



NATIONAL CONSULTATION ON NOMOPHOBIA : EVIDENCE, IMPACT & WAY FORWARD

FOCUS : ADOLESCENTS AND YOUNG ADULTS

Patron

Dr. Rajiv Bahl

Secretary to Government of India, DHR &
Director General, ICMR New Delhi

Co-Patron

Dr. Sanghamitra Pati

Additional Director General, ICMR New Delhi

Convener

Dr. Pankaj Bhardwaj

Director, ICMR-NIHR, Jodhpur

Organizer

Dr. Ramesh Kumar Sangwan

Scientist-C, ICMR-NIHR Jodhpur

Co-ordinator

Dr. Mukti Khetan

Scientist-C, ICMR-NIHR Jodhpur

Organizing Team

Dr. Prajitha KC Scientist-D, ICMR-NIHR Jodhpur

Dr. Nitin Kumar Joshi

Sr. Consultant (Scientific), ICMR-NIHR Jodhpur

PANEL DISCUSSIONS

1

Digital Well-being and Healthy Technology Use among
Adolescents and Young Adults

2

Nomophobia and Problematic Smartphone Use:
Prevalence, Correlates and Interventions

3

Digital Use and Its Links to Sleep, Mental Health,
Learning and Relationships

4

Promoting Healthy Digital Habits: School, College,
Family and Community Approaches

5

Digital Health, Counselling, Ethics, Privacy and Referral
Pathways

6

Stakeholder Consultation: Co-designing the
Nomophobia Intervention

EXPECTED OUTCOMES

- Shared understanding of Evidence on nomophobia and problematic smartphone use
- Stakeholder-informed intervention design
- Practical implementation recommendations
- Multidisciplinary research collaboration
- A roadmap for implementation and evaluation

WHY ATTEND?

- Present your research and receive expert feedback
- Discuss practical, field-ready intervention strategies
- Connect with potential research partners and collaborators

Venue : Mount Abu, Sirohi, Rajasthan
Thursday-Friday, 26-27 November 2026

Email : research.nihrjdp@gmail.com
Link : <https://forms.gle/QmNc6Wob628iAwRaA>

**Registration open
till 30 October 2026**

**Confirmation: Participation
will be confirmed by email
by 10 November 2026.**

Who Should Attend?
**Faculty and researchers from universities,
medical colleges & schools**