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Bio

Prof. Girishwar Misra served as professor of psychology at the University of Delhi, for two decades. He also served as vice chancellor of Mahatma Gandhi Antarrashtriya Hindi Vishwavidyalaya, Wardha. His research is focused on social, developmental, health, and cultural psychology. He has published articles on these topics, many in top-tier peer-reviewed journals such as *American Psychologist*, *International Journal of Psychology*, *Psychology and Developing Societies*, and *International Journal of Behavioral Development*. He has served as the President of National Academy of Psychology (NAOP), India, and edited the journal *Psychological Studies* (Springer) for 16 years. He was Fulbright Senior Scholar at Swarthmore college and Michigan University, An Arbor. He is a recipient of Jawaharlal Nehru National Award by the Government of Madhya Pradesh, National Fellowship of Indian council of Social Science Research, Fellowship of the NAOP, India, Fulbright Nehru Fellowship, and S.C. Mitra Memorial Award by Asiatic Society. His recent work includes *Psychosocial Interventions of Health and well-being* (Springer 2018) and *Surveys and Explorations in Psychology* (Oxford 2019).

Keynote address on:

Navigating and Growing in the Digital Era

Abstract

The rapid advancement of communication technologies has transcended temporal and geographical boundaries, permeating every facet of private and public life. As the pace of information dissemination accelerates, there's a constant urge to stay updated, leading to diminishing patience and tolerance while exacerbating feelings of loneliness and resentment. Today's key challenge is attaining concentration amid a sea of distraction. The gradual integration of this once auxiliary technology into the core of our existence has subtly reshaped our habits and behaviours without us fully realizing its impact. Media now exerts control over our intellect, conscience, and emotions, influencing feelings as well as our pursuit of skills and challenges in various fields. Therefore staying mindful and proactive in controlling the flow of information is becoming essential for preserving both digital security and mental well-being. Regulating the content available on social media platforms, prioritizing societal well-being is crucial in mitigating potential harms. Our attention determines what we see, our awareness of the world, and regulation of our thoughts and feelings. The connection between attention and excellence is key underlying everything that we seek to accomplish. This presentation aims at explicating this faculty in the mind's operations and its role in living a fulfilling life.

Key Words: concentration, excellence, identity, information.