

GOVERNMENT OF INDIA
MINISTRY OF EDUCATION
DEPARTMENT OF SCHOOL EDUCATION & LITERACY
LOK SABHA
UNSTARRED QUESTION NO. 4877
ANSWERED ON 23.03.2026

Impact of Social Media Usage on Students

4877. Dr. Shashi Tharoor:

Will the Minister of Education be pleased to state:

- a) whether the Government has conducted any national-level survey during the last five years to assess the impact of social media usage on students' attention span, learning outcomes, mental well-being in school and higher education levels and if so, details and key findings thereof;
- b) whether the Government has issued any guidelines or advisories to schools and higher educational institutions regarding regulation of mobile phones and social media use within campuses;
- c) if so, the details of such guidelines issued along with the number of institutions that have adopted formal device-use policies and the monitoring mechanism in place to track compliance; and
- d) whether the Government has any proposal to introduce regulatory measures relating to age restrictions, screen-time regulation or social media bans during school hours and if so, the details of consultations held with stakeholders, including State Governments, School Boards and digital platforms and the proposed policy framework?

ANSWER

MINISTER OF STATE IN THE MINISTRY OF EDUCATION
(SHRI JAYANT CHAUDHARY)

(a) to (d): Education is a subject in the Concurrent List of the Constitution, with majority of schools and higher education institutions falling under the administrative control and supervision of the respective State Government/Union Territory (UT) administration. On its part, the Ministry of Education (MoE), is guided by the National Education Policy (NEP), 2020 which recognizes the importance of leveraging the advantages of technology while acknowledging its potential risks and dangers.

The Ministry of Education conducts studies from time to time focussing on various aspects of schooling including mental well-being of students and responsible use of digital technology. The Ministry, through NCERT, conducted a research study in 2022 titled "Mental Health and Well-being of School Students – A Survey, 2022" which primarily focused on factors such as emotional well-being, academic stress, peer relationship, familial support and coping mechanism of students. The survey which covered 3,79,842 students from 36 States/UTs shed light on concerns associated with increased digital and online mode of learning including limited interpersonal interaction and challenges in maintaining attention and concentration. Key findings of the survey are available at [www.manodarpan.education.gov.in/assets/downloads/Mental Health WSS A Survey.pdf](http://www.manodarpan.education.gov.in/assets/downloads/Mental_Health_WSS_A_Survey.pdf).

Further, NCERT conducted a research study titled 'A Study of the Awareness on Cyber Safety and Security among Secondary Students' in 2024. In this study, data related to awareness with respect

to social media safety was also collected. Research report is accessible at https://ciet.ncert.gov.in/storage/app/public/files/19/Reportpdf/Research_Cyber%20Safety_Students.pdf . The steps taken to create awareness through various resources like guidelines; booklets are accessible through <https://ciet.ncert.gov.in/cyber-safety-security> .

The Ministry of Education has undertaken comprehensive interventions to address screen time management through its autonomous bodies. The Ministry of Education, Government of India, introduced the PRAGYATA (Planning, Reviewing, Arranging, Guiding, Yak (Talk), Assigning, Tracking and Appreciating) Guidelines on July 14, 2020, which aim to ensure the safety and academic welfare of students by recommending age-appropriate screen time limits. For pre-primary students, screen time is limited to 30 minutes per day, primarily for interactions with parents. Students in Classes 1 to 8 are advised to have no more than two online sessions of 30-45 minutes each per day. For Classes 9 to 12, up to four sessions of 30-45 minutes each per day are recommended. The guidelines also emphasize the importance of parental involvement in monitoring children's physical and mental well-being, promoting open communication about internet use and balancing online activities with offline play and physical exercise.

The Ministry through NCERT has developed several resources, including a comprehensive Cyber Safety Handbook, to create awareness on use of media safely and promote healthy online habits among students. The resources consisting of guidelines and booklets are accessible through <https://ciet.ncert.gov.in/cyber-safety-security>. Further, online training on social media safety is organised every year by NCERT to create awareness among students and teachers.

The Central Board of Secondary Education (CBSE) has also undertaken several proactive initiatives to address the physical, mental, academic and social impacts of excessive digital engagement, especially in the post-pandemic era. These include the implementation of PRAGYATA Guidelines to ensure structured and safe digital learning while minimizing screen time and conducting regular teacher training programs in collaboration with Centre for Development of Advanced Computing (CDAC), focusing on cyber wellness and balanced screen engagement. To further raise awareness, schools are encouraged to observe Cyber Jagrookta Diwas and establish Cyber Clubs that engage students in reflective activities promoting mindful technology use.

Use of mobile phones and social media by students is strictly prohibited within Kendriya Vidyalaya (KVs) campuses. Further awareness programmes on the impact of social media on children are conducted regularly in all KVs across the country through daily morning assemblies and during every Parent–Teacher Meeting (PTM), where students and parents are sensitised about the safe and responsible use of social media.

Insofar as higher education is concerned, UGC has issued advisories from time to time to Higher Educational Institutions (HEIs) emphasising responsible use of digital devices, promotion of academic integrity, and student well-being. UGC has also disseminated a Handbook on Cyber Hygiene for HEIs, which provides guidance on safe and responsible use of digital platforms, including social media.

UGC advisories and guidelines, including the Cyber Hygiene Handbook and guidelines on students' physical and mental well-being, broadly focus on promoting balanced use of technology, safeguarding students' mental health, and ensuring responsible digital behaviour. The implementation of device-use policies is within the domain of individual HEIs, which are autonomous in framing rules suited to their academic environment.
