

# Digital Wellness

As we become more cyber-smart every day, we also become more cyber-endangered. This Course is about what cyber wellness implies, why it is needed in today's world and the values that promote digital wellness.

Technology plays a big part in most people's lives these days; This Course will discover why a healthy relationship with technology is so important, and how you can become more aware of your own online usage. Candidate will also learn about the different tools they can use to help you develop and maintain healthy tech habits.

Digital Wellness will make the participant confident in handling the digital device in more secured way. This Course is the demand of the day, most of the people working in Information Technology Industry are not aware of the concepts of making the digital devices (Laptops, Mobile phones, Tablets etc) secured from the cyber attack. Due to Cyber attacks and malfunctioning of the devices more and more data is being stolen by cyber hackers every year. CSC has taken the responsibility of spreading the awareness about cyber security and to educate the people about it.

Candidate will also learn how to ensure their digital wellbeing, exploring: how to balance online and offline activities, how to stay safe physically and virtually, strategies for dealing with information overload and creating a positive digital identity.