



المدرسة الهندية النموذجية الجديدة NEW INDIAN MODEL SCHOOL

رقم التصريح التعليمي ٢٠١٨٦، هيئة المعرفة والتنمية البشرية، دبي، ا.ع.م.
Educational Permit No. 20186, Knowledge & Human Development Authority, Dubai, UNITED ARAB EMIRATES
Affiliation Nos. CBSE: 6630009, Kerala Board: 43092 (Grade 8 to 10): 15004 (Grade 11 & 12)



Electronic Addiction & Digital Wellness Policy 2025-2026



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Electronic Addiction & Digital Wellness Policy 2025-2026

Review Details	Review 1	Review 2	Review 3
Review Date	March 2025	September 2025	
Review Approved On	March 2025	September 2025	
Date of Next Review	September 2025	December 2025	
Reviewed By	Vice Principal, SLT, DEIW.	Vice Principal. SLT, DEIW	

Approved By

Ms.Supriya Sehgal	Principal	
Dr.Rohit Pramanik	Vice Principal	
Mr.Vinayachandran.M.P	Head of Inclusion	



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Purpose

The purpose of this policy is to **promote responsible digital usage, prevent electronic addiction, and safeguard the physical, mental, and social well-being of students.**

It emphasizes **balanced and mindful engagement with technology**, guided by **KHDA recommendations** and **international digital wellness standards.**

This policy aims to:

- Encourage **healthy screen-time habits** and responsible device usage.
- Prevent academic, emotional, and behavioral disruptions linked to excessive technology use.
- Support students in developing **digital literacy, resilience, and self-regulation skills.**

2. Scope

This policy applies to all **students of New Indian Model School, Dubai**, covering:

- **Use of digital devices** for educational, recreational, or personal purposes.
- **On-campus and off-campus activities**, if device usage negatively impacts learning, well-being, or behavior.

3. Definitions

- **Electronic Addiction:** Excessive or uncontrolled use of digital devices that disrupts academics, health, or social relationships.
- **Digital Wellness:** Balanced, responsible, and mindful engagement with technology that supports **learning, health, and positive social connections.**

4. Roles and Responsibilities

- **Principal:** Ensures implementation of this policy and allocates resources for digital wellness programs.
- **Teachers & Staff:** Model responsible device usage, guide students on healthy habits, and monitor device use during school hours.
- **Counselors:** Identify and support students displaying signs of electronic addiction; provide tailored interventions.
- **Students:** Follow screen-time guidelines, balance online and offline activities, and report concerns to staff or counselors.
- **Parents/Guardians:** Monitor home device use, reinforce responsible habits, and encourage offline activities such as sports, hobbies, and family engagement.



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5. Acceptable Use & Guidelines

- Digital devices should be used **primarily for educational purposes** during school hours.
- Recreational use must be **limited and balanced** with physical activity, social interaction, and adequate sleep.
- Excessive, disruptive, or inappropriate usage may result in **temporary restrictions** or tailored intervention plans.

6. Prevention & Education

To build long-term digital resilience, the school implements:

- **Curriculum Integration:** Digital wellness sessions incorporated into core subjects.
- **Student Workshops:** Covering healthy online habits, cyber safety, and digital mindfulness.
- **Parent Awareness Sessions:** Guidance on screen-time monitoring, device management, and family digital rules.
- **Holistic Activities:** Encouragement of offline engagement through **sports, arts, cultural programs, and peer interactions**.

7. Identification & Intervention

- Teachers and counselors will observe and record **behavioral signs of device overuse**, such as irritability, fatigue, or academic decline.
- Identified students will receive **individualized counseling**, parental engagement, and tailored strategies to restore balance.
- Persistent or severe cases may involve:
 - Structured **digital detox schedules**.
 - Temporary **device restrictions**.
 - **Referral to external specialists**, if required.

8. Monitoring & Compliance

- Teachers will actively monitor device usage during school hours.
- Misuse or violation of guidelines may result in:
 - Restricted access to devices.
 - Additional counseling sessions.
 - Engagement of parents for home-based monitoring.
- Parents are expected to actively reinforce **balanced screen-time habits** at home.



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9. Review

This policy will be **reviewed annually** by the **Senior Leadership Team and counseling staff** to ensure:

- Alignment with **KHDA guidelines and UAE child protection standards**.
- Continued relevance in addressing **emerging digital platforms and student needs**.
- Effectiveness in promoting **digital wellness, healthy lifestyles, and academic success**.

Any revisions will be communicated promptly to staff, students, and parents.

Policy development committee

Sl.No	Name	Designation
1	Dr. Rohit Pramanik	Vice Principal
2	Mr. Vinayachandran. M. P,	Head of Inclusion
3	Ms. Rishana R.V	School Counsellor
4	Ms. Merin Paul	School Counsellor
5	Ms. Shahla Suman	School Counsellor