

Teachers' Workshop on Digital Wellness'

Organizer - Modern Institute for Education

Venue: Modern School Vasant Vihar

Report of the Session

Background and Need: Over time, the increasing use of digital technology has adversely impacted the quality of life. Being reliant on the digital world for every information, work, meeting, entertainment etc. has negative effects on mental wellbeing as well. As a result, Digital Wellness has become a necessity.

Digital wellness is defined as creating a meaningful and positive relationship between technology and our personal and professional lives. It is aimed at supporting users in maintaining a healthy lifestyle. In this background, the MIE organised workshop on '**Digital Wellness**' for teachers of Modern School Vasant Vihar.

Workshop:

Date	18.11.2023
Time	10:00-11:00 am
No.of Participants	110
Facilitator	Mr. Rijul Arora, TEDx Speaker & Digital Wellness expert
Venue	Modern School Vasant Vihar

The workshop began with a welcome and introductory session by Ms. Ritu Mongia and Ms. Abha Sadana, who introduced Mr. Rijul Arora, EY professional and TEDx speaker.

His achievements are remarkable as he has established the NGO, "Look up India", among the top 28 thought leaders by Bagby, has written extensively for Economic Times, Forbes, and Financial Express, and is also a counselor for leading suicide helpline.



While expressing her thoughts on Digital well-being, she said that it is a niche area about which no one seems to be concerned as mental health is not always on the priority list of people or organizations. However, Modern School is known for being innovative and a leader in the area of school education, so we need to be ahead of the time and should pay heed to the emerging issues due to the rising use of Digital technology in everyday life.



The baton was then handed over to Mr. Rijul Arora to begin the workshop. He expressed his gratitude to the participants and organizers and promised that the workshop was going to be quite interactive and helpful for personal and mental well-being. Mr. Rijul Arora started his talk by stating the fact that the workshop is not about discarding the use of technology or delineating its negative effects on our lives. He went on to say that, we need to embrace technology as it is the need of the hour.

However, we need to be aware of the limits to which extent we are going to use it to save our relationships. He showed a video on how the rampant use of social media or digital technology affects relationships negatively, as to many it leads to No Mobile Phobia (**NOMO**) phobia means which is also known as Fear of Missing Out (**FOMO**).

This state compels people to scroll down mobile phones perennially. Through the video what he tried to elaborate upon is that the control to use digital media rests with us and we should try to use it. He emphasized that we should practice a **Digital Diet** instead of a **Digital Drug**. He went on to say that we should shape our Digital World and not vice versa.



He invited participants to share their experiences. One of the participants shared that her kid asked her to play Chess while she was engrossed scrolling social media. Her kid got furious over it and then she realized how big a mistake she was making. He also called a couple of participants to **enact a scenario**. The scenario was in three parts. In the first scenario, the participant interacted where the mobile phone was in the scene but not used by anyone. The interaction between the two participants was quite engaging. In the second scenario, one of the participants had a mobile and she was distracted and engrossed in her phone and was listening to the conversation with distraction. In the third scenario, the participant was completely engaged with her phone and was not bothered to even listen or react to what other person was saying which was making the other person very frustrated. He cited a research study called the **iphone effect** which studied the effect of mobile phones on human relations and work productivity. The study showed that the mere presence of mobile phones impacts human interaction negatively.

The next point he discussed was the **emotional baggage** the constant use of Digital devices causes. He cited a research study that proves that 70 percent of the mails are generally read within 6 seconds as they are generally trash mails. The study also states that 20 percent of our time goes into checking and responding to emails. This constant distraction creates emotional baggage and increases anxiety and stress. He then asked the participants to watch the video with full attention he is going to show, as at the end of the video he will ask some questions related to it. The video displayed the discrepancies in what was being shown, spoken by the actors and what was coming up in subtitles. Afterwards, when he began to ask questions about the video it was difficult for the participants to answer. The point he was trying to make is that distractions and multi-tasking hamper our ability to work productively.

His next focus was on **attention span**. He elaborated on the reduced attention span among children which at one point of time was 4.3 minutes and now has reduced to 9 seconds. And the culprit is social media. However, the participants resented that it is not always the user who is responsible for the overuse of digital devices. Sometimes there is an obligation to use it for work. Mr. Rijul agreed that it is a cultural issue but there are ways to mediate it which he discussed later.

To help participants reduce the use of digital devices and practice a digital diet he shared several techniques like **turning notifications off, email signature, expectation setting, focus mail, international out of office**, etc. He also shared the names of some of the apps to keep track of screen time. To shape the Digital Culture to practice a Digital Diet, he discussed **social conformity syndrome i.e. herd mentality**. He showed a video that depicted how people try to follow the group norms. So if we keep persistent in establishing good digital cultural norms, eventually we will be successful in doing so.

The discussion was incomplete without the mention of the Whatsapp messaging app. He said that we need to practice it wisely and some organizations have started discouraging the rampant use of WhatsApp. For example, Dream 11 fines a lakh rupees if anyone sends a message on holidays.



While the workshop was on the verge of closure, Mr. Rijul again reiterated the fact that we can decide as to how we wish to use digital devices and apps. We need to take one step at a time and try to spend our day productively. He also mentioned that though the Digital Wellness concept appears to be new in India but there are spaces that are certified Digital Wellness spaces like Virginia Tech which is a

certified Digital Wellness university.

The workshop ended with a vote of thanks from Modern School Vasant Vihar.

Tools mentioned during the activities:

Digital Habit Cards and Experiments	Inbox when ready
Forest	DF Tube
Freedom	ToDoBook
Screen Time Genie	New Feed Eradicator (Motivational Quote)
Physical Alarm Clock	Landline
Grayscale	Communication Charter
Turn off Autoplay on Netflix	Hide Self View in a. Zoom b. Teams
UnPlug	Daily Haloha
Sleep Town	Focus Mate
Remove likes from Instagram	Habit Lab

Books mentioned during the workshop:

- [Atomic Habits](#)
- [Deep Work](#)
- [Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked](#)
- [Raising Humans in a Digital World](#)
- [5,203 Things to Do Instead of Looking at Your Phone](#)
- [14,000 Things to Be Happy About](#)

- [The Joy of Missing Out: Finding Balance in a Wired World](#)
- [Good Burdens: How to Live Joyfully in the Digital Age](#)
- [India Misinformed: The True Story](#)
- [24/6: The Power of Unplugging One Day a Week](#)
- [UNSUBSCRIBE: HOW TO KILL EMAIL ANXIETY, AVOID DISTRACTIONS AND GET REAL WORK](#)

[DONE](#)

Digital Wellness Courses:

- [Digital Wellness Institute](#) (leading course on Digital Wellness in the market) (Use code 'Rijul Arora' for a 10% discount)

Blogs, Books & Resources:

- [Blog on Digital Wellness](#)
- My books on Digital Wellness, Detox, and Screen Time Contracts [here](#)
- [100 books on Digital Wellness](#)
- [Top 5 Courses and Resources on Digital Wellness](#)

Link and Resources to a webpage specially designed for Modern School

<https://rijularora.com/modern-school>

FREE access to Rijul Arora's BEST Seller Digital Wellness Udemy Course [here](#)

My books on Digital Wellness, Detox, and Screen Time Contracts [here](#)

Assess your Digital Wellness [here](#)

Products on Digital Wellness:

- Analog Alarm Clocks, Screen Time Family Set, and other products on Digital Wellness [here](#) (Use code 'RIJULARORAS' for a 12% discount)

Background Research

- iPhone effect - Multiple studies showing the mere presence of a digital device in our line of sight reduces our focus and empathy - article referencing research [here](#)

I also run the following programs. If there's a specific area of interest please contact Abha Ma'am/Modern School team.

- Digital Culture – Working with school culture/work design to develop communication charters and digital working frameworks to encourage norms and values that will support new Digital well-being habits

- Individual Digital Wellbeing coaching (Managing tools like Email, Phones, Social Media, etc.)

E: rijul@rijularora.com

W: www.rijularora.com

L: <https://www.linkedin.com/in/rijularora/>