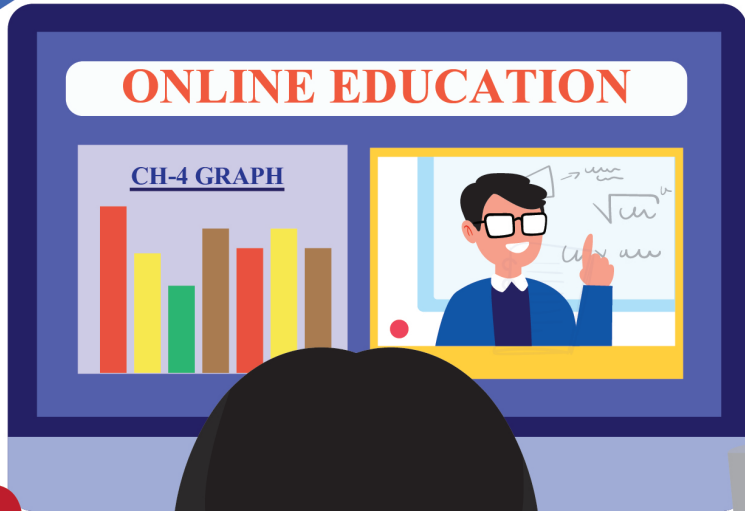


# STAYING HEALTHY + WHILE STUDYING OR WORKING ONLINE



Proper Sleep

Physical Work

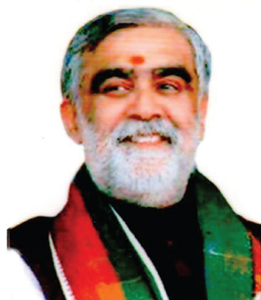
Washing Eyes

Adequate Lighting





अश्विनी कुमार चौबे  
Ashwini Kumar Choubey



सत्यमेव जयते

सर्वेसन्तु निरामया



एक कदम स्वच्छता की ओर

स्वास्थ्य एवं परिवार कल्याण राज्य मंत्री  
भारत सरकार

MINISTER OF STATE FOR  
HEALTH & FAMILY WELFARE  
GOVERNMENT OF INDIA

### Foreward

The COVID-19 pandemic has affected our daily activities and we are adopting new normal. To prevent the spread of COVID-19 brought the widespread adoption of work-from-home and online teaching/education in schools, colleges and universities. using digital technology and virtual platforms. Digital innovation has led to many positive impacts and could also be an essential component of how we will teach in the future.

However, with limited physical interaction, there is a surge in our daily use of electronic gadgets, which enhanced our daily screen time. Screen-based technologies are fast evolving and we becoming engaged in exploring diverse content on computers, laptops, or smartphones. Hence, work-from-home or online teaching/education has unavoidably exposed us to long hours of screen times. Indeed, there are reports that children with smartphones or with an internet-connected device are now spending daily more than 2 hours on these screens apart from their teaching activities.

This raises the concern about the exposure to electronic gadgets, adversely affecting the development and growth of children. Excessive screen time has been linked to obesity because of a reduction in physical activities. Further, excessive screen time affects the sleeping pattern, disturbing the sleep quality and sleep time, which consequently could lead to cardiovascular diseases and high blood pressure, etc. Excessive screen time also affects the eyesight and has been associated with depression and suicidal thoughts, decrease in bone density, and attention deficit hyperactivity disorder.

I am pleased to learn that considering these adverse impact of excessive screen time, a team of young authors Aaditya Khaiwal from Ankur School, Chandigarh, and Lakshya Khaiwal from Chitkara International School, Chandigarh along with Dr. Suman Mor, Panjab University, Chandigarh and Dr. Ravindra Khaiwal from Post Graduate Institute of Medical Education & Research (PGIMER), Chandigarh have developed an infographic booklet to aware the students, working professionals and public how to remain healthy and professionally productive while making use to electronic gadgets, while working from home or studying/ teaching through online mode.

This booklet provides step by step guide, how we can limit our screen time to remain mentally and physically active to address the mental health and psychosocial aspects during conditions like COVID-19 and beyond. I am sure the pictorial booklet '*Staying Healthy While Studying or Working Online*' will be a valuable tool to educate everyone in simple, easy-to-grasp pictures about the importance of proper sleep, adequate lighting, a comfortable workplace and short exercises to reduce strain while working or studying online.

Once again, I congratulate the authors for developing this excellent infographic booklet and hope that that this pictorial booklet will motivate the public to stay healthy while adopting new normal to defeat the COVID-19 to promote human well-being and a healthy future

(Ashwini Kumar Choubey)

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# STAYING HEALTHY WHILE STUDYING OR WORKING ONLINE

Comfortable Workplace



4

Lighting



5

Proper Sleep



6



11



PM eVIDYA

10



Pragyata

8



Recommended Screen Time

7



Washing Eyes

9



Excessive Screen Time





# COMFORTABLE WORKPLACE FOR COMFORTABLE LONG SITTINGS



The angle of back & thighs should be 90 degrees



The angle of thighs & legs should be 90 degrees



The angle between legs & feet should be 90 degrees



EYE STRAIN



BLURRED VISION



DRY EYES



HEADACHE

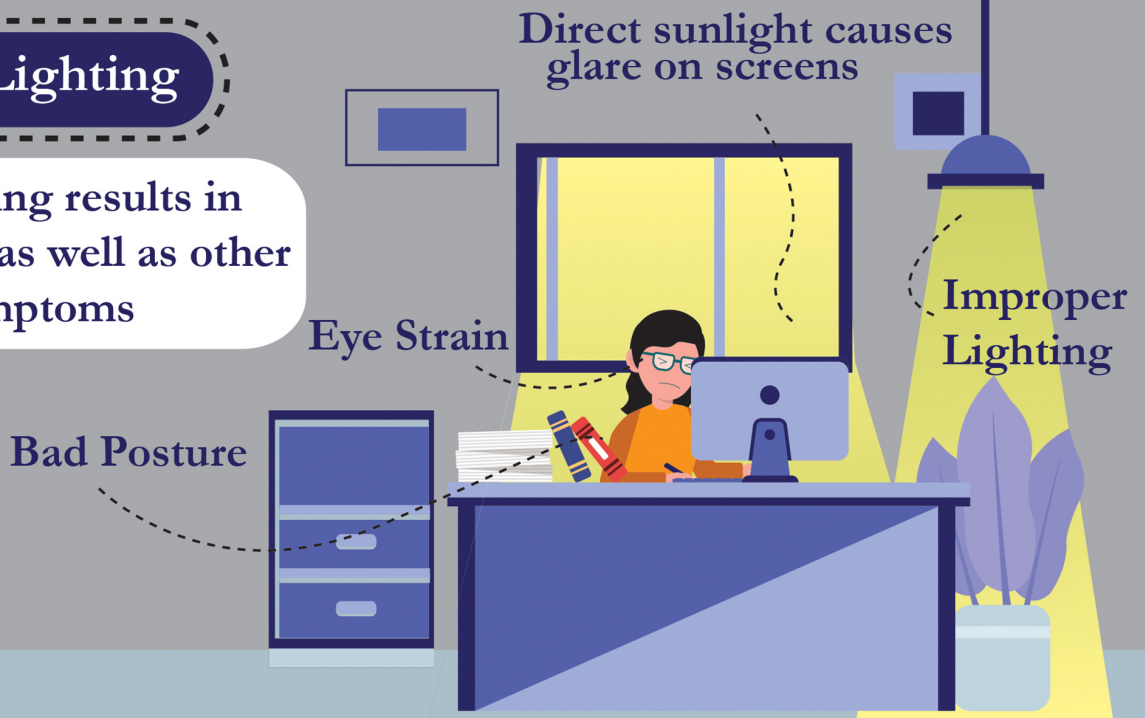
Maximum number of computer users experience strain on eyes & other visual problems which can be managed by proper lighting of workplace



# PROPER LIGHTING FOR BETTER CONCENTRATION & LESS STRAIN

## Bad Lighting

Bad lighting results in straining as well as other visual symptoms



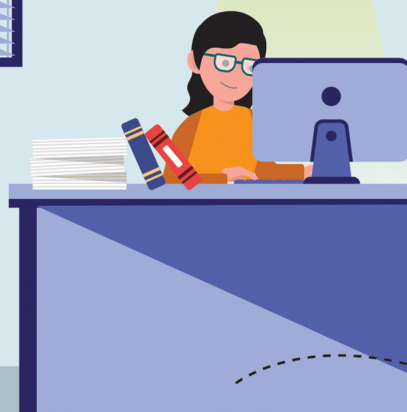
Poor lighting can affect the quality of work, specifically when the precision is required & hence affects the productivity

## Proper Lighting

Close the blinds while working on computer



Proper lighting of computer work area, can reduce or eliminate bothersome eye issues



Multiple light source

Table near the window while reading books

Make your workspace more user-friendly with the right lighting to decrease computer glare & shadows

# TAKE A BREAK DURING ONLINE CLASSES

Taking breaks after your class may help you to reduce strain



## THE 20-20-20 RULE

Every 20 minute

Look away from your computer screen at least every 20 minutes for 20 seconds

Look away at an object 20 Feet away

Focusing on an item that is about 20 feet away from you can help to reduce strain

Take a break for 20 seconds

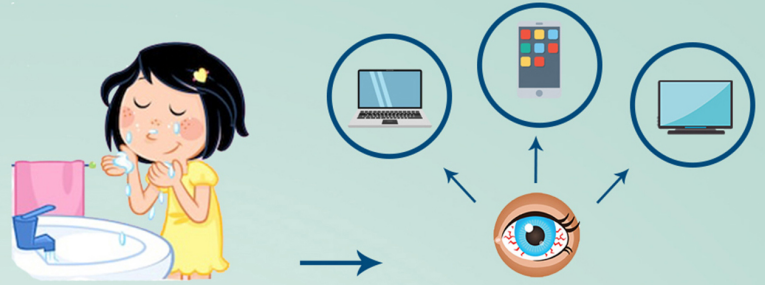
You can adjust your eyes focusing ability & “relax” your eyes by looking at a faraway object



# WASHING EYES



# & PHYSICAL WORK

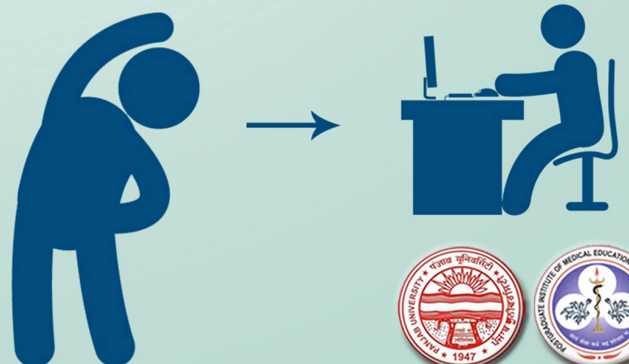


Frequently washing eyes with cold water can help in reducing eye pain & prevent them from getting dry

Physical activity increases the concentration as well as attention towards the work



Take a short break & do yoga, walk or stretching exercise to make yourself comfortable





# RECOMMENDED SCREEN TIME FOR KIDS

Why we should avoid unnecessary screen time use?



Too much screen time causes:

- Vision problems
- Impact our sleep
- Issues with attention & focus
- Stress & anxiety



18 months or younger



No screen time

Only live video chat with family & friends

18 months to 2 years



Avoid solo use & also limit screen time

Watch only high quality educational programs & ensure understanding by sitting with them

2 to 5 years



An hour screen time a day is recommended

Watch as well as ensure understanding & application to their world

6 or older



Consistent limits on time spent & types of media should be ensured

Sleep, exercise & other behaviour shouldn't be affected due to screen time



Parents to take care of certain things



## Proper Sleep for Better Concentration & Focus

### Age Groups

- Infants 4-12 months old
- Children 1-2 years old
- Children 3-5 years old
- Children 6-12 years old
- Children 13-18 years old

### Hours Per Night

- 12-16 hours per 24 hour period
- 11-14 hours per 24 hour period
- 10-13 hours per 24 hour period
- 9-12 hours per 24 hour period
- 8-10 hours per 24 hour period



# EXCESSIVE SCREEN TIME/GAMING & HEATH RISKS



Cut off healthy behaviors or habits such as physical activity & sleep



Resulting in harmful habits such as reduced sleep, headaches, hypertension etc



Development of gaming disorder



Encourage gambling as some games have gambling like elements

## TAKE ACTION IF BELOW GIVEN SIGN OF EXCESSIVE SCREEN TIME APPEARS

Change in behaviour with parents & other family members



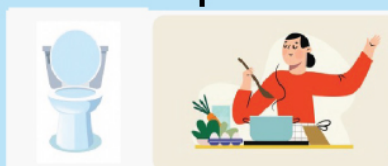
Lesser ability to focus on any tasks given by teachers as well as parents



Change in priority of person's basic functions like sleeping, eating, exercise etc



Changes in mood & ability to control outbursts



Using mobile phone in toilet & kitchen



# PRAGYATA: GUIDELINES ON DIGITAL EDUCATION

PRAGYATA Guidelines: It include eight different steps of digital learning which are



These steps help in stepwise planning & implementation of digital education

Initiative includes DIKSHA, SWAYAM Prabha, Radio Vahini & Shiksha Vaani



For classes 1<sup>st</sup> to 8<sup>th</sup>, in a day not more than two online sessions of upto 45 minutes each should be conducted

For pre-primary students online classes should not be for more than 30 minutes a day

30 मिनट



45 मिनट 2 सत्र



45 मिनट 4 सत्र

For class 9<sup>th</sup> to 12<sup>th</sup>, for online classes maximum of four sessions of upto 45 minutes each are suggested

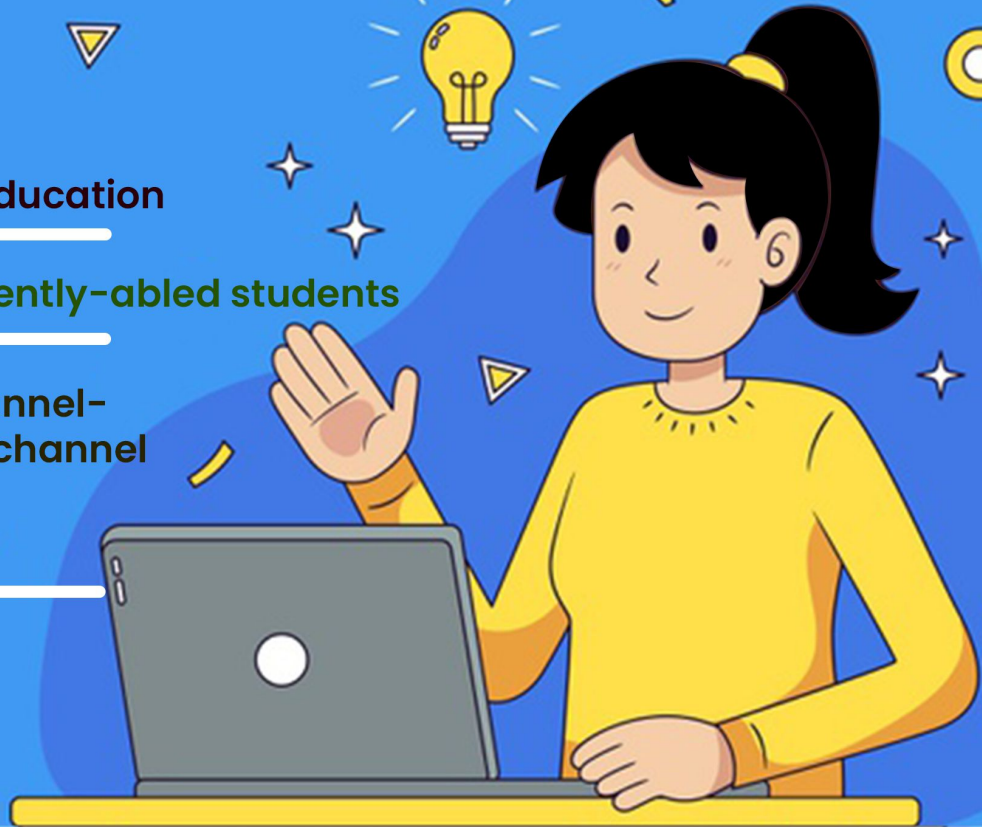


# PM eVIDYA: DIGITAL/ONLINE EDUCATION

DIKSHA for school education

e-Content for differently-abled students

One Class; One Channel-  
One earmarked TV channel  
up to class 12



## MANODARPAN

A new initiative for psychological support of student, teachers & families for mental health during COVID outbreak & beyond

 Advisory for the psychosocial support & mental health promotion for school students as well as university/college students



Support your students



Empower adolescent peer support



Provide active support



Promote resilience



# STAYING HEALTHY WHILE STUDYING OR WORKING ONLINE



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This document is prepared by Department of Environment Studies, Panjab University (PU), Chandigarh & Department of Community Medicine & School of Public Health, Postgraduate Institute of Medical Education & Research (PGIMER), Chandigarh. The information presented is based on current knowledge & may need to be updated with the emerging evidence. The purpose of this booklet is to aware individual & communities to remain healthy while working & studying online

ISBN: Applied

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