INTERVENTION PROGRAM

Day 1

First day of the workshop started with a brief introduction about the implementation of the training program. Initially to break the ice the students were grouped into pairs and the trainer briefed them about internet addiction and the participants’ personal experiences were discussed. Lecture and discussion method was used to study for the same. She also explained how internet influences one physically, mentally, psychologically and socially and how one can overcome its negative influences.

DAY 2

On the 2nd day the trainer helped in bonding the studs and created a familiarity among them. The bonding helped them to relax and open up. Activities like draw and write on topics like “I lead a healthy lifestyle” with four key areas were given. The key areas were personal social significant others and academics life, relatives and friends. This was to create an awareness of the life one wanted to have and also to motivate them. Swish is a neuro linguistic programme that is used for habit control or overcome an undesirable behaviour or pattern was demonstrated and then the group was divided into pairs and they did the exercises alternatively.

NLP exercises called SWISH was also conducted which helped in changing unwanted behaviour (internet addiction). They were asked to practice swish on themselves for 14 days continuously.

DAY 3

The session on day 3 aimed to impart strategies to manage stress, relaxation, nutrition exercises, time management, was highlighted. A brief lecture and discussion on what is stress, stressors (change in the environment), distress cycle and wellness cycle was given.
Activities on total muscle relaxation which aimed in overcoming allergies, sleeplessness, restlessness and anxiety were taught.

**Muscle relaxation**

A deep muscle relaxation technique developed and published by Edmund Jacobson in 1929. He believed that body responds to anxiety, provoking thoughts and events with muscle tension. The tensed muscles in turn increase the feeling of anxiety. Deep muscle relaxation reduces physiological tension, reduces pulse rate and blood pressure as well as decreasing perspiration and respiration rates. This technique has been effective in the treatment of muscular tension, anxiety, insomnia, fatigue, irritable bowels, muscle spasms, neck and back pain.

Healthy tips on dietary habits and yoga for improving posture as the subjects were high internet users and hence had the habit of spending long computer hours leading to unhealthy posture.

**Healthy tips on dietary habits**

Skills and time management as goal setting using JOHARI window and smart goals (specific manageable activity and realistic training) were taught.
Smart goals:

**Specific**- Define precisely the objective or outcome you want.

**Measurable**- Define objectively how you will know, when you have attained it. Set specific measurable goals. If you achieve all conditions of a measurable goal then you can be confident and comfortable in its achievement. If you consistently fail to meet a measurable goal, then you can adjust it or analyse the reason for failure and take appropriate action to improve skills.

**Action**- oriented- use action words to describe the steps required.

**Realistic**- confirm the belief that the goal is indeed possible.

**Timely**- Set a deadline for reaching your goal.

Breathing exercises were also taught. Focus on your natural breath for 5 mts. This help in relaxation and also increases focus and concentration. The group was led through a guided meditation. They were asked to visualize their goal in detail. This was done to make their goal clear in their mind which will also motivate them.
DAY 4

On the fourth day, the subjects were given activities to improve their communication, social interaction and loneliness.

**Activity 1** - Trainer created a rapport among the participants by making them go around and stopping them for eye contact, nod, smile, hello, shake hands at regular intervals as per the trainer’s instructions.

**Activity 2** - Circulation of work sheets recording the time spent with parents, friends, and relatives.

**Activity 3** - Effective listening - To improve listening skills and to demonstrate positive and negative body language and the importance of listening and empathy was also demonstrated through lecture and activity.

For eg, Active listening and ignoring act - A conversation were one talks and the other ignores.

DAY 5

As communication, social interaction and loneliness are inter-related and are linked to self esteem. So exercises in self esteem were included to address the other variables.

A brief lecture on self esteem and its relationship with communication, social interaction, loneliness and dependency were given to the participants.

**Activity 1** - Subjects were made to pen down their Strength, Weakness, Opportunities and Threats.

**Activity 2** - Affirmation - Positive self talk

Purpose - to identify the change limiting beliefs in the areas of dependency, communication, social interaction to overcome loneliness, to improve the sense of well being
Eg  I am good enough
     I spend my time wisely
     I am very assertive
     I establish and maintain a healthy relationship very easily

**Activity 3**-Love seat. Flooding Technique with positive statements – a technique were the subject at the centre is flooded with positive statements which enhances the self esteem of the individual.