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Title: Gamifying learning using Word wall(Technology For Social Good)

Problem Statement: Nomophobia

Tool Used : Word wall

Class: VIII -X

Introduction

Teacher says to students: Which period do you like the most? English ,Hindi ,Games?

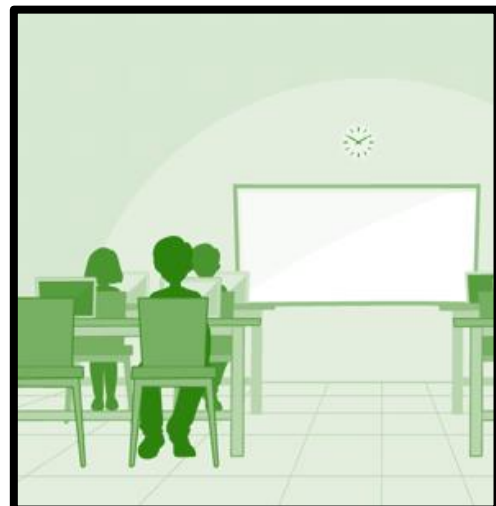
Activity-1 : Word Search - Names of Indoor and Outdoor games are hidden in the letter grid. You have to search horizontally, vertically and diagonally.

Time Required : 1 minute

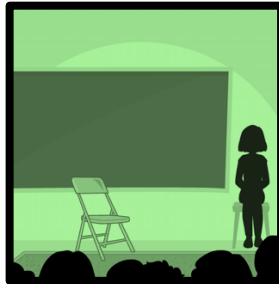


Link of game: [Indoor & Outdoor Games](#)

Case Study: Aarav is a student of Class IX in a school located in a rural state of India. He is brilliant in both academics and sports. Everyone, including teachers and parents, admire him. However, over the past few days, Aarav has often been late to school. Sometimes, teachers scold him for not completing his home-work.



One day, during his English period, the teacher — known for being very strict — noticed something unusual. Aarav appeared sleepy and was unable to concentrate. His mind was occupied with thoughts of scoring more points in a new mobile game. He was completely distracted.



When the teacher asked him a question, Aarav blankly responded, “What was the question? Please repeat it.” Everyone in the class was surprised. What had happened to Aarav?



Activity -2

Time Required: 10 minutes.

Objective: To enhance participant’s knowledge about mobile addiction, symptoms and consequences

Mode : Group discussion

1. What advice would you give to Aarav if you were his best friend?
2. What changes were observed in Aarav’s behaviour recently?
3. Why was Aarav admired by both teachers and parents in the beginning?
4. Have you or someone you know ever felt distracted like Aarav? What helped them regain focus?
5. If you were to turn Aarav’s story into a short video or skit, what message would you want to give at the end?



Link of game : [Aarav](#)

Key Message: What happened to Aarav?

Aarav was addicted to phone. He goes to sleep, starts playing games but due to rewarding system, he keeps on playing and sleeps late, wake up late.

Activity -3:

Time Required: 10 minutes

Objective: To assess strengths and weaknesses

Do You agree or disagree with the below facts?

1. My phone decides when I should take a break.
2. I can't sleep unless I watch videos on my phone.
3. Every moment offline brings me closer to my goals.
4. The more notification I get, the better I feel.
5. I am in control in my time, not in my phone.
6. I connect deeply with people.



Link of game: [Strength & Weakness](#)

Key Message:

Our brain produces neurotransmitter Dopamine which controls our emotions and happiness. Game developers know very well that how to increase dopamine level and they create games like that and

This was the reason that Aarav was addicted to games and phone. Sometimes it happens that you feel irritated when you don't get your phone or if your phone is discharged you feel restlessness. This term is called Nomophobia. 'No mobile phobia'. You check your phone frequently. What is the reason behind it? You are overdependent on your phone or you have installed so many social media apps or you are escaping loneliness through it. There is one more term Technostress that is stress due to technology. You hear the sound of notification and you go immediately to check it. You find the message not so important but you keep scrolling phone for ten minutes.

Activity -4

Link of game: [Identify the key terms](#)

Time required: 1 minute

नोमोफोबिया

न्यूरोट्रांसमीटर

संतुलित

रिवार्ड सिस्टम

डोपामिन एक है, जो खुशी और इनाम की भावना से जुड़ा होता है। का अर्थ है मोबाइल फोन न होने का डर। मोबाइल गेम्स और सोशल मीडिया में डोपामिन को बार-बार सक्रिय किया जाता है। टेक्नो-स्ट्रेस को कम करने के लिए तकनीक का उपयोग करें।

Proposed Solution:

Start the following steps one by one:

1. Turn off notification sound.
2. Keep your phone out of reach during study.
3. Jot down your phone tasks and tackle them in one session.
4. Uninstall all time taking phone from your app.

Activity – 5

Time required: 1 minute

Recognize the images and select the option:

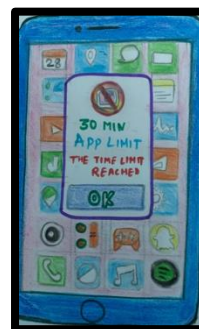
Link of game: [Positive use of mobile phone](#)

1.



क	ख
समय बर्बाद करने वाले ऐप्स जैसे सोशल मीडिया गैम्स को हटा दें।	आमने-सामने बातचीत करें,

2.



क	ख
समय सीमा तय करें	नींद का ध्यान रखें

3.



क	ख
रचनात्मक कार्यों में व्यस्त रहें	परिवार व दोस्तों के साथ समय बिताएं

4.



क	ख
मोबाइल कम उपयोग करने पर खुद को छोटे इनाम दें	अनावश्यक ऐप्स की नोटिफिकेशन बंद करें

Learning Outcomes: Students will be able to

1. Define mobile addiction
2. Track and record personal mobile usage .
3. Practice at least two techniques to reduce mobile use
4. Identify triggers for excessive mobile use
5. Differentiate between healthy use and overuse of mobile phones.

Sustainable Development Goals:

This topic is related to **SDG -3 Good Health and Well being**

Our physical and mental health both are important. If we don't sleep on time, we feel stress and experience fatigue during day time. May God give us good health .

SDG-4 Quality Education

Using digital technology we are able to discuss social and educational challenges.

Link to Hackathon Theme-Hackathon-2 is initiative by SCERT Uttarakhand which encourages the use of AI and digital technology to address educational, social and environmental challenges in the state. It inspires innovative solutions to problems.

video link - https://youtu.be/8_mv8rOaMmA