

ਵਿੱਦਿਆ ਵੀਚਾਰੀ ਤਾਂ ਪਰਉਪਕਾਰੀ॥

THE KALGIDHAR TRUST

Creating Educational Revolution in Northern India

under the divine guidance of Hon'ble Baba Iqbal Singh Ji

P.O. BARU SAHIB (VIA RAJGARH), DISTT. SIRMORE, HIMACHAL PRADESH – 173101

Tele: 9816400629, 9805098710, 9816400538, 9816400621, Fax –01799-276041.

Dr. Davinder Singh

(MBBS, MD (Med.))

(Secretary, The Kalgidhar Trust)

e-mail: secretarykts@barusahib.org

Dr. Neelam Kaur

(MBBS MS)

(Advisor, Health & Education)

e-mail: admin@akalacademy.ac.in



Ref. Gen/KT/PO/20/15

19.02.2020

The Principals/Headmistresses

Akal Academies

In today's digital age, schools have a bigger role to play in preparing young children to meet the emotional demands of the social media. Social media awareness among teachers and children is the first step towards meeting that goal. Few videos of a recent social media challenge has gone viral and is being tried by kids around the world. What seems funny to most has resulted in deaths of 2 school children and can also cause fatal accidents. Also internet games like blue whale which resulted in many young children committing suicide, few cases recorded in India. It only takes one child to set the trend in the school, hence, it's important for teachers to be extra vigilant on the activities of school students. The videos and cases mentioned have not been attached to the email to avoid any imitation.

This awareness can be introduced in school assembly, classroom discussion or a topic in computer classes. Teachers have an extra responsibility of improving their knowledge on the impacts of apps like Instagram, Snapchat, Facebook and time to time casual/formal discussions can be helpful. Parents have a duty to keep check on the digital indulgence of their children. These small steps can help our children have healthy digital lives.

Gulshan Vohra
Deputy Zonal Director
Planning Cell

H.S. Anand
Zonal Director
Inspections

Copy to :

1. Office of Secretary, The Kalgidhar Trust
2. Mr. Tejinderjit Singh
3. Mr. G.S. Saggi
4. Regional Office, Mohali
5. All Principals/Headmistresses