



CYBER ADDICTIONS

**SUBJECT :PROFFESIONAL BUSINESS SKILL
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Cyber addictions

- Computer and internet addiction means the overuse of computers and internet to such extent that everyday life of an individual collapse.
- Thus it finally leads to complete breakdown of his personal and social relationship ,work sleep routine as well as his mood and thinking capability.
- This term has been applied to describe those people who spend excessive amounts of time online at the expense of their lives.

- Relationships: spending excessive amounts of time starting and maintain online friendships in chat room ,replace the real life friends
- Money
- Information searching
- Gaming
- Sex

Symptoms of cyber addiction

- Unable to work due to online activity
- Using internet or mobile longer than intended
- Isolation from family and friends
- Feeling guilty or defensive about your computer usage
- Use internet to escape from worries and tensions
- More online friends than real friends

Risk factor for cyber addiction

- Anxiety
- Depression
- Lack of social support
- Lack of social support
- Financial loss
- Health issues
- Other addictions

How to manage cyber addiction

- Self control: set time and limit for the usage
- Uninstall the addicted apps
- Identify any underlying reasons that need treatment
- Increase the coping skills
- Strengthen the relationships
- Encourage other interest and social activities
- Monitor computer use and set clear limits

Information overload

- To much information presented before a person make it difficult for him to find out which is relevant and which is irrelevant.
- Information overload refers to the difficulty in understanding an issue and making the decision because of the availability of too much information
- Amount of input exceeds its processing capacity

Causes of Information overload

- People
- Technology
- The organization
- Processes and task
- Information attributes

How to solve information overload

- Filter data
- Multi –tasking
- Prioritize tasks
- Delegate works
- Delete after reading
- Adopt technology

E-WASTE

- E-waste means all waste caused by discarded electronic and electrical devices
- It refers to all items of electrical and electronic equipment's and its parts that have been discarded by its owners as waste .
- E- waste is mainly created by the discarded electronic devices such as mobile phones, computers ,tv etc

Impacts of e-waste

- Environmental impact
- Economic impact

Basel convention

- the **Basel Convention**, is an international treaty that was designed to reduce the movements of hazardous waste between nations, and specifically to prevent transfer of hazardous waste from developed to less developed countries (LDCs).
- It does not, however, address the movement of radioactive waste. The convention is also intended to minimize the amount and toxicity of wastes generated, to ensure their environmentally sound management as closely as possible to the source of generation, and to assist LDCs in environmentally sound management of the hazardous and other wastes they generate.

How to manage E-waste

- Responsibilities of industries
- Inventory management – reduces hazardous materials used in the production of electronic devices
- Changes in production process- correct handling & operating procedures, proper maintenance of machines etc..
- Eco- friendly product design – design products that can be made up of non-toxic materials which is reusable and recyclable.
- Adopt green computing standards
- Collection and recycling- there must be facilities to recollect damaged devices and to recycle it.

Responsibilities of citizen or users

- Repair and reuse- repair and reuse the devices maximum as possible
- Exchange:
- Avoid dumping
- Green disposal of waste : make arrangements to bring waste into recycling centres.
- Donate electronic for reuse

Responsibilities of the government

- **Proper education about danger of e-waste**
- **Heavy fine for industries**
- **Collection and recycling**
- **Laws and regulations**

Green computing

- It is the study and practice of designing, manufacturing , using and disposing of computers and other electronic devices efficiently and effectively with minimal or no impact on the environment
- The goals of green computing are
 - To reduce the use of hazardous materials
 - To maximize energy efficacy during the products lifetime
 - To promote the recyclability of defunct products and factory waste

Components of green computing

- **Green design-** designing energy efficient, environment friendly products
- **Green manufacturing-** manufacturing devices with less hazardous components
- **Green use-** maximum use, save energy
- **Green disposal-** reusing, proper recycling

Benefits of green computing

- **Environmental sustainability**
- **Better resource utilization**
- **Cost saving**
- **Improved corporate and social image**

E- governance

- **It is the application of information technology in government functioning and for the delivery of government services**
- **It is the integration of ICT at all levels of the government for better governance**

It involves the use of ICT by government to:

- Improving efficiency
- Reducing cost and delay
- Restructuring administrative processes
- Improving quality of services
- Exchange of information with citizen, business and other agencies

Stages of e- governance

- Computerization
- Networking
- Website-online presence
- On-line interactivity
- E- infrastructure

Types of interactions

- **G2G**: Information communication and interactions within and between government entities such as state government ,central government and local government
- **G2C** :efficient delivery of government services to the citizen by electronic means
- **G2B**: electronic communications and interactions between business and government such as licensing , permit ,tax collection etc
- **G2E**: efficient interaction with employees such as circulation of information , salary processing ,reports etc..

Benefits of e-governance

- Access to information and quality services for citizens
- Time saving
- Cost reduction
- Transparency
- Accountability
- Improved efficiency
- Expanded reach of governance

Disadvantage of e- governance

- Lack of equality in access to the internet
- Lack of trust and cyber crime
- High surveillance
- False sense of transparency and accountability
- Costly infrastructure

E- governance initiatives in india

- Friends- fast reliable instant efficient network for disbursement of services- single window facility where citizen can make government related transactions and payments
- Akshaya e- Kendra
- It is the e- services launched by the govt. of kerala as a citizen e –literacy project. Now it is a common platform for accessing various services of the government

- **Bhoomi:**

- Bhoomi is a project jointly funded by the Government of India and the Government of Karnataka to digitize the paper land records and create a software mechanism to control changes to the land registry in Karnataka.

- **E- seva:**

- it is a short form of 'electronic seva' which means 'electronic service' it is a form of e-government aimed at providing speedier and efficient public services including issue of all the citizen related certificates, receiving all sorts of utility bills, redressing grievances, etc.

- Sakshat:
- “**Sakshat portal** addresses the educational requirements of learners from Kindergarten to PhD. All the e-learning contents would be disseminated through **Sakshat portal** free of cost,” she said. The **portal**, developed by eGyanKosh of IGNOU, was launched by the then President of India Dr. APJ Abdul Kalam on October 2006.
- Concert:
- country wide network of computerized enhanced reservation and ticketing
- was developed by the Centre for Railway Information Systems (CRIS), New Delhi primarily using ‘C’ and also using ‘FORTRAN’. The application was first implemented at the Secunderabad PRS site in September 1994 and subsequently at the other four PRS sites (passenger reservation system)

- TARAhaat
- TARAHaat.com is a web portal designed for people of rural India. It offers a variety of services like weather forecasts, current commodity prices, e-mail service, educational opportunities, government schemes, medical or career advice for just a few rupees worth of net connectivity. It currently offers these services in 3 different Languages namely, English, Hindi, Punjabi.
- Dishtee:
- **Drishtee** is an [India](#)-based business that provides information technology goods and services^[1] to rural India through village kiosks that are run and managed by local entrepreneurs. These kiosks are developed using a franchise and partnership model

- Vidya vahini:
- The government's initiative to connect 60,000 Indian schools is aimed at providing a thrust to computer-aided learning for rural students. For long, the issue of digital divide has assumed center stage in the minds of policy thinkers with various projects geared towards addressing the issue. 'Vidya Vahini' is one such ambitious project launched by the department of IT along with ERNET, in an attempt to explore how IT can be integrated into the learning process of school children. Although there are other projects on similar lines mostly in the private sector, Vidya Vahini is different because it takes up the cause of the rural students.

- Gyandoot:
- **Trying to Improve Government Services for Rural Citizens in India**
- In 2000, the State Government in Madhya Pradesh, India, set up a chain of computer kiosks to help provide better access to government information and services in one of its districts - Dhar District.
- Card
- Computer –aided admiration of registration department