

ONLINE DECORUM AND PRACTICES:

- Keep mobile phone on a stand/ laptops and computers on a table and maintain a distance of 20 inches from the screen.
- Do not hold gadgets all the time as harmful radiations are emitted.
- Blink occasionally while using gadgets to avoid strain.
- For a class-time of 45 minutes, stretch hands and legs after every 20 minutes, look away from the screen if eyes are strained and request teacher for “Brain Breaks”.
- Do not hold gadgets too close to the face as it is harmful for eyes.
- For children, adult supervision while using gadgets is suggested.
- Children should share the point of view and content they are watching on screen.
- Mobile phone maybe connected to the television screen for watching movies or cartoons.
- Do not use headphones unnecessarily. Connect mobile or computer with speakers instead.
- Screen time should be limited to one hour maximum.
- Avoid eating/drinking around digital devices as it is harmful.
- Relax your eyes.
- Practice mindfulness/yoga/play games for relaxation.
- Use gadgets smartly and wisely.
- “EDUTAIN (EDUCATE+ENTERTAIN)” yourself with the help of gadgets.
- Read books/play board games in leisure instead of using gadgets.