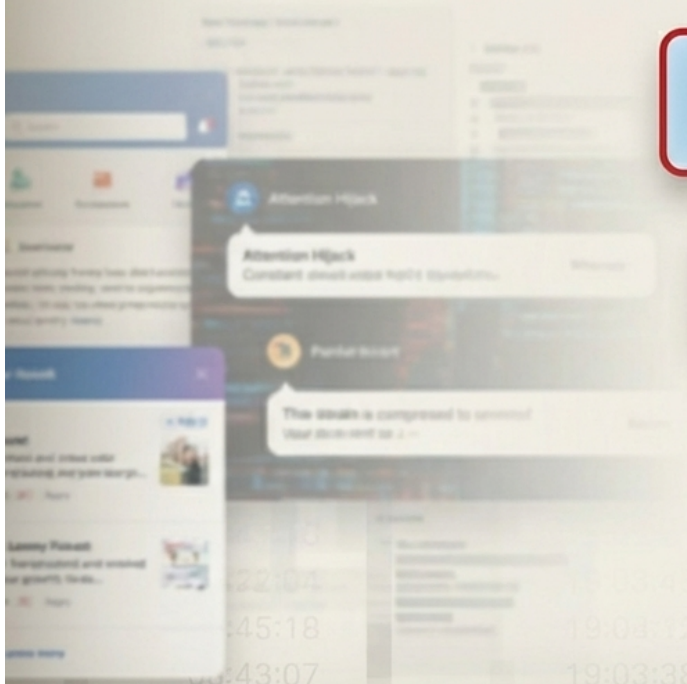
THE INSTITUTION OF ENGINEERS (INDIA)
UP STATE CENTRE, LUCKNOW



Dr. Divya Sharma
Assistant Professor
Electronics and Communication Engineering Department
Institute of Engineering and Technology Lucknow

The Anatomy of Overload



Tool Design
Digital tools pull us into endless scrolling and notifications.

Attention Hijack
Constant distractions fragment our attention.

System Strain
Overstimulation leads to cognitive overload and exhaustion.

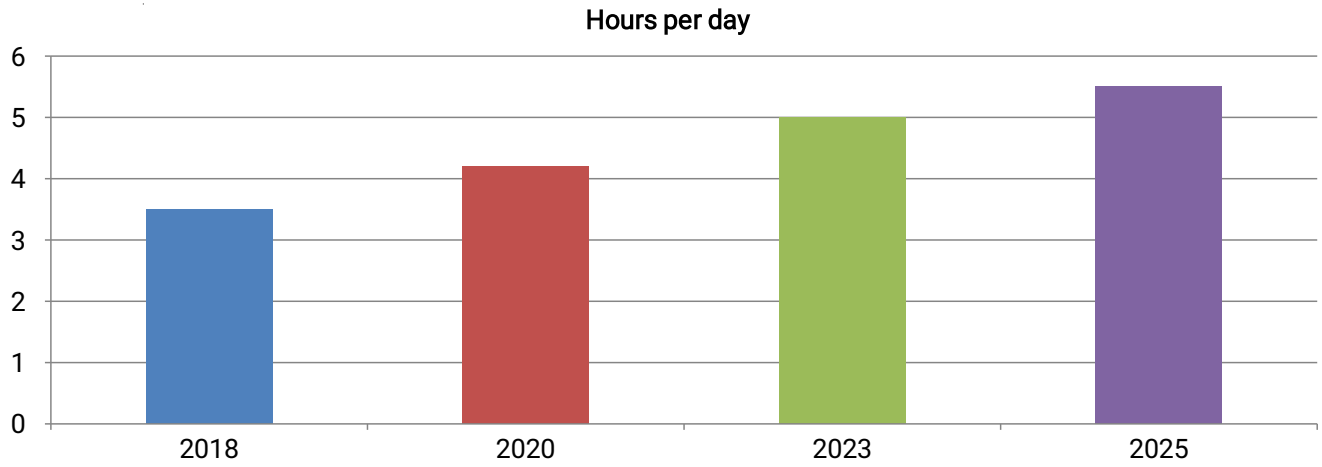
The Result
A disruption of mental well-being, productivity, and increased risk of burnout among workers.

Technology is designed to capture hold our attention.

Exhaustion is a feature, not a bug.

NotebookLM

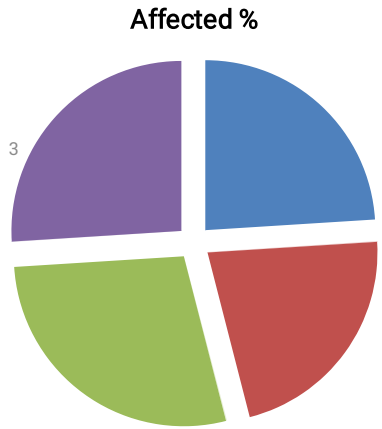
Average Daily Screen Time (India)/ Digital Detox



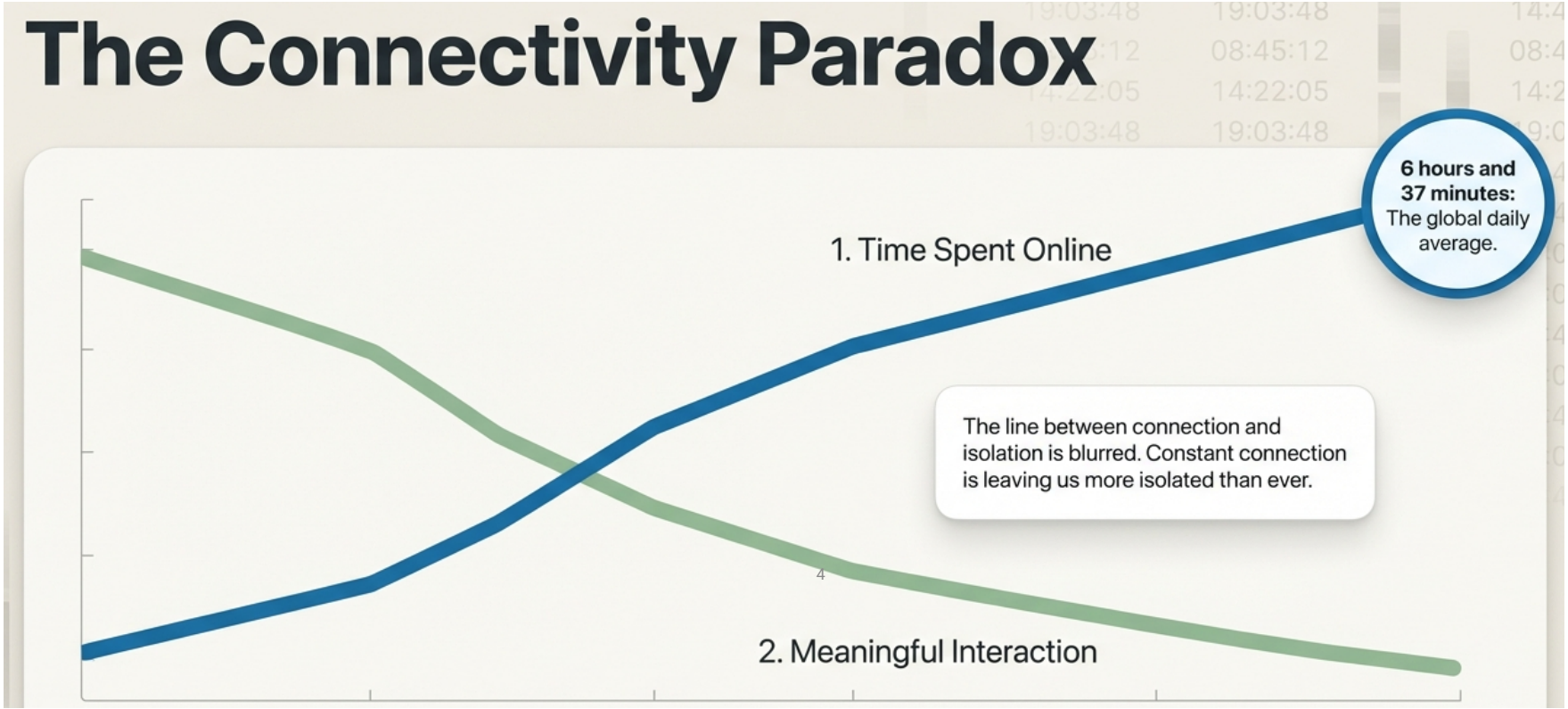
555 Rule

- Every 5 mins break
- Look 5 feet away
- For 5 seconds

- Day 1: Track usage
- Day 2: Reduce 20%
- Day 3: No phone 1hr before sleep



The Connectivity Paradox



Why should we be concerned about digital wellbeing?

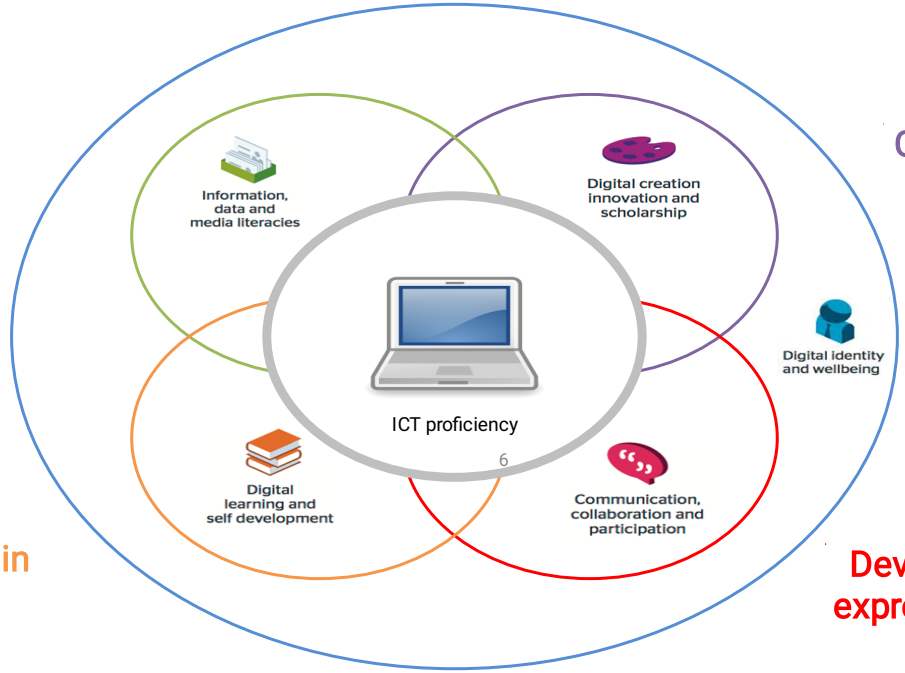
Digital technologies are:

- eroding the boundaries between
  - work, leisure and learning
  - home, school and workplace contributing to our 24/7 online lifestyle
  - source of stress and concern for many people
    - lack of attention to human and environmental health
    - not considering whether digital practices are fully inclusive

Digital capabilities: the six elements

Developing/achieving fluency and capability with digital technologies

Managing information and data; making meaning from/with digital media



Generating original ideas online

Developing and managing your online identity

Studying and learning effectively online; engaging in personal and professional development online

Developing, contributing and expressing personal views and values online

Communication

- Beneficial for supporting existing friendships
- Can stimulate social connectedness and wellbeing due to possibility of wider networks
- Positive impact on sense of identity
  - Positive responses to profiles lead to increase in self esteem
  - Improved sense of mastery over technology

Cons

- Can inhibit the creation of new friendships
- Instant gratification (engage brain's reward system)
- Narcissism
  - Grandiose exhibitionism and entitlement/exploitativeness
  - Poor choices and frustration
- Deficit in social skills
- Sense of isolation
- Cyberbullying

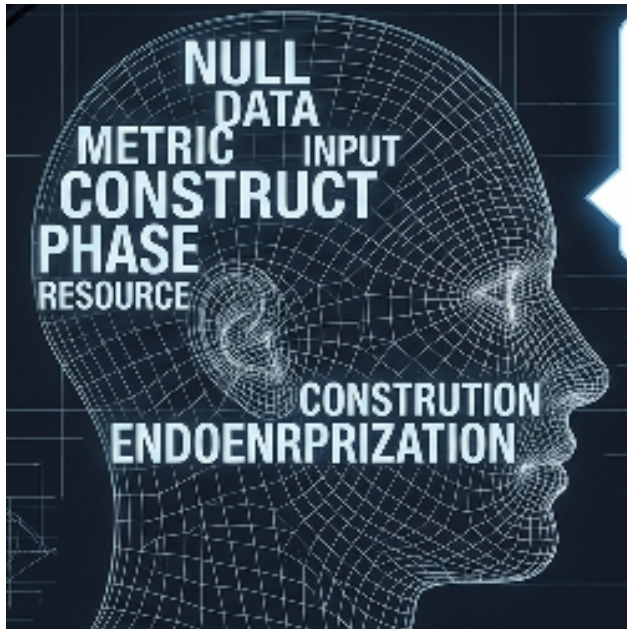
Learning Resources

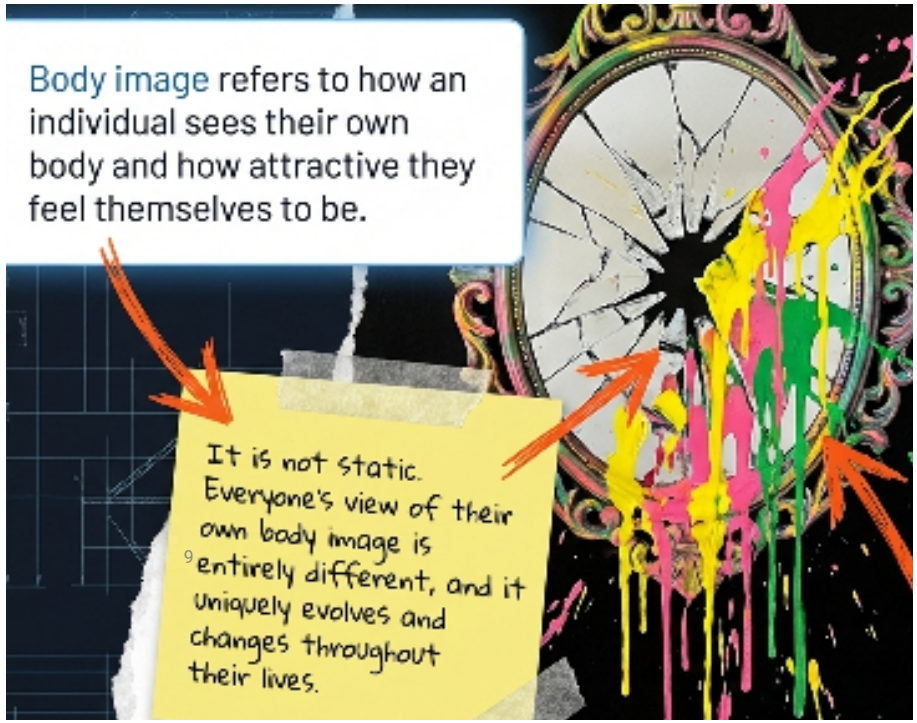
- Multitasking or changing tasks regularly
- Internet is a valuable learning resource
- Can improve working memory and slow cognitive decline
- Some types of gaming can improve visual processing and motor response skills
- Enhanced brain plasticity
- Multi-modality enhances how we learn (audio, video, textual)

Cons

- Distraction
- Multitasking or changing tasks regularly
- Cognitive losses due to internet addictive disorder
- Affective response (e.g. violence after playing violent games)

DIGITAL IDENTITY





FOMO: Fear of missing out

Health

- Sight – eye strain, dry eyes
- Neck strain
  - RSI
- Hearing
- Sitting too much (redirection of physical exercise to online activities)
  - Weight gain
  - Lack of mobility
- Upset circadian rhythms (blue light)
  - Late night use of digital technologies reduces amount of sleep and quality of sleep
  - Depression
  - Mood disorders
- Increased risk of cancer (mobile phones)

Digital Wellbeing

‘The capacity to look after personal health, safety, relationships and work-life balance in digital settings.’

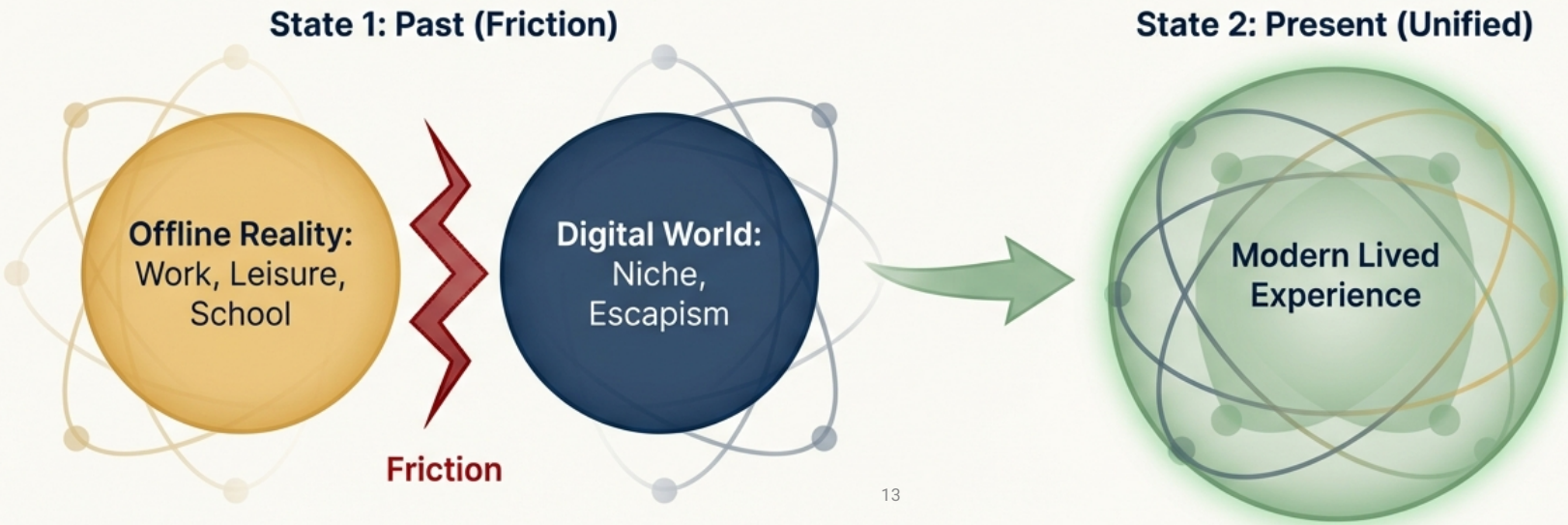
- Using personal digital data for positive wellbeing benefits
- Using digital media to foster community actions and wellbeing
- Acting safely and responsibly in digital environments
- Managing digital stress, workload and distraction
- Acting with concern for the human and natural environment when using digital tools
- Balancing digital with real-world interactions appropriately

Current identified concerns

- From staff
  - Workload
  - Culture of constant availability
  - Lack of time to explore and understand digital approaches
  - Stress and information overload
  - The changed quality of relationships
  - Work-life balance
  - The responsibility staff take for the wellbeing of others (especially students) in digital settings
    - Promoting respectful behaviour online
    - Promoting and ensuring equality and inclusiveness
    - Checking the impact of digital technologies on human and natural environments

The Dual-Sphere Paradox

The modern lived experience makes “offline” and “online” distinctions obsolete.



Treating digital life as a separate environment creates friction. Our actions online have direct, immediate consequences offline, and vice versa. Digital well-being requires managing a single, merged reality.

NotebookLM

Digital Well-Being as a Core Competence

The capacity to look after personal health, safety, relationships, and work-life balance in digital settings. (JISC)

Passive Defense: Identification of simple ways to avoid risks and threats to personal physical and psychological well-being.

Step 1: Basic

Routine Inclusion: Turning simple strategies into routine behaviors; expanding the scope of protection to include others and recognizing the potential for social inclusion.

Step 2: Intermediary

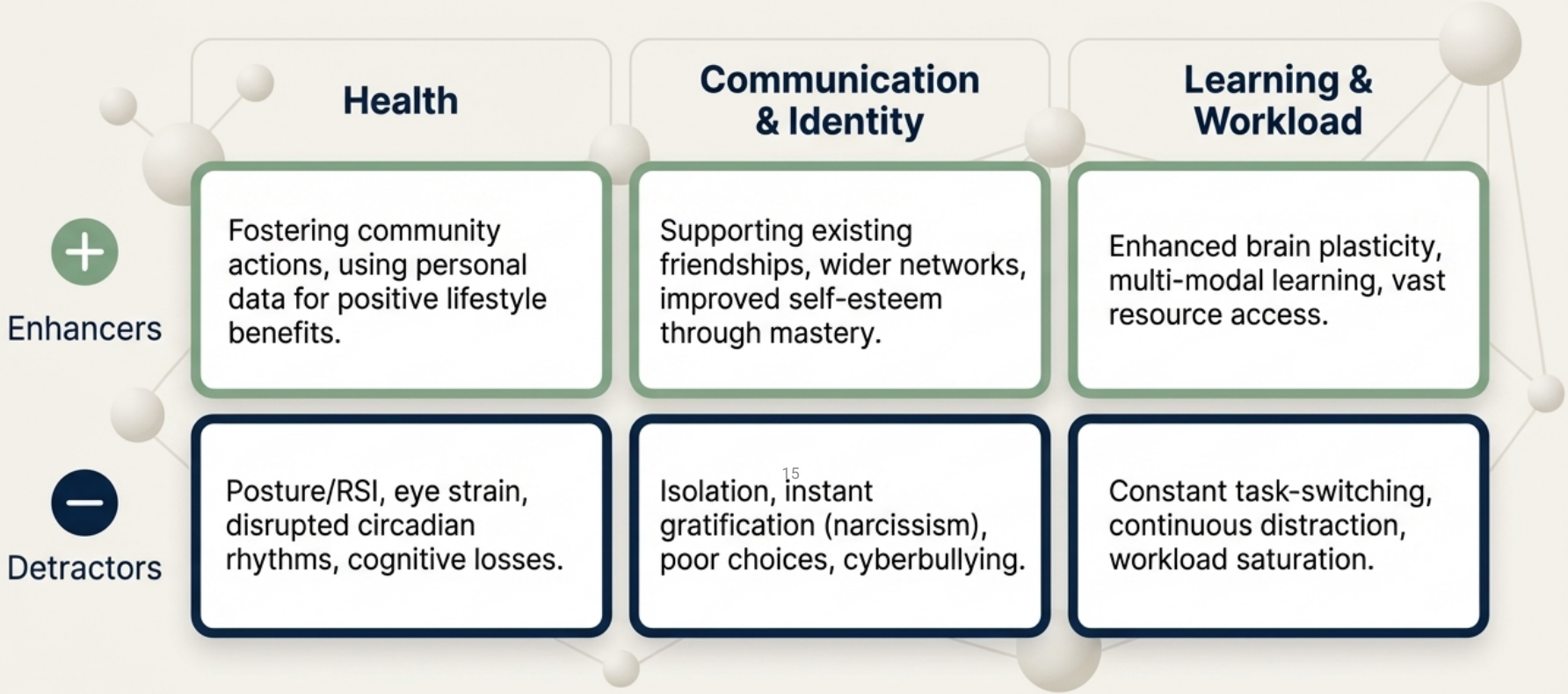
Proactive Advocacy: Advocating for, demonstrating, and teaching digital well-being strategies. Creating tools and environments that further social well-being for all.

Step 3: Advanced

NotebookLM

The Digital Impact Diagnostic

Technology is neutral; outcomes are determined by application and competence.



NotebookLM

Lens 1: The Digital Workplace

The digital transformation has fractured the traditional boundaries of working time and space.

Constant Connectivity



The erosion of the line between professional and personal time, driving a 24/7 online lifestyle and culture of constant availability.

Information Overload



Stress induced by rapid technological changes, constant training demands, and tracking multiple communication channels.

Algorithmic Management

The hidden pressure of AI governance.

Workers have the right to algorithm transparency, audibility, and human intervention in automated decision-making.

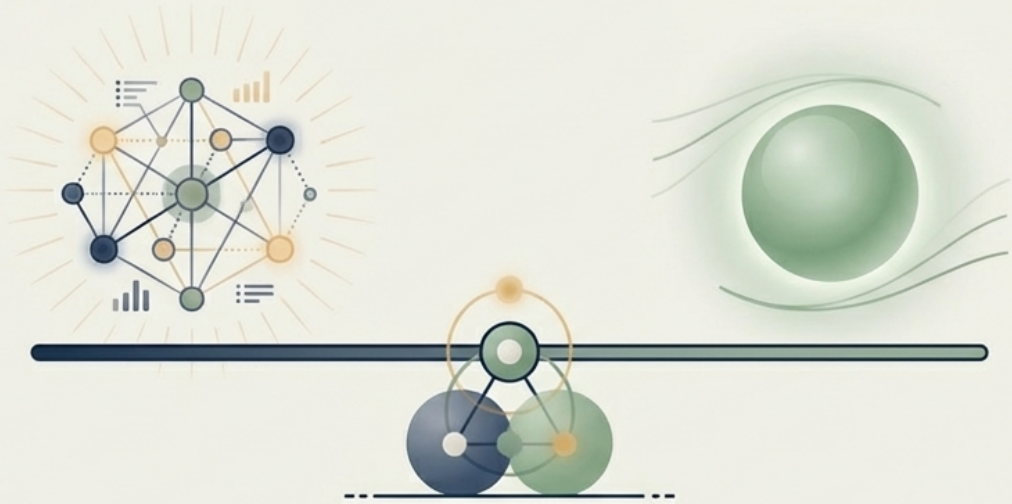
NotebookLM

The Right to Disconnect

Defining the boundary between sustainable productivity and burnout.

Energy Expenditure

High connectivity, active collaboration, digital output.



Energy Recovery

Intentional disconnection, downtime, psychological detachment.

The Burnout Paradox

Constant connectivity does not equal increased productivity. Stepping away from work-related stressors is a mandatory biological requirement for fostering creativity, innovation, and professional resilience.

NotebookLM

Enterprise Digital Health Playbook

Systemic interventions for organizational well-being.

Three-Pillar Diagnostic Dashboard

Physical Interventions

- Ergonomic workstation support.
- Activity tracking and movement promotion.
- Enforced micro-breaks (e.g., Pomodoro technique) to reduce screen fatigue.

Mental Interventions

- Digital detox initiatives (designated "unplugged" hours).
- Ongoing digital literacy training to reduce technology anxiety.
- Resources for digital stress counseling.

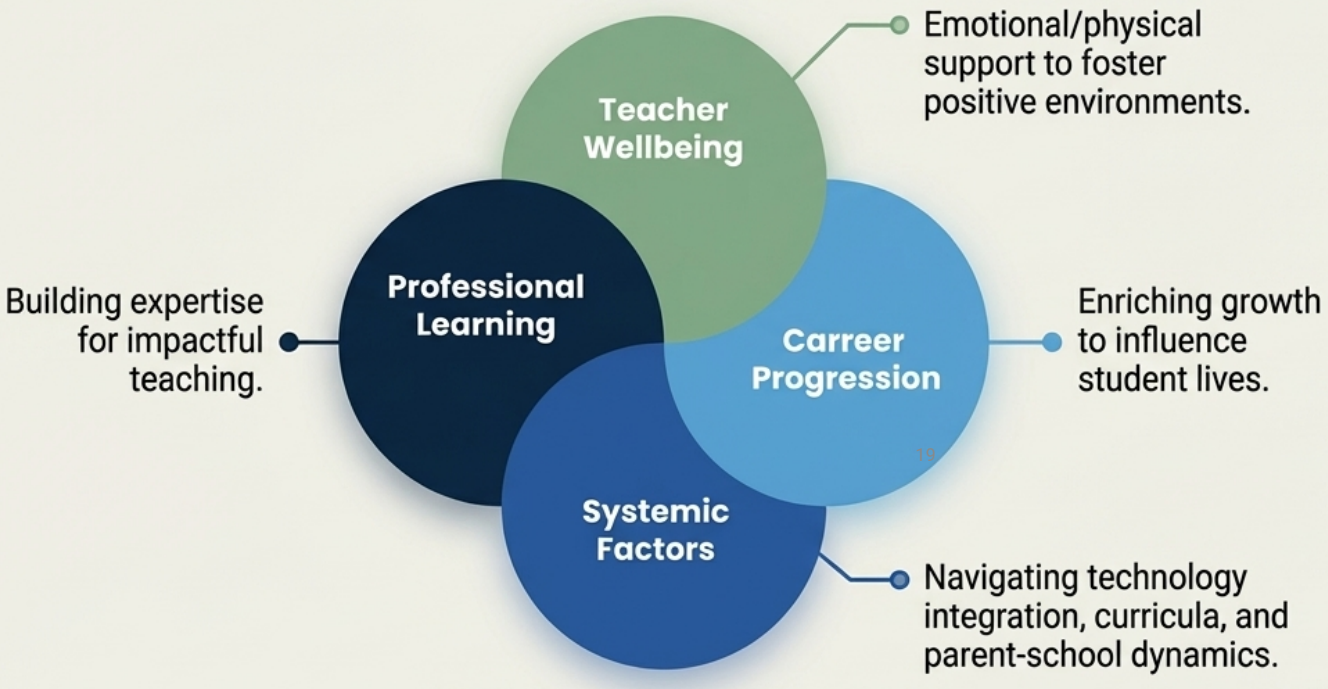
Cultural Interventions

- Strictly defined after-hours communication policies.
- Flexible, asynchronous work arrangements.
- Leadership modeling "we-time" and digital boundary setting.

NotebookLM

Lens 2: The Classroom & The Educator

High-quality digital education systems require educators who are respected, supported, and flourishing.

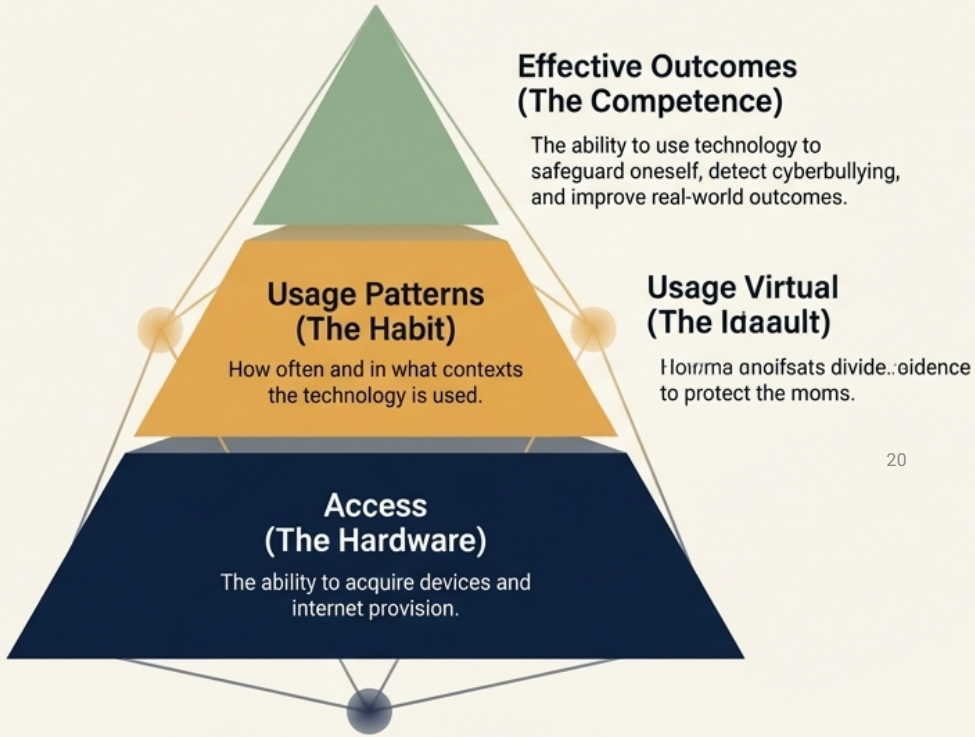


The **European Teacher Wellbeing and Career Observatory (TWCO)** tracks these metrics to deliver policy recommendations and combat staff shortages driven by digital fatigue.

NotebookLM

Lens 3: Youth & The Digital Divide

Digital vulnerability is disproportionately linked to socio-economic status.



20

Vulnerable youth lacking offline ‘dopamine moments’ (due to exclusion or poverty) are more likely to seek integration in virtual worlds.

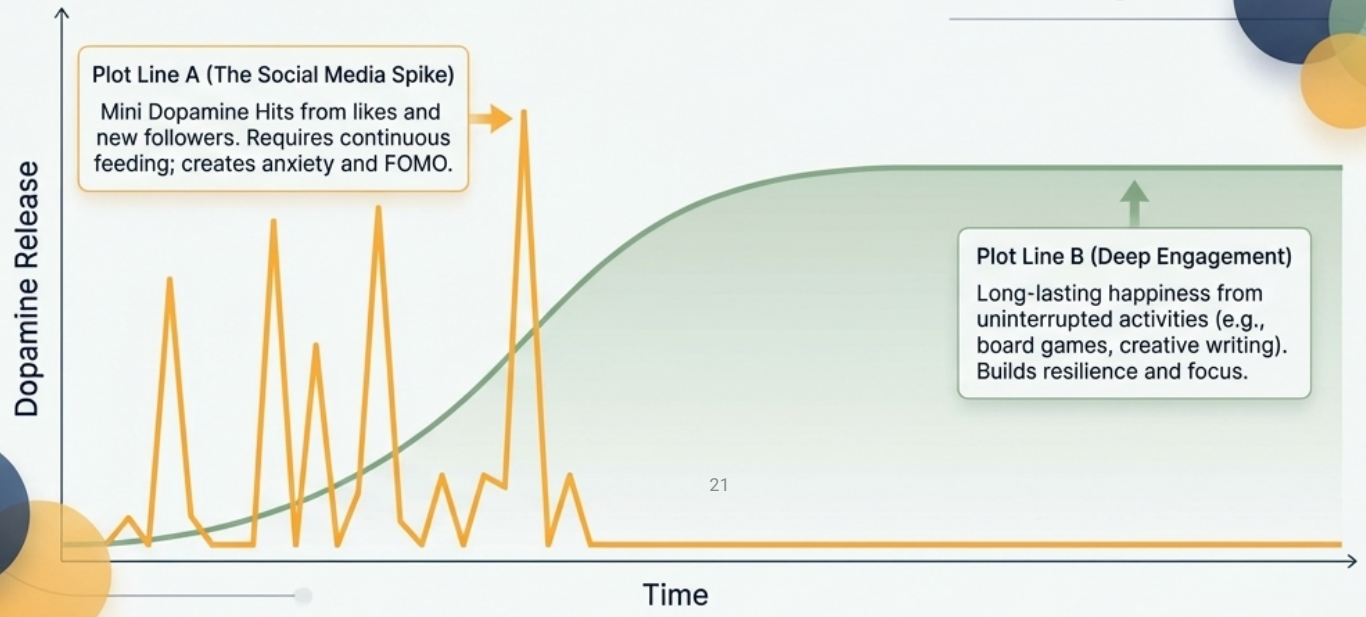
If parents lack the top-layer competence to protect them, the digital divide accelerates social exclusion.

NotebookLM

The Neuroscience of Socialization

The biological difference between “likes” and deep engagement.

Dopamine Waveform Graph

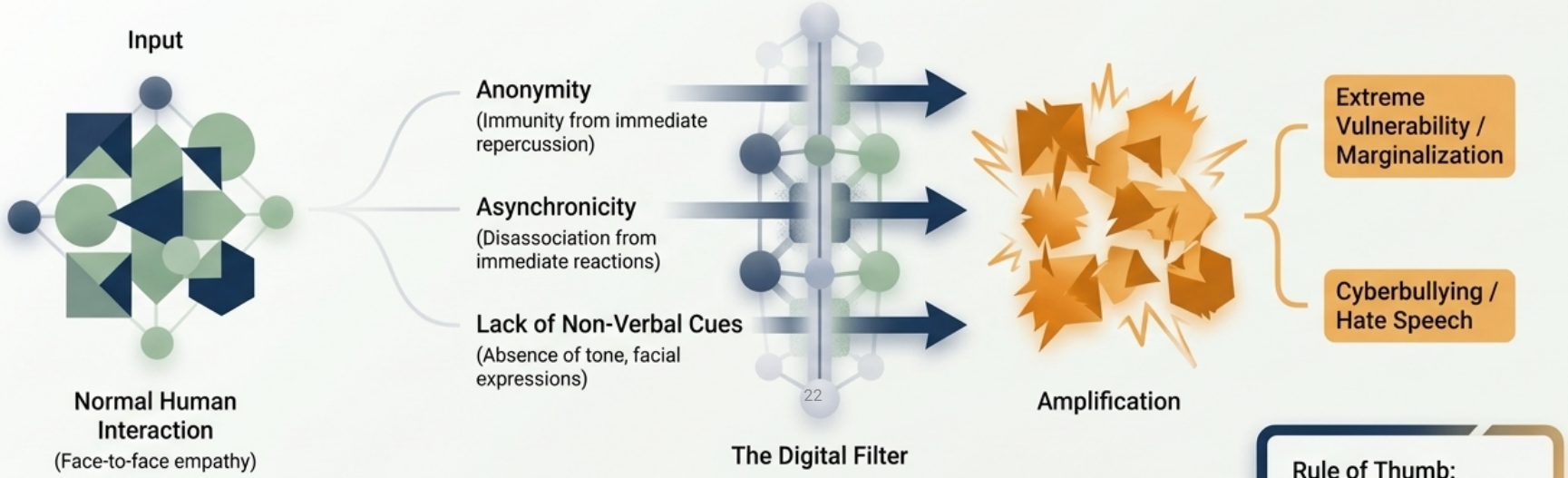


Takeaway: Intervening during a dopamine spike with a sudden “ban” causes anger. Transitioning focus to long-lasting activities builds emotional stability.

NotebookLM

The Online Disinhibition Effect

Why humans behave differently through a screen.



Rule of Thumb:

Do not say or do anything on the internet that you would not do in real life.

NotebookLM

Concept Matrix: Addiction vs. Freedom

Becoming the “Master of Your Attention.”

Digital Addiction / “The Crumbly Brain”	Digital Freedom
Mechanism: Driven by algorithms and platform design.	**Mechanism:** Intentional, physical, and psychological disconnection for long periods.
Parenting Pitfall: Using screens as a “virtual dummy” to quiet demands.	**Parenting Goal:** Child decides when, where, and for how long to use the device.
Result: Fractured attention span, lower creativity, reactive scrolling.	**Result:** Deep focus, active creation over passive consumption (only 3% of children actively create online).



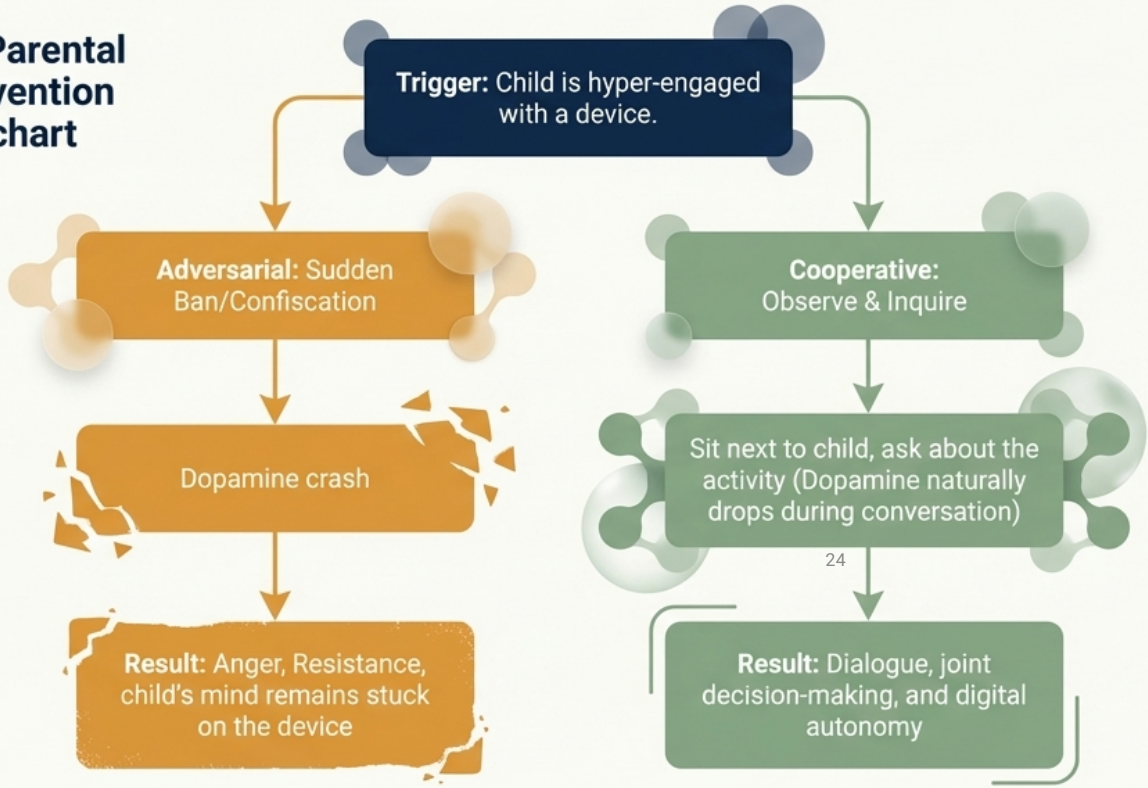


NotebookLM

The Family Media Strategy

Shifting from control to cooperative discovery.

The Parental Intervention Flowchart



Age Guidelines Reference

Age Group	Recommended Screen Time
Up to 2 years	no screen time or a maximum of 5 minutes /day
2-4 years	30 minutes (preferably 2 times 15 minutes)
4-8 years	1 hour (preferably 4 times 15 minutes)
8-10 years	1.30 hours
10-12 years	2 hours
+12 years	3 hours

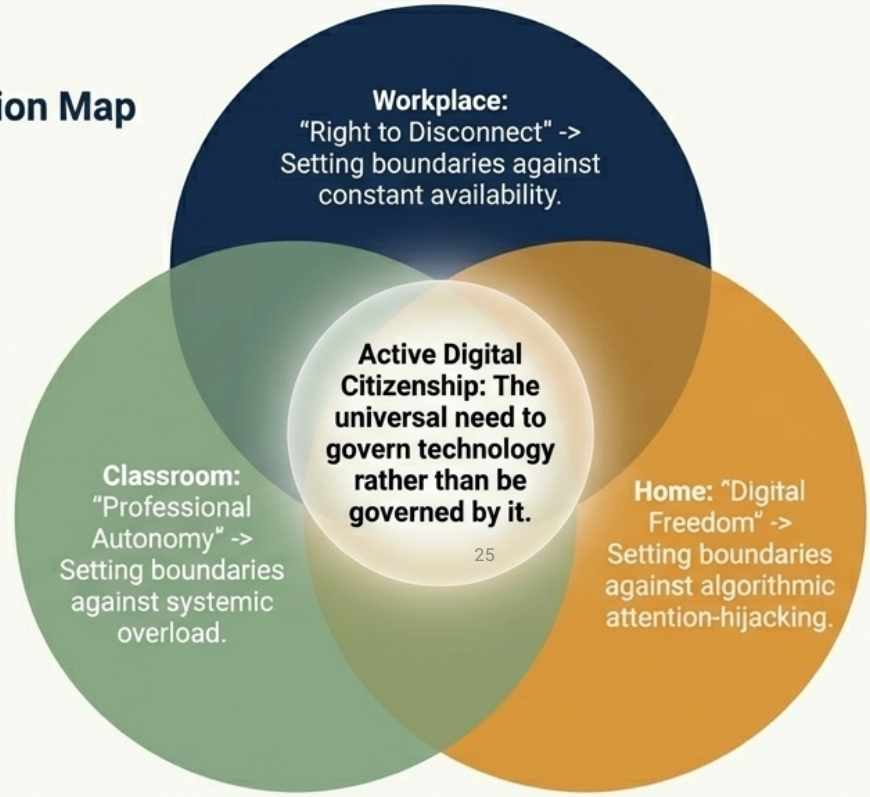
***Caveat**: Digital balance and active creation are more important than strict minute-counting.*

NotebookLM

Synthesis: The Digital Ecosystem Blueprint

Across all domains, well-being relies on shifting from a passive consumer to an active, boundaried citizen.

Integration Map

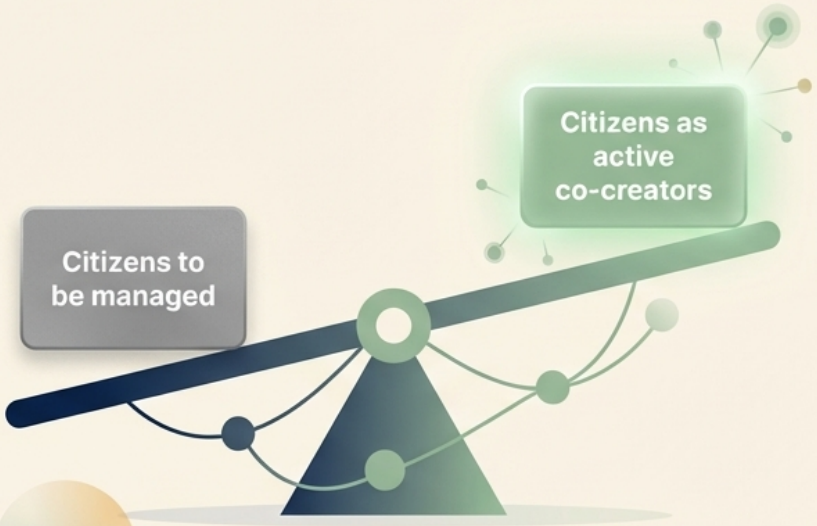


NotebookLM

The Future: Digital Rights are Human Rights

The Catalan Charter model for citizen empowerment.

The Shift



Core Principles

Co-Responsibility:

Building a common space of shared freedoms requires acknowledging the health and well-being of others.

Algorithmic Governance:

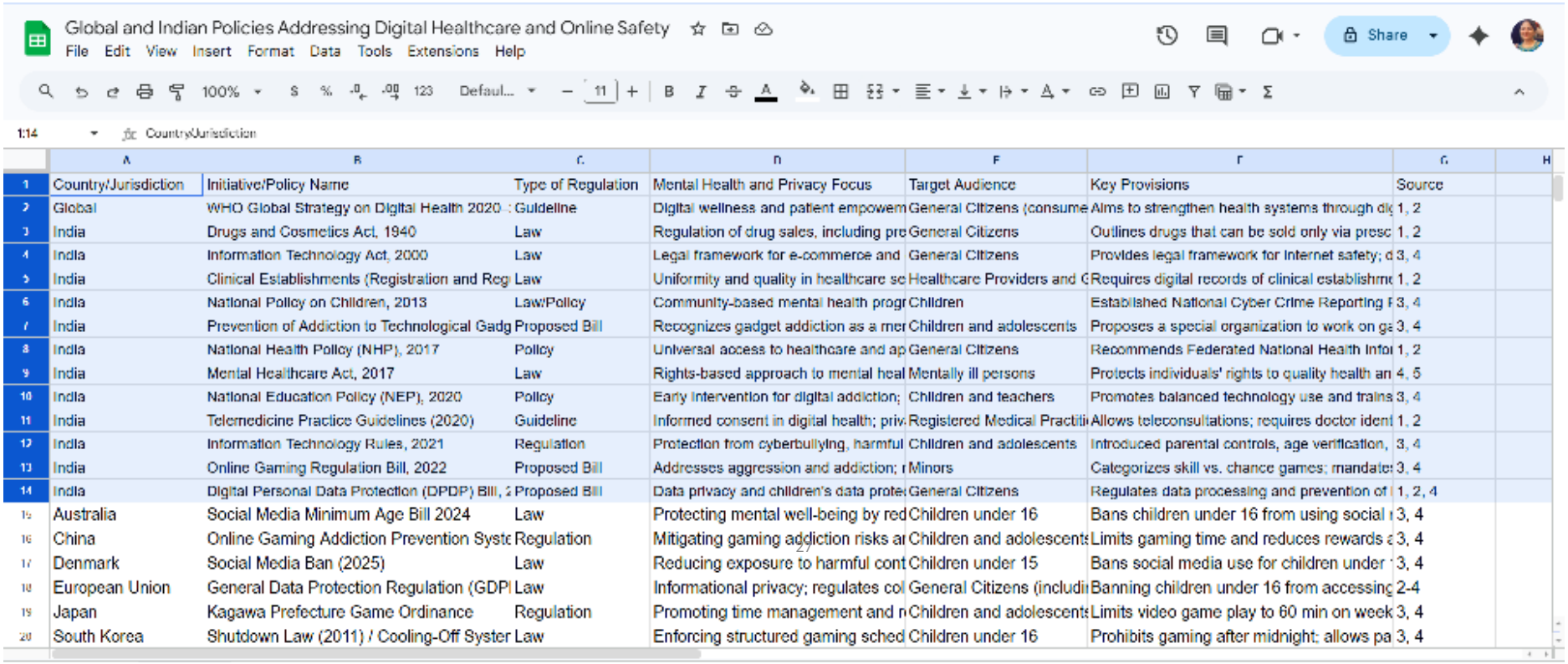
We must be able to inspect and respond to the algorithms that shape our work and social spaces.

Youth Inclusion:

Giving children and adolescents a direct voice in shaping digital governance.

A healthy and sustainable use of digital tools is the ultimate digital competence.

NotebookLM


Global and Indian Policies Addressing Digital Healthcare and Online Safety

File Edit View Insert Format Data Tools Extensions Help

Share

1:14 Country/Jurisdiction

	A	B	C	D	F	I	G	H
1	Country/Jurisdiction	Initiative/Policy Name	Type of Regulation	Mental Health and Privacy Focus	Target Audience	Key Provisions	Source	
2	Global	WHO Global Strategy on Digital Health 2020	Guideline	Digital wellness and patient empowerm	General Citizens (consume	Aims to strengthen health systems through dig	1, 2	
3	India	Drugs and Cosmetics Act, 1940	Law	Regulation of drug sales, including pre	General Citizens	Outlines drugs that can be sold only via presc	1, 2	
4	India	Information Technology Act, 2000	Law	Legal framework for e-commerce and	General Citizens	Provides legal framework for Internet safety; d	3, 4	
5	India	Clinical Establishments (Registration and Reg	Law	Uniformity and quality in healthcare se	Healthcare Providers and G	Requires digital records of clinical establishme	1, 2	
6	India	National Policy on Children, 2013	Law/Policy	Community-based mental health progr	Children	Established National Cyber Crime Reporting P	3, 4	
7	India	Prevention of Addiction to Technological Gadg	Proposed Bill	Recognizes gadget addiction as a mer	Children and adolescents	Proposes a special organization to work on ga	3, 4	
8	India	National Health Policy (NHP), 2017	Policy	Universal access to healthcare and ap	General Citizens	Recommends Federated National Health Infor	1, 2	
9	India	Mental Healthcare Act, 2017	Law	Rights-based approach to mental heal	Mentally ill persons	Protects individuals' rights to quality health an	4, 5	
10	India	National Education Policy (NEP), 2020	Policy	Early intervention for digital addiction;	Children and teachers	Promotes balanced technology use and trains	3, 4	
11	India	Telemedicine Practice Guidelines (2020)	Guideline	Informed consent in digital health; priv	Registered Medical Practiti	Allows teleconsultations; requires doctor ident	1, 2	
12	India	Information Technology Rules, 2021	Regulation	Protection from cyberbullying, harmful	Children and adolescents	Introduced parental controls, age verification,	3, 4	
13	India	Online Gaming Regulation Bill, 2022	Proposed Bill	Addresses aggression and addiction; r	Minors	Categorizes skill vs. chance games; mandates	3, 4	
14	India	Digital Personal Data Protection (DPDP) Bill, 2	Proposed Bill	Data privacy and children's data prote	General Citizens	Regulates data processing and prevention of	1, 2, 4	
15	Australia	Social Media Minimum Age Bill 2024	Law	Protecting mental well-being by red	Children under 16	Bans children under 16 from using social r	3, 4	
16	China	Online Gaming Addiction Prevention Syste	Regulation	Mitigating gaming addiction risks ar	Children and adolescents	Limits gaming time and reduces rewards a	3, 4	
17	Denmark	Social Media Ban (2025)	Law	Reducing exposure to harmful cont	Children under 15	Bans social media use for children under	3, 4	
18	European Union	General Data Protection Regulation (GDPI	Law	Informational privacy; regulates col	General Citizens (includi	Banning children under 16 from accessing	2-4	
19	Japan	Kagawa Prefecture Game Ordinance	Regulation	Promoting time management and r	Children and adolescents	Limits video game play to 60 min on week	3, 4	
20	South Korea	Shutdown Law (2011) / Cooling-Off Syster	Law	Enforcing structured gaming sched	Children under 16	Prohibits gaming after midnight; allows pa	3, 4	

Mental health in digital ecosystem

The primary legal structures governing the digital space in India include:

- **Information Technology (IT) Act, 2000:** This provides the core legal framework for e-commerce and cybercrime. However, experts suggest it requires updates to specifically address the psychological impacts of internet misuse and addiction [3].
- **IT Rules, 2021:** These introduced mandatory **parental controls, age verification, and content moderation** to protect children from harmful content and addictive behaviors [4].
- **IT Amendment Rules, 2023:** These further refined protections by introducing **age ratings** and emphasizing platform accountability to prevent gaming addiction [5].
- **Mental Health Care Act, 2017:** While not exclusively digital, this legislation represents a paradigm shift toward a **rights-based community care approach**, focusing on accessibility and quality of health services [6]. Some scholars argue its relevance is currently limited regarding the specific "changing paradigm" of digital-related mental health issues post-COVID-19 [7] [8].

India's Legislative and Institutional Framework

- **SHUT Clinic (NIMHANS):** Located in Bengaluru, the **Service for Healthy Use of Technology (SHUT)** is a specialized clinic providing treatment for internet addiction and operates a national-level digital detox helpline [15] [...].
- **UNARV (Kerala):** A state-specific district model that uses **telemedicine services** to provide counseling and behavioral therapy for adolescents in schools [18] [19].
- **PRIDE Program (Goa/Delhi):** A trust-funded program (2016–22) that piloted **online digital problem-solving interventions** for school-going adolescents [8].

Recommended Policy Models

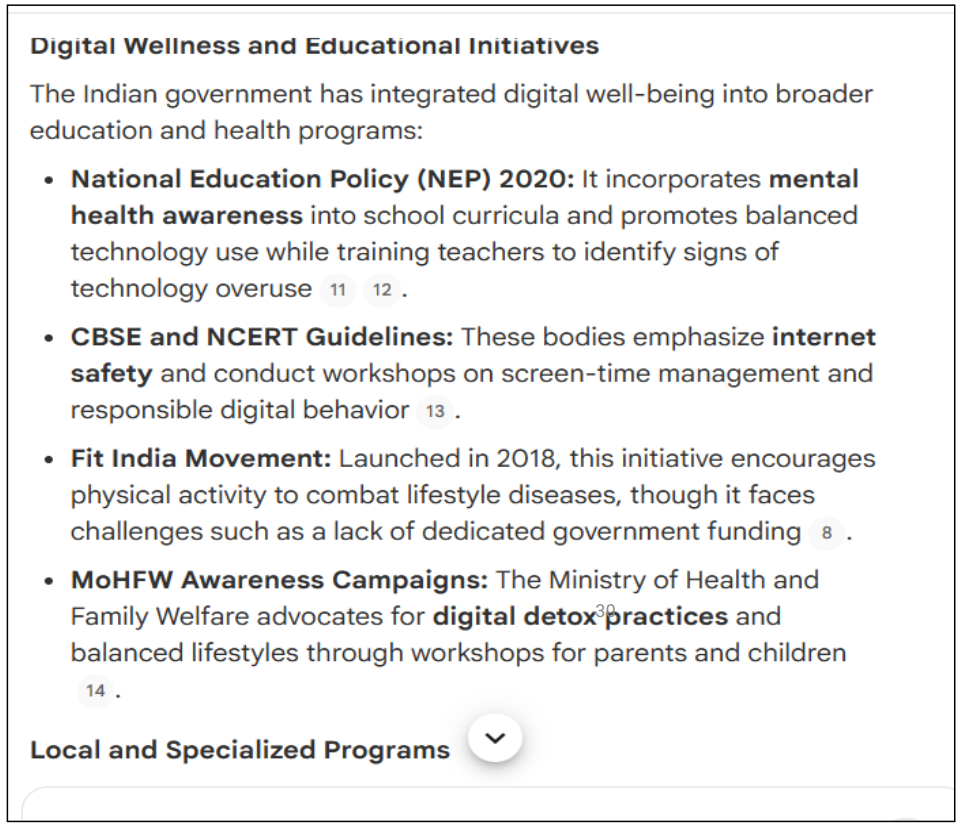
Sources suggest a need for a **National Digital Safety and Mental-Health Framework (NDS-MHF)** that mandates age verification and time-use warnings [20]. Proposed specialized bodies like a **Rashtriya**

Proposed and Pending Legislation

Several initiatives are currently being considered to bridge gaps in digital safety:

- **Prevention of Addiction to Technological Gadgets Bill, 2015:** This proposed law seeks to recognize gadget addiction as a formal mental health issue and suggests the establishment of **digital detox centers** [4] [9].
- **Digital India Act, 2023:** This act aims to integrate existing policies while focusing on **data privacy and safe online environments**, though it has been noted for not yet directly addressing emotional distress from excessive use [10].
- **Online Gaming Regulation Bill, 2022:** This bill proposes categorizing games by "skill vs. chance" and **restricting in-game purchases** for minors [5].

Digital wellness initiative



Digital Wellness and Educational Initiatives

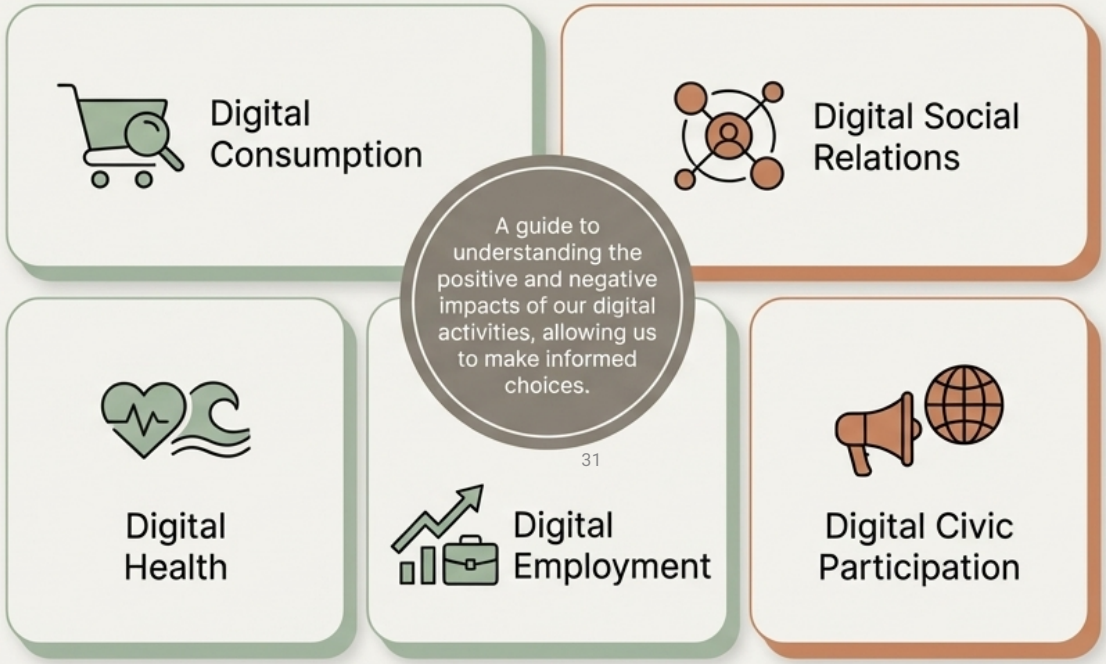
The Indian government has integrated digital well-being into broader education and health programs:

- **National Education Policy (NEP) 2020:** It incorporates **mental health awareness** into school curricula and promotes balanced technology use while training teachers to identify signs of technology overuse [11] [12].
- **CBSE and NCERT Guidelines:** These bodies emphasize **internet safety** and conduct workshops on screen-time management and responsible digital behavior [13].
- **Fit India Movement:** Launched in 2018, this initiative encourages physical activity to combat lifestyle diseases, though it faces challenges such as a lack of dedicated government funding [8].
- **MoHFW Awareness Campaigns:** The Ministry of Health and Family Welfare advocates for **digital detox practices** and balanced lifestyles through workshops for parents and children [14].

Local and Specialized Programs

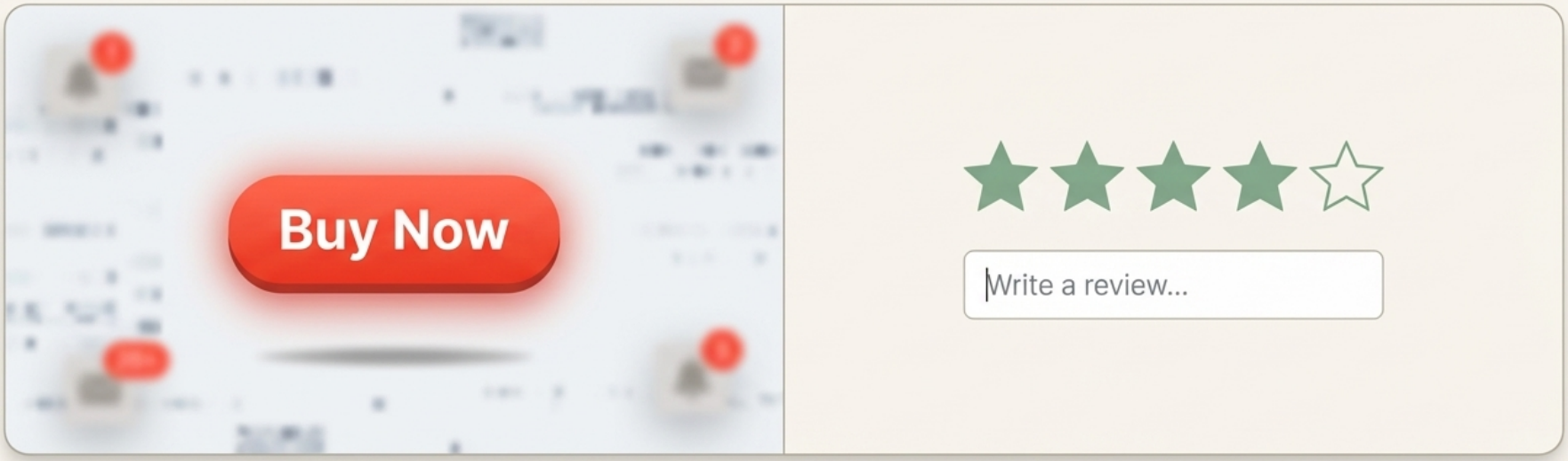
The Digital Well-being Framework

Developed by the NUS Center for a Trusted Internet and Community



NotebookLM

Pillar 1: Digital Consumption



1. The Goal

Making and supporting informed decisions.

2. The Action

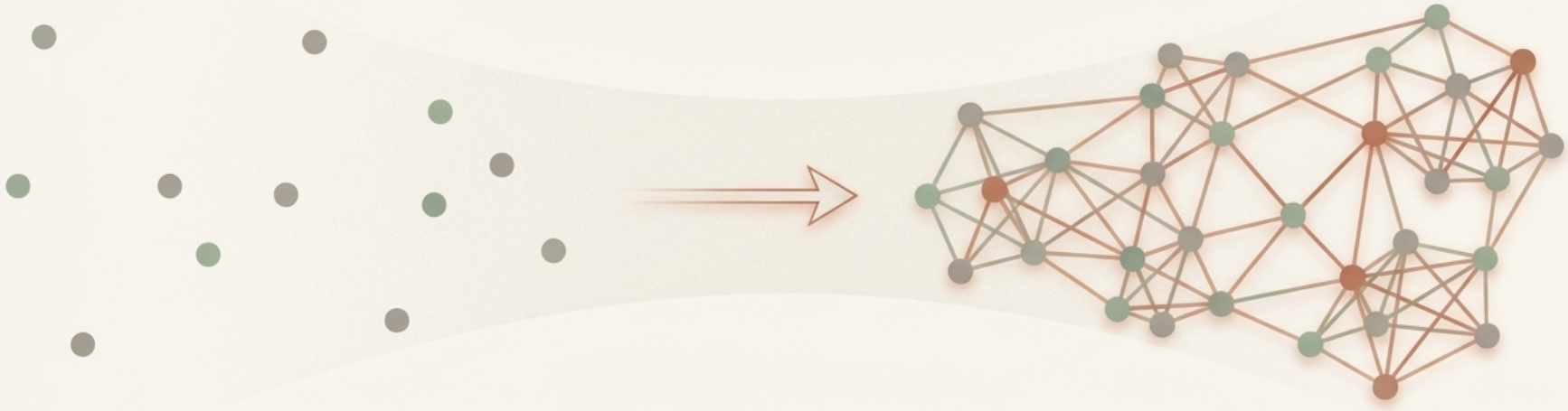
Checking reviews and actively writing your own.

3. The Impact

Helps yourself and others make smarter purchases, shifting from passive buyer to informed consumer.

NotebookLM

Pillar 2: Digital Social Relations



The Goal

Fostering positive connections.

The Action

Actively participating in intentional online communities.

The Impact

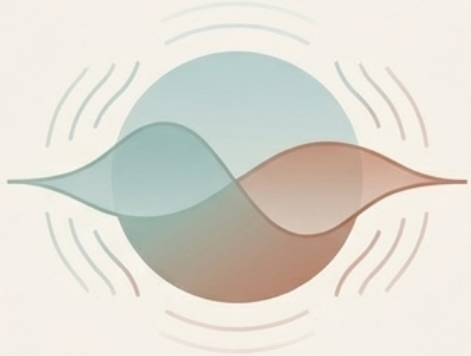
Bridging the gap between digital interaction and meaningful human connection.

NotebookLM

Pillar 3: Digital Health



Tracking Fitness Goals



Using Mindfulness Apps

The Goal

Empowering physical and mental control.

The Action

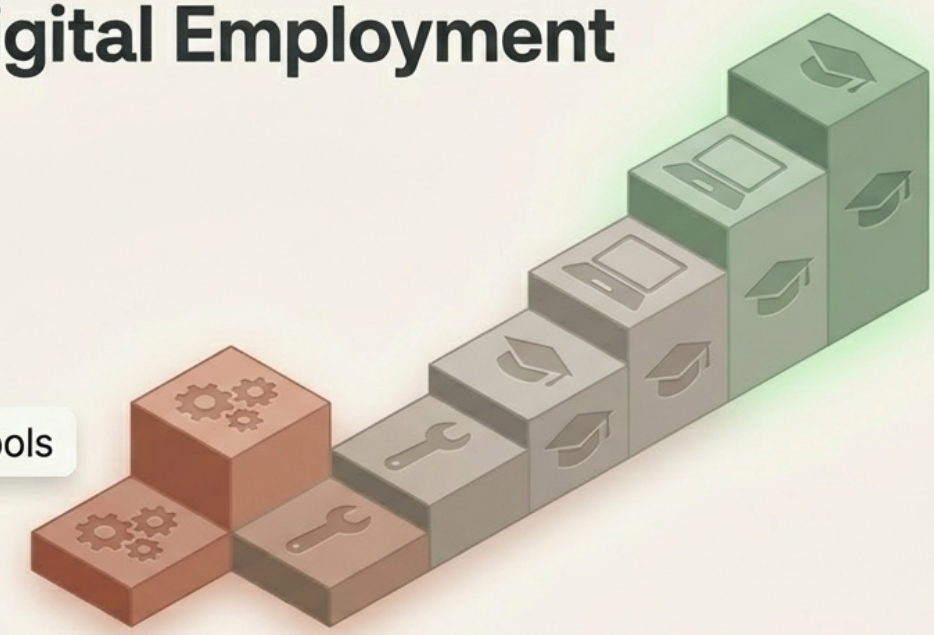
Utilizing specific health tools to monitor and improve bodily and emotional states.

The Impact

Technology becomes a powerful tool for improving overall well-being, rather than disrupting it.

NotebookLM

Pillar 4: Digital Employment



The Goal

Career empowerment and adaptability.

The Action

Upskilling through online courses and integrating digital tools into daily workflows.

The Impact

Supports more flexible, efficient work, reducing structural friction and expanding professional capabilities.

NotebookLM

Pillar 5: Digital Civic Participation



The Goal

Collaborative positive impact.

The Action

Using social platforms to raise awareness for social causes.

The Impact

Working together toward solutions rather than passively consuming news.

NotebookLM

Main objectives of the Observatory are:

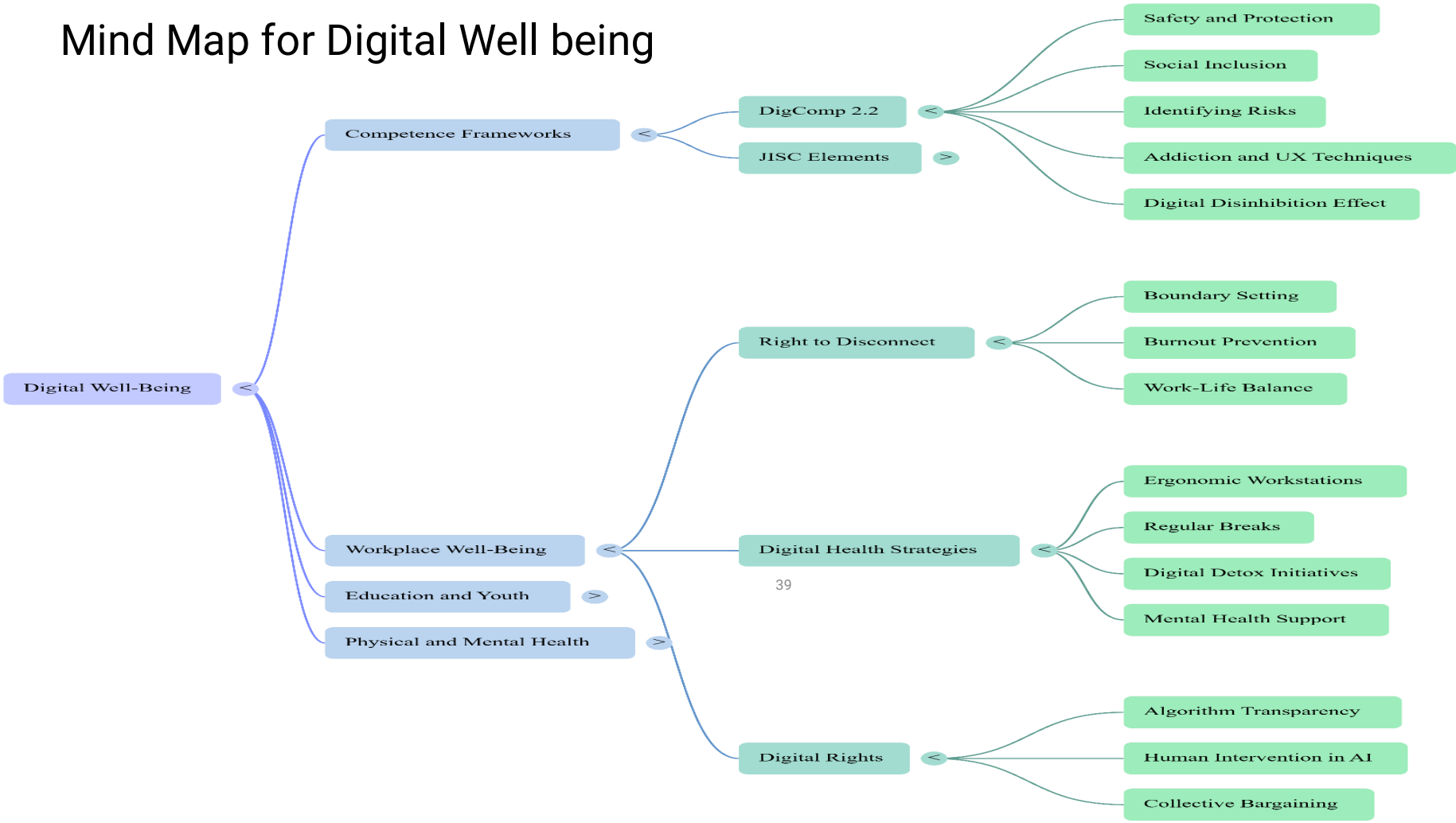
- Promoting Teacher Wellbeing:
- Advancing Teacher Professional Learning and Career Progression:
- Teacher Career and Wellbeing Index
- Research & Data Collection:
- Policy Recommendations and Advocacy.
- Collaboration and Networking: fosters collaboration among public authorities, research organizations, and teacher organizations across Europe.

The Intentionality Matrix

Domain	The Passive Trap	The Intentional Action	Target Outcome
Consumption	Mindless buying	**Checking/Writing Reviews**	**Smarter Purchases**
Social	Endless scrolling	**Participating in communities**	**Positive Connections**
Health	Sedentary screen time	**Fitness & Mindfulness apps**	**Physical & Mental Control**
Employment	Reactive task execution	[38] **Upskilling via courses**	**Flexible, Efficient Work**
Civic	Doomscrolling news	**Raising awareness**	**Collaborative Solutions**

NotebookLM

Mind Map for Digital Well being



DIAGNOSTIC CASE FILE: THE GHAZIABAD DIGITAL TRAGEDY

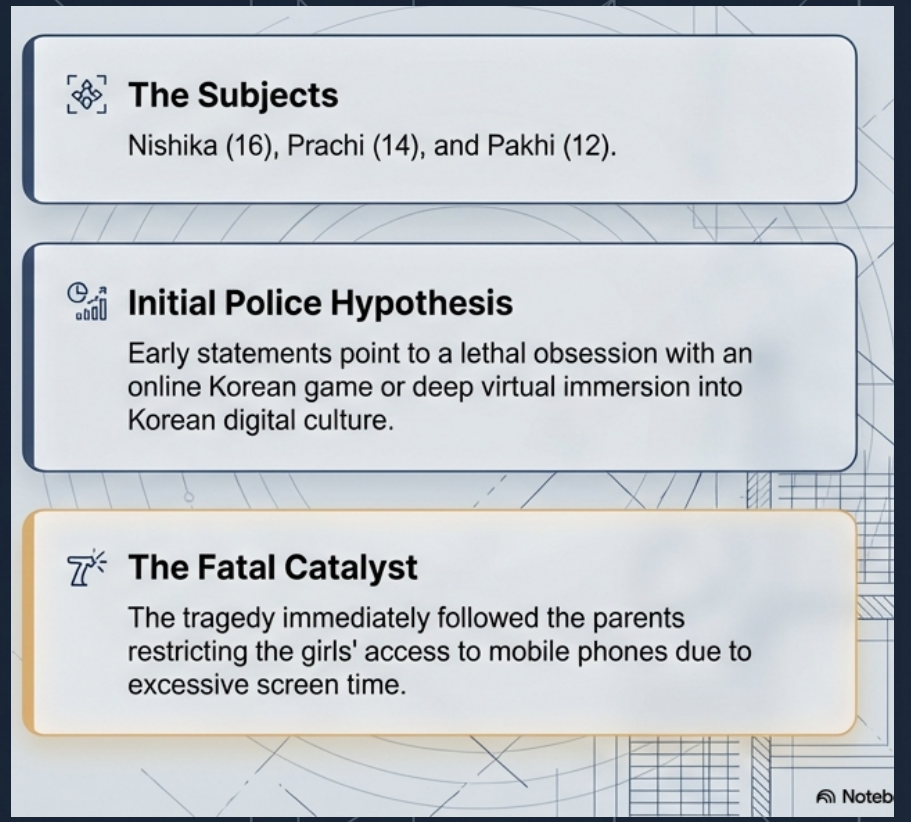
CASE DATE: FEBRUARY 4, 2026

LOCATION: BHARAT CITY SOCIETY, LONI AREA, GHAZIABAD, INDIA

SUBJECT: THREE MINOR SIBLINGS (AGES 12, 14, AND 16)

PRIMARY DIAGNOSTIC FOCUS: EXTREME DIGITAL IMMERSION, ENVIRONMENTAL ISOLATION, AND THE PSYCHOLOGICAL IMPACT OF ABRUPT DEVICE WITHDRAWAL.

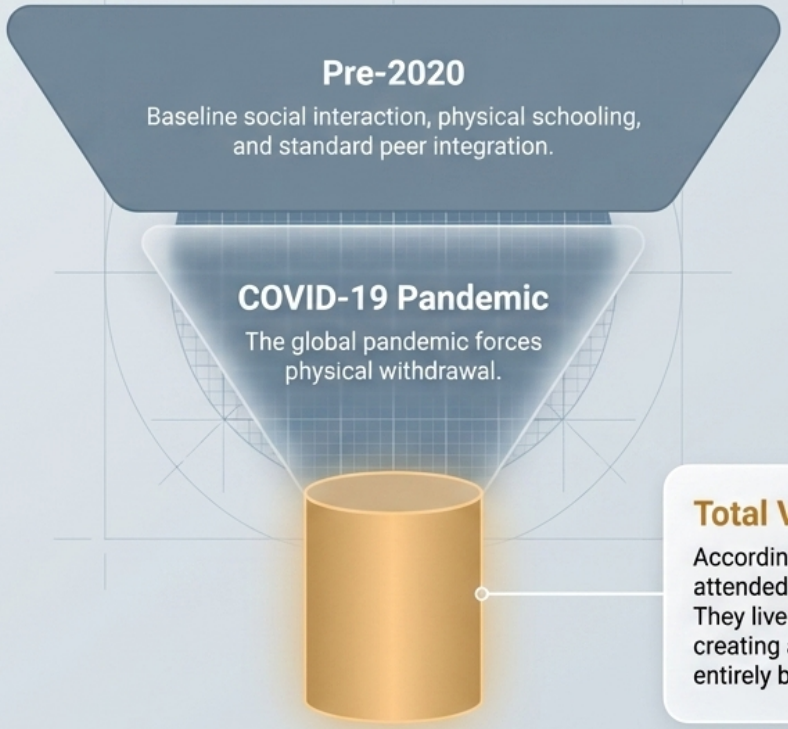
DOCUMENT CLASSIFICATION: CLINICAL POST-MORTEM & SOCIOLOGICAL THREAT ANALYSIS



NotebookLM

The Anatomy of Environmental Isolation

Isolation Funnel



Total Virtual Reliance

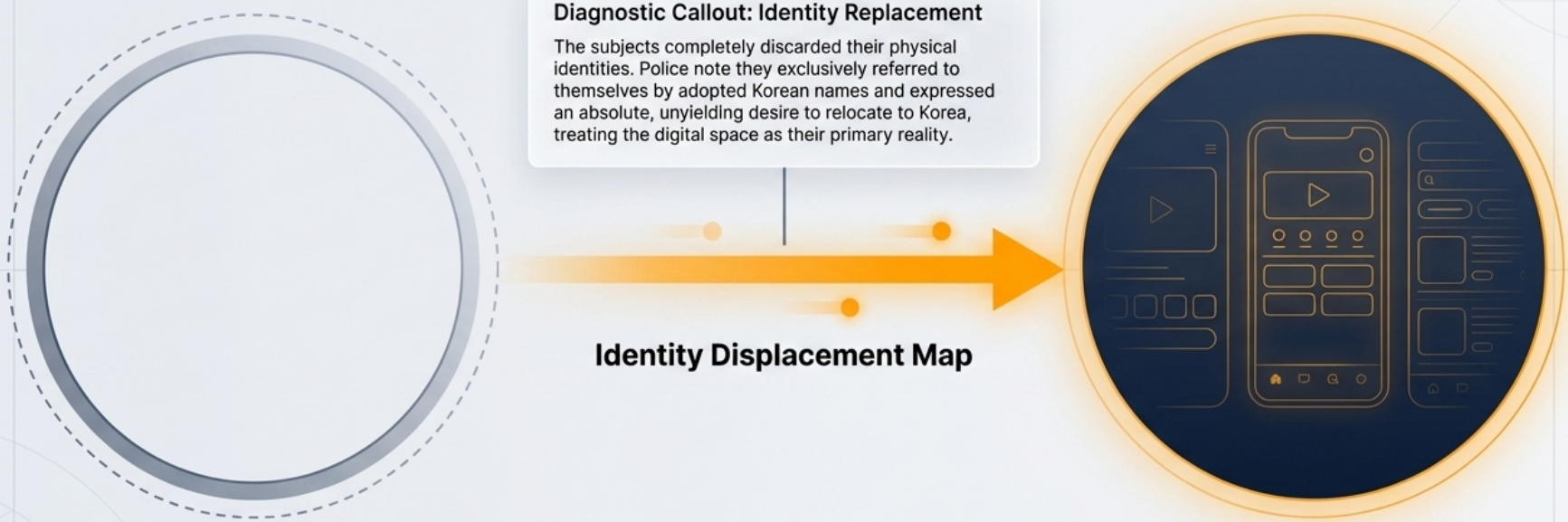
According to investigation files, the girls had not attended school for roughly two to three years. They lived entirely isolated from physical peers, creating a psychological vacuum that was filled entirely by deep immersion in virtual content.

NotebookLM

Parasocial Migration and Identity Displacement

Diagnostic Callout: Identity Replacement

The subjects completely discarded their physical identities. Police note they exclusively referred to themselves by adopted Korean names and expressed an absolute, unyielding desire to relocate to Korea, treating the digital space as their primary reality.



Identity Displacement Map

Physical Reality

Isolated apartment, absence of school environment, restricted physical agency

The Korean Dream Construct

Extreme, unchecked immersion into online Korean culture and task-based gaming

NotebookLM

Forensic Document Analysis: Decoding the Diary

Evidence Pinboard

Sorry papa



Korea is our life.

We can’t leave Korea.
You can’t free us.
We are ending our lives.

Demonstrates baseline lucidity and awareness of the familial devastation their actions would cause.

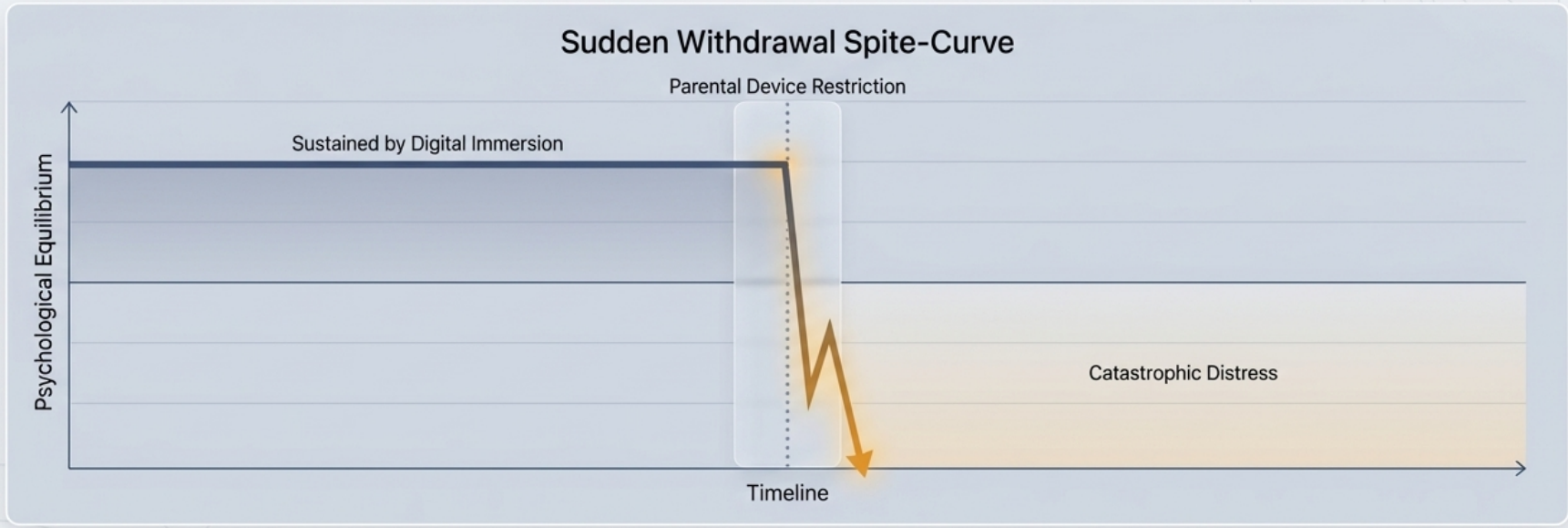
Total fusion of identity and digital space. The culture/game had superseded biological survival instincts.

This confirms the perceived inescapability of their virtual existence. ‘You can’t free us’ frames the parents' physical intervention not as rescue, but as an existential threat to their constructed reality.

NotebookLM

SOCIOLOGICAL CASE FILE

The Trigger Mechanism: Sudden Device Withdrawal



The Intervention

Parents forcibly removed access to mobile phones in an attempt to curb excessive screen time.

The Mechanism of Failure

Because the devices were the sole anchor to their displaced identities (as shown in the diary notes), confiscating the phones did not return them to physical reality. Instead, it instantly severed their primary coping mechanism and sense of self.

Clinical Takeaway

Sudden withdrawal of a primary psychological anchor in a heavily isolated subject triggers extreme distress, operating akin to severe substance withdrawal rather than a simple disciplinary action.

NotebookLM

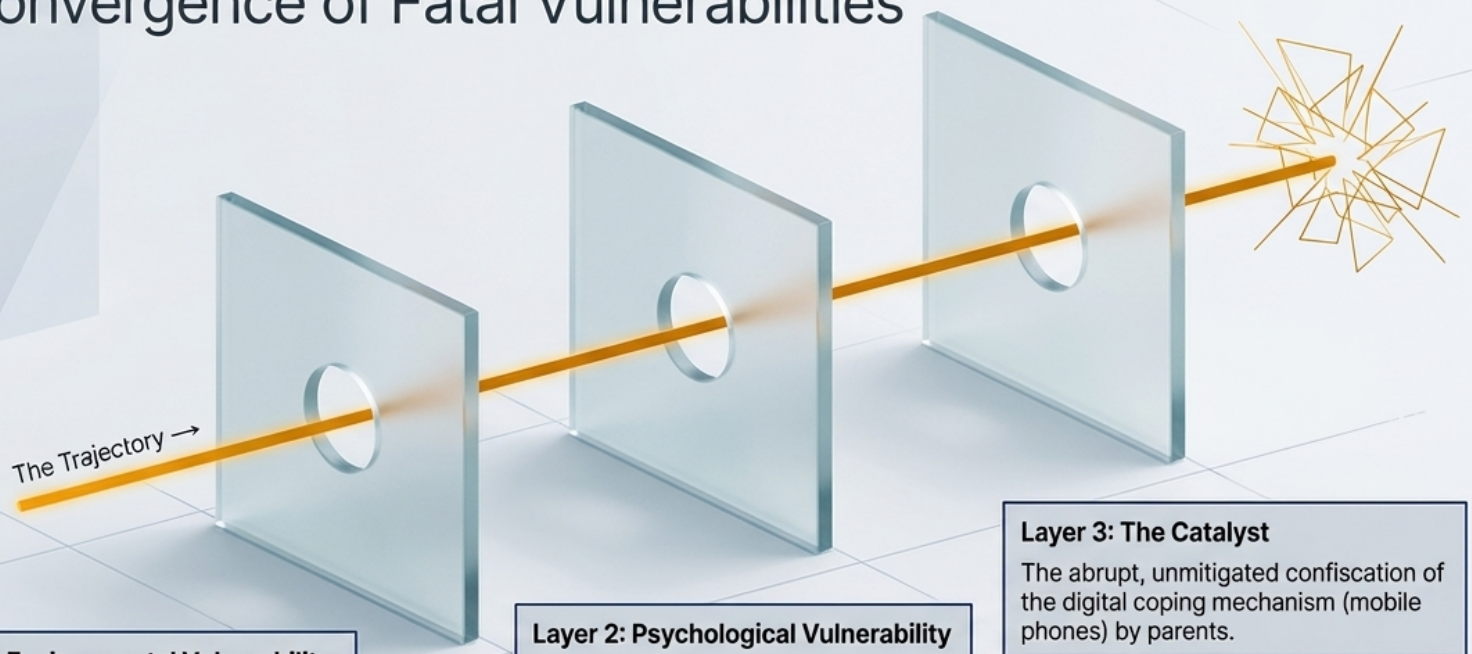
Ongoing Investigation: Defining the Threat Vector

Hypothesis A: Targeted Malicious App	Hypothesis B: Deep Cultural Immersion
Description: A specific, task-based Korean love game akin to the Blue Whale challenge.	**Description:** A broader, decentralized obsession with Korean culture and standard digital gaming.
Mechanism: External coercion. Specific malicious actors or tasks directing the users toward self-harm.	**Mechanism:** Internal escapism fueled by algorithms and echo chambers, leading to a break from reality.
Forensic Target: Identifying a specific illegal payload or hidden app on the extracted devices.	**Forensic Target:** Analyzing browsing patterns, chat histories, and time-in-app metrics.

NotebookLM

SOCIOLOGICAL CASE FILE

The Convergence of Fatal Vulnerabilities



Layer 1: Environmental Vulnerability

2–3 years of total physical isolation and school absence post-COVID-19.

Layer 2: Psychological Vulnerability

Complete identity displacement into an unchecked Korean Digital Dream parasocial reality.

Layer 3: The Catalyst

The abrupt, unmitigated confiscation of the digital coping mechanism (mobile phones) by parents.

Synthesis Insight

Extreme digital obsession rarely turns fatal in a vacuum. It requires the profound compounding effect of real-world isolation and an abrupt, unsupported severance from the virtual anchor.

NotebookLM

SOCIOLOGICAL CASE FILE

Active Forensics and Next Steps



Status

Police are actively executing deep digital forensics on the girls' phones and devices.

Path 1: The App Ecosystem

Isolating the specific app ecosystem to determine if a **centralized, malicious architecture** was directing the behavior.

Path 2: The Sociological Footprint

Profiling the sociological **footprint** to understand how **algorithmic delivery mechanisms** can completely override basic survival instincts in isolated minors.

Critical Precedent

The findings of the Ghaziabad case will serve as a critical precedent for distinguishing between actionable cyber-crimes and complex sociological digital-dependency phenomena.

NotebookLM

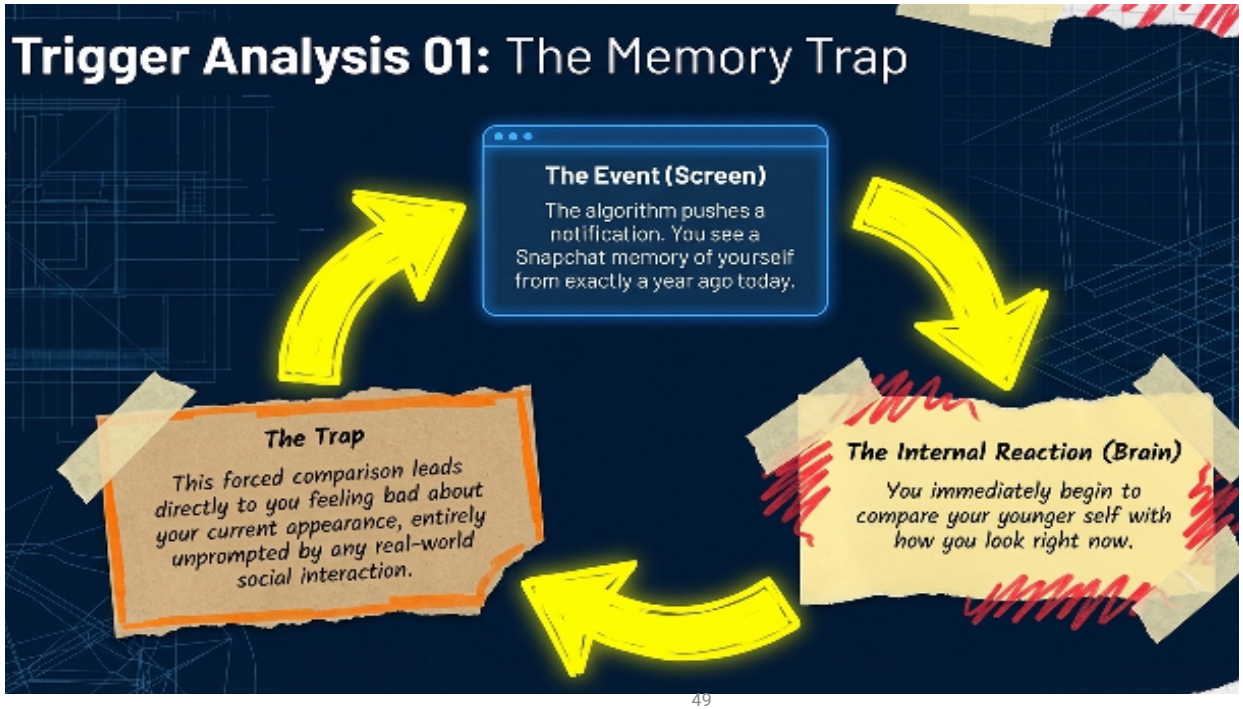
The Digital Illusion vs. The Human Canvas



In the online world, it is incredibly easy to manipulate appearance, bend the truth, and portray a curated identity. We mistake this 10% for the whole truth.

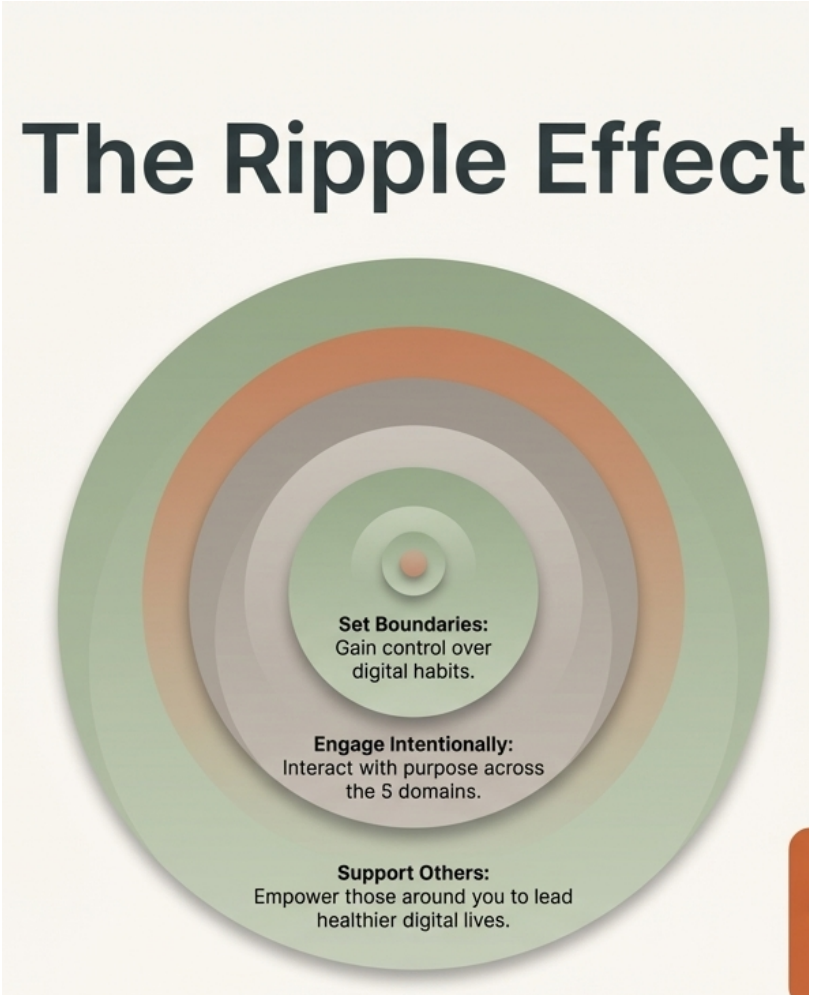


This manipulation has a profound negative impact, subtly encouraging us to hide our true complexity and show ourselves as someone we are not.


Trigger Analysis 01: The Memory Trap
The Event (Screen)
The algorithm pushes a notification. You see a Snapchat memory of yourself from exactly a year ago today.
The Internal Reaction (Brain)
You immediately begin to compare your younger self with how you look right now.
The Trap
This forced comparison leads directly to you feeling bad about your current appearance, entirely unprompted by any real-world social interaction.

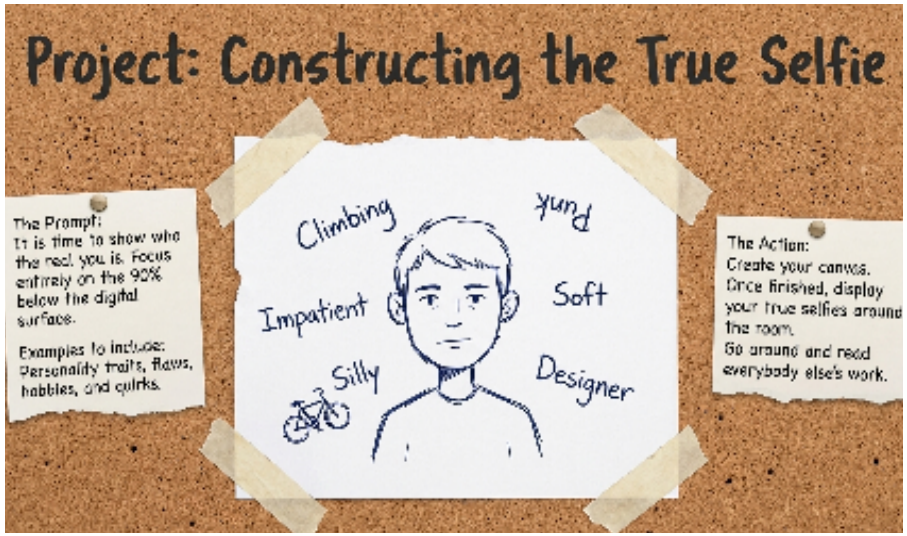

The Event (Screen)
Someone you follow on Instagram posts a heavily curated gym selfie with the caption: "Get yourself to the gym #GAINS"
The Internal Reaction (Brain)
This specific image gives you negative feelings about your own body image, leading to a sudden drop in self-esteem.


Negative Impact
Self-Worth
Can cause low self-esteem and negative spirals
Lifestyle
Promotes toxic positivity, heavily filtered realities, and trolling
Community
Normalizes completely unrealistic body standards
Internal Alignment
Causes a dangerous disconnect between mind and body


The Ripple Effect
Set Boundaries:
Gain control over digital habits.
Engage Intentionally:
Interact with purpose across the 5 domains.
Support Others:
Empower those around you to lead healthier digital lives.


Positive Impact
Self-Worth
Can boost self-esteem and confidence
Lifestyle
Inspires healthy recipes, exercise, and connection
Community
Connects diverse real bodies, promoting acceptance
Internal Alignment
Motivates you to love your body

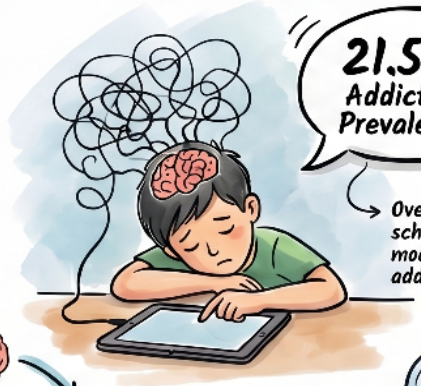

Taking Back Control:
Unfollowing
Curating your feed for peace. You control the input.
Soft Blocking
Quietly removing a user's access to your digital space.
Blocking
Establishing a hard, impenetrable digital boundary.


Project: Constructing the True Selfie
The Prompt:
It is time to show who the real you is. Focus entirely on the 90% below the digital surface.
Examples to include: Personality traits, flaws, hobbies, and quirks.
Climbing
Yurd
Impatient
Soft
Silly
Designer
The Action:
Create your canvas. Once finished, display your true selfies around the room.
Go around and read everybody else's work.


Limiting Use
Starving the algorithm of your time and attention.
Knowing Your Triggers
Self-awareness is the ultimate firewall. Identify what hurts, and engineer it out of your feed.

The Digital Dilemma: Safeguarding Children's Mental Health

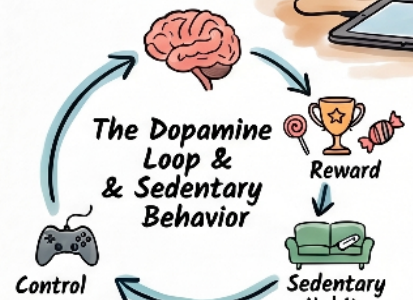
The High Cost of Hyper-Connectivity: The Problem



21.5%
Addiction Prevalence

Over one-fifth of Indian school adolescents face moderate technology addiction.

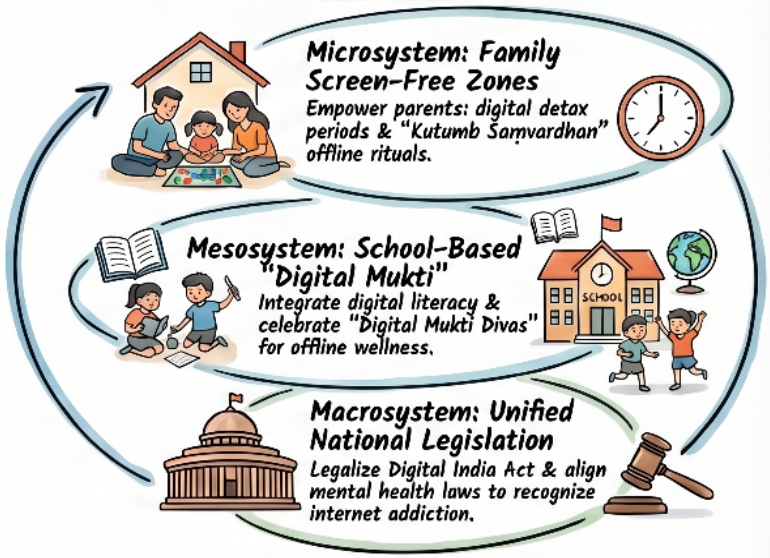
The Dopamine Loop & & Sedentary Behavior



Clinical Psychological Impacts

- ADHD
- Sleep Disorders
- Elevated Depressive Symptoms

An Ecological Framework for Change: The Solution



Microsystem: Family Screen-Free Zones
Empower parents: digital detox periods & "Kutumb Samvardhan" offline rituals.

Mesosystem: School-Based "Digital Mukti"
Integrate digital literacy & celebrate "Digital Mukti Divas" for offline wellness.

Macrosystem: Unified National Legislation
Legalize Digital India Act & align mental health laws to recognize internet addiction.

Global Regulatory Responses (Sketch Note)

Country	Policy Measure	Goal
Australia	Social Media Ban	Prohibits platforms for users under 15-16.
Australia/ Denmark	Smartphone Curfew	Restricts device usage from 10 p.m. to 6 a.m.
	Cooling-Off System	Allows parents to regulate/limit midnight gaming.

NotebookLM

The Digital Well-Being Blueprint: Balancing Your Online & Offline Worlds

Digital well-being is the capacity to manage health, safety, and work-life balance in digital settings. As online and offline spheres merge into a "dual-sphere," mastering digital tools becomes an essential life competence rather than just a technical skill.

ONLINE WORLD

OFFLINE WORLD

The "Dual-Sphere" Paradox:

Online and offline worlds have merged; actions in one impact the other directly.

Digital Well-Being as a Competence

It is a core safety skill involving proactive protection of oneself and others.

The Physical and Mental Toll

- Excessive use causes eye strain
- crumbly brain focus issues
- sleep disruption

Strategies for Digital Mastery

Reclaim the "Right to Disconnect"

Set clear boundaries for after-hours communication to prevent burnout and maintain resilience.

after hours

Achieve "Digital Freedom"

Master your attention by consciously choosing when and where to disconnect from screens.

From Passive Slave to Active Tamer

Move from passive scrolling to active creation, which research shows fosters better learning.

Passive Slave (scrolling)

Active Tamer (creation)

Recommended Screen Time (Daily Limits)

Up to 2 years	8 - 10 years	12+ years
5 minutes per day	1.5 hours per day	3 hours per day

NotebookLM

REFERENCES

1. Tadpatrikar, A., Sharma, M. K., & Murthy, P. (2025). Policies and public health initiatives to mitigate the mental health impact of internet use among children and adolescents. *Indian Journal of Psychiatry, 67*(12), 1180–1186

2. Jain, D. (2023). Regulation of digital healthcare in India: Ethical and legal challenges. *Healthcare, 11*(6), 911. https://doi.org/10.3390/healthcare11060911

3. Banerjee, S. (2023). Protection of mental health of children in digital ecosystem: A socio-legal study. In *Child Protection in India: Assessing Multi-disciplinary Response Mechanisms*. Routledge. https://doi.org/10.4324/9781003607076-15

4.Adkins, A. (2018, May 9th). How Social Media Contributes to Body Dysmorphic Behaviour. Retrieved from: https://www.thelexingtonline.com/blog/2018/5/7/how-social-media-contributes-to-body-dysmorphic-behaviors

5. Brazier, Y. (2020, October 11th). What is body image? Retrieved from:

6. Cambridge University Press (2022). Meaning of unfollow in English. Retrieved from: https://dictionary.cambridge.org/dictionary/english/unfollow

7. D'Amore Mental Health (2022). Social Media and Body Dysmorphia. Retrieved from: https://damorementalhealth.com/social-media-and-body-dysmorphia/

8. Duffy, J. (2019, October 7th). 5 Ways to Cut Back on Social Media. Retrieved from https://uk.pcmag.com/old-news/122944/5-ways-to-cut-back-on-social-media

9. Gelsinger, A. (2021). A Critical Analysis of the Body Positive Movement on Instagram: How Does it Really Impact Body Image?. Spectra Undergraduate Research Journal, 1(1). Retrieved from: https://digitalscholarship.unlv.edu/cgi/viewcontent.cgi?article=1003&context=spectra

10. Germany, J. (2022). Combating 'Social Media Dysmorphia'. Retrieved from: https://www.rush.edu/news/combating-social-media-dysmorphia

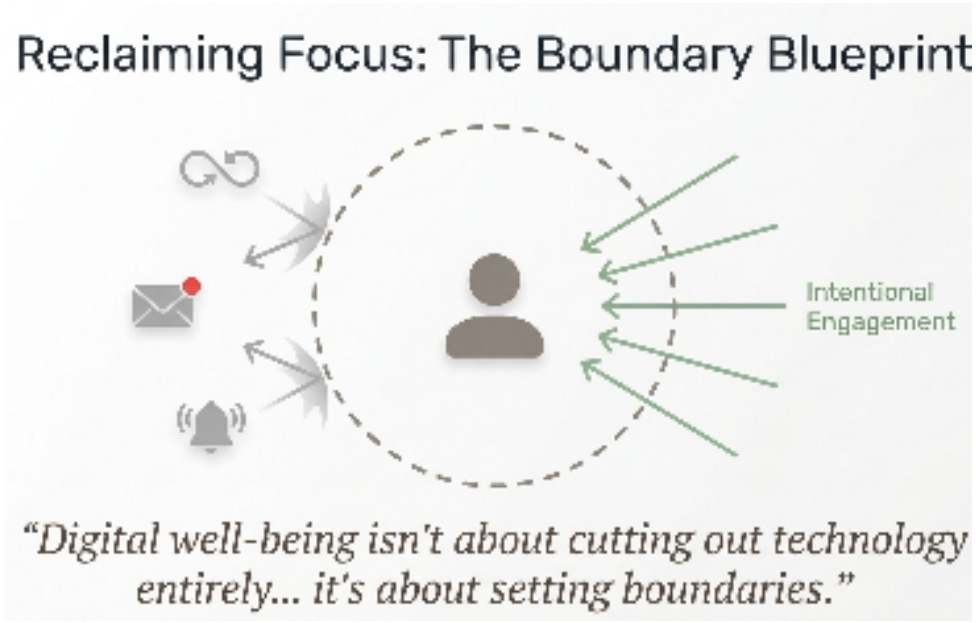
11.Homewood, M. (2019, March 22nd). Softblock or soft block – New Word Suggestion. Retrieved from: https://www.collinsdictionary.com/submission/20911/softblock+or+soft+block

12.Kemp, S. (2022, January 26th). Digital 2022: Global Overview Report. Retrieved from: https://datareportal.com/reports/digital-2022-global-overview-report#:~:text=Global%20social%20media%20users%3A%20There,unique%20individuals%20(learn%20why).

13.King University Online (2019, October 9th). The Link Between Social Media and Body Image. Retrieved from: https://online.king.edu/news/social-media-and-body-image/

14.Meta (2022). What happens when I block someone on Instagram? Retrieved from: https://help.instagram.com/447613741984126

15. The Cybersmile Foundation (2021). Body Image. Retrieved from: https://www.cybersmile.org/what-we-do/advice-help/mental-health/body-image#:~:text=Positive%20effects%20of%20social%20media,healthy'%20view%20of%20their%20appearance.


Reclaiming Focus: The Boundary Blueprint
Intentional
Engagement
"Digital well-being isn't about cutting out technology entirely... it's about setting boundaries."

THANK YOU