, she emphasized how technology can both enhance and deteriorate mental wellbeing. The discussion centered on finding balance between digital advancement and psychological health. A significant focus was placed on leveraging Indian Knowledge Systems for building emotional resilience.

She highlighted traditional practices and philosophies that can help navigate modern digital challenges. Regarding digital relationships, Dr. Shokeen analyzed their impact through the lens of Indian perspectives, discussing how traditional Indian values of human connection can help maintain authentic relationships in the digital age.

The presentation included practical approaches to digital detox, incorporating elements from the Bhagavad Gita's teachings on self-control and mindfulness. She explained how ancient wisdom remains relevant for addressing modern digital addiction. The integration of Yoga, Meditation, and Ayurveda was presented as a holistic solution for maintaining mental equilibrium in the digital age. She demonstrated how these traditional practices can counteract the negative effects of excessive screen time and digital overwhelm.

The session concluded with insights on digital ethics and their role in maintaining emotional wellbeing, emphasizing the importance of conscious and mindful technology use guided by Indian philosophical principles.

Valedictory session

The valedictory session marked the successful conclusion of the national conference, with distinguished speakers Dr. M. Bala Krishnan, Professor, USIT, GGSIPU, and Dr. Anjali Shokeen, Associate Professor, USE, GGSIPU, presiding over the ceremony.

Dr. Bala Krishnan commenced the session by summarizing the key takeaways from the conference, highlighting how the various sessions successfully bridged traditional Indian knowledge systems with contemporary digital wellness approaches. He emphasized the overwhelming response from participants across different institutions and the quality of research papers presented throughout the day.

Dr. Anjali Shokeen delivered the valedictory address, focusing on the practical implementation of the insights gained during the conference. She stressed the importance of incorporating Indian knowledge systems into modern educational frameworks to address digital-era mental health challenges. She also announced the formation of a special committee to develop guidelines for implementing the conference recommendations across educational institutions.

The session concluded with the distribution of certificates to paper presenters and participants, followed by a vote of thanks. Ms. Himani Singh delivered the overall vote of thanks acknowledging the contributions of all speakers, delegates, and organizing committee members. The conference formally concluded at 2:00 PM, leaving participants with valuable insights and actionable strategies for promoting mental wellbeing in the digital age through Indian knowledge systems.

CONCLUSION

The National Conference on "Emotional & Mental Wellbeing in the Era of Digitalization Through Indian Knowledge System" successfully achieved its objective of exploring the integration of traditional Indian wisdom with modern digital wellness approaches. The conference, featuring distinguished speakers like Dr. S. Ranjan, Prof. Rachna Verma Mohan, Dr. M. Bala Krishna, and Dr. Anjali Shokeen, provided comprehensive insights into addressing contemporary digital-age challenges through the lens of Indian knowledge systems. The sessions effectively highlighted the growing concerns of digital overwhelm while offering practical solutions rooted in ancient Indian practices. Key takeaways included the implementation of yoga, meditation, and Ayurvedic principles in managing digital stress, along with strategies for maintaining

emotional resilience. The conference emphasized the importance of balancing technological advancement with traditional wellness practices, setting a foundation for developing comprehensive frameworks that can be implemented across educational institutions. With significant participation and engagement from attendees, the conference successfully bridged the gap between ancient wisdom and modern challenges, providing actionable strategies for promoting mental wellbeing in our increasingly digital world.

Board and Podium Decoration: Sana, Anam, Fiza, Anu, Ocika.

Discipline Team: Subhashni Yadav, Riya Verma, and Gauri.

Photography: Swarnadeep Sahoo.

Report Writing Team: Insha, Ocika, Vartika, Taneesha, Anushka Kishore, Joel T. Abraham