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**SUB: SOCIAL AND EMOTIONAL LEARNING VESTED IN HAPPINESS**

His Excellency,

This is to begin with 2021 when under your aegis AICTE has launched a nationwide drive on happiness. You were very kind to green flag off that message that went all over India.

I write to seek your patronage to host a similar event culminating in its conclusion under your aegis. This aligns with your recent comment on peace and happiness in J&K ( see attached photo gallery)

Since the launch of the app, the subject of happiness has been given a lot of attention and following are the findings.

I would also like to raise a rather critical issue of social media and the need to safeguard and restore and reinforce the social and emotional balance of the students. With the pervasive use of AI, social media is hijacking their attention spans, eroding their creativity and impacting their relationships and forging stress.

6+ hours per day phone screen time in short bursts of 2-3 seconds slices mind and like a large learning model (LLM) trains their neuro linguistic programming.(NLP) and prunes their neural network

1. The mind (read: neurons) now switches off and on every few seconds taking away focus, concentration and tenacity of the mind. This restrain creativity with the mind constantly consumed by randomness on the phone. Research points to the fact that the minds are thereby becoming Brittle, Anxious, Non-linear and Incomprehensible.
2. These 6+ hours each day CONSUME mind and slice, dice and toss it across multiple disjointed images and leave it unavailable to CREATE.
  1. IQ is about pattern recognition. Training on disjointed images removes that.
  2. EQ is compromised by emoticons sans feelings and EMOTICONS are seen shuffling fast on timelines.
  3. Emotions are the progenitors of our enzymes. Using emoticons without feelings, adversely impacts our endocrine system too and eventually health!

Contd...2/-

Furthermore, in USA strict guidelines from the office of the surgeon general have been issued against social media and more specifically on one such social media platform that is now being held responsible for suicides by the US congress. (Attached: ET news )

Social and Emotional learning in the NEP has been noted as a CRITICAL aspect of education. AICTE has taken several steps in that direction such as with our Universal Human Values course and creation of wellness centres at colleges. While that requires faculty and infrastructure support, we have also approved of an app that can be used as a blended program for each student in each semester titled YOL-YourOneLife that is accompanied by syllabus and it requires no faculty or infrastructure support. It is Do it yourself (DIY) and even the assessment is undertaken by the app in real time. Unlike exams that happen annually, the app allows the user to continue improving her/his scores in real time based on real time assessments. Counselling is also provided on the app itself.

I seek your support to advise the higher ed institutions under your esteemed aegis to:

1. Implement this program that has recently been made essential by AICTE. This can be done as an essential program under the Ability Enhancement Course (AEC) as announced by UGC.

Since the Program evaluates each student's and also each institution's happiness index, this will set off a healthy competition between the various institutions as well.

2. In this connection I also seek your kind patronage to the setting up of wellness centres at each institute and we at AICTE will be happy to assist further on this.
3. Suggest a date for an event that can be organised at the Sher I Kashmir auditorium to announce the two above.

I look forward to sharing more and as always upon receiving any inputs and advice from your end.

Thank you,

  
(Prof. T.G. Sitharam)

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