



Project Proposal

(A 3 Days Residential Program)

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Digital Wellness:
An intentional state
of **physical**, **mental**,
and **social** health
that occurs with
mindful engagement
in the digital and
natural environment.

Project Description:


Chetana Empowerment Foundation (CEF) is deeply rooted in the mental wellbeing. We have been actively working to make mental health a national priority since 2012.

- Now, during and after pandemic of Covid 19, due to change in functioning of schools many schools, Tuitions, have opted online classes to be conducted for their students
- And hence the usage of Mobile device and Screen timing has been continuously increasing. The evidence shows that excessive and unnecessary use of mobile screens among Individuals effects on their mental health which has a profound impact on the physical health of a human being.

A finding (by National Child Health and Security) reveals that 59.02% of the students are using their mobile device for the purpose of Chatting only and only 10% for Online Educational purpose. **So, the unhealthy practices of digital technologies, Mental health have a direct impact on student's academic success.**

When untreated, mental health disorders can lead to school failure, family conflicts, drug abuse, violence and even suicide. **Also**, the levels of anxiety, fear, isolation, social distancing and emotional distress that is associated with the virus have become widespread.

It is an urgent and pressing need of the time for the society to work in the area of **Digital Wellness**.



Digital wellness (also known as digital wellbeing or digital health) is the pursuit of an intentional and healthy relationship with technology in personal life.

The project urges individuals to find balances between social media and in-person relationships, to be responsible digital citizens, and to be kind, safe and aware.

Hence, Chetana Empowerment Foundation has undertaken a task of '**Awareness**', '**Prevention**', and '**Counselling**' in the domain of Digital Wellness since 2019.

The goal of Digital Wellness and Awareness is to create a positive mental health environment & de-stigmatize mental health in the school students and enhance digital wellness in them.

Objectively, the project would directly impact Students as primary stakeholder of various Schools. This project includes identification of beneficiaries, execution of sessions, webinars, workshops and counselling sessions.

Aim:

1. The goal of Digital wellness awareness is to educate the ill effects of screen.
2. To create awareness about the relation between unhealthy screen usage and Mental Health.
3. The project would include identification of beneficiaries, execution of sessions, webinars or workshops, and reporting of the sessions conducted.
4. Through awareness training workshop/webinars to help stakeholders in Identification of level of dependency on screen and helping them to increase their self-coping abilities and self-regulation.
5. Through comprehensive programs and workshops, the aim is to create self-awareness among beneficiaries.
6. To identify and provide counselling to needy one.
7. To train teachers because train teachers will aware their students about Mental wellness, spread it widely so that more students get benefitted.

Fact findings:

- **Digital addiction** has gained increasing attention from researchers, the media and the general public because its impact on a person's brain, health and overall wellbeing.
- According to an **NCBI** report, about 646 million active internet users in urban India in December 2021 compared to 42 million in 2008. The internet is used by 20-25 per cent of the total user to facilitate research, acquire information, communication, and business transactions. On the other hand, it is also used by some to indulge in pornography, excessive online gaming, chatting for hours, and even gambling.
- There has been considerable concern globally about what has been labelled as "Internet or Digital addiction."

- <https://thelogicalindian.com/mentalhealth/digital-addiction-leads-to-damage-mental-health-36571>

- "The coronavirus pandemic has dramatically changed students' day-to-day lives," says the [Office for Students \(OfS\) briefing note on supporting student mental health](#), published on 30 April 2020.

<https://timesofindia.indiatimes.com/city/nagpur/screen-addiction-a-silent-pandemic-doctors/articleshow/83904347.cms>

- Screen addiction a silent pandemic: Doctors (Times of India)
Read more at:
http://timesofindia.indiatimes.com/articleshow/83904347.cms?utm_source=contentofinterest&utm_medium=text&utm_campaign=cppst

- **Addicted to mobile gaming, teen ends life in Madhya Pradesh (Times of India)**

<https://timesofindia.indiatimes.com/city/bhopal/addicted-to-mobile-gaming-teen-ends-life-in-madhya-pradesh/articleshow/83079450.cms>

- **13-year-old Maha boy, addicted to mobile chat app, leaves home; found in Goa days later (HindustanTimes)**
<https://www.hindustantimes.com/india-news/13yearold-maha-boy-addicted-to-mobile-chat-app-leaves-home-found-in-go-a-days-later-101636123166509.html>

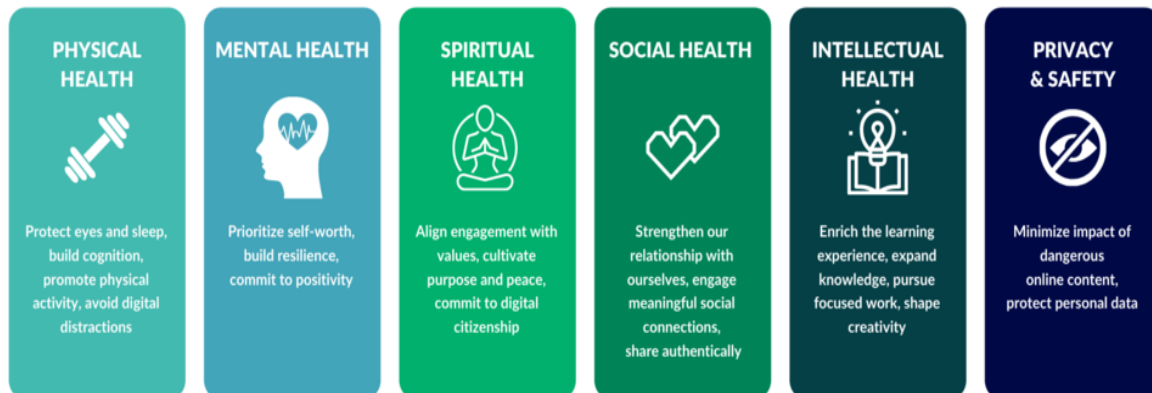
Effects on our Health:

Physical & Emotional Symptoms of Digital Addiction.

Emotional Symptoms	Physical Symptoms
<ul style="list-style-type: none"> • Feelings of guilt • Dishonesty • Unable to keep schedules • No sense of time • Isolation • Avoiding doing work (Ignoring studies, dropping and poor academic) • Agitation • Excess use of digital screens produces mental stress. 	<ul style="list-style-type: none"> • Backache • Headaches • Disturbances in sleep • Weight gain or loss • Vision problems • Not feeling like having food Leading to aggressive behaviour. • Excess use of digital screens produces mental stress.

SIX PILLARS OF DIGITAL WELLNESS

Our developed ability to make intentional and healthy choices about digital media use in order to optimize these six pillars.



Target Beneficiaries:

Participants will be mainly from **Aurangabad District** of Marathwada Region of Maharashtra State.

We are covering the following age group of life stages,

LIFE STAGE	AGE GROUP
Child	6 - 13 Yrs.
Teen	13 - 19 Yrs.
Adult	20 - 39 Yrs.
Middle Age Adult	40 - 59 Yrs.
Senior Adult	60 + Yrs.

Methodology:

This project will be implemented through 2 methods.

Schools - In **Schools** for Students, Parents and Teachers.

Community - In **Community** for Youth, Social Groups and for Senior Citizen

Project Duration: **One Year** (12 Months)

Program area:

Healthcare (Emotional Wellness through Digital Wellness)

Geographic area:

Schools, College going students and **Community** of Aurangabad District.

No of Beneficiaries: 21000

	Stakeholders	Total No of Programs in Year	No of participants in a program in a week	Total no of Beneficiaries (Students)
Schools				
	Students	25	400	10,000
	Teachers	20	100	2000
	Parents	25	200	5000
Community				
	Youth	20	100	2000
	Social Groups/ Senior Citizen	20	100	2000
Total				21000

'Digital Wellness Program' will be conducted in the respected school for a week in a school. **5 such** programs will be conducted in a month.

From a school, **400 students** (Approx.) are targeted to attend this program physically. This way the program will be implemented for **25 Schools** in **1 year**.

Steps	Activity Head	Activities
I	Awareness: (Duration One Hour)	On the first day, we create Awareness among students by performing 'Street Play Act' regarding digital addiction and its bad effects.
II	Group Therapy: (Duration Two Hour)	On the second or next day, ' Group Therapy ' will be given. In this, beneficiary will know the following things. <ul style="list-style-type: none"> ● What is Digital Wellness? ● What is meant by Digital Technologies (DTs) in Wellness? ● Are Smartphones good or bad? ● What is smartphone doing to your Brain? ● What are the things a student should know before using the internet? ● Effects on our health, ● Fear of Missing Out (FOMO) ● Science behind attraction of smartphones, ● Side Effects of Information Overloading, ● Effects of Online Mobile Games, ● Side effects of Social Networking Sites, ● How much usage is Right? & How to Manage it? ● How much is too much? ● Three Steps of changing habits, ● Goal setting for Life, ● Use of Screen Time App, and ● Affirmation.
III	Personal Counselling: (Duration One Hour)	Personal counselling will be given by our Counsellors to those who need it. For better results we use psychometric tests in personal counselling.

Benefits to individuals as long-term impact:

Project **Objectives, Measurement and Benefits** to Individuals & Community:

Objectives:

- The goal of Digital wellness awareness is to educate the ill effects of screen.
- The project would include identification of beneficiaries, execution of sessions, webinars or workshops, and reporting of the sessions conducted.
- Through awareness training webinars/workshops to help stakeholders in Identification of level of dependency on screen and helping them to increase their self-coping abilities and self-regulation.
- Through comprehensive Webinars, Programs and workshops, the aim is to create self-aware students.

Benefits to individuals as long-term impact:

This project will be directly impacted on the life of the students and will create long term potential impacts...

1. Students will know the usage of Mobile Screen by smart and healthier way and become self-aware to use screen wisely.
2. Time before Mobile Screen spending will be decrease and utilized it for the good purpose,
3. Students will maintain digital divide not merely about access or use of digital technology, but about being able to integrate digital technology into meaningful social practices and to gain benefits of it.
4. Students will become more productive in their day-to-day academics as well as in their overall life.
5. Students will know the value of time and its management for effective use.
6. Makes visible student's basic education as a significant area of concern for information management,
7. Increase of confidence in students and will grow Mentally and Physically sound and become a perfect healthy adult.
8. Students will be able to cope up with various challenges in life and possess differentiation ability of every good and bad habits and addictions.
9. Good and positive behavioral changes will be observed among

students and will remain long life with them.

10. Students Excellence in Education will improve and ultimately the academic standards too.

CEF's Capacity (Experience & existing resources):

Sr. No	Name of Expert /Faculty	Qualification
1	Mrs. Mitali Lathi	M.Sc. In counselling, MA (Psychology) and Certified Counsellor
2	Dr. Sanjay Ghuge	MD. Psychiatrists
3	Mrs. Gayatri Randad	M.Com, DTL, PGD-VE & MA ((Psychology)
4	Mr. Lalatendu Panda	Masters in counselling and Spiritual Health
5	Mrs. Vinita Kanhera	MA (Psychology) & MS (Counselling & Therapy)

□ SUCCESS STORIES:

After **Digital Wellness** Session, **Ruchika** (name is changed) – a student of eighth standard came to us and said that she wants to share something in person. Her facial expressions and body language depicted the discomfort she carried. She hesitated to talk. I told her, we can have a free talk, the personal identity and details will be confidential. Taking her own time to break the silence, she admitted that she had screen addiction since last six months and she is not feeling well. I asked her if she plays games or uses social sites. She said that she doesn't do that but watches two different serials with explicit content. I asked her when she got time to do this and for how long did she watch it. She told me her detailed daily routine where she was busy from 6:30 am to 8:00 pm. I couldn't understand where did she get time for this through a packed schedule of tuitions, dance classes etc. She said that she too keeps wondering how she could draw at least some time for this use of mobile and she never understood how she managed to do that. I asked her for how long did she used to do that. With a great discomfort she said, For half an hour. I understood that she is feeling uncomfortable and feeling unwell even after using that for half an hour means that she is addicted to those porn sites. I consoled her and asked to focus on the homework I gave to her. A weekly phone call was fixed to check her progress. Just two sessions marked significant rise in her screen control, as she herself had a commitment to get rid of this. She straightaway switched off her smart phone and started using her mother's phone whenever she needed one for school projects.