

GOVERNMENT OF INDIA
MINISTRY OF EDUCATION
DEPARTMENT OF SCHOOL EDUCATION AND LITERACY

LOK SABHA
UNSTARRED QUESTION NO. 5904

ANSWERED ON 30/03/2026

Regulation of Unsupervised Digital and Social Media Usage

5904. Shri Selvaganapathi T.M.:

Will the Minister of EDUCATION be pleased to state:

- (a) whether it is a fact that as many as 88 per cent of school leaders, educators and parents who responded to questionnaires from the National Council of CBSE Schools have expressed strong support for introducing national guidelines to regulate unsupervised digital and social media usage among children below 18 years old, if so, the details thereof;
- (b) whether it is also a fact that the Government is considering formulating a structured, age oriented regulatory framework for school students and if so, the details thereof;
- (c) whether it is fact that the feedback report based on 6.3 lakh responses received by the national council through its State councils has been submitted to the Government; and
- (d) if so, the details thereof and the action taken by the Government on the above responses?

ANSWER

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

(a) to (d): The Ministry of Education has undertaken comprehensive interventions to address screen time management through its constituent bodies and affiliated organisations. The Ministry of Education, Government of India, introduced the PRAGYATA Guidelines on July 14, 2020, which aims 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 emphasise 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.

CBSE, within its mandate as a national school education Board, has issued guidelines and advisories and has undertaken several proactive initiatives to promote safe, balanced and age-appropriate use of digital and social media among school students, particularly in view of concerns regarding excessive digital engagement. These measures address the physical, mental, academic and social well-being of students and reflect the feedback and evolving needs of stakeholders. Key initiatives include the implementation of the PRAGYATA Guidelines (2020).

CBSE has also issued guidelines and advisories from time to time to regulate mobile phone usage within school premises, discouraging unnecessary use (Circular 02/2009), along with

circulars on digital safety and cyber hygiene to sensitise schools about cyberbullying, online risks and responsible digital behaviour (Circular No. Acad-32/2017). In collaboration with the Ministry of Education and NCERT, the Cyber Safety Handbook (2020) has been disseminated for students, teachers and parents, covering digital etiquette, online safety and wellbeing. Further, capacity-building programmes and training for teachers and school leaders, including collaborations with CDAC (Circular No. TRG-51/2024), focus on cyber wellness and responsible use of technology.

In addition, awareness initiatives such as Cyber Jagrookta Diwas, the establishment of Cyber Clubs in schools and the introduction of Digital Etiquette Guidelines aim to foster responsible digital habits. There is also a continued emphasis on students' mental well-being through activities promoting social interaction and physical engagement. These efforts collectively contribute towards developing a structured and age-sensitive approach to digital usage among school students.
