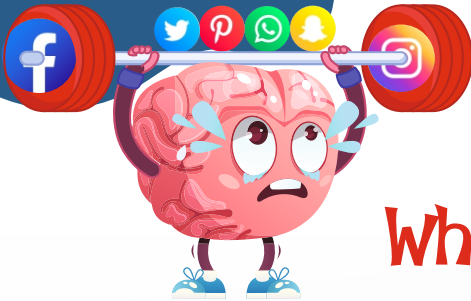


LOOK N LEARN

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Paranoid
Lonely
Nervous
Anxiety
Sad
Suspicious
Depressed



Assured
Happy
Calm
Content
Trusting
Connected
Confident
Empowered



Who appears HAPPY?





"Tech is cool, like a superhero's rule...
But family hugs and play, brighten up our day!"

"Is **EXCESSIVE PHONE** use causing
mental, physical, and social **ILLS**?"

How?

Let's find out...

THEN

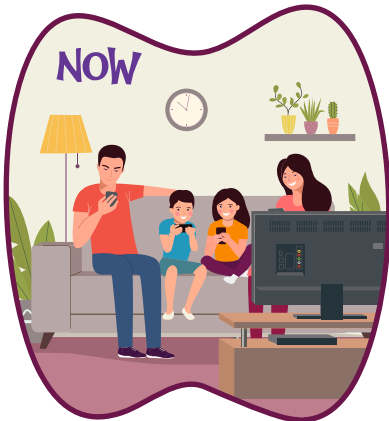
1. We used to sit together and watch same things
2. Common choices
3. Youth used to respect elder's choice
4. Elders used to care for youngers one's desires
5. Good family bonding
6. Control over viewing of content



NOW

NOW

1. Sit together but watch different things
2. Personal Choices
3. No respect for elder's choice
4. No giving into each other's desires
5. No family bonding
6. No boundaries, no limits and nNo control over viewing of content



"The emitted rays from gadgets pose physical and mental harm to us."
What are rays let us find out first...

Limit
your
play,
stay
healthy
every
day!"

WAYS

The ones emitted from
non living are
known as Waves...

The ones emitted from
Soul (living) are
known as Vibrations...

When does a
soul vibrate?

Under influence of
Past Karma +
Present Nimit
(situation or a person)
Feelings Arise

On account of feelings,
Soul vibrates
& these
vibrations spread
across every where

Feelings

- ◆ If feelings are positive then vibrations are positive.
- ◆ Positive vibrations create positive aura.
- ◆ The energy used to generate positive feelings is positive energy.
- ◆ If feelings are negative then vibrations are negative.
- ◆ Negative vibrations create negative aura.
- ◆ The energy used to generate negative feelings is negative energy.

Eg.

When one does bhakti or meditates he feels relaxed, positive and hence generates positive vibrations from within resulting in Positive aura and Positive energy.

Eg.

Just as a stone generates ripples and creates waves which break the serenity of a calm lake, similarly a negative feeling generates negative vibration which in turn creates Negative aura and Negative energy.

Your Feelings decide

Your
Vibrations


Your
Aura

Your
Energy

March 2024

03

LOOK N LEARN



"Screen away, colors at play, make it a joyful day."



WHAT YOU SEE



I look fine

I Smile

I laugh

I make Jokes

I go out with my Friends


I do well in School

I post lots of pics on social media to share my joy

WHAT YOU DON'T SEE

How **BLUE LIGHT** Can Affect Our Health

ARE YOU **ADDICTED?**

Experiencing any of these symptoms? Let's delve into an **INVESTIGATE**. Proceed to the next two pages, evaluate your score, mark it with a  based on your feelings, and note it down on the score board to determine your final standing

Impulsive
Nature

"Inappropriate
use of language

Very greedy and
tempted for
online shopping

Increased
Insecurity

Increased
Expectations

Suicidal
Tendencies

Aggressive
& Violent

Lack of Tolerance

Unnecessary
Scrolling

Diverted
from Cultural and
Traditional Beliefs

Lack of
Self Confidence

Self -
Centered

Anxiety/
Restlessness

Lack of
Concentration
and Focus

Bad Habbits

Getting lost
without realising
how much time
you wasted on Screen

Eye Strain

Lack of
Adjustments

Unnecessary
Checking Updates

Feeling of
Emptiness
without gadgets

Disruption in
Sleep Patterns

Constant
Urge to get back
to Gadgets

Lack of
Acceptance

Less of
Real Friends

Preference for Staying Alone	Fantasies and Dreams about the Game	Too much of Notification Distractions
Low Self esteem	Unfulfilling and Taunting Thoughts	Ringling Ear
More of 'e' - friends	Insomnia	Headache
Increased Obsessive and Possessive Nature	Less Play	Weight Gain
Sleep Issues	Focus Problems	Isolation
	Lack of Social Communication & Conversation	



WHATS YOUR SCORE?

SCORE BOARD

0 - 15 : Mild
16 - 25 : Moderate
26 - 40 : Severe

WHAT'S YOUR
SCORE ?

40

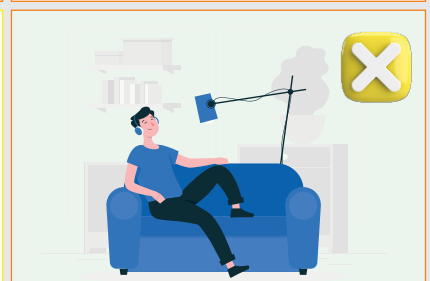
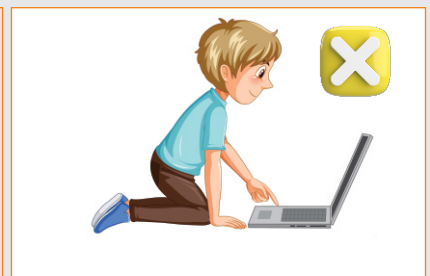
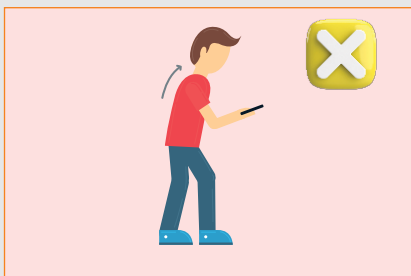
Whats wrong and whats right?

Excessive device usage can result in poor posture and negatively impact life..

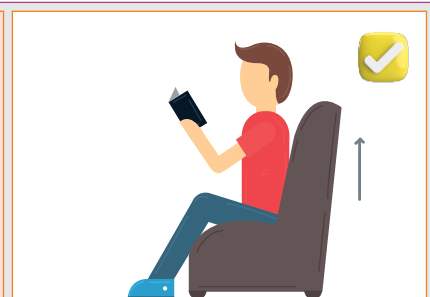
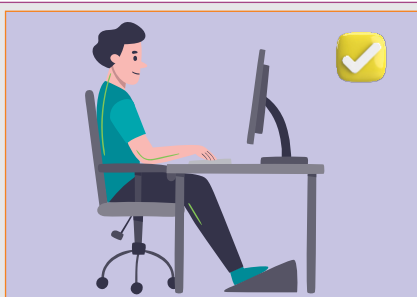
Inappropriate behaviour



Incorrect posture



Correct Posture



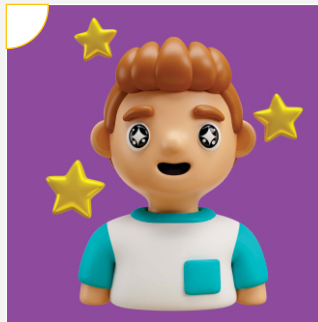
WORKSHEET: MY SOCIAL MEDIA EMOTIONS JOURNEY

A Swing as much as it comes forth. So much so it goes back.
As our moods, emotions, attachment with gadgets swing forth,
our relationship swings back... How? Let's take a ride to find
out!!!

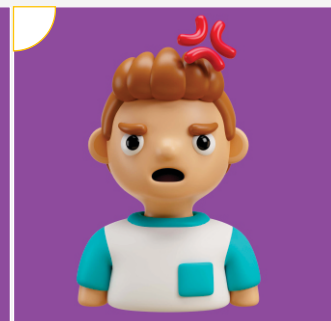
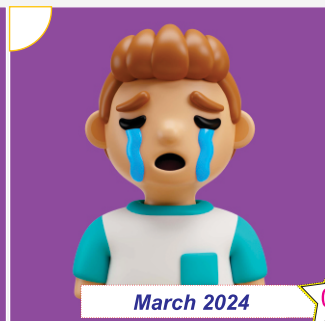
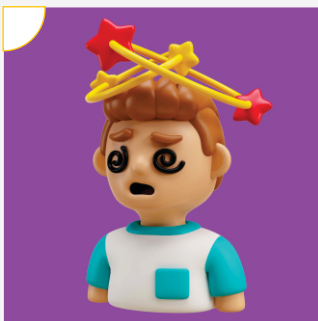
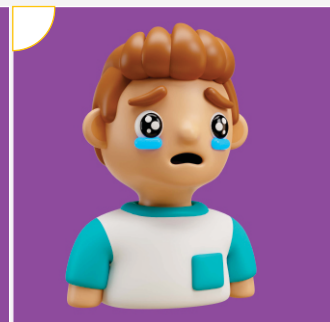
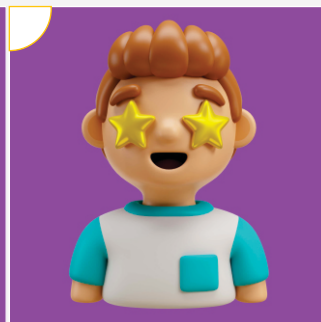
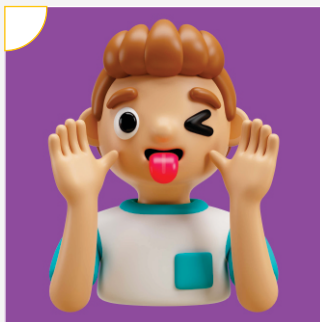
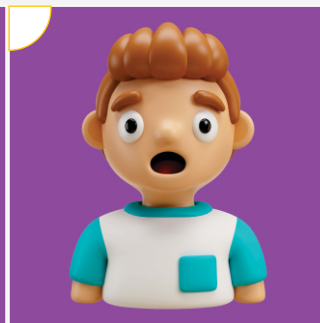
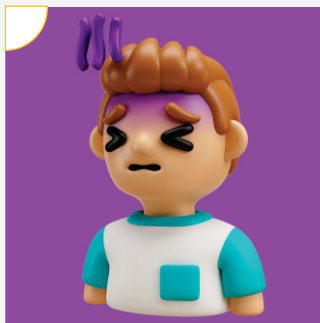


Always Remember... Parmatma's child remains
emotionally steady in every situation, whether it's a happy or sad moment, and
regardless of whether things are good or bad.

Reflect on
Your Emotions:



Tick where you
relate yourself:





Which points do you relate to the most?

How do these feelings make you think about your time on social media? Tick the box if you relate to the points below:

Where's the need to ask anyone?	Chat locks	Screen locks
More of Doubts	Loss of Trust	Let's just Tootle it
In reality I have no one and	I don't need anybody	Fake status, Fake Image!
I have been no where	I am nothing	2M likes
Friend list- 100k+ followers	Increase in privacy	No Transparency in Family
Everything's at my finger tips	I am Independent!	Fake Friends!
It's all Fake	I have been to London, Paris, etc. <i>been there and done that!!!</i>	Late post

When things get tricky with friends and siblings,
 put gadgets down, let love begin...
 Share and be real, don't hide away,
 keep connections strong, brighten your day.
 Or else, you might sadly find, special bonds left far behind!"



How much is too much ?



Mealtime Distraction

Using the phone while having meals with family.



Digital Play Over Outdoor Fun

Preferring video games on the phone over outdoor activities.



24/7 Notification Overload

Never turning off the phone, consistently receiving notifications.



Procrastination Pitfall

Wasting time on the phone despite pending work or project deadlines.



TV and Phone Multitasking

Being busy on the phone while the TV is on.



Imaginary Ringing Sensation

Feeling as if the phone is ringing even when it's not.



A syndrome called
Nomophobia-
**No Mobile
Fear!!!**

Check out
for some
of the
warning
signs!!!



False Usage Claims

Lying about the actual time spent on the phone



Rule Ignorance

Using the phone in places where it's not allowed, like school or a petrol pump.



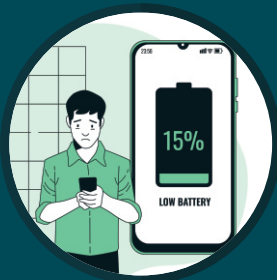
Neglecting Real-world Tasks

Engaging with the phone instead of completing real-world tasks.



Trust Issues

Trusting online information more than advice from doctors or family.



Panic without Phone

Experiencing anxiety when misplacing the phone or when the battery runs out.



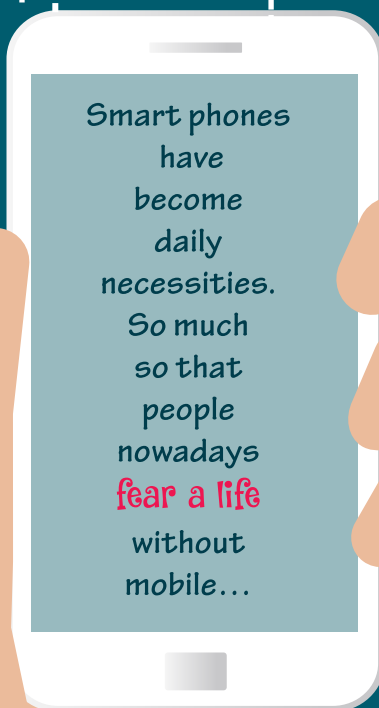
Sleep Disturbance

Using the phone excessively, leading to disrupted sleep



Meal Skipping for Games

Skipping meals in favor of completing game levels.



Playtime Distraction

Using the phone even during outdoor play in the garden.

How to address issues stemming from excessive mobile phone use:

Nighttime disconnect:

Turn off your phone & switch off WiFi during bedtime.

Family time:

Spend quality time with your family without your mobile.

Read a book:

Swap some mobile time for reading a fun book.

Take breaks:

Regularly give your eyes and mind a rest from the screen.

Meal time:

Have a quiet meal without gadgets.

Time management:

Set daily usage limits.

Outdoor activities:

Allocate more time to play outside.



Do gadget Penance:
how?
lets find out how...



Types of Tapp

There are 6 types of External Tapp and 6 types of Internal Tapp

Let us Practice 6 different types of
"EXTERNAL TAPP" with electronic devices.

1 ANSHAN TAPP

Anshan Tapp means: To avoid/consume food for only set period of time

Eg: Navkarsi, Upvaas, Ayambil etc.

Similarly, to avoid gadgets completely or for a limited period of time is **Gadget Anshan Tapp**.



Put a ☒ tick wherever you agree ☐ or a cross otherwise

Gadget Anshan Tapp

Upvas	A day without using any mobile or gadgets.
Navkarsi	Start using gadgets 48 minutes after waking up.
Chauvihar	Refrain from using gadgets after sunset.
Aayambil	Take calls, avoid social media.
Porsi	Start using gadgets 3.00 hrs after waking up.
Chatth	Refrain from using gadgets for 2 days.
Attham	Refrain from using gadgets for 3 days.
Atthai	Refrain from using gadgets for 8 days.
Maskhaman	Refrain from using gadgets for 30 days.
Varshitap	Use gadgets for alternate days for a year.

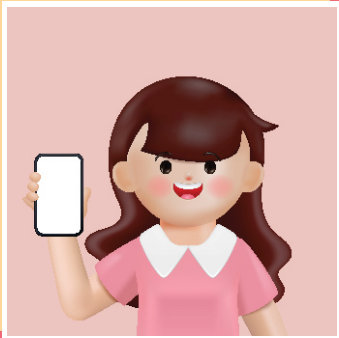
2 UNODARI TAPP



Unodari Tapp means: To control our frequent eating habits and to eat less than required.

Similarly, to control our frequent use of mobile or any gadget and to be mindful of the timing and content to ensure moderation is **Gadget Unodari Tapp**.

Mark a ✓ or a ✗ wherever you agree



1

I will ask my parents for permission before creating any social media accounts.

2

I will tell a trusted adult if something online makes me feel uncomfortable or upset.

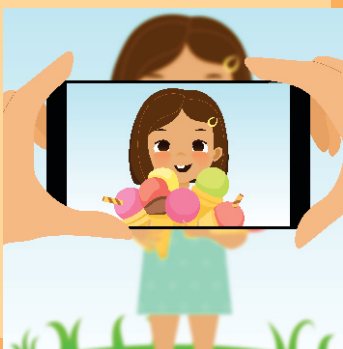


3 VRUTI SANKSHEP TAPP

Vruti Sankshep Tapp means: To accumulate less than what we need and to control our mind.

Similarly to practice digital minimalism by limiting the accumulation or saving of excessive photos, videos, reels and contacts on your device and maintain a clutter-free experience is **Gadget Vruti Sankshep Tapp**.

Mark a ✓ or a ✗ wherever you agree



1

I won't post pictures of every meal.

2

I won't post pictures of every new outfit.

3

I won't post pictures of every outing.

4 RAS PARITYAG TAPP



Ras parityag Tapp means: To control and sacrifice food items that savour the taste buds.

Similarly to control and resist the temptation of constantly searching our favorite websites or reels or playing video games is **Gadget Ras parityag Tapp**.



- ✓ I restrict myself to using only 3 specific apps instead of using all of them throughout the day.

Mention the apps below...

1	2	3
---	---	---

5 KAYA KALESH TAPP



Kaya Kalesh Tapp means: To willingly control our attachments towards our body and to give exertion or trouble to our body

Similarly the voluntary control of attachments towards our mobile handsets, to overcome the urge to constantly buy the latest models in the market, especially when the current one is still working properly, also refraining from keeping mobiles locked from parents is **Gadget Kaya Kalesh Tapp**.



Mark a ✓ or a ✗ wherever you agree

1	It will adopt the Namothunam mudra when using gadgets.	
2	I will sit in Godohika aasan as my sitting posture when using gadgets.	
3	I will use gadgets while standing still, avoiding walking, strolling, lying down, or getting comfortable.	



PRATISANLINTA TAPP



Pratisanlinta Tapp means: To meditate in a lonely place and try to control our senses and mind from distraction.

Similarly, to refrain from the constant desire for online shopping, to resist the hunt for discounts and offers and avoid purchasing unnecessary items we don't truly need and to control our senses and mind against distractions is **Gadget Pratisanlinta Tapp**.

Mark a ✓ or a ✗ wherever you agree



1

I'll heed my parents, avoiding stubbornness for the latest gadgets.

2

I'll be cautious and inform my parents when I shop online.

Let us Practice six different types of "INTERNAL TAPP" with electronic devices.



1 PRAYASCHIT TAPP

Prayaschit Tapp means: To accept all the mistakes that are done by us knowingly or unknowingly in the presence of Pujya Gurudev, and thereafter accept whatever Aalochana we get.

Similarly, acknowledging and seeking forgiveness for any mistakes or inappropriate behavior committed knowingly or unknowingly on social media is **Gadget Prayaschit Tapp**.

Let's openly admit our mistakes and seek forgiveness:
Mark ✓ where you recognize the need for repentance

1

If my message hurt someone, I sincerely apologize.

2

Using inappropriate emojis for fun was a mistake, & I regret it.

2 VINAY TAPP



Vinay Tapp means: In Jain dharma Vinay is a type of Tapp. To be modest towards Guru and elders and to obey them.

Similarly, displaying modesty on social media by treating everyone with respect is **Gadget Vinay Tapp**.



Mark a ✓ or a ✗ wherever you agree

- | | | |
|---|--|--------------------------|
| 1 | I'll share creativity and positive ideas only. | <input type="checkbox"/> |
| 2 | I'll be a kind and respectful online friend. | <input type="checkbox"/> |
| 3 | I'll be mindful of my words in messaging. | <input type="checkbox"/> |

3 VIYAVACH TAPP



Vaiyavach Tapp means: To serve sadhu-sadhviji, tapasvi, sick, old and elderly people. To be helpful to all.

Similarly, helping the elderly, disabled and sick wherever needed is **Gadget Vaiyavach Tapp**.



Mark a ✓ or a ✗ wherever you agree

- | | | |
|---|---|--------------------------|
| 1 | I'll help the elderly and disabled online, offering support as needed. | <input type="checkbox"/> |
| 2 | For the less privileged, I'll assist with online admissions and tasks. | <input type="checkbox"/> |
| 3 | I'll aid those lost or Pujya Sadhu-Sadhviji during Vihar in unfamiliar places by using Google Maps. | <input type="checkbox"/> |

4 SWADHYAY TAPP



Swadhyay Tapp means: To read religious books, to ask queries and to memorize verses that leads one towards the soul.

Similarly, exploring religious content online, listening to discourses by Pujya Sadhu Sadhviji, helping the elderly, disabled to navigate religious websites, making their online experience accessible. Hearing Manglik, and reading and sharing Look n Learn E-books with friends and family is **Gadget Swadhyay Tapp**.

Inspired by Rashtrasant Param Gurudev Shri Namramuni Maharaj Saheb



The Joy of giving is more, than the Joy of receiving




LOOK N LEARN CHILDREN'S JAIN E-book

Look N Learn children's Jain E-Book



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3D-Activities | Bhakti Much more... all in your Phone!**

JOIN NOW

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+91 8104461579 Along with your Name & State

3 DHYAN TAPP



Dhyan Tapp means: To concentrate and focus on one particular subject.

Similarly, channeling your concentration and focus onto a specific subject and utilizing your time on the device wisely, not just scrolling through reels but also engaging in beneficial activities such as visiting religious sites or learning something valuable, knowledgeable to enhance your life is **Gadget Dhyan Tapp**.

Mark a ✓ or a ✗ wherever you agree



1	I'll set religious, positive images as DP, wallpaper, mobile cover etc .	
2	I'll use a Mantra chant or bhakti song as my caller tune, chanting it at least 3 times when possible	

6 KARYOTSARG TAPP



Karyotsarg Tapp means: To experience that body and soul are different.

Similarly, we should understand the difference and the need to balance our **online time with real-life experiences**. This means not just using digital devices but also spending quality time with parents our family is **Gadget Karyotsarg Tapp**.

Mark a ✓ or a ✗ wherever you agree
CONNECT TO DISCONNECT



1	After every call lasting more than 5 minutes, I will disconnect and, if necessary recall.	
2	Following each call, I will chant 'KOHAM' (Who am I?) 'SOHAM' (I am a pure soul) 3 times.	

Mobile: Dear childrean, I aimed to assist in time management and family joy, but now I see you're too occupied. Though it's essential to have me, I unintentionally led to conflicts and stress.

Let's rewind for balance

"LESS SCREEN TIME, MORE FAMILY CHIME."

