



# Digital Wellness

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In this training



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# In this presentation

- Digital Wellness: An Overview



# What is a digital space?

*refers to what is displayed on the screen of a digital device such as laptops, computers, tablets, or smartphones*



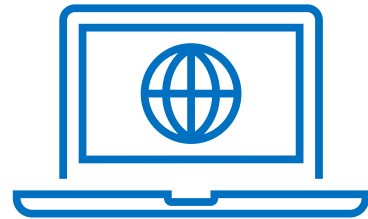
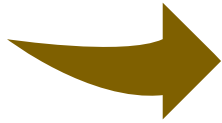
# Cyber space

*the complex environment resulting from the interaction of people, software and services on the Internet by means of technology devices and networks connected to it, which does not exist in any physical form*



# Interaction of Psychology and Cyber space

# Psychology impacts interaction with Cyber space



Motives to access

Expectations from cyber space

When to access

How to access

How long to access

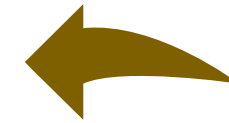
# Cyber space impacts Psychology

Type of content

Nature of experience

Level of gratification

Alternate avenues





Why focus on  
interaction of  
Psychology and  
Cyber space?



Important aspect  
of students' daily  
routine

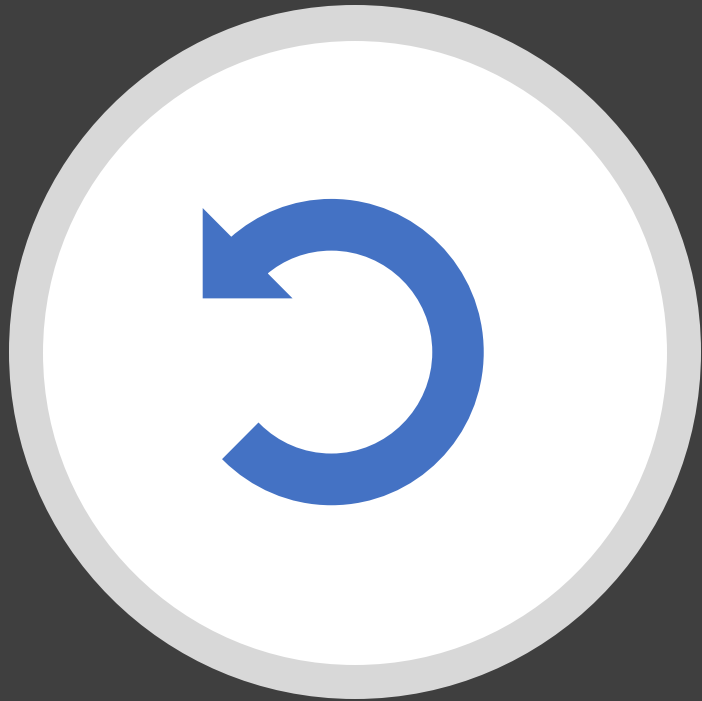


Substantial amount  
of time spent in  
Cyber space

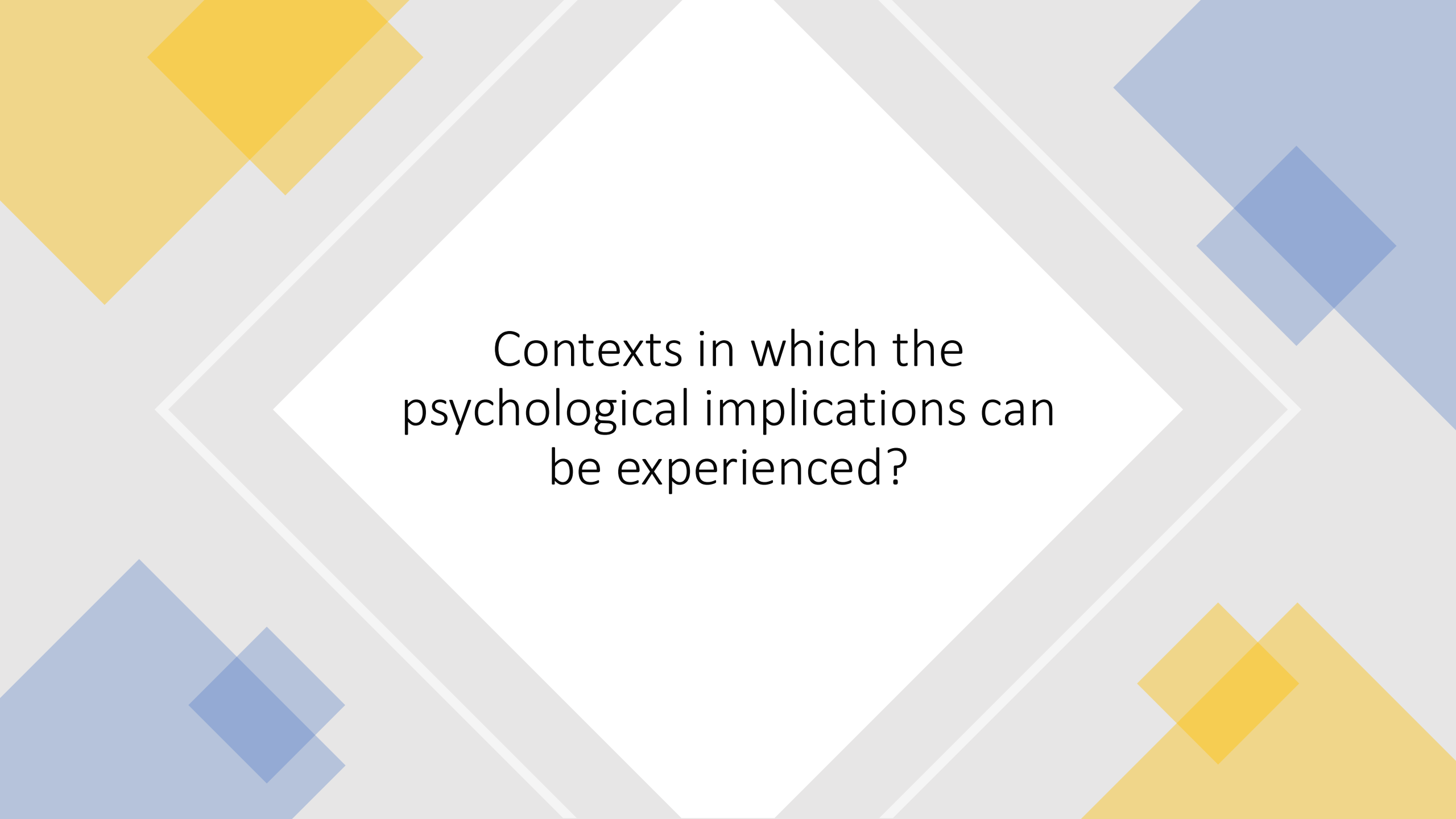


Effects and  
Implications persist  
even after one exits  
Cyber space





Why focus on interaction of Psychology and Cyber space?



Contexts in which the  
psychological implications can  
be experienced?



# Excessive time spent in Cyberspace

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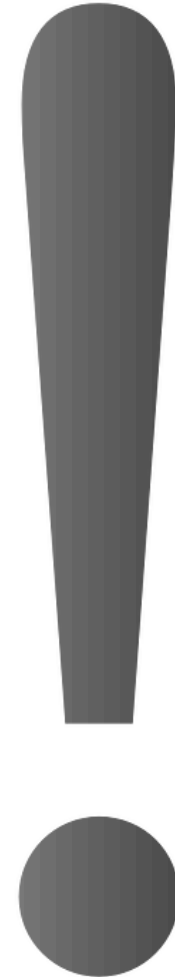






# Breach of privacy and safety in Cyberspace

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Cyber bullying

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Cyberstalking

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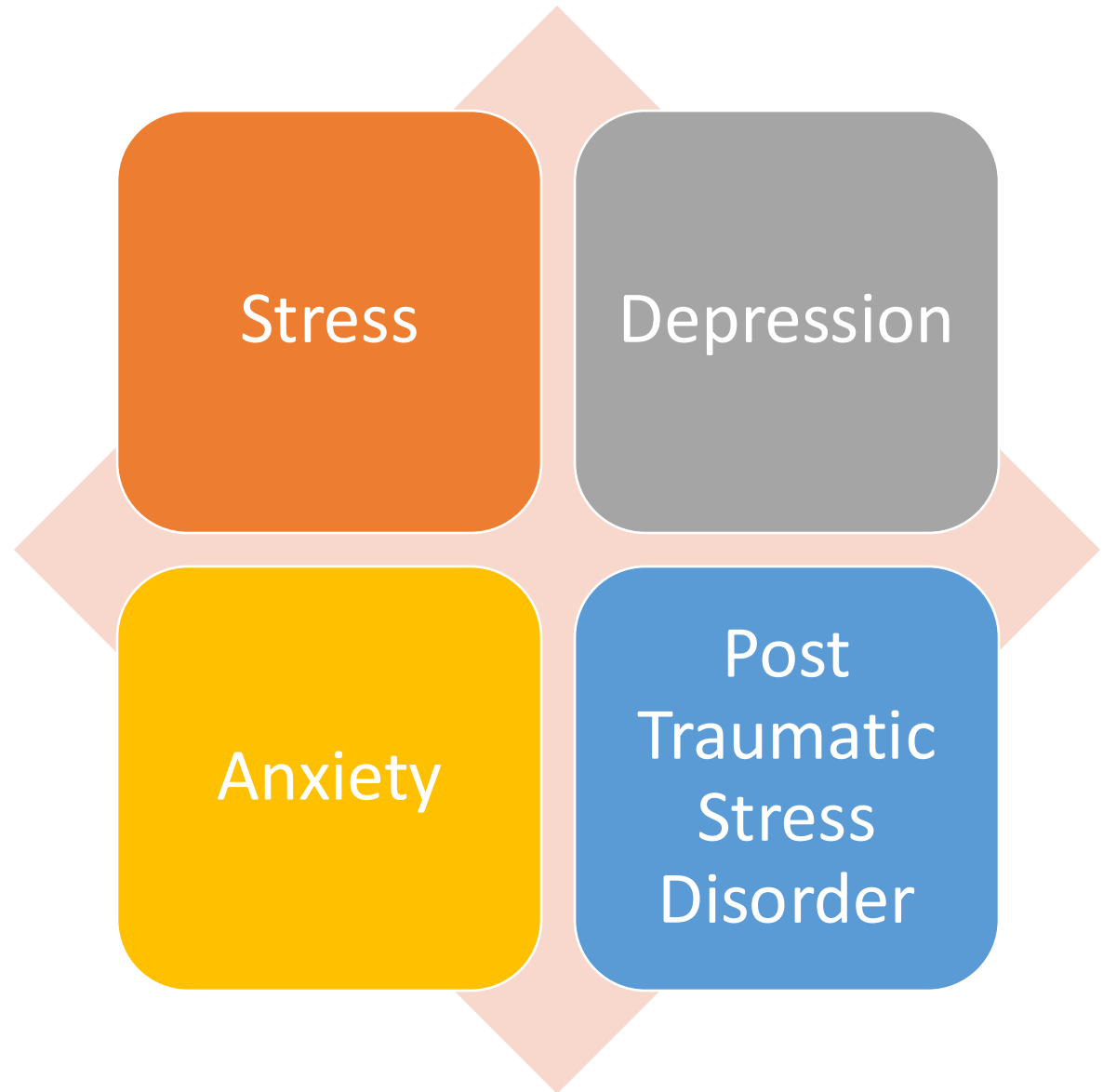
Cyber grooming


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Data theft/ financial loss

**Adverse impact  
on mental health  
and wellbeing**

Adverse impact  
on mental health  
and wellbeing



The background features a complex network of thin, light-colored lines connecting various nodes. These nodes are represented by small, semi-transparent 3D rectangular blocks in shades of grey, blue, and red, scattered across the dark grey background. The overall aesthetic is futuristic and digital.

# Type of content accessed in digital space

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# Type of content accessed in digital space

Violence/ Aggression

Pornography

Age-inappropriate content



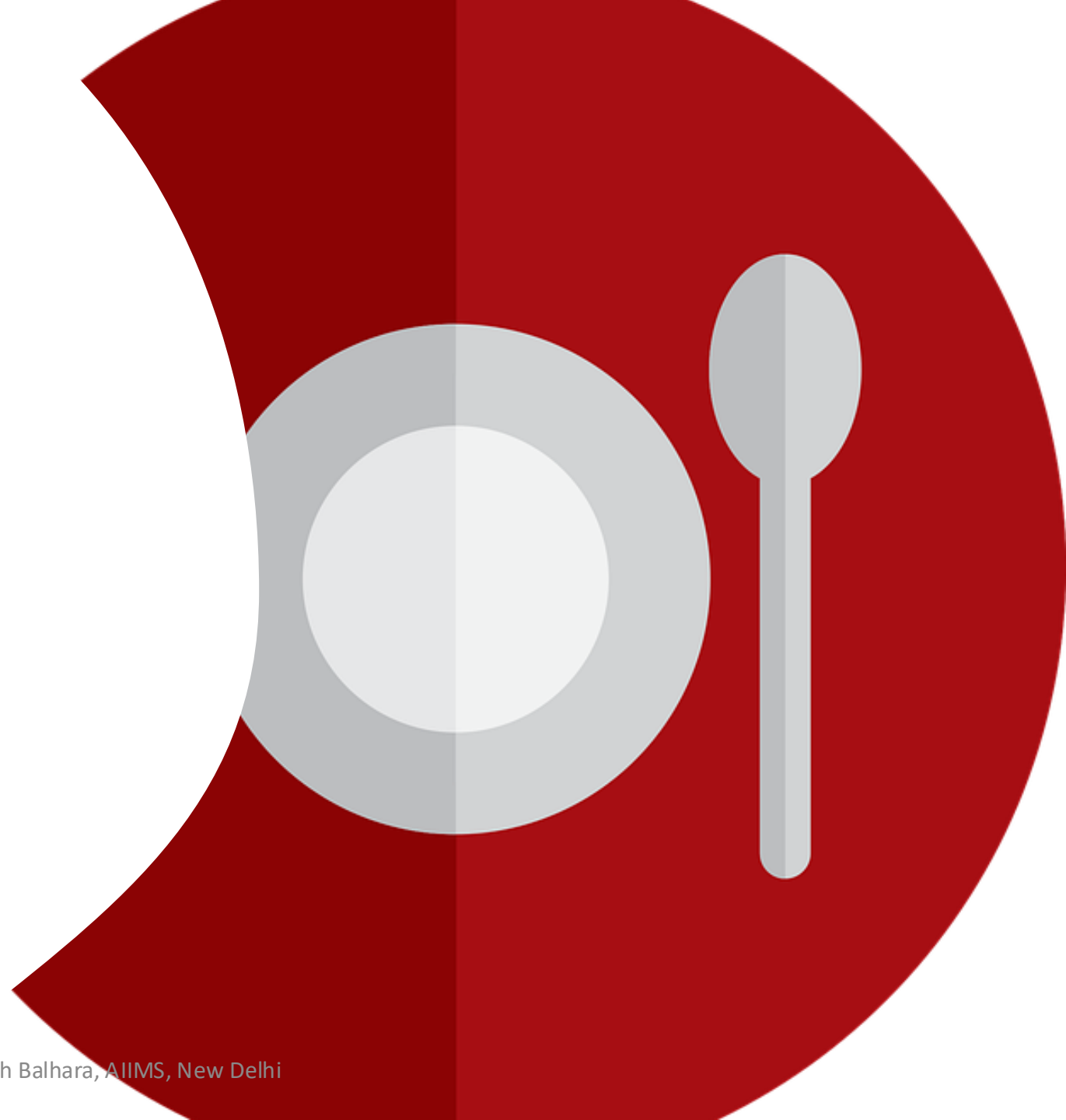
Excessive time spent in Cyberspace

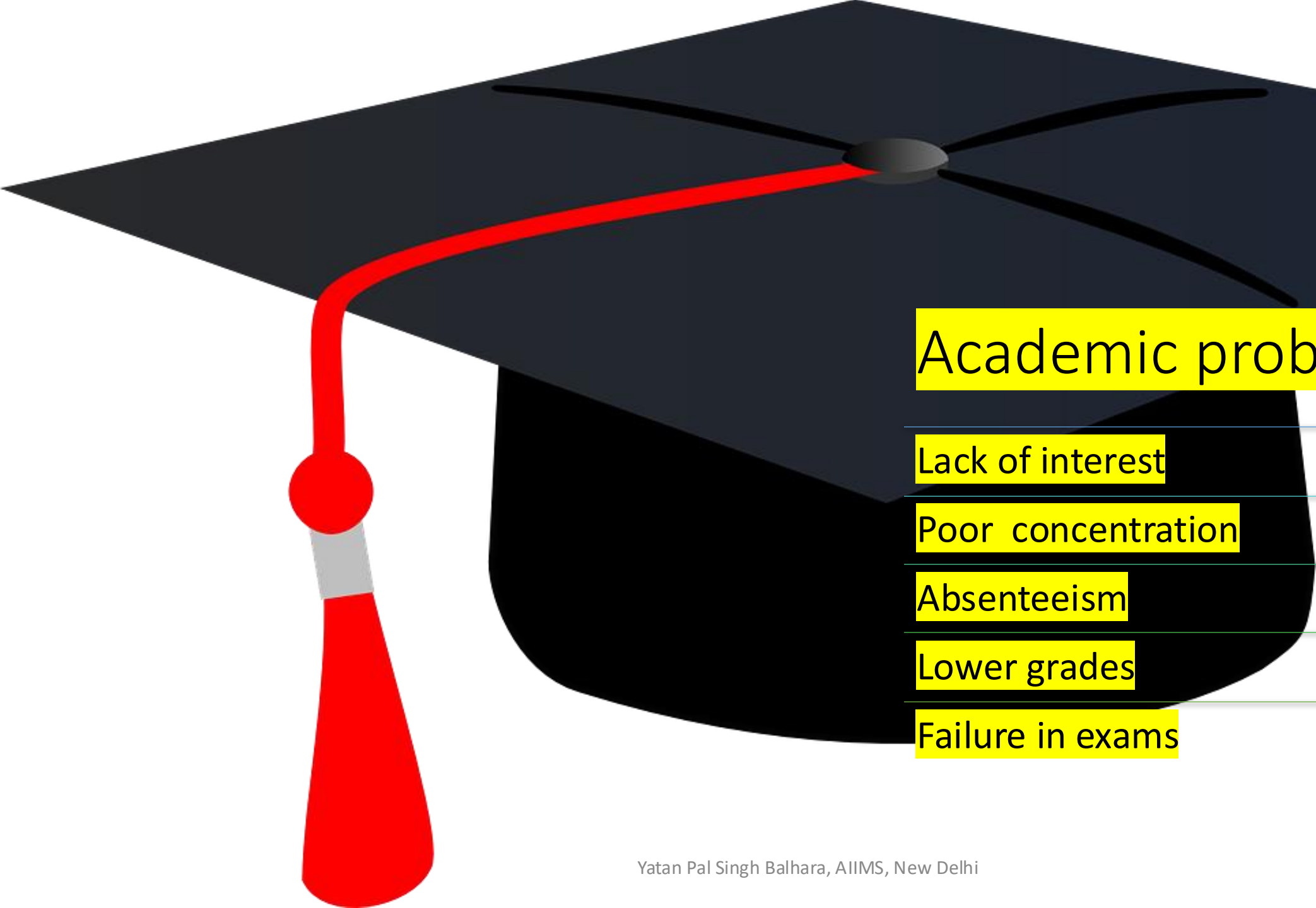
# Sleep-wake cycle





# Eating habits





Academic problems

Lack of interest

Poor concentration

Absenteeism

Lower grades

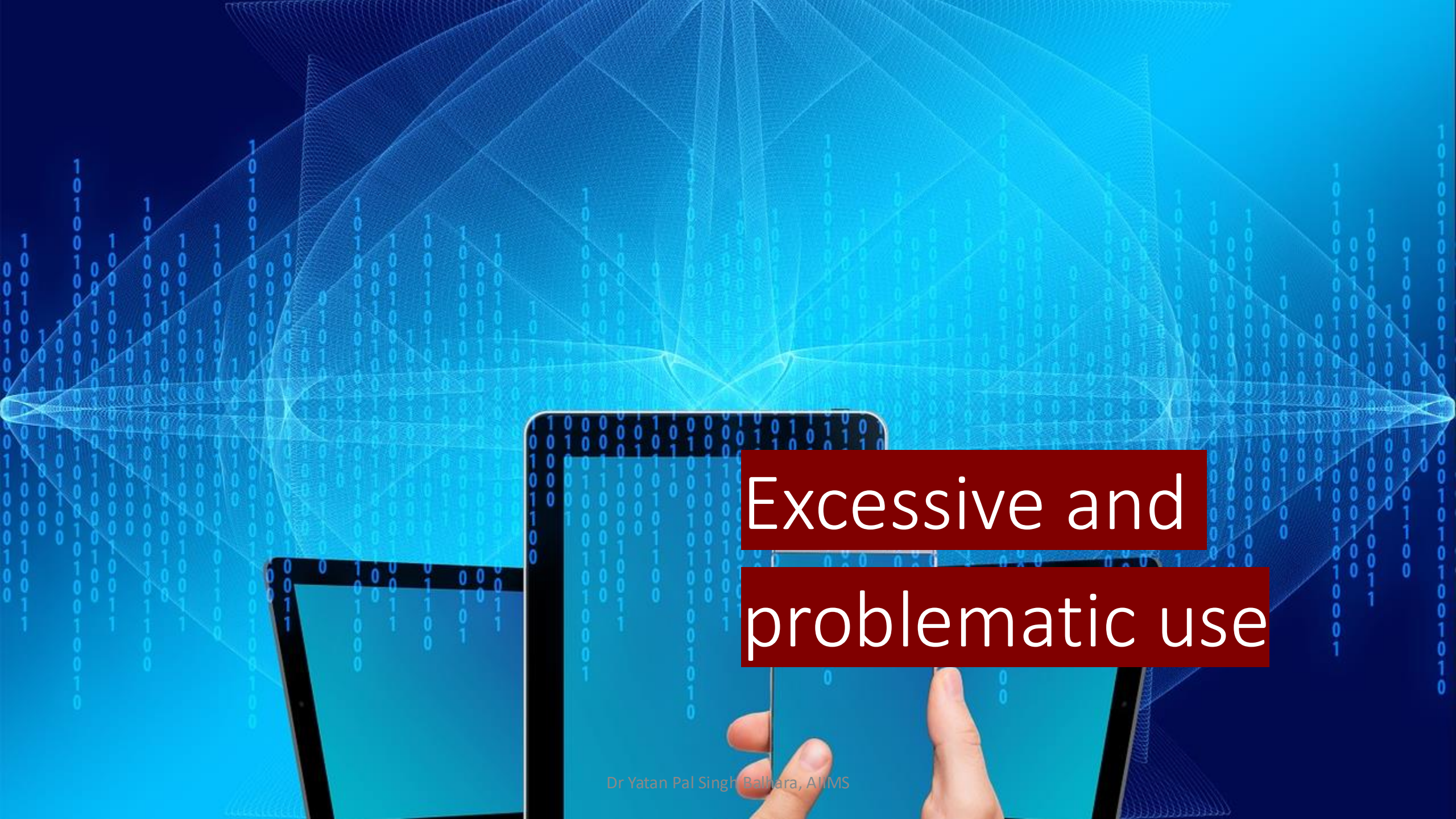
Failure in exams

The background features a stylized illustration of four golden human figures. A large figure stands in the center, with two smaller figures on either side. At the top, two more golden circles are visible, suggesting the heads of two additional figures. The figures are composed of simple, rounded shapes in a golden-yellow color.

# Interpersonal Problems

An illustration featuring two stacks of green banknotes. The banknotes have a pattern of dark green circles. Two 3D blocks are placed on top of the stacks: a yellow block on the left and an orange block on the right. A pink rectangular box is overlaid on the top of the yellow block, containing the text 'Financial Problems'.

# Financial Problems



# Excessive and problematic use



**World Health  
Organization**

# Gaming Disorder



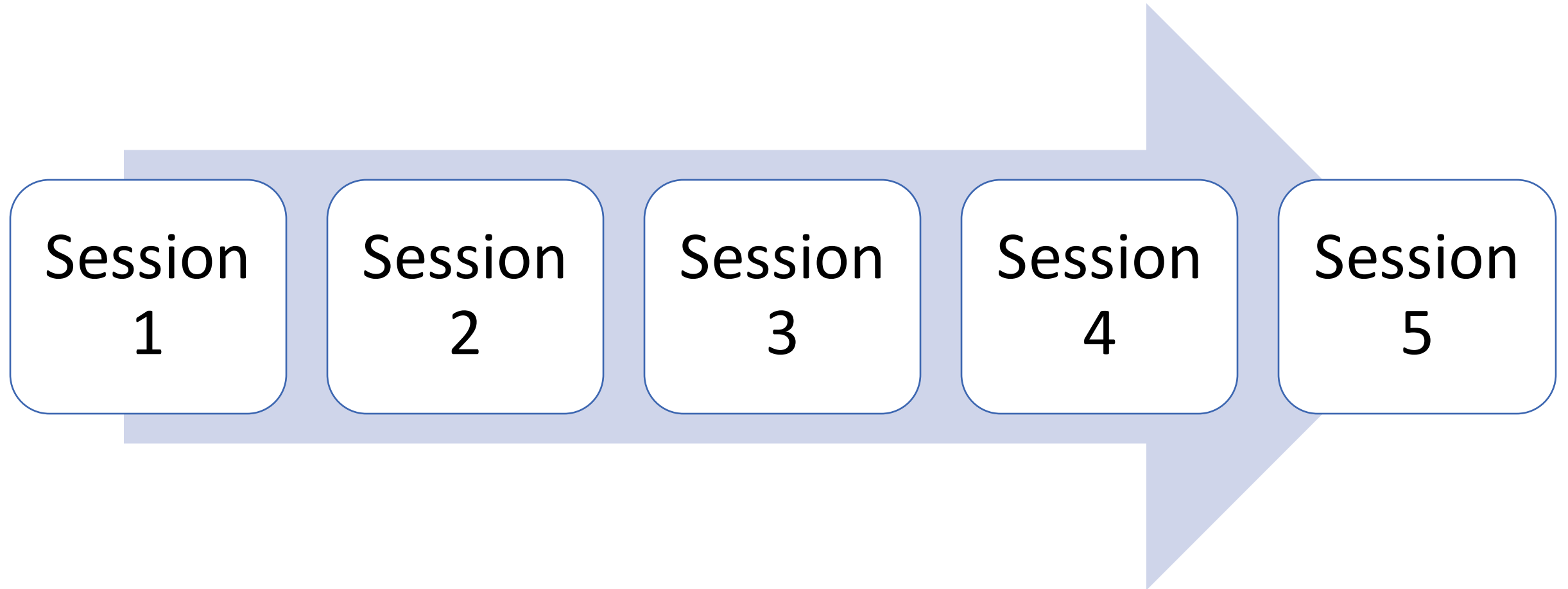
How to Detect?

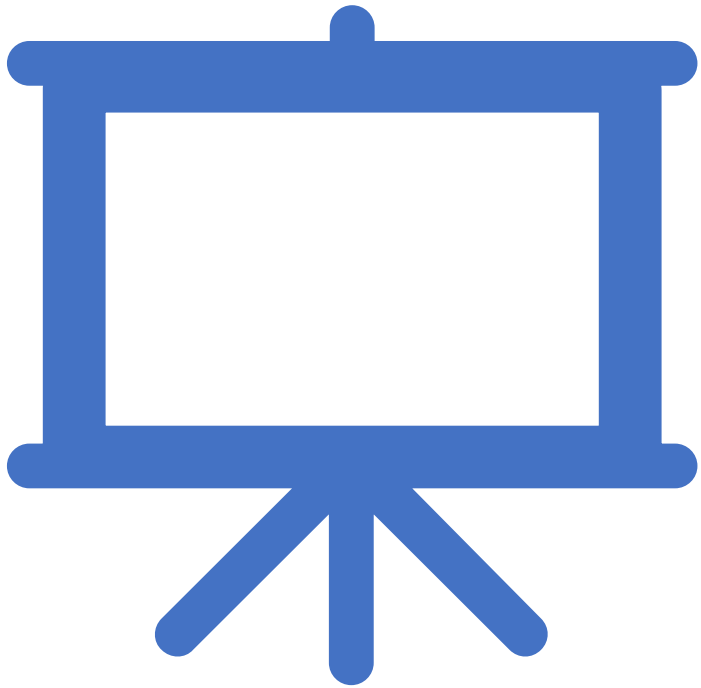
The background is a complex, abstract geometric pattern. It features a variety of overlapping shapes, including triangles, squares, and rectangles, in different shades of blue and teal. Some of these shapes are filled with fine, parallel lines in a light gold or beige color. The overall effect is a dense, layered, and textured composition.

What can be done?



# In this training





In the subsequent  
sessions...



## Session 2: Factors that impact digital wellness

- Risk factors that can challenge the physical and mental wellbeing in digital spaces
- Risk factors relevant to the persons, the digital space and the interaction thereof shall be discussed
- Red flag signs of presence and emergence of such risk factors shall be discussed
- Protective factors from these domains that help ensure and promote digital wellness shall also be discussed

# Session 3: Ensuring physical wellbeing in digital space

- Adverse physical health consequences associated with digital spaces
- Information on the techniques to prevent and manage these adverse physical consequences

# Session 4: Mental health concerns in digital spaces

- Adverse mental health consequences that can be encountered in the digital spaces



## Session 5: Ensuring mental wellbeing in digital spaces

- Techniques and strategies to prevent and manage the adverse mental health consequences in digital spaces with an aim to ensure digital wellness





# Conclusions

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- Interaction of Psychology and Cyber space is at multiple levels
- A significant aspect of interaction with Cyber space
- Multiple manifestations and implications
- Should be addressed as a priority



# Ensuring Safe and Healthy access to Cyber space

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# Thank you

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