





'DIFFERENT CHILDHOOD GLIMPSES IN INDIA: EMPOWERING CHILDHOOD FOR VIKSIT BHARAT @ 2047'

विकसित भारत अभियान
1947 TO 2047

NATIONAL SEMINAR PROCEEDING

Editor-in-Chief

Dr Abhilasha Gautam

Editors

Dr Azkia Khan

Ms Komal Choudhary

Kalindi Prakashan

ARMY INSTITUTE OF EDUCATION, GREATER NOIDA

NAAC 'A' Grade Accredited | Awarded 'A' Grade by JAC | NCTE Recognised | RCI Approved
Plot M-1, Pocket P-5, Sector Chi – 2 Greater NOIDA – 201310
Ph: 0120-2343741-42 www.aie.ac.in. Email : aie@armyeducation.edu.in







ARMY INSTITUTE OF EDUCATION, GREATER NOIDA

NAAC 'A' Grade Accredited | Awarded 'A'Grade by JAC | NCTE Recognised | RCI Approved

Plot M-1, Pocket P-5, Sector Chi – 2 Greater NOIDA – 201310

Ph: 0120-2343741-42 www.aie.ac.in. Email : aie@awesindia.edu.in

Kalindi Prakashan

9140270320, 9453904139

kalindiprakashan@gmail.com

ISBN 978-81-979932-7-5

INSTITUTE OF VOCATIONAL STUDIES ★ PRINCIPAL

DIFFERENT CHILDHOOD GLIMPSES IN INDIA: EMPOWERING CHILDHOOD FOR VIKSIT BHARAT @2047

NATIONAL SEMINAR PROCEEDING

Editor-in-Chief

Dr. Abhilasha Gautam

Editors

Dr. Azkia Khan

Ms. Komal Choudhary

कालिन्दी प्रकाशन

kalindiprakashan@gmail.com

Aira Bujurg, Azamgarh, U.P.

INSTITUTE OF VOCATIONAL STUDIES ★ PRINCIPAL

Published by :

कालिन्दी प्रकाशन

kalindiprakashan@gmail.com

Aira Bujurg, Azamgarh, U.P.

Mo. : +91 9140270320; +91 9453904139

© 2024 Editor-in-Chief : Dr. Abhilasha Gautam; Editors : Dr. Azkia Khan, Ms. Komal Choudhary

Title : Different Childhood Glimpses In India Empowering Childhood For Viksit Bharat @2047

आईएसबीएन: 978-81-979932-7-5

प्रथम संस्करण: जनवरी 2025

कवर डिज़ाइन: सुमित सोलंकी

भारत में प्रकाशित

इस किताब के सभी अधिकार सुरक्षित हैं।

इस प्रकाशन का कोई भी हिस्सा, प्रकाशक और लेखक की लिखित पूर्वानुमति के बिना, पुनः प्रकाशित करना, प्रति निकालना, वितरण करना, फोटोकॉपी, रिकॉर्डिंग या किसी भी अन्य मेकैनिकल या इलेक्ट्रोनिक माध्यम के जरिए पुनः उपयोग नहीं किया जा सकता हैं। किसी के भी द्वारा इस कहानी का उपयोग करना निषिद्ध है।

INSTITUTE OF SOCIAL SCIENCES ★ PRINCIPAL

DIGITAL WELLBEING : THE NEED OF THE HOUR FOR A BETTER LIFE

Dr Mandira Gupta
Principal
Anuradha Daheriya
Assistant Professor,
Institute of Vocational Studies (GGSIPU),
Sheikh Sarai, New Delhi

Abstract

We are living in a digital world, intertwined with technology, and it is an essential part of our daily lives. Today's world is a tech-driven society where mental and physical wellbeing of human beings is important for sustainable development. Digital Wellbeing is crucial for maintaining present and future generations' mental, physical and emotional health. It is important to use digital devices in an effective manner for searching relevant information, uploading, and downloading contents which are useful for the society. Digital wellbeing or digital wellness is a term used to describe the impact of technologies and digital services on people's mental, physical, and emotional health.

This paper focuses on how we can use digital devices in an effective manner. For this purpose, important initiatives taken by various organizations, institutions are discussed. Additionally, it discusses how individuals can take care of themselves and the role of parents in navigating the digital age.

Keywords: Digital World, Digital Wellbeing, Social Media, Children's Health, Digital Detox

Introduction: As digital technology becomes more and more integrated to everything we do in our day-to-day life, we may sometimes get distracted from the things that matter most to us. Digital Technology should be for the betterment of our lives. Digital screens are everywhere - in homes, schools, colleges, workplaces, and our communities, so it is important to raise awareness about practicing moderate use of digital technology in daily life. Today, children are living in a digitally connected world where the screen is central to all the devices they use, regardless of the

INSTITUTE OF VOCATIONAL STUDIES ★ PRINCIPAL

type of digital device. The screen is the gateway to immense information, entertainment, gaming, social media interaction and learning.

Technological innovations provide opportunities for effective learning. However, not all the content available on the World Wide Web is appropriate for young children, so it is important for parents to monitor their children's search, retrieval, and uploading of digital content on the internet.

Digital Wellbeing: Digital Wellbeing is the ability to understand the positive and negative impact of engaging with digital technology. It is an act of practicing healthy digital habits.

In accordance to UNESCO, Digital Wellbeing is, "The enhancement and improvement of human well-being, in the intermediate and long term, through the use of digital media."

Importance of Digital wellbeing:

Digital wellbeing is important for human beings due to several reasons. Through Digital wellbeing we can achieve the following:

- **Improve focus and productivity:** Limiting unnecessary screen time helps us reduce distractions, leading to more efficient work and study. By managing how we use digital devices, we can concentrate better, complete tasks more effectively, and have more mental energy for meaningful activities.

- **Enhance mental health and sleep:** Excessive screen use, especially before bed, can negatively affect sleep quality and contribute to stress, anxiety, and other mental health challenges. Prioritizing digital wellbeing encourages us to set boundaries with technology, reducing screen exposure and allowing us to sleep better, rest our minds, and reduce stress.

- **Digital wellbeing in a workplace:** A major advantage of the digital transformation in the workplace is the support for flexible work arrangements, such as asynchronous and remote work. These options can enhance employee well-being and boost productivity. However, they may also introduce new challenges if the flexibility to work anytime and anywhere becomes an expectation. Additionally, digital tools can contribute to a healthier and more motivated work environment by offering features like activity tracking, task management, and wellbeing reminders, such as break timers.

- **Strengthen relationships:** Mindful technology use can help us be more present in our relationships with family, friends, and colleagues. Digital wellbeing practices encourage us to limit distractions during social interactions, making way for deeper connections, better communication, and a more fulfilling social life.

INSTITUTE OF VOCATIONAL STUDIES
PRINCIPAL

• **Maintain a healthy work-life balance:** Technology allows us to stay connected to work around the clock, which can blur the lines between work and personal life. Digital wellbeing practices, such as setting screen time limits, and establishing tech-free times, prevent overworking and reduce the risk of burnout. When a healthy work-life balance is maintained, individuals are more likely to feel refreshed, motivated, and focused during their work hours. This makes them more productive and effective, as they are not dealing with the exhaustion or diminished focus that comes from constant connectivity. A balanced life improves overall job satisfaction and long-term performance.

Disadvantages of Excess Screentime:

Excessive screen time, especially without mindful management, can bring about a range of negative effects on both physical and mental health, impacting various aspects of daily life. Current evidence indicates that moderate or balanced use of digital technology is unlikely to harm adolescents or students. However, excessive or improper use can have negative effects, including poor sleep, low energy, academic challenges, changes in psychological well-being, social withdrawal, functional issues, compulsive behaviors, physiological stress, mind-wandering, Attention-deficit/hyperactivity disorder (ADHD)-like symptoms, negative thinking patterns, and reduced life satisfaction.

Excess screen time can lead to:

• **Eye strain:** Spending extended periods looking at screens can lead to digital eye strain, also known as computer vision syndrome. Symptoms include dryness, irritation, blurry vision, and headaches. This strain occurs because of continuous focus on screen content, reduced blinking, and exposure to blue light.

• **Decreased sleep quality and duration:** Blue light emitted by screens interferes with the body's production of melatonin, a hormone responsible for regulating sleep cycles. Prolonged screen exposure, especially before bedtime, can lead to difficulty falling asleep and lower quality of rest.

• **Susceptibility to chronic health conditions due to lack of physical activities:** Excessive screen time often leads to a sedentary lifestyle, as time spent on devices reduces time available for physical activities. Lack of movement is associated with an increased risk of chronic health conditions such as obesity, cardiovascular disease, diabetes, muscle and joint issues due to poor posture and long periods of sitting.

• **Impaired socializing skills:** When people spend more time on screens, particularly in

INSTITUTE OF VOCATIONAL STUDIES PRINCIPAL

passive or solo activities, they often miss out on opportunities for face-to-face interactions. This can lead to reduced confidence in social settings, less practice with interpersonal skills, and potentially a weaker sense of connection with others.

- **Loss of cognitive ability:** One of the most alarming outcomes of excessive screen time is its impact on mental health. Overuse of screens can physically alter the brain by reducing the grey matter responsible for cognitive functions and distorting the white matter that facilitates communication between brain signals. This can lead to decreased focus, impaired memory, slower information processing, and weaker impulse control. These effects are especially concerning for children, whose brains are still in the developmental stage.

Measures for Digital Wellbeing:

We can achieve Digital Wellness through making mindful decisions regarding our interactions with technology

Digital Detox: Voluntarily refraining from using digital devices such as smartphones, computers, and social media platforms

- Limiting Screen Time
- Mute Notifications
- Download applications according to requirement
- Use of Applications to monitor screen time
- Take breaks from screen
- Maintain healthy habits for physical activity, nutrition, and sleep
- Stay safe with technology through appropriate privacy settings
- **Promoting Digital Wellness Activities for students**: Schools can conduct workshops on mindful technology use to help students develop a balanced approach to their devices. These workshops can include topics like limiting screen time, impacts of blue light on sleep, avoiding aimless browsing and critical evaluation of the content they consume, promoting a purposeful and positive digital experience.
- **Minimize Distractions-** It is very important to minimize distractions from screens and save time and live in the moment.
- **Digital Detox Days or Weekends:** Schools can implement "digital detox" days where students limit their use of screens, especially for recreational purposes and instead engage themselves in reading, painting, playing sports or other outdoor activities.

INSTITUTE OF VOCATIONAL STUDIES PRINCIPAL

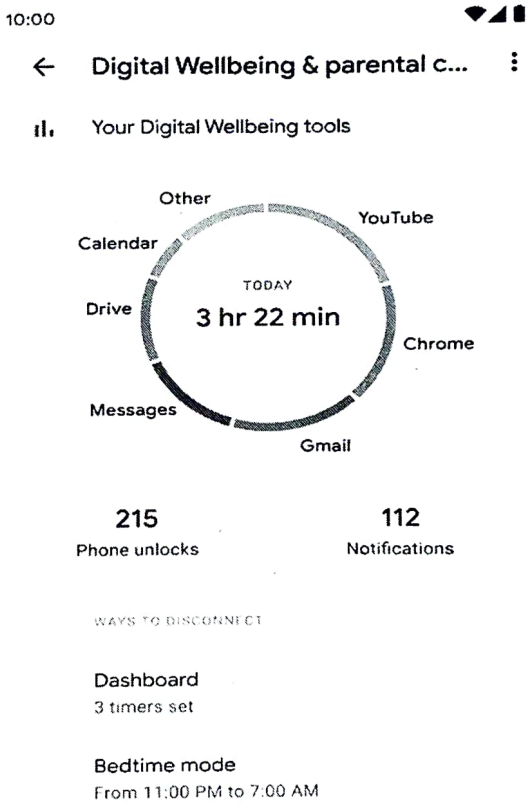
- **Get a view of your daily digital habits-** Setting boundaries on the time spent on digital devices is foundational for digital wellbeing. This includes using tools to monitor daily screen usage, setting time limits on specific apps, and creating device-free times.

Apps for enhancing Digital Wellbeing:

Key features:

1. Manages apps and notifications to reduce distractions.
2. Minimizes device use when with others.
3. Puts phone out of sight and out of mind

- **Android's digital wellbeing tool-** gives a daily view of how often people check their phones and visit various software applications in that day.



Source: https://wellbeing.google/

- **iOS Screen Time in Apple-** Apple has iOS Screen Time App, which plays an important role for helping you limit the time you are using in your iPhone. It also provides flexibility to select specific Apps to limit the screen time. It also has screen distance alert to hold an iPhone or iPad at a recommended distance.

- **Develop understanding with your digital device:** Applications of various types, services and features of smartphones enable people to monitor their digital use to support the digital

INSTITUTE OF VOCATIONAL STUDIES
PRINCIPAL

wellbeing, intrinsic motivation of the teachers and learners play important role in contribution of digitally wellbeing.

Keep an eye on Children's use of Technology by Parents- Science and technology innovations provide opportunities for effective learning of the learners. However, not all the content available in world wide web is appropriate for learning of young children, so it is important to keep an eye on children's use of technology by parents such as the search, retrieving and uploading of digital content by their children on internet.

Boston Children's Digital Wellness Lab- Digital Wellness Lab is a nonprofit research organization. It focuses on to promote positive digital media experiences for children and young people. Organization conducts research on the positive and adverse effects of technology and interactive media use on young people towards positive health development of young people.



Source: https://digitalwellnesslab.org/about/

Conclusion: Digital well-being is important for maintaining a healthy balance between technology use and overall mental, emotional, and physical health of human being. While digital tools offer immense benefits, such as connectivity, learning, and convenience, their overuse can lead to adverse impacts like conditions such as stress, which can lead to anxiety, and cognitive decline. Promoting healthy habits for children, setting limits for screen time, and fostering real-world social interactions are key steps toward achieving digital well-being. By being mindful of our digital use, we can harness technology's advantages while safeguarding our mental and

INSTITUTE OF VOCATIONAL STUDIES PRINCIPAL

emotional wellness.

References:

1. Arul, J. E., & Padmasundari, S. (2023). Digital Well-Being in Modern World. The International Journal of Indian Psychology, 11(1), 1041-1045.
2. https://wellbeing.google/
3. https://www.bakerinstitute.org/research/generation-screen-navigating-digital-age-children
4. https://unesdoc.unesco.org/ark:/48223/pf0000377895
5. https://www.activesgcircle.gov.sg/
6. https://www.bswhealth.com/
7. https://www.webmd.com/balance/what-is-digital-detox
8. https://digitalwellnesslab.org/
9. https://ntccorporate.com/
10. https://pmc.ncbi.nlm.nih.gov/articles/PMC9446377/
11. https://all-digital.org/wp-content/uploads/2023/12/20.12.2023-Digital-Well-Being-Report.pdf
12. https://www.verizon.com/about/blog/students-guide-to-digital-well-being

