

Ref No: IITM(JP)-IPU/Notice/2323

Date : 05/10/2026

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“Digital Detox – Letter Writing Competition”

This is to inform all the students that **PRAVAAH-The Wellness Club of IITM**, in association with Dak Bhavan, is organizing a Letter Writing Competition under the Digital Detox – Reconnect Through Letters campaign. The competition is open to students of all semesters and courses. Participants will get an opportunity to step away from digital communication and reconnect through the art of handwritten letters.

Date: 12 October 2026

Time: 12:30-2:30

Venue: IINTM College

Participants are required to bring: Cardboard & Pen

All students are encouraged to participate and be a part of this unique digital detox experience. **Certificate of Participation will be provided to all the participants.**

Faculty coordinators:

Ms.Akshita

Dr.Raveena

Dr.Saurabh



Prof. (Dr.) Monika Kulshreshtha
Director

1. Notice File
2. Notice Board
3. Institute Website