



# “Have a watch ”

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PRESENTED

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## Inside this issue:

INTRODUCTION TO ICT 2

HEALTH EFFECTS OF ICT 2

CAUSES OF MISUSE OF ICT 2

MISUSE OF ICT BY STUDENTS 3

BLUE WHALE CHALLENGE GAME 4

CONCLUSION 5

WEBLORAGRAPHY 6



## Misuse Of ICT

“We don’t have a choice on whether we **DO** social media, the question is how well we **DO** it.”

– Erik Qualman





## INTRODUCTION



**Information and Communications Technology (ICT)** is an extended term for information communication technology (ICT) which stresses the role of unified communications<sup>[1]</sup> and the integration of telecommunications (telephone lines and wireless signals), computers as well as necessary enterprise software, middleware, storage, and audio-visual systems, which enable users to access, store, transmit, and manipulate information.

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## Misuse Of ICT

“KEEP  
AN  
EYE “

BBC – GCSE Bitesize: Types of computer misuse #gcse, #bitesize, #revision, #ict, #data, #computer, #misuse, #hacking, #copying, #pornography, #identity,...



## Health effects of ICT

- ⇒ If we use a computer for many hours (as people often do at work), there are some health issues that might affect us...
- ⇒ **EYE STRAIN:** This is caused by looking at a **monitor** which is a **constant distance** away. The muscles that focus your eyes do not move, and so get **tired** and **painful**. Eye-strain can also cause **headaches**.



**WATCHING CAREFULLY CAN ALSO CAUSE PROBLEM**

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## This problems can be solved :-

- ⇒ **Look away** from the monitor at **regular intervals** – re-focus on distant or close objects to exercise the muscles in the eye.
- ⇒ **Take regular breaks.**
- ⇒ Use an **anti-glare filter** in front of the monitor to cut down on screen reflections that can also tire the eyes



**WHAT'S THE SOLUTION**



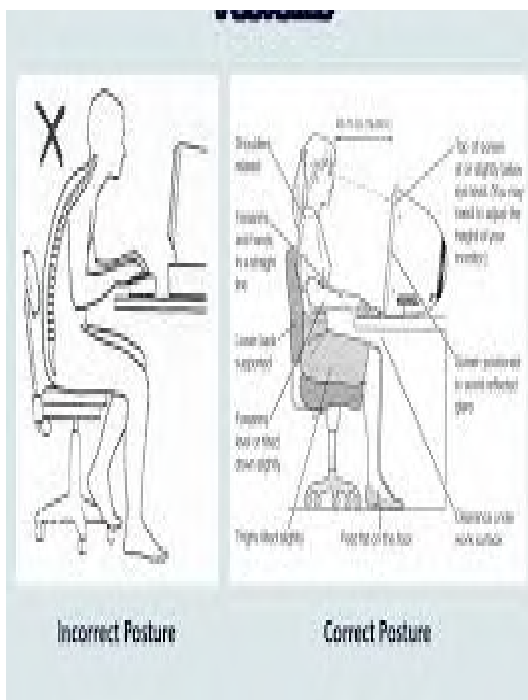
## CAUSES OF MISUSE OF ICT



### BACK AND NECK ACHE

Many people suffer from **back and neck pain** after working at a computer for a long time. This is usually due to them

### This problem can be solved:



- Use an **adjustable, ergonomic chair**, and take the time to **set it up properly**.
- The computer **key-board** and **monitor** should be at the **correct height** for the seated person (keyboard lower than the elbow, top of monitor at eye level).





## MISUSE OF ICT BY STUDENTS

Instead of using their laptops or tablets for their studies and online tests, more often than not students stray away and visit social networking sites like **Facebook** or

### Twitter.

Then, listening to the teachers in lessons are no longer their main priority - they would be too focused on playing games

Internet has an important role in our life. The Internet has two effects for students—both positive and negative effects.

One of the negative effects using Internet is Pornography. "**Pornography**" is very dangerous for students since it decreases student's morality.

One of the effective ways to avoid Pornography is through a sex education to the students in which they will get information about what are they have to do and not.



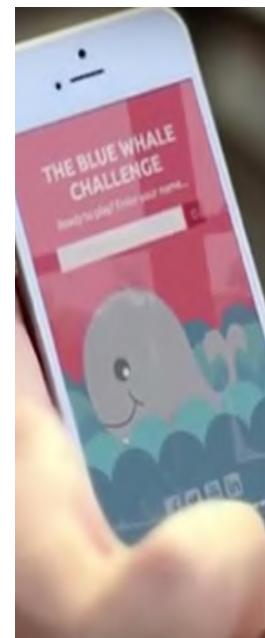
## .Blue Whale Game :

**The blue whale challenge can undoubtedly**

⇒ The MP boy who was extremely scared wrote that he had been playing the **Blue Whale Challenge** for the past two months and had finally reached the final stage.

The blue whale challenge can undoubtedly be called as one of the darkest creations on the internet and India has been struggling to combat the suicide game.

In a shocking case, a Madhya Pradesh teenager wrote about the Blue Whale Challenge in his exam answer sheet and asked for help. The class 10 boy, who was on Stage 49 of the suicide game was too scared to kill himself and wrote about his situation in a cry for help.





## Conclusion

The Effects of Technology, has become a dominant part of our world over the years, especially in the lives of teenagers and young adults.

This obsession with liking, tweeting, and sharing has come to an all-time high within the past ten years. Those that use their phones on a daily basis argue that this is just the way things are supposed to be and that we should just let it be.

People , are afraid that these phones and tablets will soon take over the world and ruin many peoples lives.

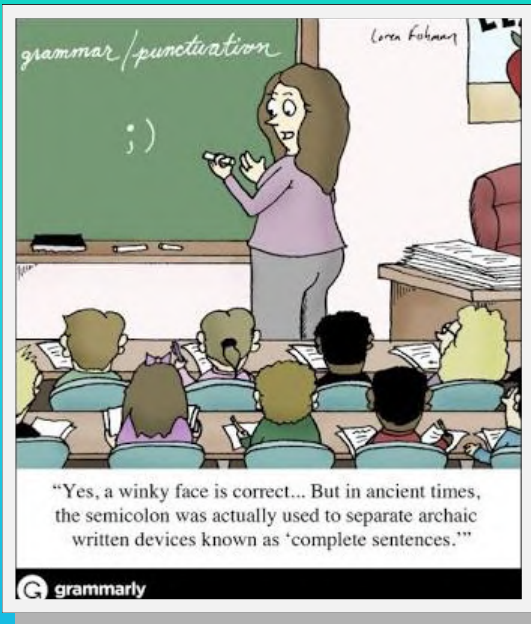
Although technology can be used for good, it can also jeopardize the privacy of those that use it, bring unwanted health problems, hinder finances, and cause many social problems.

*Teens are constantly on their phones, rather than talking to one another.*



## Webliography

- ⇒ [https://en.wikibooks.org/wiki/ICT\\_in\\_Education/Introduction](https://en.wikibooks.org/wiki/ICT_in_Education/Introduction)
- ⇒ [https://en.wikipedia.org/wiki/Blue\\_Whale\\_\(game\)](https://en.wikipedia.org/wiki/Blue_Whale_(game))
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Thank You

