9th Responsible Netism National Cyber Psychology Conference

Youth For Cyber Wellness

Event coordinators:

1.Smita Pawar

2.Dr. Vaishali Gaikwad

3.Prof. Stella J.

Date: January/20/2025 to January/23/2025

Location: Samanvay Bhavan, Near New Market Road, Malaviya Nagar, Bhopal.

Platform: Offline

No. of participants: 4

1. Kanchan Kumari
2. Disha Jaiswal
3. Smita Pawar (Faculty)
4. Sandhya Chandel (Attendee student)

Responsible Netism proudly presented the 9th National Cyber Psychology Conference 2025, themed Youth for Cyber Wellness, was organized by **Responsible Netism**, a non-profit organization dedicated to promoting cyber wellness. This first-ever Youth Conclave aims to promote safe, responsible internet use by empowering youth with digital literacy, online safety, and skills to combat cyber threats like bullying, identity theft, and privacy issues.

Day 1: Travel from Mumbai to Bhopal On Day 1, our team comprising two speakers, one faculty member, and one student attendee from our college commenced the journey from Mumbai to Bhopal to participate in the 9th National Cyber Psychology Conference 2025. The journey was smooth and filled with anticipation for the upcoming event.

Day 2: Run-Up and Program Preparation The second day was dedicated to the run-up and preparation for the conference. The venue at Bhopal was well-organized, and we attended the pre-event orientation to understand the conference objectives, schedule, and logistics. Networking opportunities with fellow participants and speakers were abundant, allowing us to establish connections before the main event.

Day 3: Conference Attendance: The third day was the main day of our trip as we attended the 9th National Cyber Psychology Conference 2025, themed *Youth for Cyber Wellness*. The conference aimed to address pressing issues such as increased online activity among youth, the rise in cyber vulnerabilities and harassment, and their impacts on mental well-being. The event emphasized building cyber resilience to empower young individuals with skills to navigate the online world safely and combat online distress.

Key Features of the Conference:

- **Background:** Since its inception in 2017, the Responsible Netism National Cyber Psychology Conference has positively influenced 20,000 lives, hosted over 300 speakers, and contributed significantly to government policy recommendations.
- **Theme:** *Youth for Cyber Wellness*—a first-of-its-kind Youth Conclave promoting safe and responsible internet use.
- **Objectives:**
    o Provide a platform for youth to share insights and contributions to cyber well-being.
    o Empower youth as cyber safety ambassadors to prevent online distress.
- **Participants:** The conference saw participation from undergraduate and postgraduate students, faculty members, and professionals from various fields.

Inaugural Ceremony:

The conference commenced with an inaugural ceremony graced by esteemed dignitaries, including Shri. Smt. Nirmala Bhuriya, and Shri. Inder Singh Parmar. Their presence underscored the significance of the event and the collective commitment to promoting cyber wellness among the youth.

Smt. Nirmala Bhuriya along with other dignitaries, graced the inaugural ceremony of the conference, underscoring the significance of the event and the collective commitment to promoting cyber wellness among the youth.

Smt. Tripti Tripathi is a prominent figure known for her advocacy and work towards women's empowerment. She has been actively involved in various initiatives aimed at improving the status of women, focusing on areas like education, health, safety, and social welfare. Her efforts include promoting gender equality, enhancing economic opportunities for women, and supporting their rights in different spheres of life. Through her work, she has contributed significantly to creating a more inclusive and supportive environment for women in society.

Keynote Sessions: The conference featured insightful keynote sessions by experts in the field of cyber psychology and mental health. A notable session was led by Dr. Harish Shetty, a prominent psychiatrist and mental health advocate, who provided valuable insights into the psychological impact of cyber harassment and strategies to build emotional resilience.

Panel Discussions: Engaging panel discussions were held, focusing on various aspects of cyber wellness, including digital literacy, online safety, and combating cyber threats such as bullying, identity theft, and privacy issues. These discussions provided a platform for youth to share their insights and contributions to cyber well-being, aligning with the conference's objective to empower young individuals as cyber safety ambassadors.

Panel Discussions: Digital Threats & Challenges

Mr.Rizwan Shaikh is a **cybersecurity expert** and **ethical hacker** known for his expertise in identifying vulnerabilities, conducting penetration testing, and enhancing system security. He also provides **cybersecurity training** and **consultancy services**, helping organizations protect their data and networks. His work includes raising awareness about cyber threats and sharing his knowledge through public speaking and training programs.

Moderator- Mr. Unmesh Joshi is the Co-founder and COO of **Responsible Netism**, an organization that promotes safe and responsible internet use. He works on **cybersecurity**, **data privacy**, and **online safety**, helping people stay protected from cyber threats and encouraging responsible technology use. Under his leadership, the organization focuses on educating the public about online security.

### Panel Discussions: Digital Inclusion and Safety

The panel discussion covered key topics related to social justice, digital security, and the empowerment of marginalized groups, focusing on creating a responsible and inclusive digital society.

- **Ms. Beena Pallical** – General Secretary of **Dalit Arthik Adhikar Andolan**: An advocate for the economic rights and empowerment of Dalits, Ms. Pallical works towards ensuring that marginalized communities gain access to economic opportunities and social justice.
- **Mr. Saurav Verma** – Consultant at **Tattle**: Saurav brings expertise in digital communications and technology, focusing on building secure and transparent platforms for information sharing.
- **Ms. Vaishali Bhandwalkar** – Co-founder of **Nirman**: A social entrepreneur dedicated to creating impactful solutions for underprivileged communities through sustainable development programs.
- **Moderator: Ms. Sonali Patankar** – Founder & CEO of **Responsible Netism**: Sonali leads efforts to promote safe and responsible internet use, working on raising awareness around cybersecurity, data privacy, and digital well-being.

Individual session:

The session on **"Building Emotional Cyber Resilience"** with **Dr. Harish Shetty**, Senior Psychiatrist at **Dr. L.H. Hiranandani Hospital, Mumbai**. During the session, Dr. Shetty likely focused on providing insights and strategies for strengthening emotional resilience, particularly in dealing with the mental health challenges posed by the digital world, such as online stress, cyberbullying, and excessive screen time. His expertise would have guided participants on how to manage emotional well-being while navigating the complexities of digital technologies.
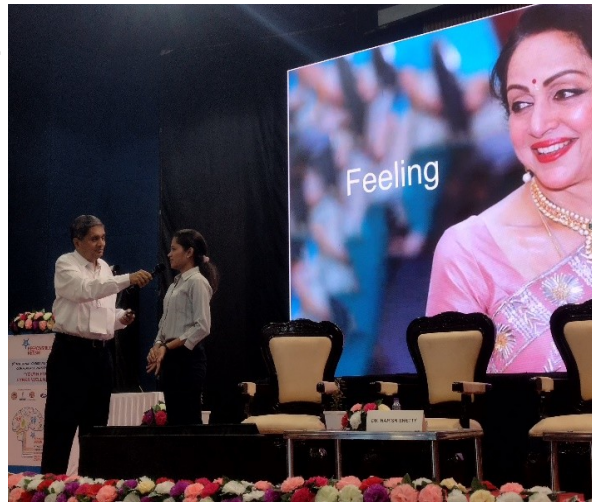
Panel: "The Future of Online Games in India"

- **Mr. Ninad Chhaya** (SVP, Reliance Games) – Talked about the growth and future of online gaming in India.
- **Mr. Pratyush Panshikar** (Senior Game Developer, Dirtcube Interactive LLP) – Discussed trends and innovations in game development.
- **Moderator: Mr. Unmesh Joshi** (Co-founder, Responsible Netism) – Guided the conversation on digital safety and responsible gaming.

The discussion focused on the growth, trends, and challenges of online gaming in India.

Individual session:

The individual session on **"Securing Intimate Non-Consensual Content"** was led by **Ms. Sophie Mortimer** virtually, the Revenge Porn Helpline Manager in the UK. She discussed strategies to protect individuals from the harmful impact of non-consensual intimate content, commonly known as revenge porn. Ms. Mortimer highlighted the **Stop NCII (Non-Consensual Intimate Image)** initiative, which helps victims report and remove intimate content shared without consent. The session focused on empowering individuals to safeguard their privacy, raise awareness of legal and emotional consequences, and promote a safer online environment.

Individual session:

The session on **"Safeguarding Snapchat"** was led by **Ms. Uthara Ganesh**, who works as the Head of **Public Policy, India and South Asia** at **Snap Inc.** She talked about how Snapchat works to keep users safe by protecting their privacy and security. Ms. Ganesh explained the platform's features, like privacy settings and reporting tools, that help prevent harmful content and online threats. The session highlighted Snapchat's efforts to create a safer space for its users.

Panel: Influencers of Change

The **"Influencers of Change"** panel focused on people or groups who have made a positive impact on society. The discussion highlighted how these individuals have inspired change in areas like social issues, the environment, politics, or digital spaces. The panel also covered the challenges they faced, how they influenced others, and the positive difference they've made in creating a better future.

Panel: Youth Ki Awaz

In the **"Youth Ki Awaz"** panel, **Ms. Kanchan Kumari** and **Ms. Disha Jaiswal** from **Xavier Institute of Engineering** shared their perspectives on the topic of **age restrictions on social media**. They discussed the importance of setting appropriate age limits to protect younger users from harmful content while balancing the need for access to digital platforms for education, communication, and personal growth. Their insights contributed to the ongoing conversation about ensuring safer, more responsible social media use, especially for younger generations.

Speakers from our college **Xavier Institute of Engineering** were honored with the **Smriti Chinha**, a recognition for their valuable contributions to the event. It's a wonderful acknowledgment of their efforts and participation in the discussions.

Valedictory and Vote of Thanks:

The **Valedictory Address** wraps up the event, summarizing key points and appreciating everyone's contributions. The **Vote of Thanks** follows, where the organizer or a key participant thanks the speakers, attendees, volunteers, and everyone involved in making the event successful. It's a final gesture of appreciation and a positive conclusion to the event.

Day 4: Return to Mumbai On the final day, we traveled back to Mumbai, carrying with us a wealth of knowledge, experiences, and actionable insights to implement in our academic and professional pursuits.

Day 5:

On the fifth day, we arrived home in the morning, feeling exhausted but content. After a long journey, we took the time to rest and recharge, allowing ourselves to relax and recover from the eventful days we had experienced.

Conclusion: The 9th National Cyber Psychology Conference 2025 was an enriching experience, providing a platform to understand the intersection of technology and mental health. The event highlighted the urgency of empowering youth to become cyber safety ambassadors and inspired us to contribute actively to promoting cyber wellness within our community. The knowledge gained and connections established during the conference will undoubtedly have a lasting impact on our academic and professional journeys.

Participants from Our College, XIE:

1. Two speakers: Ms. Kanchan Kumari and Ms. Disha Jaiswal from SE IT
2. One faculty member : Prof. Smita Pawar, Convener Allyn girls committee
3. One student attendee: Ms. Sandhya Chandel From SE CSE

Acknowledgment:

We sincerely thank the organizers of the **Responsible Netism National Cyber Psychology Conference** for hosting such a meaningful event and giving us a chance to learn, grow, and contribute to cyber wellness.

We also want to thank the **Allyn Girls commitee** for their support and contributions to the event. We feel this commitee brings girls together and boost confidence in us. Additionally, we express our deep gratitude to **Xavier Institute of Engineering, Our Director Dr. Fr. John Rose and Principal Dr. Y. D. Venkatesh** for their constant support and help. Their guidance, encouragement, and resources made a significant impact, and we truly appreciate everything they did.