

## URJITA- 2025



This year the theme for Urjita 2025- Inter-collegiate Under-graduate Research competition was “Digitalization - Impact on Society”.

The intercollegiate under-graduate research competition commenced with an inaugural session that set a welcoming tone for the day. Dr. Asha Menon, the esteemed Principal, delivered a warm welcome address, followed by a concept note presented by the convener, Ms. Sunalee Doshi. Their insightful words provided a strong foundation for the discussions ahead.

The event was graced by the presence of Mr. Saurabh Vakharia from IDigitize Infotech LLP as the Chief Guest. In his keynote address, Mr. Vakharia elaborated on the profound impact of digitalization on society and how technology has become an integral part of everyday life. He emphasized the importance of adopting a positive perception towards technology while ensuring its responsible use. He further highlighted the existing digital divide, noting that while digital dependence is increasing, many individuals still lack access to essential technological resources. He stressed the urgent need for a safe and accessible digital society, given the indispensable nature of digital devices in modern life.

To ensure a fair and expert evaluation of the competitions, the intercollegiate under-graduate research competition hosted Dr. Laxmi Menon from Dr. BMN College of Home Science as the external judge and Dr. Santosh Vadhrya as the internal judge. Their meticulous assessments played a crucial role in selecting the most deserving winners.

The technical session of the intercollegiate under-graduate research competition featured a series of engaging research presentations focusing on various aspects of digitalization. The topics presented were:

1. **Digital Solutions for Ergonomic Shoulder Bags: Tackling Musculoskeletal Disorders (MSDs) in Working Women**
  - This study explored the integration of ergonomic principles and technology into shoulder bag design. It emphasized the use of lightweight materials, adjustable straps, and multiple compartments for even weight distribution. The findings demonstrated how these innovations help alleviate strain on the neck, shoulders, and back, particularly among working women.
2. **Preschool Teachers' Perspective on the Scope of Digitalization to Enhance Learning in Early Childhood Education Centres**
  - This research examined the impact of digital tools on early childhood education. It highlighted how digitalization enables new forms of engagement, supports individualized learning, and fosters creativity, ultimately enhancing the overall learning experience for young children.
3. **The Power of Social Media: Influencing Food Choices and Eating Habits Among Adults**
  - This study investigated the significant role of social media in shaping the dietary habits of young adults aged 18-24. The research focused on how online health tips, food trends, and lifestyle influences contribute to changes in eating behaviours.
4. **Digital Socialization and Its Impact on the Mental Well-being of Elderly People**
  - The research explored how digital platforms help reduce loneliness and enhance social connectivity among the elderly. It found that digital interactions contribute to emotional stability, cognitive engagement, and overall quality of life. The study also emphasized the importance of user-friendly technology and adequate training to help elderly individuals navigate digital spaces effectively.
5. **Impact of Computer Vision Syndrome (CVS) on Workplace Productivity in the Digital Age**
  - This study examined the correlation between CVS symptoms and reduced workplace performance. It underscored the importance of preventive

measures, such as optimized screen settings, regular breaks, and ergonomic workstations, to mitigate the adverse effects of prolonged screen exposure and improve productivity.

#### **6. Effects of Digital Devices as Parenting Tools on the Socio-Emotional Development of Preschoolers**

- This paper explored the increasing use of digital devices as parenting aids and their impact on the emotional and social growth of young children. The findings provided insights into the balance required for effective digital parenting.

The intercollegiate under-graduate research competition successfully facilitated meaningful discussions on the implications of digitalization across various domains. It provided a platform for researchers, educators, and professionals to share knowledge, insights, and solutions aimed at fostering a digitally inclusive and responsible society.

The winners of the competition :

- First Prize - Digital Solutions For Ergonomic Shoulder Bags:Tackling Musculoskeletal Disorders (Msd) In Working Women presented by Riya, S., Pushpa, T.,, Shruti, P., Saliha, U., Roopa, R.\* from Nirmala Niketan college of Home Science, Mumbai
- Second Prize - Impact Of Computer Vision Syndrome On Workplace Productivity In The Digital Age presented by Vrushmi, S., Rinky, D., Swizel, B and Roopa, R.\* from Nirmala Niketan college of Home Science, Mumbai
- Third prize : - Digital Socialization And It's Impact On The Mental Well-Being Of Elderly People - Ms. Tanwar. H, Ms.Sakhare, S , Ms.Shaikh. S, Ms.Shaikh.F, Bhatia. R\* from Smt P N Doshi Women's college Of Arts, Ghatkopar, Mumbai