• Maintain a schedule for sleep, food, noting time spent on the internet for learning and time spent on the internet for socializing, etc.

• Besides online learning, every day read from textbooks and read other books as well.

• As a follow up to online class, explore further through activities, experiments, creative expressions, etc.

• Access the digital resources provided through the various national ICT initiatives. (Listed in section 6)

• Take notes during the online class and review them offline.

• Restrict time for surfing and regulate screen time for scrolling/reading information on every issue (not more than 2 hours for secondary level students)

• During online activities take small breaks to stand up and move away from the screen. During this break, take a quick walk indoors, do few stretch exercises, practice deep breathing, catch up with family members etc. Do not continue to sit and surf or chat online.

• Avoid using mobile/internet surfing 40 minutes prior to going to bed because engaging in passive communication just before sleeping makes the brain active and makes it difficult for the brain and body to relax.