

Digital Wellness: Perspectives, Concepts and Need

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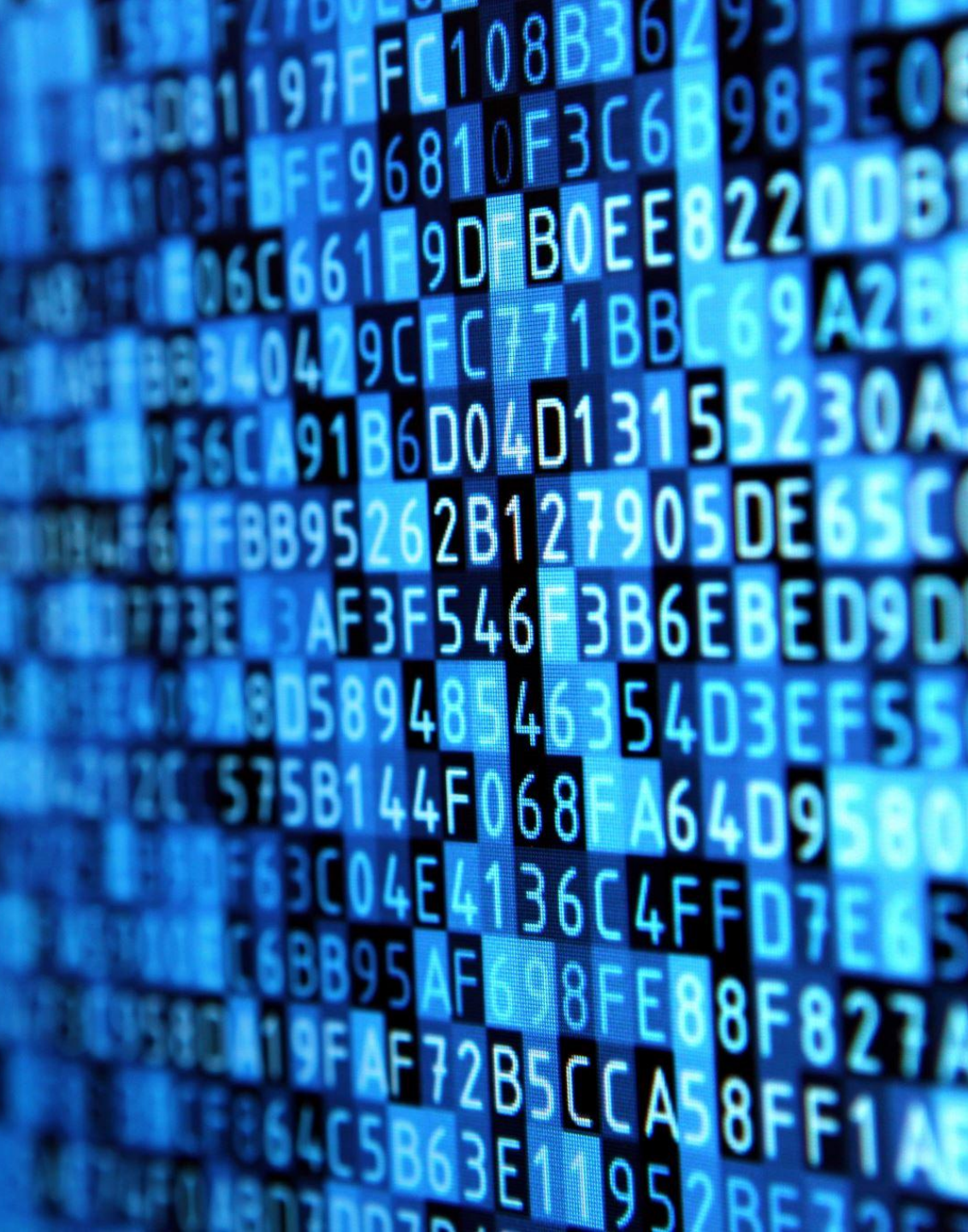
National Drug Dependence Treatment Center and Department of Psychiatry

All India Institute of Medical Sciences (AIIMS), New Delhi

In this session...

- Need to focus on digital spaces
- Concept of mental well-being and its importance
- Mental well-being in context of digital space

What is Digital Space?



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

Digital space and Cyber space



- May not include an interactive screen in case of some devices
- Smart speakers/ household appliances connected to internet



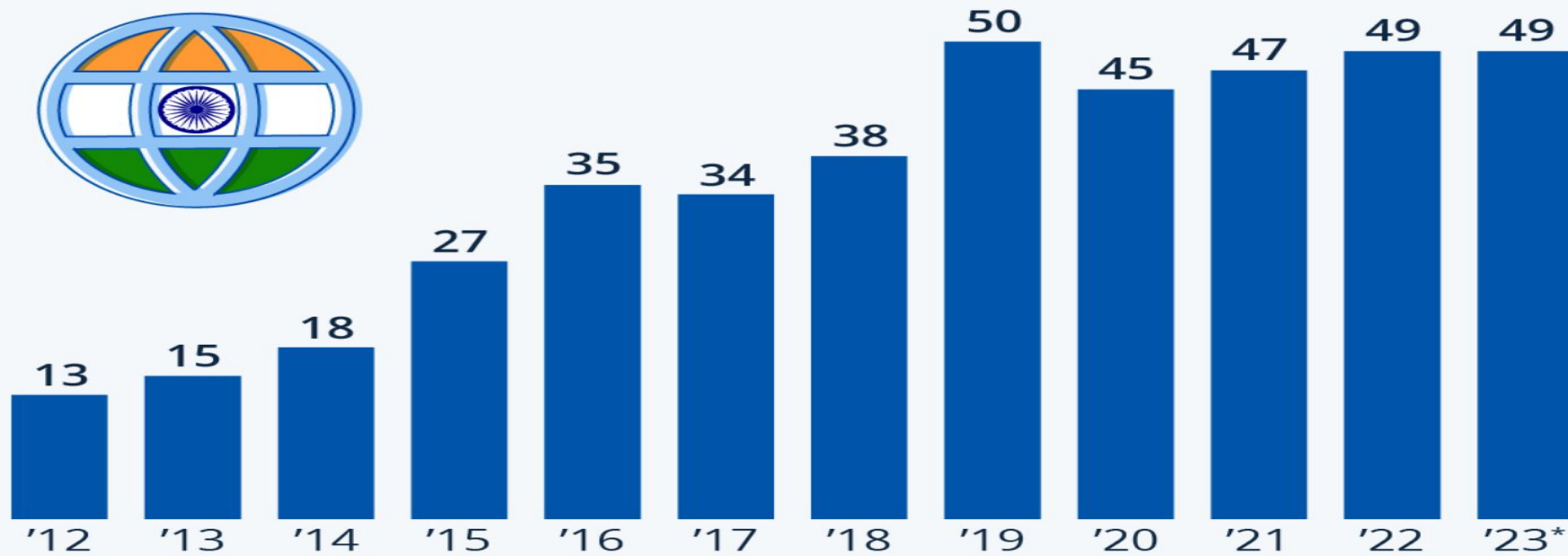
For the
purpose of this
presentation

- Digital space/ Cyber space
- May or may not be connected to internet all the time

Need to Focus on Digital Space

India's Growing Internet Connectivity

Internet penetration rate in India (in percent)



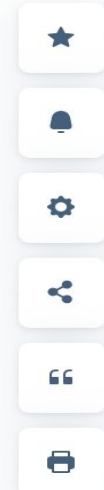
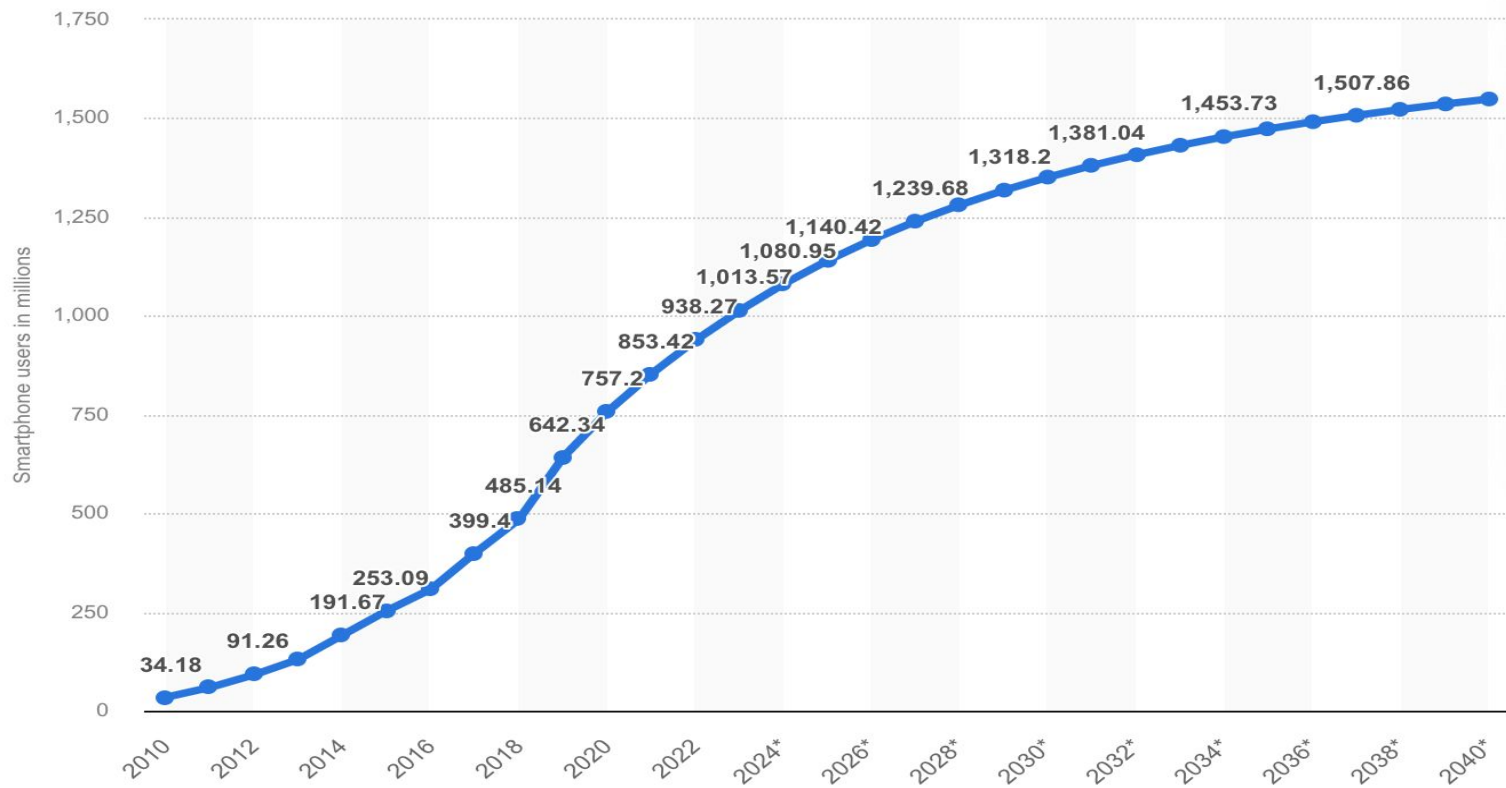
* provisional

Sources: Hootsuite, We Are Social, Kepios via DataReportal



statista 

Number of smartphone users in India in 2010 to 2023, (in millions)



[Additional Information](#)

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Important to focus on digital space

- Growing proportion of Indians are accessing digital space
- Increasing amount of time being spent in digital space

Concept of Mental Well-being

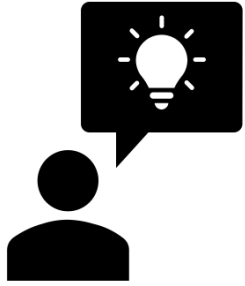
Mental health

is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community

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- Mental health is more than the mere absence of mental disorders
 - Critical for one and all



(CDC)



Mental health impacts our...

Thinking

Feeling

Behavior

(CDC)

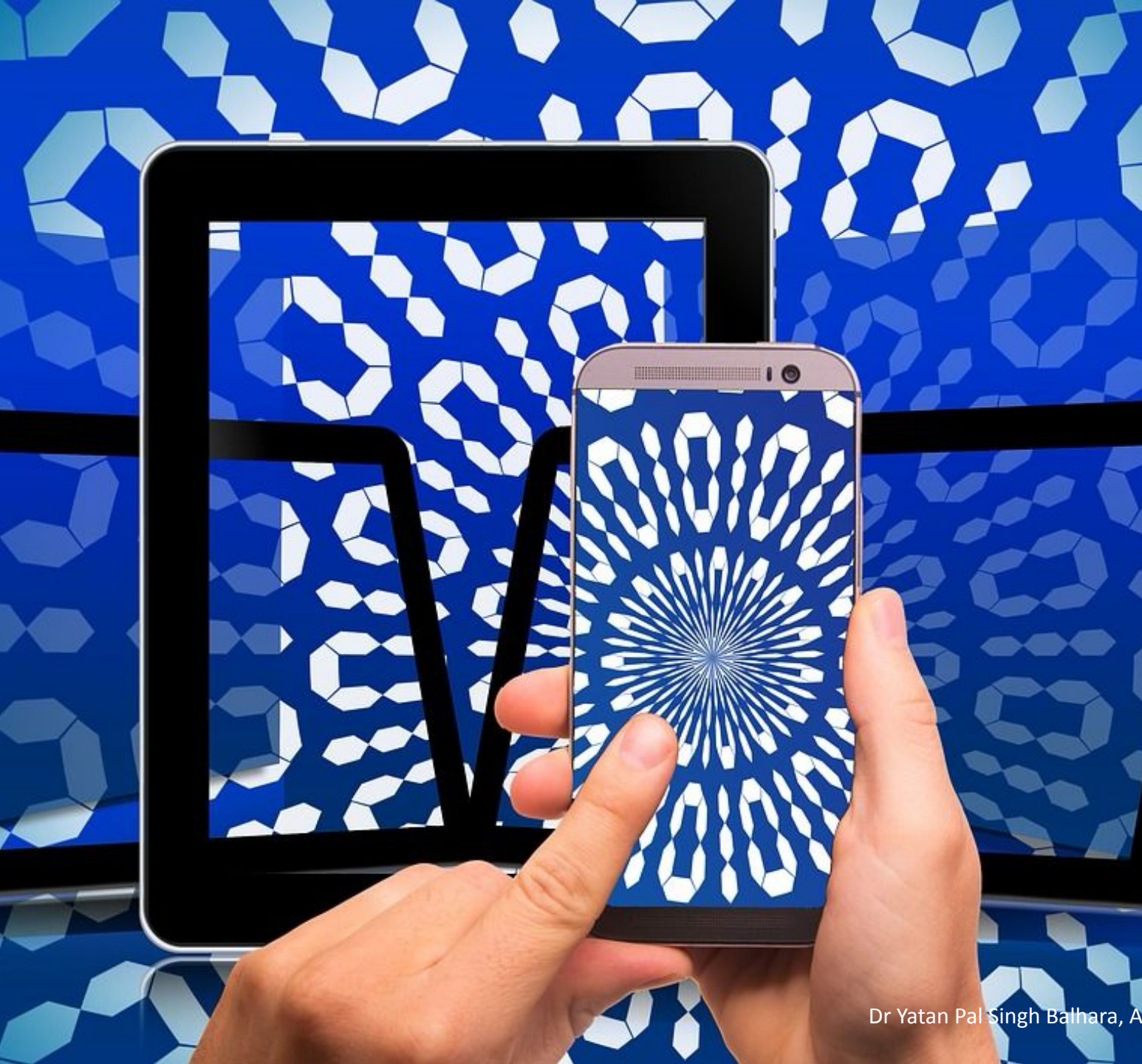
Mental health is an important determinant of...

- How we handle stress
- Relate to others
- Make healthy choices
- Shape the world we live in

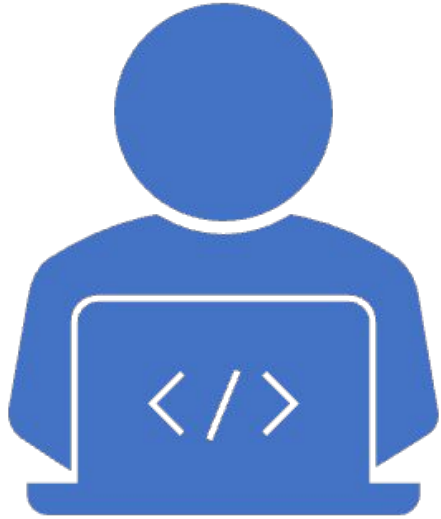
Mental Well-being in Context of Digital Space



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Human- Digital space interaction



- Scams
- Phishing
- Malware

Cyberbullying

- repeated hostile or aggressive behavior performed by an individual or a group on others, aimed to inflict harm or discomfort by means of electronic or digital tools



Cyber stalking

- use of the Internet or other electronic means to stalk or harass an individual, group, or organization



Cyber grooming

- process of 'befriending' a young person online "to facilitate online sexual contact and/or a physical meeting with them with the goal of committing sexual abuse



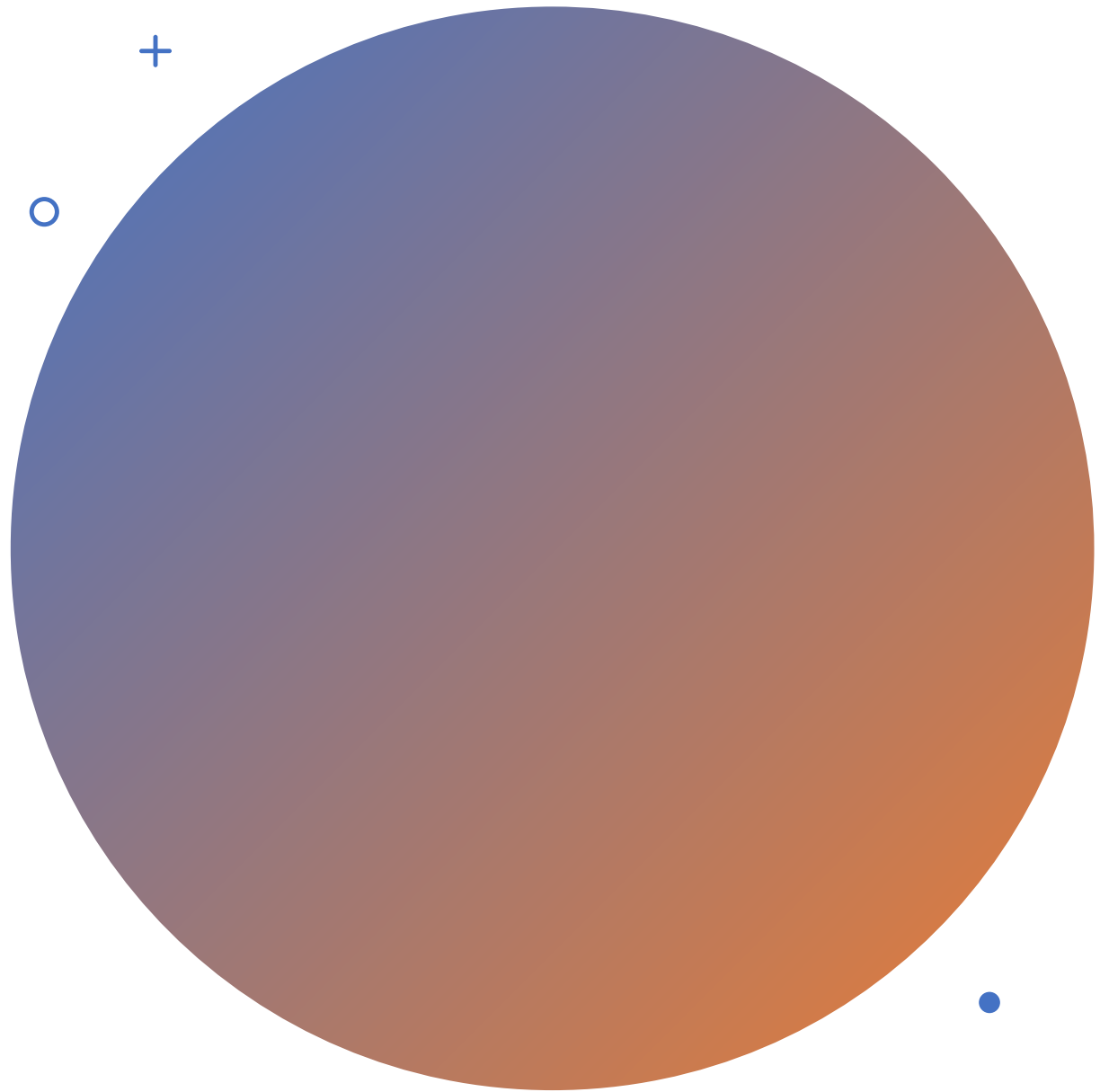
Illegal and inappropriate behaviour

Copyright infringement and illegal downloads

Excessive time spent in digital space

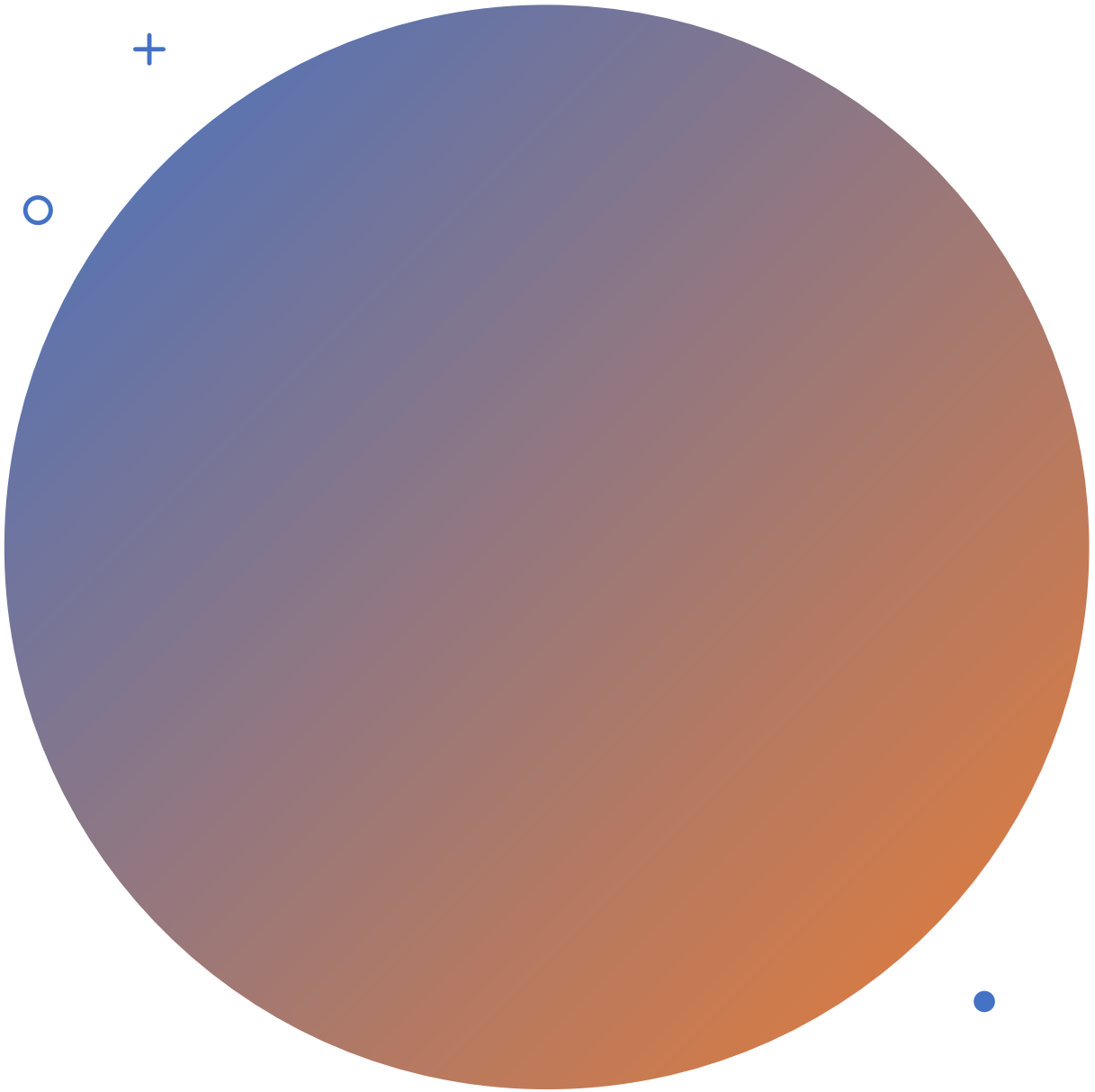
Psychological Issues in Context of Digital Space





Emotional reactions

- Panic
- Fear
- Frustration
- Anger



- Self blame
- Helplessness

Lasting feeling of being vulnerable in
cyber space

Acute Stress Disorder

Mental health disorder that can occur in the first month after a traumatic event

Intrusion symptoms

Negative mood

Dissociative symptoms

Avoidance symptoms

Arousal symptoms

Depressive/ Anxiety Disorder





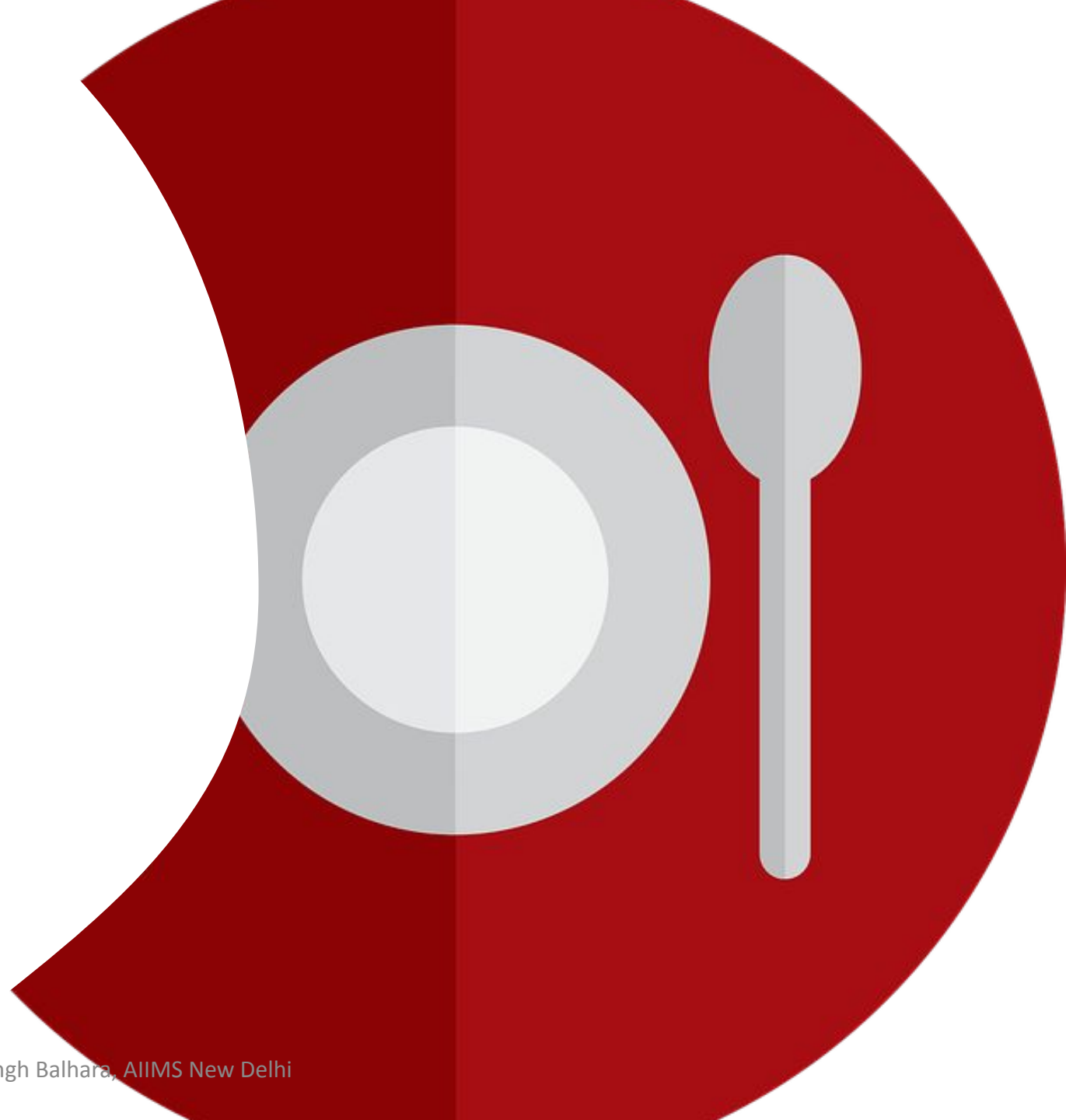
- Excessive time spent
- Intent/ expectation

- Poor self esteem
- Negative self image

Sleep-wake cycle



Eating pattern



The background features a blue gradient with vertical columns of binary code (0s and 1s) and a network of white lines connecting various points, creating a digital or data network aesthetic. In the foreground, there are several digital devices: a tablet on the left, a larger tablet in the center, and a smartphone being held by a hand on the right. The text 'Excessive and problematic use' is overlaid on the central part of the image in a yellow box.

Excessive and problematic use

Excessive and problematic use

- Loss of control
- Neglect of alternate activities
- Continued use despite of negative consequences



**World Health
Organization**

Gaming Disorder

Interpersonal Problems

The background of the slide features four stylized human figures in a gold color. One large figure is in the center, and three smaller figures are positioned around it (top-left, bottom-left, and bottom-right). The figures are composed of simple shapes: a circle for the head and a trapezoidal shape for the body.

To summarize...



- Emotional reactions
- Self blame
- Helplessness
- Feeling of vulnerability
- Mental disorders
- Sleep/ appetite problems
- Poor self esteem
- Addictions
- Interpersonal problems

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Conclusions

- Digital space getting increasingly more relevant
- Mental well- being important for overall well- being
- Various mental health issues in context of digital space

In future sessions



The poster features logos for the Ministry of Education, Government of India, Azadi Ka Amrit Mahotsav (75), and NCERT. It includes a central title, a date and time banner, a 5-day schedule table, QR codes for registration and live streaming, and a list of TV channels for watching the training.

Ministry of Education
Government of India

75
Azadi Ka
Amrit Mahotsav

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एन सी ई आर टी
NCERT

Online Training on Digital Wellness

Organized by CIET-NCERT

02-06 Oct 2023 4:00 pm-5:00 pm

Day 1	02 Oct 2023	Digital Wellness: Policy, Perspectives, Concept & Needs
Day 2	03 Oct 2023	Dimensions of Digital Wellness
Day 3	04 Oct 2023	Managing Digital Addiction
Day 4	05 Oct 2023	Ensuring Well-Being in Digital Space
Day 5	06 Oct 2023	Role of Various Stakeholders in Promoting Digital Wellness

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Thank You

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