

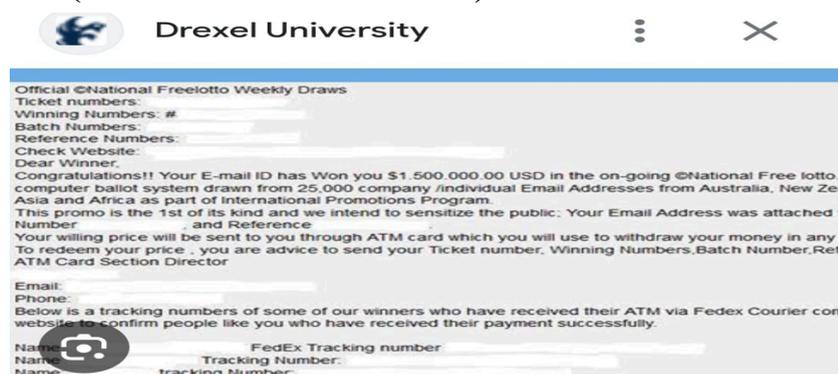
Protecting Yourself and Your Students Online.

-JP Dobhal

Key words- Netizen, Digital Detoxing Netiquette, Tweens, Phubbing, Socignoring, Internet addiction Nomophobia, Digital Addiction, ICD-11, SPL of gadgets

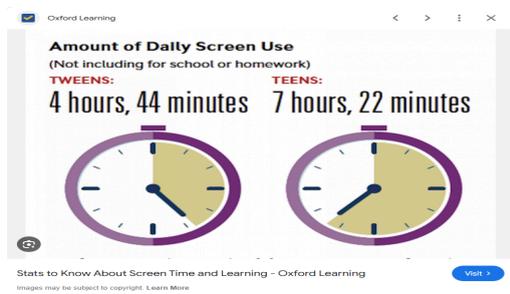
PROJECT BACKGROUND I touched the keyboard for the first time in year 2002 and made my first PowerPoint presentation in year 2003. From my very first presentation, I had decided to make classroom mod interactive. In 2006, in G.I.C. Dudhali Dehradun, I started my first e-teaching with some educational CDs on black & white television. This journey, through many presentations and interactive videos paved the way of transforming the TLP in year 2022 when I started to use the tabs given by government to the students in G.I.C.Uppu Tehri Garhwal to in classroom TLP. **(In essence, more online/ offline screen time.)**

As much it lies to me, I think it was the summer of 2007, when I receive an email having its subject regarding winning a lottery of 1 million pounds. Got excited but when examining the content of the mail deeply, I came to know that they were saying to arrange a “truck to carry the load of currency”. Though I had become confirm about its authenticity yet I devoted more and more time on such mails. Fortunately, such mails, till today, failed lure me in their trap yet I tried to search luring offers. **(More online screen time.)**



In 2008-09, my school bagged Intel state ICT award in teachers' category and two awards in students' category. Though, all such presentation were made without any help of net yet all this motivated me and my students to explore internet and to develop good quality projects and then more and more time for offline/online screen time. Till that time mobile phones were not available so I started to devoted my more and more time on computers to make the presentations, create school records and various searches on internet. **(More online screen time.)**

Being master trainer at school/block/district and state levels at various platforms, I started to develop all my presentations only on computers and laptop. **(More offline/online screen time.)** Various academic resources developed for students were made on laptops because such devices/gadgets helped me in saving my time and efforts. I think it was about 2014 when not only me but my students also started using Android phones, in which for my students, various types of games were popular among them. **(More offline/online screen time.)** And for me, Android phone was/is just a means of searching various information on different subjects. **And now today if anyone is consuming more and more screen time, irrespective of quality of content, it has become the global problem not only for students but for every age group.**



PROBLEM STATEMENTS

- Students have to search various types of educational content through online learning, (offline/online screen) irrespective of quality, validity and reliability of content.
- Working class Has to devote more and more time on their online meetings, examinations and various other such activities related to government activities.
- Most netizens are prone to more screen-time than that of judicious time-limit.

(Gaming-applications/fake-news/yellow-journalism/divisionalism-journalism fanaticism/sectarianism/dogmatism have powerful drives comparative to any educational application.)



- Digital-addiction is creating nomophobia.
- Most netizens are showing social, ethical, cultural, emotional deviations from the set social/ethical/economical/cultural/ educational norms and behavioral orders.
- Whole global economy (and hence even the human mind) is hacked by the content of phones.
- Gaming Disorder, ICD-11, Depression, SMI, SMD, hallucination, Presbyopia, Digital Eye Fatigue, Computer Vision Syndrome, Mood Swings etc. are some screen-based disorders which are becoming common in the starting of 21st century.

RATIONAL OF THE PROJECT: - To develop/find more powerful drives in our family, society and in workplace than those, which are present in any screen.

OBJECTIVES OF THE PROJECT

- To make all the netizens aware of the harmful effects of more screen-time (**Irrespective of on/off-line screen time**) and hence to motivate them to reduce the screen time by shifting that time into other activities which have equally powerful drives.
- To motivate the educationist, doctors, psychologist, politicians, bureaucrats, scientists, sociologists, and experts from various other fields to come to a common platform and to develop netizen-friendly screens. (**Irrespective of on/off-line screen time**)
- To make the policymakers aware of the problem which is, more in screen time rather than in our educational applications on parameters of powerful drives.
- Educational contents have weaker interactive/attractive drives and even many contents lack of validity and reliability on the basis of TPACK model)
- To motivate all the screen-users/netizens to use the screen-time optimally, judiciously and timely.

DETAILS OF PROJECT DETAILS OF PROJECT..

Basically, this topic consists of various types of screen-user-stakeholders. The first group consists of people who are above 50-60 years of age and these people spend more time with screen because they are captured by desolation due to their family circumstances.

The second group is the working group which is forced to spend more screen-time due to their livelihood in some or other way. This includes people who

work for years on private jobs or in private sectors whose livelihood is solely and solely dependent on-screen time. Today’s life of hustle and bustle requires the completion of online meetings, work from home, Online examinations online Trainings and various others screen-using time-based activities.

The third (the largest) group is of learners, irrespective of age/cognitive/content domain, preparing for any exam. Nowadays, bulk of such learning material is available on different OTT platforms online (in different formats) which is more interactive-cum-attractive, time saving and cost effective. This is why all the screen-user groups do connect themselves with the online/offline.

Rank	Video Name	Channel Name	Views (in billions)	Published Date
1	Baby Shark Dance	Pinkfong Kids' Songs & Stories	15.17	17 June 2016
2	Despacito	Luis Fonsi	8.56	12 January 2017
3	Johny Johny Yes Papa	LoosLoos Kids	6.96	8 October 2017
4	Bath Song	Cocomelon	6.87	2 May 2018
5	Wheels on the Bus	Cocomelon	6.63	24 May 2018
6	See You Again	Wiz Khalifa	6.42	6 April 2015
7	Shape of You	Ed Sheeran	6.34	30 January 2017
8	Phonics Song with Two Words	ChuChu TV	6.04	6 March 2014
9	Uptown Funk	Mark Ronson	5.35	19 November 2014
10	Gangnam Style			

Source: Forbes

Ever since 2010, the most-watched videos on YouTube have been music. It's an understatement that music listeners give the highest engagement platform.

Ranking	Keyword	US Search Volume
1	YouTube	185,000,000
2	Amazon	151,000,000
3	Facebook	124,000,000
4	Google	83,100,000
4	Weather	83,100,000
6	Gmail	68,000,000
7	Wordle	55,600,000
8	Google Translate	45,500,000
8	Global search	45,500,000
10	Home Depot	37,200,000
10	NFL	37,200,000

The main problem does not lie in using the smartphones, laptops or computers or even in televisions online (**which seems to be emphasized in this topic**) but the real problem lies in our poor educational-drives, in our straggling social values, diminishing each and every ethical value, stressful/strained social-relationships, irresponsible guardianship, lack of patience, inability to control our emotional stabilities.

And Everyone facing such type of problems finds its solution in sparing more and more time on screens.

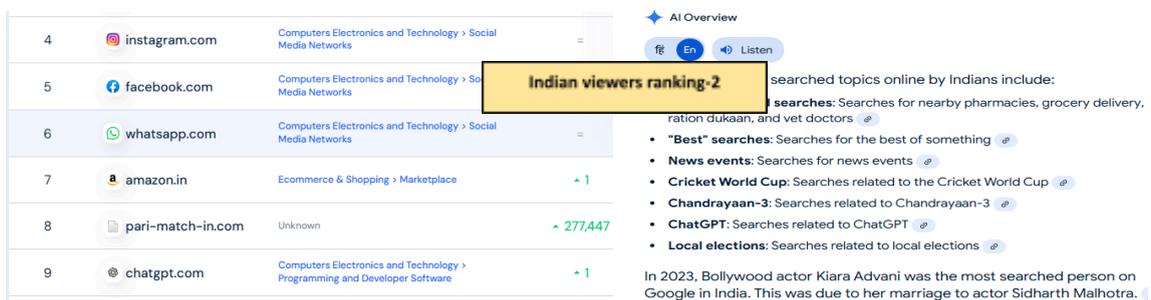
Most of the Netizens are affected with nomophobia due to following reasons.

- Toddler-netizens are prone to powerful drives such as full of sound, color and motion which they hardly find in their parents, who keep a nanny.
- Most teenagers find powerful, interactive and attractive contents and activities in their screens rather in their families, society and schools.
- Adults are prone to phones/laptops/screen as they do not find their solutions/satisfactions in their families/work-places or in societies.

- Grandpa/grandma etc. are being isolated due to the small family size so they have to quench dear feelings through mobiles or due to inclination towards spirituality

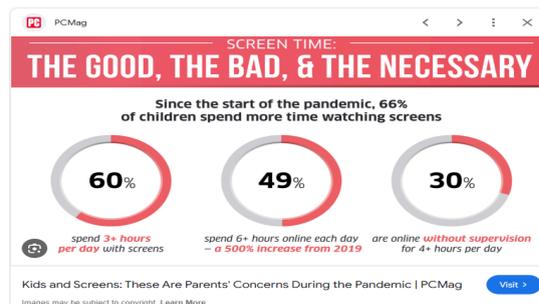
What is more important problem, that for consuming more screen time every one of us blames the phone/screens rather than our less powerful drives present around us.

But the most confusing line in this projects heading is word "online" because the harmful effects of any screen-time is not only in online mode but in offline mode as well.



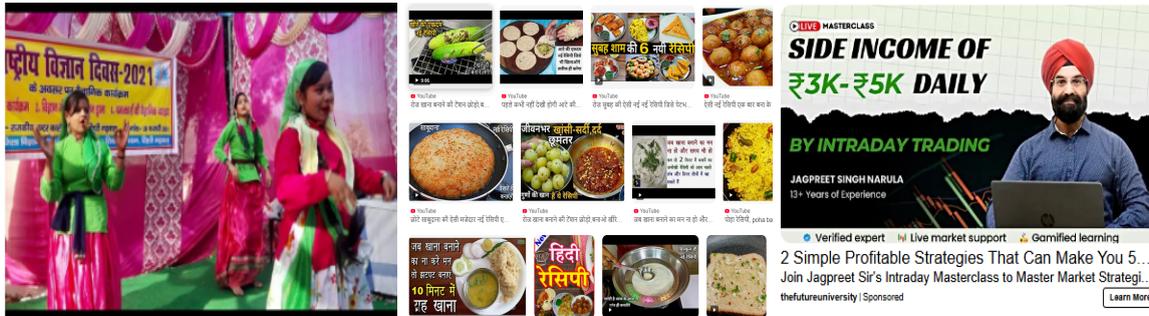
If we analyse all the details provided above either on the basis of platforms or on the basis of users or on the basis of content, it is clear that no one can escape from using the screen at any cost.

Due to all the abovesaid reasons, spending more time on screen time (online/offline) is a compulsion and the reasons for this compulsion are as follows.



The target group (emphasized in the topic) consists the school students and the teachers mainly (As the topic explains.) This group is the one, that faces each and every type of pressure from society, family, relatives and the system. School-students are told to score more marks, no matter what/when/where/why they study. This group, in race-scoring-marks, stays attached to the screen 24x7 and does not even know whether the content they are using in their studies is useful or not or whether the content follows the TPACKS parameters or not? This is the group for which this topic has probably been created. And why not, because

want to book our train-/railway tickets online, foods delivered at home, clothes be delivered at home. We want talk to family members living away from home on video call through WhatsApp, we also want our children to entertain themselves by sitting in the room to avoid the scorching heat or chill-cold of the day, or even not fight among themselves. We also want that the women/housewives to cook different types of delicious dishes.



Also want different types of cultural programs be organized in schools to lessen geographical, social, economic and many other types of gaps across the country.

We also want to minimise digital divide across the entire country, world and society... and much more. But then at the same time also want not to use online screens and why only online, off line as well.

Unemployment, desire for material resources, desire to show off, desire to adopt the high-class culture, adoption of (so called) standards of immorality, desire to become a millionaire overnight, desire to become a hero overnight through social media etc. are many such reasons that have the power to connect any class to the screen legally or illegally.

In today's era, another society is developing in India whose social desires, when not fulfilled on the basis of belief in work and moral values, then this class gets trapped in the trap of fake babas and likes to watch various types of tricks which they get on various OTT platforms. There is no dearth of such people and such fake babas in India and a very large section of the society likes to watch the activities of such babas online.



Protecting Yourself and Your Students Online.

SOLUTIONS PROVIDED TO PROTECT MYSELF AND MY STUDENTS FROM ONLINE: -

1. Digital Detoxing practices.
2. Switched off phone.
3. Choose only self-interested fields.
4. Use bigger screen gadgets with adaptive brightness mode.
5. Use antiglare screens.
6. Physical and social activities with more powerful drives should be organized in our ambience.
7. All good practices must be started from guardians.

But again, one should bear in mind that all these solutions to protect oneself and the students being online Has been proved as defunct in today's age for netizen. Any gadget having screen, has become the inevitable part of life, as an emotional part.

Proper, judicious and feasible solution to this burning problem may be provided none other than the technical sector. And the solution provided by technical sector may not be to reduce the powerful drives provided in any screen, rather to develop some features, which are human behaviour and health centric. And for this in my opinion to reduce the brightness of the screens, SPL from gadgets by default, are some of the solutions.

In essence to keep away the netizens from the screens, either offline or online, is not the proper solution to protect anyone. Rather All of us will have to make efforts such gadgets, activities societies and educational institutions full of more powerful drives, than that any screen has.

PROTOTYPE OF THE PROJECT: - The problems stated in this project are the solutions provided in this project, do not come from the presenter's side but from the user sides of its own.

INTEGRATION OF AI WITH THE PROJECT--. If some of the features of AI are integrated with the better technologies, ethics and adopts netiquette, one can reduce the harms caused by online/offline screens.

EXECUTIVE SUMMARY OF PROJECT: - As the title of the project says that how one can protect oneself and students from being online screen, in today's life this is not possible at all and in any condition. In my school I have switched my online Pedagogical strategies to offline pedagogical strategies in my CRTLP. What is more important that my offline teaching learning process has equally powerful drives as the previous one has and all this process which I use in my classroom, teaching, learning process is able to do the real time learning. But I have not escaped and cannot escape from use of Offline screen.



FUTURISTIC OBJECTIVES OF PROJECT: - Neither me nor my students and even no one can escape or protect oneself from the use of online platforms or any type of screens. Rather than each one of us will have to create or develop some activities which have more power drives to do All those activities by same quality and quantity.

BENIFITS TO THE STAKEHOLDERS: - If one adopts the ethics in ICT, Digital well-being, Digital detoxing and the users are provided by more powerful drives around here or in their environment. Only in that condition, one can escape from the harmful effects of being online. But again, I want to say that this is not possible in this Is at all, especially for students and teachers.

FUTURE SCOPE OF THE PROJECT If this project is being developed for students and teachers only, then the only future scope for every user and netizens is to develop such gadgets or screens Which are more human friendly.