When answering "yes" to five (or more) of the above questions, consider yourself in the zone of Pathological Addictive Internet Use (Young, 1996).
HOW TO

DIGITAL DIET
Restriction, not Abstinence/Control use of internet

DIGITAL NUTRITION
Positive, Productive use of internet/e.g., replacing your gaming with simulation for your academic projects

DIGITAL DETOX
Allow yourself for regular /weekly “No Internet Times”, e.g., no gadgets in dinner tables or no gadgets during weekly friend meets.

WHAT ARE YOU TRYING TO ESCAPE FROM THROUGH COMPULSIVE USE OF INTERNET?

IS YOUR COMPULSIVE USE OF INTERNET FACILITATING OR MASKING ANY OTHER ADDICTION?

PAY CLOSE ATTENTION TO TRIGGERS. THAT WILL HELP YOU AHEAD OF THE URGE OF USE AND FIND ALTERNATIVE BEHAVIORS.

CONTACT PROFESSIONALS
In this case, contact Counselling Centre, IIT Kharagpur for learning how to replace compulsive use with productive use of internet

To know more: Internet Addiction - Teal Swan, https://www.youtube.com/watch?v=BMVM3Es_Qpk&t=705s

To know more: What you need to know about internet addiction | Dr. Kimberly Young | TEDxBuffalo, https://www.youtube.com/watch?v=vOSYmLER664
If rebooting seems hard by yourself, help is available...

We understand, students are dealing with sudden changes in their regular schedules and especially in the sphere of academics. Adapting to these paradigm shift can be stressful which is completely appropriate during this pandemic. Challenges like social distancing, involuntary seclusion and artificial virtual ways of surviving, are bound to take a toll on our emotional wellbeing.

The Counselling Centre is always with you in this difficult phase of life. Let's promise to stay together!

Please email us for appointment at cc@adm.iitkgp.ac.in or visit our website –

http://www.counsellingcentre.iitkgp.ac.in/?cciit=tele-consult for exploring how to get online counselling.