

## **Workshop on Cyber Wellness 1.0 (Part of the Wellness Series)**

A webinar was conducted on 21st May, 2020 by Ms. Aditi Misra, Director Principal, DPS Gurgaon. The Guest Speaker was Mr. Rakshit Tandon, Advisor to Cyber Crime Unit of Uttar Pradesh Police at Agra and Cyber Crime Cell of Gurgaon, Haryana Police.

The webinar aimed to address the security concerns faced by the students, considering the fact that students are spending a lot of time in front of the screen, owing to the current Covid 19 pandemic situation.

The webinar began with Mr Rakshit Tandon explaining the growing threats of social media. He advised the students to have an optimistic approach in life and use the online resources wisely. He condemned body shaming, sexting, stalking and image morphing and emphasised that they need to be stopped immediately. He mentioned how social media can be used for the betterment of society and for gradually building a strong foundation towards a pleasant internet experience for the future.

He stated the importance of digital distancing and explained the meaning of Digital Citizenship. He said that we mustn't forward any information that we receive on any social media, without knowing the source and validity of the same. He cautioned the students to follow Cyber Laws and not to ignore their digital footprints. Students must be cyber resilient and not let any misleading information affect them adversely.

Mr Rakshit Tandon also guided the parents, teachers and students that any cyber related concern can be reported online on , wherein they need not disclose their identity and report the matter anonymously.

Ms. Aditi Misra advised the parents to monitor the screen time of their children and at the same time give them independence and assurance, so that they do not hesitate to share their concerns related to the cyber world with their parents.

The webinar concluded with a Q&A session wherein the queries and concerns of the parents were answered by Mr Tandon. He felt that parents should have faith and trust in their children and men-



tor their kids in the right direction.

