



ALAGAPPA UNIVERSITY

(accredited with A= grade by NAAC (CGPA: 3.64) in the third cycle
graded as category 1 university and granted autonomy by
MHRD-UGC karaikudi-630003,tamilnadu,india



DEPARTMENT OF SOCIAL WORK

Course Code: MSWVAC02

Total Hours :30

TITLE OF THE VALUBLE-ADDED COURSE

DIGITAL WELLNESS COURSE



THE OBJECTIVES OF THE COURSE ARE :

- Improvement In Learning And Research competency
- Increase Student Employability
- Create Opportunities For Youth To Develop Their Interpersonal Collaborative Skills
- Enhance Abilities Of Youth To Handle Stressful Conditions
- Improve Relationship Between Teachers And Students
- Create Responsible Individuals In Society

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PROGRAM CO-ORDINATOR

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Course code : MSWVAC02	DIGITAL WELLNESS COURSE	Hours : 30
Objectives	<p>Improvement in learning and research competency</p> <ul style="list-style-type: none"> ● Increase student employability ● Create opportunities for youth to develop their interpersonal and collaborative skills ● Enhance abilities of youth to handle stressful conditions ● Improve relationship between teachers and students ● Create responsible individuals in society. 	
Unit I	<p>BASICS OF DIGITAL WELLNESS: Digital Devices - What is Wellness - What is Digital Wellness - Digital Calories - Basics of Brain Difference between Traditional Entertainment and Digital Entertainment - Difference between Relaxation and Stimulation - Importance of Relaxation - What is Attention - Benefits of Attention Attention Disruptors - Cost of Distraction - Power of Attention - Attention Economy</p>	
Unit II	<p>IMPACT ON BRAIN: Neuroplasticity - Harnessing the Power of Neuroplasticity - Brain's Switching Penalty - Multitasking Neuro-associative-conditioning - Pleasure Circuit - Pain Circuit - Thinking Brain - Emotional Brain - Science of Learning and Memory - Digital Reading vs Print Reading - Digital Mindset - Learning using Audio and Video - Biliteracy Model - Creativity - Design Thinking - Improving Brain Health and Benefits of Brain's Downtime</p>	
Unit III	<p>IMPACT ON MIND: What is Social Media - Impact of Social Media - What is Overthinking - Techniques to overcome Overthinking - Various Mental Health issues (anxiety, depression, comparison, low self-esteem etc) Virtual Relationships - Impact of Loneliness - Dangers of Social Media - Positive Self Talk - Science of Sleep - Impact of Digital Devices on Sleep - Negative impact of Lack of Sleep</p>	
Unit IV	<p>SCIENCE OF ADDICTION: What is Addiction - Stages of Addiction - Neuroscience behind Addiction - Impact of Internet on Brain - Various Digital Addictions (Games, Shopping Online, Binge Watching,</p>	

	Social Media, Porn etc) Overcoming Addictions.
Unit V	DIGITAL DETOX TECHNIQUES: Digital Hygiene - Tools for Self Reflection - What is Meditation - Science of Meditation - Benefits of Meditation - Impact of Exercise on Physical and Mental health - Digital Wellness Plan
OUTCOMES	<ul style="list-style-type: none"> • Students will understand the mechanics of their emotions and the tendencies of the mind. • They will understand how their own bodies, minds, intellect and emotions interrelate. • They will learn how to manage their emotions via practical techniques. • Students will learn different soft skills to enhance their academic effectiveness – communication, teamwork, leadership etc. • Students will improve their confidence and expression.