

TRAINING REPORT

DIGITAL WELLNESS & INTERNET ETHICS

Submitted in partial fulfilment of the

Requirements for the award of

Degree of Bachelor of Technology in Computer Science & Engineering

Submitted By

Name: Rohan Joshi

University Roll No. 35196402719

SUBMITTED TO:

Department of Computer Science & Engineering

MAHARAJA AGRASEN INSTITUTE OF TECHNOLOGY

GGSIPU, DELHI

CERTIFICATE



ADVOCACY ON DIGITAL SAFETY

www.endnowfoundation.org

CERTIFICATE DIGITAL SAPTHAHA: Design Internship

Rohan Joshi

Completed Digital Sapthaha - Summer Internship
From 03rd June 2021 to 03rd July 2021
"Promoting Internet Ethics and Digital Wellbeing"

03rd JULY 2021

DATE

Anil Rachamalla

Founder

End Now Foundation



DECLARATION

I hereby declare that the Training Report entitled “Digital Wellness & Internet Ethics” is an authentic record of my own work as requirements of 4 weeks training during the period of **3rd June to 3rd July** for the award of degree of B.Tech. (Computer Science & Engineering), GGSIPU, under the guidance of **Sh. Anil Rachamalla**.

Rohan Joshi

35196402719

Date: 12-10-2021

Certified that the above statement made by the student is correct to the best of our knowledge and belief.

Signatures

Examined by

1. 2. (*Online*)

(Faculty Coordinator)

(Guide/Trainer)

**Head of Department
(Signature and Seal)**

ACKNOWLEDGEMENTS

This internship would not have been possible without “Internshala”, which provided me the platform to look for internships based on my areas of interest.

Sri Anil Rachamalla, the founder of “End Now Foundation”, designed a well -structured, hands-on internship and helped me learn in-depth about “Digital Wellness and Internet Ethics”.

Our group counsellor, Garima Gupta Ma’am, helped push all the students to participate in internships, by giving active reminders on a regular basis.

ABOUT “END NOW FOUNDATION”

End Now Foundation is India’s first non-profit organization, Advocating for Better Internet Ethics and Digital Wellbeing. We collaborate with a goal of Advocacy on Digital Safety. To achieve this goal, we develop and deliver high-quality digital and media literacy resources that create awareness and educate people. We provide leadership in advancing digital and media literacy in educational institutions and corporate sector, among other diverse sections of the societies with a special focus on safe guarding women and children from all digital offences.

It’s a social project aimed at educating young children and teens to engage with internet in a secure manner. We all have noticed teens/ children are increasingly engaged at a younger age on an increasing number of devices, platforms and applications. But these children are not been sufficiently informed / taught / mentored / coached how to do so in a safe and secure manner.

We’re bringing awareness to places where people want and need it most; where it can spur innovation and inspire individuals and organisations to conceive and implement innovative solutions. Whatever initiatives we do, we follow holistic pedagogical methodologies, creating learning environments that encourage creative thinking, shared knowledge exchanges and collaboration opportunities. That approach empowers learners to take the lessons learned back to their organisations and societies, and impact their world for the better.

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INTRODUCTION

ABOUT THE INTERNSHIP

OVERVIEW

End Now Foundation India's first non-profit exclusively promoting Internet Ethics and Digital Wellness. It is a free-thinking, liberal and open organisation. We believe that humanity is going through a period of change where communication and way of life are fast changing because of Technology Adaptation.

The internship was mainly about training the participants about topics which are generally not given much importance, i.e., **Digital Wellness and Internet Ethics**. The aim was to provide the students a deep understanding of these topics, and asking the students to give their own spin at it using creative domains like design, outreach, and making research papers on these topics.

RESPONSIBILITIES

Selected volunteer's day-to-day responsibilities include:

1. Understanding the concept of digital wellbeing by attending our orientation sessions
2. Advocating healthy use of digital technology among their network
3. Working with us to accomplish the mission of providing everyone with equal knowledge on internet ethics and digital wellness
4. Building relationships through design, thinking, intervention, policy, research and advocacy

TRAINING OBJECTIVES

The internship was divided into 3 domains to choose from: -

- Design
- Outreach
- Research

DESIGN INTERNS

Design interns had to think of creative ideas, and design visuals using technology, keeping in mind the viewer and all the aspects of designing like colour grading, sticking to the theme, running similar fonts, and creating an impactful visual while keeping in mind that “less is more”. We were also given the freedom to apply our learning and creating a product to serve the world of Digital Wellness (like a quiz, website, application etc.).

OUTREACH INTERNS

Outreach interns had the responsibility of reaching out to media consumers through all social media platforms. They had to showcase their people skills in order to spread the message to the social media audience.

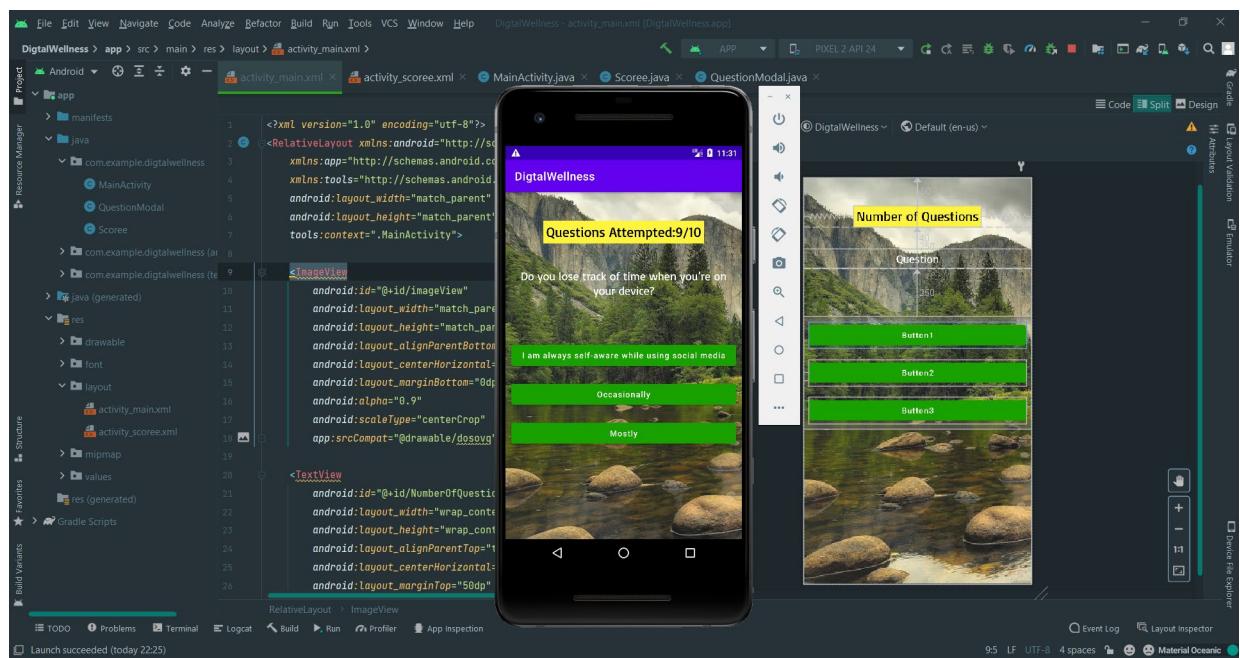
RESEARCH INTERNS

Research interns had to make a research paper based on topics like cyber security, or any topic which is generally unseen even today. The best papers were later to be published with the help of End Now Foundation.

I interned as a **Design Intern**. We had to create 5 posters using any technology and tools we liked, while following all the formats and rules of designing given to us by the foundation.

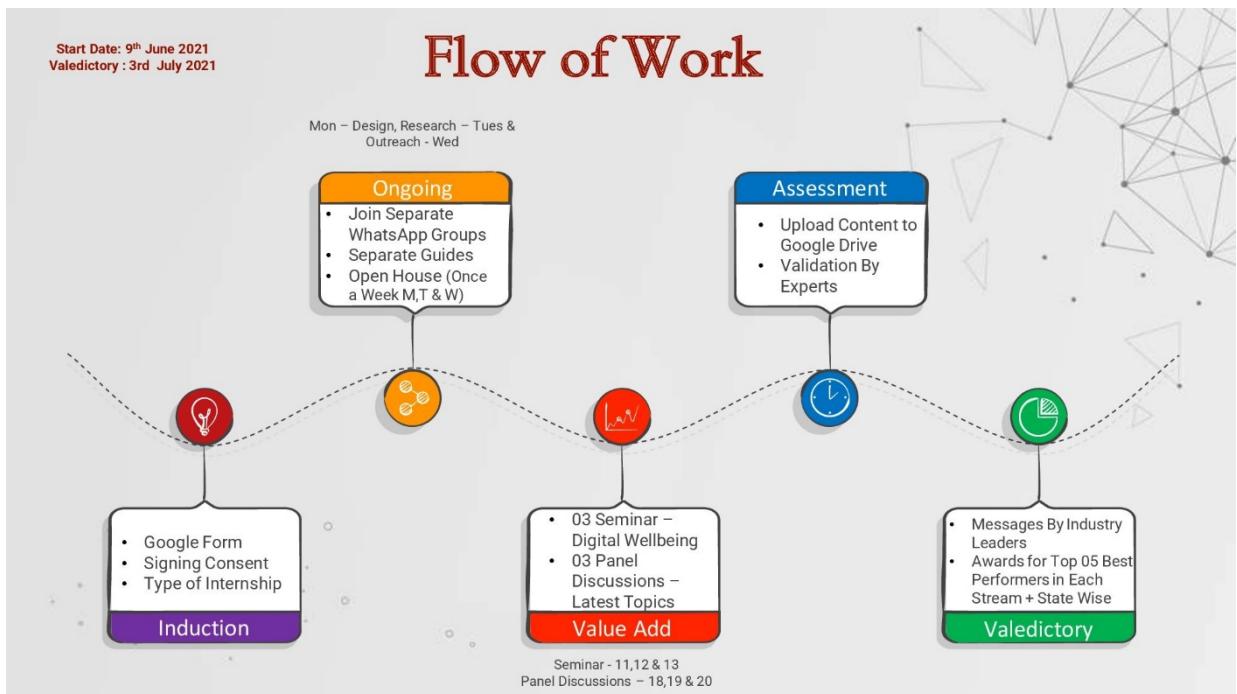
DIGITAL WELLNESS QUIZ APP

I also created an android application, a **quiz based on Digital Wellness**. The quiz would give a score which can be used to identify your level of digital wellness, and help you be self-aware, while using technology.

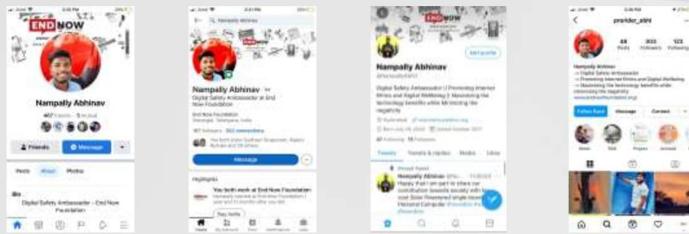


OBJECTIVES/RESPONSIBILITIES IN DETAIL: -





Updating Social Media Profiles As Digital Safety Ambassadors

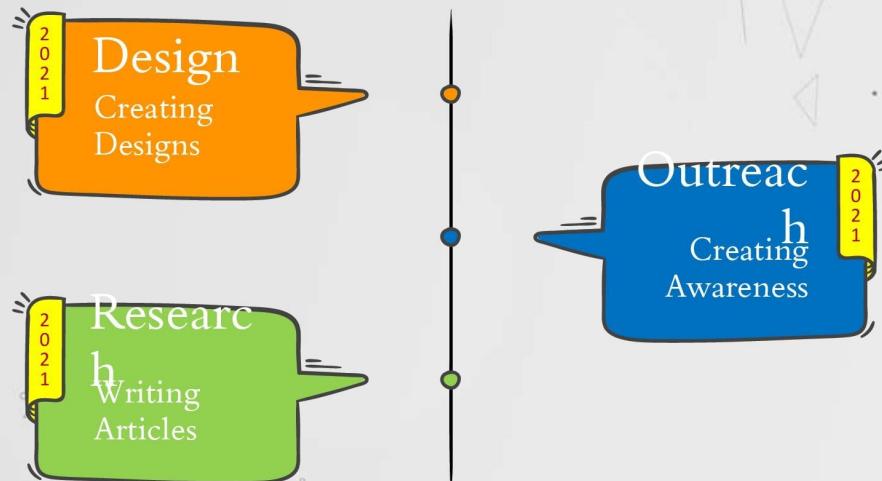


---- Title ----
Digital Safety Ambassador

---- Description ----
Promoting Internet Ethics and Digital Wellbeing
Maximizing the Technology Benefits while Minimizing the Negativity.



Ambassador - Opportunities





Judging Criteria

- All the works are judged by a selection panel composed by some of the most relevant experts of the graphic design and visual communication field.

Designing Posters : 10 Minimum Posters – Mandatory - **(Open File To Be Provided)**

Points : 10% Open Houses // 20% New Ideas & Implementation // 20% Collaboration Opportunities // 20% Social Media Participation – (Following our Social Channels & Posting Articles - Links). // 30% Poster Designing

Social Media – LinkedIn Profile / Internship Mention / Follow / Participation is Mandatory

Mandatory Attendance - Panel Discussions & Talks

Final Form Submission : <https://docs.google.com/forms/d/1vyK2A9sOyoLt4G25qDV9-M6GGRryuEx87qPaxF49cns/edit>

Few Themes

- Digital Addiction
- Cyber Crimes
- Fake News
- Cyber Bullying
- Privacy
- Digital Parenting
- Consent & Data
- Net Neutrality



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<https://linktr.ee/endnowfoundation>

Design Objectives

- We need an eye-catching poster for spreading out our thoughts that will effectively communicate the ideas we believe in.
- Think (and design!) with an open mind to address this theme in either a positive or negative light. You can focus on any theme, it's up to you!
- Stick on to the brand guidelines of the ENF.
- Use only royalty free images(if any)



ADVOCACY ON DIGITAL SAFETY
<https://linktr.ee/endnowfoundation>

1st, 2nd & 3rd - Open House

Design Ideas

<https://blog.creatopy.com/creative-poster-design-ideas/>

Only 05 Posters

Open File is Preferential - (Adobe, Corel Draw, PPT, Canva)

Social Media Walls

#endnowfoundation #digitalwellbeing #internetethics #anilrachamalla

---- Title ----

Digital Safety Ambassador

---- Description ----

Promoting Internet Ethics and Digital Wellbeing
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ADVOCACY ON DIGITAL SAFETY
<https://linktr.ee/endnowfoundation>

Research Objectives

The focus of the internship will be to provide support for the editorial department on our growing list of digital resources.

It will include:

- Identify trending topics that are of interest in space of Digital Safety & Digital wellbeing for students, youth, corporates & household.
- Developing content with strategic approach with focus on
- Working closely with our Research team to ensure content is published according to brief.
- Administrative assistance with record keeping.

Research Objectives

Working with some of the world's best digital safety experts, interns learn, collaborate, and network for life. Interns not only advance their own careers, but they also contribute to the exciting R&D strides our researchers are making.



Research Interns



Research Objectives

Follow these substantial steps to be organized in writing a research paper:

- Select your topic carefully
- Choose sources that will be helpful and make sure they are reliable
- Index cards should be used to jot down helpful notes that you may need throughout the process or writing
- Your notes should be organized based on the topic it is under
- Have an outline that is well thought of
- Write a first draft so you have a skeleton of what your research paper
- Go through your first draft, read it thoroughly and re-write
- Edit when it is needed

1st, 2nd & 3rd - Open House

New Group for Research (Publishable)

<https://thebestschools.org/resources/how-to-write-research-paper/>

Social Media Walls

#endnowfoundation #digitalwellbeing #internetethics #anilrachamalla

--- Title ---

Digital Safety Ambassador

--- Description ---

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Judging Criteria

Originality

- Original ideas in the study and how it advances the previous research in this area.
- Originality of contribution to the existing knowledge with an emphasis on the paper's innovativeness in both theory development and methodology used in the study.

Significance/Impact of the Study

- Does this work make any significant practical contributions?
- The impact of this research work on different stakeholders & society.

Quality of Argument Quality of argument/suggestions incorporating;

- Critical analysis of concepts, theories and findings, and
- Consistency and coherency of debate/suggestions

Writing Style

- Quality of writing style in terms of accuracy, clarity, readability, organization, and formatting of the paper.

Writing Article : 10 Minimum – Mandatory - (Word Document) // Full Publishable Research Paper : 01

Points : 10% Open Houses // 20% New Ideas & Implementation // 20% Collaboration Opportunities // 20% Social Media Participation – (Following our Social Channels & Posting Articles - Links). // 30% Article or Paper

Social Media – LinkedIn Profile / Internship Mention / Follow / Participation is Mandatory

Mandatory Attendance - Panel Discussions & Talks

Detailed Document – On how to write research paper will be sent and discussed on Open House

Final Form Submission (Articles) : <https://docs.google.com/forms/d/1eVnPrUpUyeE3LiVA3CvOld8FN-wp95GXMZOeAy-WYyw/edit>

Final Form Submission (Publishable Papers):<https://docs.google.com/forms/d/1flzqls6vJL6qkuYH8EgqRHnggU1goGeALz0PBp53DM/edit>

Few Themes

Follow these substantial steps to be organized in writing a research paper:

- Digital Addiction
- Cyber Crimes
- Fake News
- Cyber Bullying
- Privacy
- Digital Parenting
- Consent & Data
- Net Neutrality

Submitting

- Entries can be uploaded to the google drive link ([give us access to – digitalsapthaha@gmail.com](#)) in the following formats:
 - **Digital Images** must be **RGB** in pdf format only a maximum file size of **2MB** with corresponding open files(.ai or .psd or corel draw – PPT and Canva is also accepted)
 - **Video Entries** must be in **MOV, MP4, MPG or MPEG** format, with a maximum file size of **500MB**.
 - **PDF Entries** must have a maximum file size of **10MB**.
 - Research Interns – Use Google Docs and share to the email digitalsapthaha@gmail.com
 - Check your content using Plagiarism Tools before submitting.
 - Form has to be duly filled and no personal interaction is allowed.



THANK YOU

We are increasing our impact ...
Join us to make it bigger.



End Now Foundation

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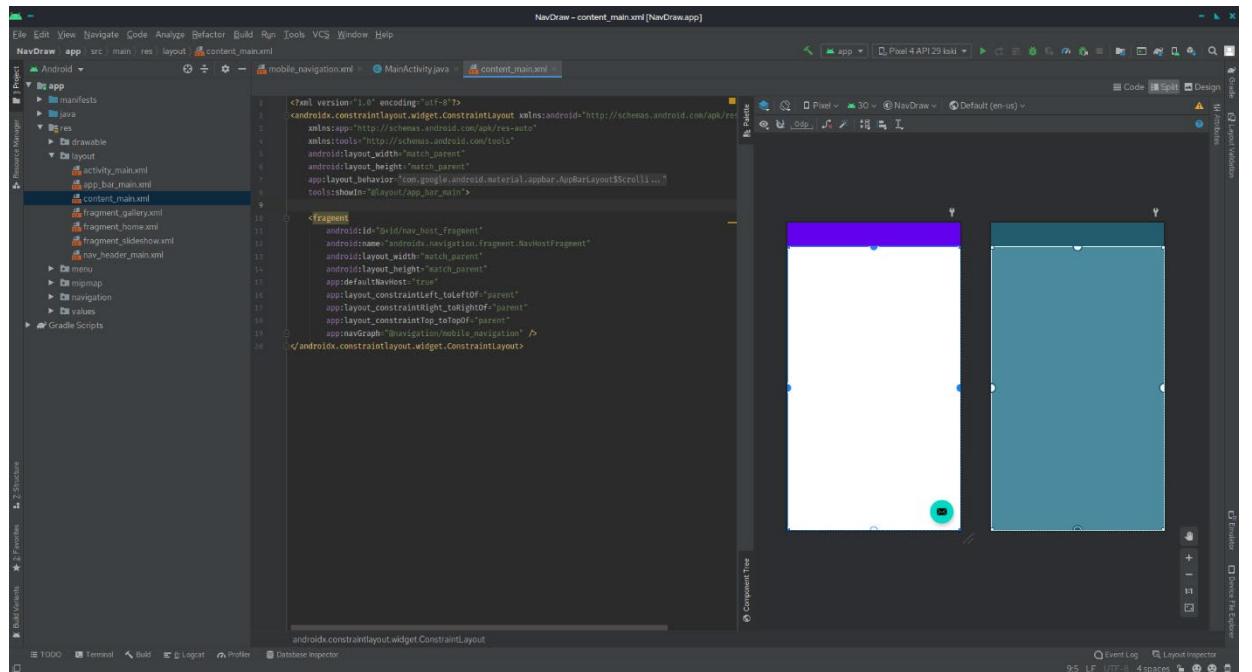
TOOLS AND TECHNOLOGY USED

ANDROID STUDIO

Android Studio is the official integrated development environment (IDE) for Google's Android operating system, built on JetBrains' IntelliJ IDEA software and designed specifically for Android development. It is available for download on Windows, macOS and Linux based operating systems or as a subscription-based service in 2020. It is a replacement for the Eclipse Android Development Tools (E-ADT) as the primary IDE for native Android application development.

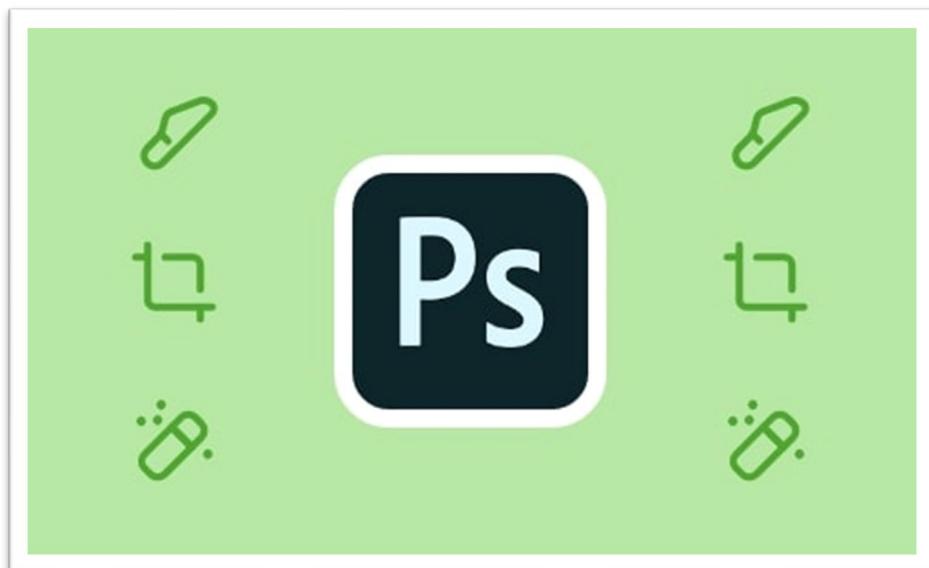
Android Studio was announced on May 16, 2013 at the Google I/O conference. It was in early access preview stage starting from version 0.1 in May 2013, then entered beta stage starting from version 0.8 which was released in June 2014. The first stable build was released in December 2014, starting from version 1.0.

On May 7, 2019, Kotlin replaced Java as Google's preferred language for Android app development. Java is still supported, as is C++.



ADOBE PHOTOSHOP 2021

Adobe Photoshop is a raster graphics editor developed and published by Adobe Inc. for Windows and macOS. It was originally created in 1988 by Thomas and John Knoll. Since then, the software has become the industry standard not only in raster graphics editing, but in digital art as a whole. The software's name has thus become a generic trademark, leading to its usage as a verb (e.g., "to photoshop an image", "photoshopping", and "photoshop contest") although Adobe discourages such use. Photoshop can edit and compose raster images in multiple layers and supports masks, alpha compositing and several colour models including RGB, CMYK, CIELAB, spot colour, and duotone. Photoshop uses its own PSD and PSB file formats to support these features. In addition to raster graphics, Photoshop has limited abilities to edit or render text and vector graphics (especially through clipping path for the latter), as well as 3D graphics and video. Its feature set can be expanded by plug-ins; programs developed and distributed independently of Photoshop that run inside it and offer new or enhanced features.



TOOLS AVAILABLE IN PHOTOSHOP

Upon loading Photoshop, a sidebar with a variety of tools with multiple image-editing functions appears to the left of the screen. These tools typically fall under the categories of **drawing; painting; measuring and navigation; selection; typing; and retouching**. Some tools contain a small triangle in the bottom right of the toolbox icon. These can be expanded to reveal similar tools. While newer versions of Photoshop are updated to include new tools and features, several recurring tools that exist in most versions are discussed below. In some newer versions hovering along the tools gives a small Video glimpse of the tool.

Pen tool

Photoshop includes a few versions of the *pen* tool. The pen tool creates precise paths that can be manipulated using anchor points. The *free form pen* tool allows the user to draw paths freehand, and with the *magnetic pen* tool, the drawn path attaches closely to outlines of objects in an image, which is useful for isolating them from a background.

Clone stamp tool

The Clone Stamp tool duplicates one part of an image to another part of the same image by way of a brush. The duplication is either in full or in part depending on the mode. The user can also clone part of one layer to another layer. The Clone Stamp tool is useful for duplicating objects or removing a defect in an image.

Shape tools

Photoshop provides an array of shape tools including rectangles, rounded rectangles, ellipses, polygons and lines. These shapes can be manipulated by the pen tool, direct selection tool etc. to make vector graphics. In addition, Photoshop provides its own shapes like animals, signs and plants.

Measuring and navigation

The *eyedropper* tool selects a **colour** from an area of the image that is clicked, and samples it for future use. The *hand* tool navigates an image by moving it in any direction, and the *zoom* tool enlarges the part of an image that is clicked on, allowing for a closer view.

Selection tools

Selection tools are used to select all or any part of a picture to perform cut, copy, edit, or retouching operations.

Cropping

The *crop* tool can be used to select a particular area of an image and discard the portions outside the chosen section. This tool assists in creating a focus point on an image and unnecessary or excess space. Cropping allows enhancement of a photo's composition while decreasing the file size. The *crop* tool is in the tools palette, which is located on the right side of the document. By placing the cursor over the image, the user can drag the cursor to the desired area. Once the Enter key is pressed, the area outside the rectangle will be cropped. The area outside the rectangle is the discarded data, which allows for the file size to be decreased. The *crop* tool can alternatively be used to extend the canvas size by clicking and dragging outside the existing image borders.

Slicing

The *slice* and *slice select* tools, like the crop tool, are used in isolating parts of images. The *slice* tool can be used to divide an image into different sections, and these separate parts can be used as pieces of a web page design once HTML and CSS are applied. The *slice select* tool allows sliced sections of an image to be adjusted and shifted.

Moving

The move tool can be used to drag the entirety of a single layer or more if they are selected. Alternatively, once an area of an image is highlighted, the *move* tool can be used to manually relocate the selected piece to anywhere on the canvas.

Marquee

The *marquee* is a tool that can make selections that are a single row, single column, rectangular and elliptical. An area that has been selected can be edited without affecting the rest of the image. This tool can also crop an image; it allows for better control. In contrast to the *crop* tool, the *marquee* tool allows for more adjustments to the selected area before cropping. The only *marquee* tool that does not allow cropping is the elliptical. Although the single row and column *marquee* tools allow for cropping, they are not ideal, because they only crop a line. The *rectangular marquee* tool is the preferred option. Once the tool has been selected, dragging the tool across the desired area will select it. The selected area will be outlined by dotted lines, referred to as "marching ants". To set a specific size or ratio, the tool options bar provides these settings. Before selecting an area, the desired size or ratio must be set by adjusting the width and height. Any changes such as colour, filters, location, etc. should be made before cropping. To crop the selection, the user must go to the image tab and select crop.

Lasso

The *lasso* tool is similar to the *marquee* tool; however, the user can make a custom selection by drawing it freehand. There are three options for the *lasso* tool – regular, polygonal, and magnetic. The regular *lasso* tool allows the user to have drawing capabilities. Photoshop will complete the selection once the mouse button is released. The user may also complete the selection by connecting the end point to the starting point. The "marching ants" will indicate if a selection has been made. The *polygonal lasso* tool will draw only straight lines, which makes it an ideal choice for images with many straight lines. Unlike the regular *lasso* tool, the user must continually click around the image to outline the shape. To complete the selection, the user must connect the end point to the starting point just like the regular lasso tool. *Magnetic lasso* tool is considered the smart tool. It can do the same as the other two, but it can also detect the edges of an image once the user selects a starting point. It detects by examining the colour pixels as the cursor move over the desired area. Closing the selection is the same as the other two, which should also display the "marching ants" once the selection has been closed.

The *quick selection* tool selects areas based on edges, similarly to the *magnetic lasso* tool. The difference between this tool and the *lasso* tool is that there is no starting and ending point. For this reason, the selected area can be added onto as much as possible without starting over. By dragging the cursor over the desired area, the *quick selection* tool detects the edges of the image. The "marching ants" allow the user to know what is currently being selected. Once the user is done, the selected area can be edited without affecting the rest of the image. One of the features that makes this tool especially user friendly is that the SHIFT key is not needed to add more to the selection; by default, extra mouse clicks will be added to the selection rather than creating a new selection.

Magic wand

The *magic wand* tool selects areas based on pixels of similar values. One click will select all neighbouring pixels of similar value within a tolerance level set by the user. If the *eyedropper* tool is selected in the options bar, then the magic wand can determine the value needed to evaluate the pixels; this is based on the sample size setting in the *eyedropper* tool. This tool is inferior to the quick selection tool which works much the same but with much better results and more intuitive controls. The user must decide what settings to use or if the image is right for this tool.

Eraser

The *Eraser* tool erases content based on the active layer. If the user is on the text layer, then any text across which the tool is dragged will be erased. The eraser will convert the pixels to transparent, unless the background layer is selected. The size and style of the eraser can be selected in the options bar. This tool is unique in that it can take the form of the paintbrush and pencil tools. In addition to the straight eraser tool, there are two more available options – background eraser and magic eraser. The *background eraser* deletes any part of the image that is on the edge of an object. This tool is often used to extract objects from the background. The *magic eraser* tool deletes based on similar coloured pixels. It is very similar to the *magic wand* tool. This tool is ideal for deleting areas with the same colour or tone that contrasts with the rest of the image.

Video editing

In Adobe CS5 Extended edition, video editing is comprehensive and efficient with a broad compatibility of video file formats such as *MOV*, *AVI* and *MPEG-4* formats and easy workflow. Using simple combinations of keys video layers can easily be modified, with other features such as adding text and creating animations using single images.

3D extrusion

With the Extended version of Photoshop CS5, 2D elements of an artwork can easily become three-dimensional with the click of a button. Extrusions of texts, an available library of materials for three-dimensional, and even wrapping two-dimensional images around 3D geometry.

Mobile integration

Third-party plugins have also been added to the most recent version of Photoshop where technologies such as the iPad have integrated the software with different types of applications. Applications like the Adobe Eazel painting app allows the user to easily create paintings with their fingertips and use an array of different paint from dry to wet in order to create rich colour blending. In October 2018, it was announced that the full Photoshop engine will be released for iPad next year. The program will feature cloud syncing with other devices and a simpler interface than the desktop version.

Camera raw

With the Camera Raw plug-in, raw images can be processed without the use of Adobe Photoshop Lightroom, along with other image file formats such as *JPEG*, *TIFF*, or *PNG*. The plug-in allows users to remove noise without the side-effect of over-sharpening, add grain, and even perform post-crop vignetting.

3D printing tools

From version 14.1, users can create and edit designs for 3D printing. Artists can add colour, adjust the shape or rotate the angles of imported models, or design original 3D models from scratch.

Colour replacement tool

The Colour Replacement Tool allows the user to change the colour, while maintaining the highlights and shadows of the original image, of pieces of the image. By selecting Brushes and right clicking, the Colour Replacement Tool is the third option down. What is important to note with this tool is the foreground colour. The foreground colour is what will be applied when painting along the chosen part of the image with the Colour Replacement tool.

OTHER TOOLS USED: -

- www.unsplash.com was used for obtaining royalty-free images



TECHNICAL CONTENTS

DIGITAL WELLNESS

“The capacity to look after personal health, safety, relationships and work-life balance in digital settings”

“To use digital tools in pursuit of personal goals (e.g., health and fitness) and to participate in social and community activities; to act safely and responsibly in digital environments; to negotiate and resolve conflict; to manage digital workload, overload and distraction; to act with concern for the human and natural environment when using digital tools. An understanding of the benefits and risks of digital participation in relation to health and wellbeing outcomes”

INTERNET ETHICS

Internet ethics means acceptable behaviour for using internet. We should be honest, respect the rights and property of others on the internet.

Acceptance

One has to accept that Internet is not a value free-zone. It means World Wide Web is a place where values are considered in the broadest sense so we must take care while shaping content and services and we should recognize that internet is not apart from universal society but it is a primary component of it.

Sensitivity to National and Local cultures

It belongs to all and there is no barrier of national and local cultures. It cannot be subject to one set of values like the local TV channel or the local newspaper we have to accommodate multiplicity of usage.

While using e-Mail and chatting

Internet must be used for communication with family and friends. Avoid chatting with strangers and forwarding e-mails from unknown people /strangers. We must be aware of risks involved in chatting and forwarding e-mails to strangers.

Pretending to be someone else

We must not use internet to fool others by pretending to be someone else. Hiding our own identity to fool others in the Internet world is a crime and may also be a risk to others.

Avoid Bad language

We must not use rude or bad language while using e-Mail, chatting, blogging and social networking, we need to respect their views and should not criticize anyone on the internet.

Hide personal information

We should not give personal details like home address, phone numbers, interests, passwords. No photographs should be sent to strangers because it might be misused and shared with others without their knowledge.

While Downloading

Internet is used to listen and learn about music, It is also used to watch videos and play games we must not use it to download them or share copyrighted material. We must be aware of the importance of copyrights and issues of copyright.

Access to Internet

The internet is a time-efficient tool for everyone that enlarges the possibilities for curriculum growth. Learning depends on the ability to find relevant and reliable information quickly and easily, and to select, understand and assess that information. Searching for information on the internet can help to develop these skills.

Classroom exercises and take-home assessment tasks, where students are required to compare website content, are ideal for alerting students to the requirements of writing for different audiences, the purpose of particular content, identifying and judging accuracy and reliability. Since many sites adopt particular views about issues, the internet is a useful tool for developing the skills of distinguishing fact from opinion and exploring subjectivity and objectivity.

TRAINING SCHEDULE (JUNE-JULY 2021)

June
2021

Standard Timings: 06:00 PM to 07:30 PM

Digital Sapthaha



ADVOCACY ON DIGITAL SAFETY

www.enndownfoundation.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
6	7	8	9 Open House Outreach Ambassadors	10 Open House Design Ambassadors	11 Open House Research Ambassadors	12 Talk Digital Wellbeing Digital Detox
13 Talk Consent & Data, why is it different offline and online	14 Open House Outreach Ambassadors	15 Open House Design Ambassadors	16 Open House Research Ambassadors	17	18 Panel Debate Influence of Social Media in Shaping our Lives	19 Panel Debate Privacy a Myth in the era of Digital Technology
20 Panel Debate Social Media Platforms vs The New Digital Media Ethics Code	21 Open House Outreach Ambassadors	22 Open House Design Ambassadors	23 Open House Research Ambassadors	24	25	26
27 Talk Digital Intelligence / Social Engineering Crimes / Reporting Cyber Crime	28 Open House (Submitting Reports) All Ambassadors	29	30			

July
2021

Standard Timings: 06:00 PM to 07:30 PM

Digital Sapthaha



ADVOCACY ON DIGITAL SAFETY

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Valedictory All Ambassadors
4	5 Certificates By Email	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

The internship was carried out in June-July 2021 in a well-structured manner. The schedule is attached above for all dates.

WORKFLOW: -

- **OPEN HOUSES THROUGHOUT THE COURSE OF THE INTERNSHIP**
- **TALKS ABOUT THEMES LIKE CYBER SECURITY, CYBER BULLYING AND DIGITAL WELL BEING**
- **PANEL DEBATES**
- **CREATING VISUALLY APPEALING AND INFORMATIVE POSTERS**

OPEN HOUSES: -

During the open houses, we were enlightened and trained on a variety of topics. Namely: -

- Digital Wellness
- Cyber Security
- Cyber Bullying
- Cyber Cells in India
- Online Frauds
- Social Media Usage
- Internet Addiction
- Internet Ethics

And a lot more...

TALKS: -

Talks throughout the internship included guests and speakers from a wide spectrum of society, ranging from Cyber Cell Officers to members of the Bhutan Embassy. It was an honour and an experience to learn from veterans of their own fields.

PANEL DEBATES: -

Panel Debates were very well-rounded debates which helped all interns deep dive into the real purpose of the topics.

There were three panel debates throughout the internship: -

1. Influence of social media in shaping our lives
2. Privacy - A myth in the era of digital technology
3. Social Media Platforms vs The New Digital Media Ethics Code

POSTERS: -

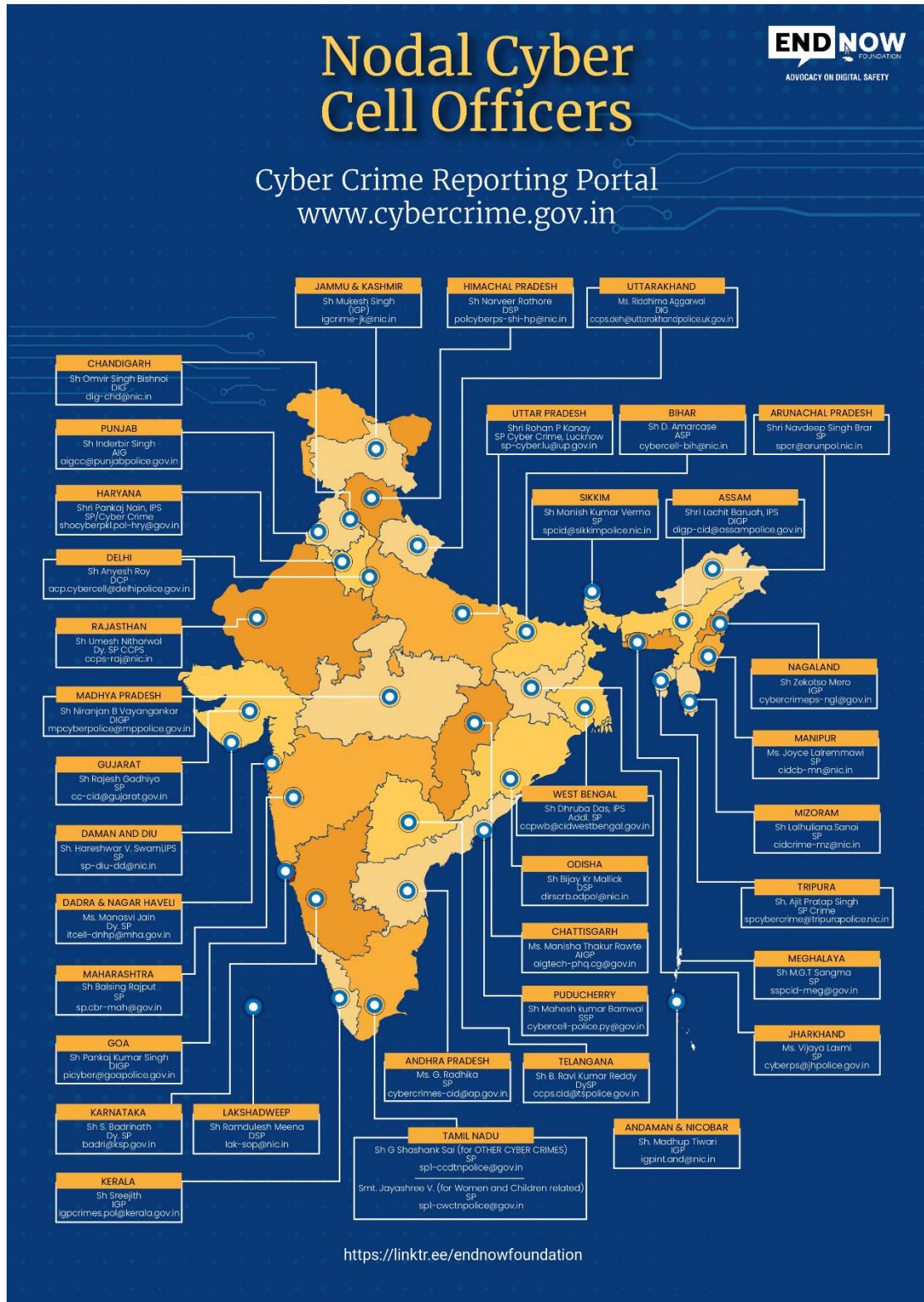
After learning in depth about the topics, we were instructed to put our learning into action by designing posters which can connect to the viewer, are visually appealing and have a message.

The designing part was fun! We can break it down into a few steps: -

- We were given a number of themes to help streamline our creative output. The themes included cyber bullying, screen usage, blue light, online frauds etc.
- Vectors of the foundation logo, and existing posters were provided to us to draw inspiration and design our posters in accordance with the colour theme of the foundation.
- We were instructed to use 2 fonts – Montserrat and Roboto; to give all posters a common ground. These fonts were new to me, and I was thrilled to observe that these fonts did an amazing job in getting the message across to everyone in a bold manner.
- After this, it was our imagination and creativity which had to do rest of the job. After deciding on the themes, I brainstormed potential ideas and designed the posters, in a way that they convey the message behind the poster, simply yet deeply.

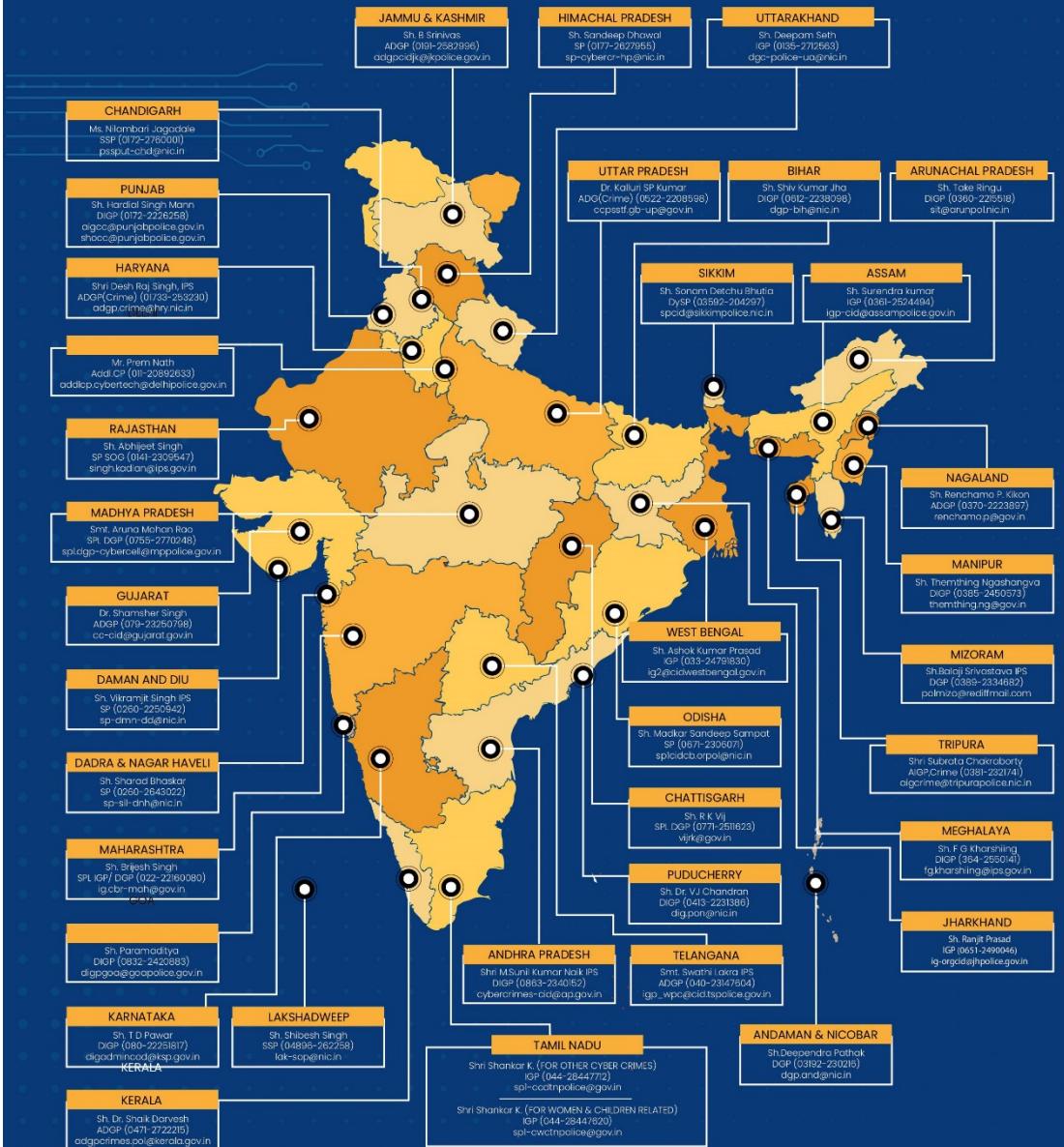
Following themes and ideas (and many more) were discussed in the talks, and open houses, apart from drawing inspiration from them to design our posters: -

CYBER CELL OFFICERS(IMPORTANT)



Grievance Officers Cyber Cell

Cyber Crime Reporting Portal
www.cybercrime.gov.in



<https://linktr.ee/endnowfoundation>

CYBER BULLYING AFTER EFFECTS

Health issues

Suicide



Depression



Alcohol



Violent



FAILURE DEFORMED UGLY
MENTAL SELFISH
WORTHLESS LOSER

<https://linktr.ee/endnowfoundation>

COMMON CYBER THREATS

Here are some common forms of cyber threats to protect against.

RANSOMWARE

Malevolent software which locks user access by encrypting data using cryptovirology while extorting the payment from the victim in order to decrypt and restore the files.



MALWARE

Malicious software installed on a machine unknowingly and performs criminal actions for a third party.



BOTNETS

A "secret key" that provides entry to devices and connections to be controlled by an attacker for criminal purpose.



SPOOFING

Email messages sent from a fraudulent account masquerading as a legitimate and trusted source as an attempt to gain access to a user's system or confidential information.



WORM

Stand alone software which does not require a host program in order to propagate and replicate itself onto other networks and drives damaging data and software as it spreads.



TROJANS

Computer program that contains destructive code disguised as the harmless programming.



DENIAL OF SERVICE {DDOS}

Floods bandwidth which makes online systems unavailable.



VIRUS

A type of malware that when executed spreads from computer by replicating its programming and infecting user programs and files to change the way they operate or to stop working altogether.



PHISHING

A DNS server software vulnerability is exposed or a host file is swapped and a legitimate website is maliciously redirected to a scan site where unknowing visitors enter their confidential information.



SPYWARE

Criminal malware on the hard drive used to covertly monitor user activities.



PHARMING

A DNS server software vulnerability is exposed or a host file is swapped and a legitimate website maliciously redirects to a scam site where unknowing visitors can enter into their own confidential information.



ADWARE

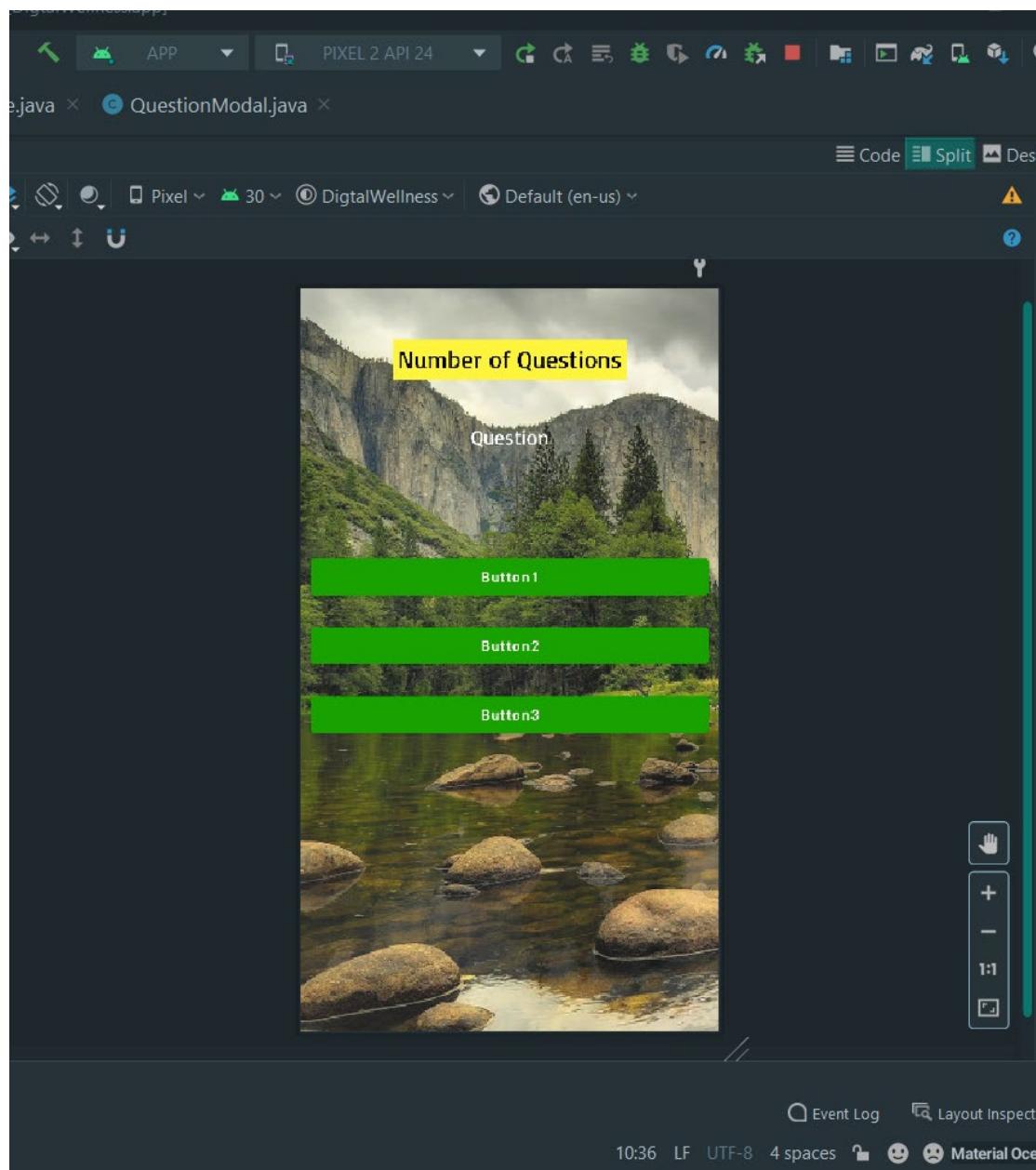
Can redirect the search requests or automatically render some of advertisements producing the revenue for its creator.



DIGITAL WELLNESS QUIZ – ANDROID APPLICATION

XML FILES: -

Main Activity



```
<?xml version="1.0" encoding="utf-8"?>
<RelativeLayout xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    tools:context=".MainActivity">

    <ImageView
        android:id="@+id/imageView"
        android:layout_width="match_parent"
        android:layout_height="match_parent"
        android:layout_alignParentBottom="true"
        android:layout_centerHorizontal="true"
        android:layout_marginBottom="0dp"
        android:alpha="0.9"
        android:scaleType="centerCrop"
        app:srcCompat="@drawable/dosovq" />

    <TextView
        android:id="@+id/NumberOfQuestions"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignParentTop="true"
        android:layout_centerHorizontal="true"
        android:layout_marginTop="50dp"
        android:background="#FFF53D"
        android:fontFamily="@font/basic"
        android:gravity="center"
        android:padding="5dp"
        android:text="@string/number_of_questions"
        android:textAlignment="center"
        android:textAllCaps="false"
        android:textColor="@color/black"
        android:textSize="24sp" />

    <TextView
        android:id="@+id/Question"
        android:layout_width="match_parent"
        android:layout_height="wrap_content"
        android:layout_below="@+id/NumberOfQuestions"
        android:layout_alignParentStart="true"
        android:layout_marginTop="40dp"
        android:fontFamily="@font/basic"
        android:gravity="center"
        android:padding="5dp"
```

```
    android:text="Question"
    android:textAlignment="center"
    android:textAllCaps="false"
    android:textColor="@color/white"
    android:textSize="20sp" />

<LinearLayout
    android:layout_width="match_parent"
    android:layout_height="wrap_content"
    android:layout_alignParentTop="true"
    android:layout_alignParentEnd="true"
    android:layout_centerHorizontal="true"
    android:layout_marginTop="250dp"
    android:layout_marginEnd="0dp"
    android:layout_below="@+id/Question"
    android:orientation="vertical">

    <Button
        android:id="@+id/button"
        android:layout_width="match_parent"
        android:layout_height="wrap_content"
        android:layout_margin="10dp"
        android:backgroundTint="#19A100"
        android:padding="5dp"
        android:text="@string/button1"
        android:textAllCaps="false" />

    <Button
        android:id="@+id/button2"
        android:layout_width="match_parent"
        android:layout_height="wrap_content"
        android:layout_margin="10dp"
        android:backgroundTint="#19A100"
        android:padding="5dp"
        android:textAllCaps="false"
        android:text="@string/button2" />

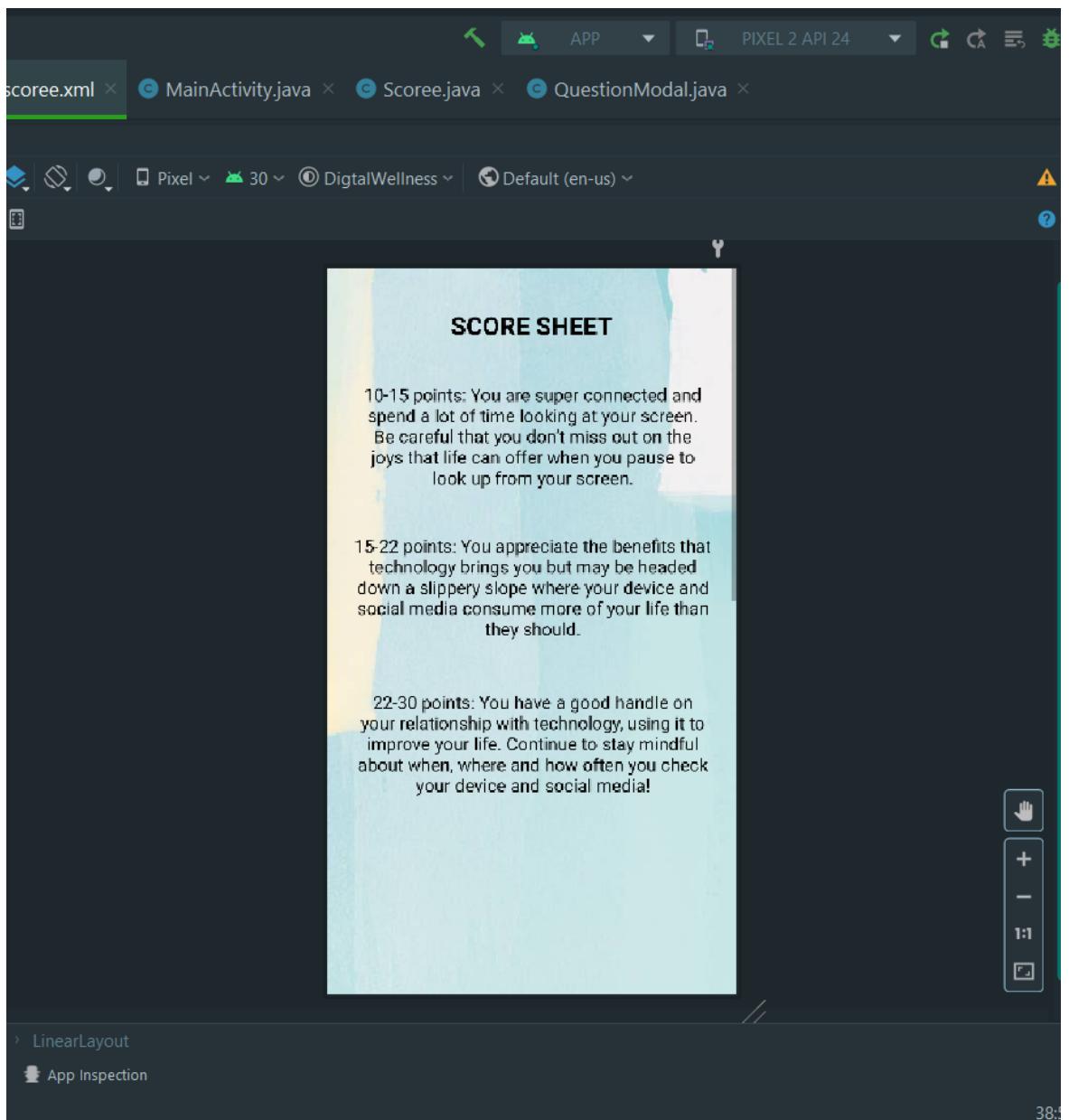
    <Button
        android:id="@+id/button3"
        android:layout_width="match_parent"
        android:layout_height="wrap_content"
        android:layout_margin="10dp"
        android:backgroundTint="#19A100"
        android:padding="5dp"
        android:textAllCaps="false"
```

```
        android:text="@string/button3" />

    </LinearLayout>

</RelativeLayout>
```

Score Sheet



```
<?xml version="1.0" encoding="utf-8"?>

<ScrollView xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    xmlns:tools="http://schemas.android.com/tools"
    android:id="@+id/ScrollView01"
    android:layout_width="fill_parent"
    android:layout_height="fill_parent">

    <RelativeLayout
        android:layout_width="match_parent"
        android:layout_height="match_parent"
        tools:context=".Scoree">

        <ImageView
            android:id="@+id/imageView2"
            android:layout_width="match_parent"
            android:layout_height="match_parent"
            android:scaleType="centerCrop"
            app:srcCompat="@drawable/original_28257_1454955209_3" />

        <TextView
            android:id="@+id/textView"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@id/linear"
            android:layout_alignParentTop="true"
            android:layout_centerHorizontal="true"
            android:layout_marginTop="40dp"
            android:background="#00FFFFFF"
            android:backgroundTint="#FFFFFF"
            android:text="SCORE SHEET"
            android:textAllCaps="false"
            android:textColor="#000000"
            android:textSize="25sp"
            android:textStyle="bold" />

        <LinearLayout
            android:id="@+id/linear"
            android:layout_width="match_parent"
            android:layout_height="wrap_content"
            android:layout_alignParentTop="true"
            android:layout_alignParentEnd="true"
            android:layout_centerInParent="true"
            android:layout_marginStart="10dp"
            android:layout_marginTop="90dp"
            android:background="#000000"
            android:backgroundTint="#FFFFFF" />
    
```

```
    android:layout_marginEnd="8dp"
    android:layout_marginBottom="10dp"
    android:gravity="center"
    android:orientation="vertical"
    tools:ignore="InvalidId">

    <TextView
        android:id="@+id/textView2"
        android:layout_width="match_parent"
        android:layout_height="wrap_content"
        android:layout_below="@id/textView3"
        android:layout_alignParentTop="true"
        android:layout_alignParentEnd="true"
        android:layout_centerHorizontal="true"
        android:layout_margin="15dp"
        android:layout_marginTop="10dp"
        android:padding="10dp"
        android:text="10-15 points: You are super connected and spend a lot of
time looking at your screen. Be careful that you don't miss out on the joys that life
can offer when you pause to look up from your screen."
        android:textAlignment="center"
        android:textColor="#000000"
        android:textSize="18sp" />

    <TextView
        android:id="@+id/textView3"
        android:layout_width="match_parent"
        android:layout_height="wrap_content"
        android:layout_below="@id/textView4"
        android:layout_alignParentStart="true"
        android:layout_alignParentTop="true"
        android:layout_alignParentEnd="true"
        android:layout_centerHorizontal="true"
        android:layout_gravity="center"
        android:layout_marginTop="10dp"
        android:layout_marginBottom="20dp"
        android:padding="10dp"
        android:text="15-22 points: You appreciate the benefits that technology
brings you but may be headed down a slippery slope where your device and social media
consume more of your life than they should."
        android:textAlignment="center"
        android:textColor="#000000"
        android:textSize="18sp" />

    <TextView
        android:id="@+id/textView4"
```

```
        android:layout_width="match_parent"
        android:layout_height="wrap_content"
        android:layout_alignParentStart="true"
        android:layout_alignParentTop="true"
        android:layout_alignParentEnd="true"
        android:layout_centerHorizontal="true"
        android:layout_centerVertical="true"
        android:layout_gravity="center"
        android:layout_marginTop="10dp"
        android:padding="10dp"
        android:text="22-30 points: You have a good handle on your relationship
with technology, using it to improve your life. Continue to stay mindful about when,
where and how often you check your device and social media!"
```

```
        android:textAlignment="center"
        android:textColor="#000000"
        android:textSize="18sp" />
```

```
</LinearLayout>
```

```
</RelativeLayout>
```

```
</ScrollView>
```

JAVA FILES: -

MainActivity.java

```
package com.example.digitalwellness;

import androidx.appcompat.app.AppCompatActivity;

import android.content.Intent;
import android.os.Bundle;
import android.view.LayoutInflater;
import android.view.View;
import android.widget.Button;
import android.widget.LinearLayout;
import android.widget.TextView;
import android.widget.Toast;

import com.google.android.material.bottomsheet.BottomSheetDialog;

import org.w3c.dom.Text;

import java.util.ArrayList;
import java.util.Random;

public class MainActivity extends AppCompatActivity
{
    private TextView question,number;
    private Button button1,button2,button3;
    ArrayList<QuestionModal> quizarraylist;
    Random random;
    int currentScore=0, questionAttempted=0, currentPos;

    @Override
    protected void onCreate(Bundle savedInstanceState)
    {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_main);
        question = findViewById(R.id.Question);
        number = findViewById(R.id.NumberOfQuestions);
        button1 = findViewById(R.id.button);
        button2 = findViewById(R.id.button2);
        button3 = findViewById(R.id.button3);
        quizarraylist = new ArrayList<>();
        random = new Random();
    }
}
```

```

        getQuizQuestion(quizarraylist);
        currentPos = random.nextInt(quizarraylist.size());
        setDataToViews(currentPos);

        button1.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View v) {
                currentScore = currentScore+3;
                questionAttempted++;
                currentPos = random.nextInt(quizarraylist.size());
                setDataToViews(currentPos);
            }
        });

        button2.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View v) {
                currentScore = currentScore+2;
                questionAttempted++;
                currentPos = random.nextInt(quizarraylist.size());
                setDataToViews(currentPos);
            }
        });

        button3.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View v) {
                currentScore = currentScore+1;
                questionAttempted++;
                currentPos = random.nextInt(quizarraylist.size());
                setDataToViews(currentPos);
            }
        });
    }

    private void setDataToViews(int currentPos)
    {
        if(questionAttempted==10)
        {
            number.setText("Questions Attempted:" + questionAttempted + "/10");
            Toast.makeText(this, "Score:" + currentScore + "/30",
Toast.LENGTH_SHORT).show();
            Intent intent = new Intent(MainActivity.this, Scoree.class);
            intent.putExtra("quizscore",currentScore);
            startActivity(intent);
        }
        else
        {
    
```

```

        number.setText("Questions Attempted:" + questionAttempted + "/10");
        question.setText(quizarraylist.get(currentPos).getQuestion());
        button1.setText(quizarraylist.get(currentPos).getOption1());
        button2.setText(quizarraylist.get(currentPos).getOption2());
        button3.setText(quizarraylist.get(currentPos).getOption3());
    }
}

private void getQuizQuestion(ArrayList<QuestionModal> quizarraylist)
{
    quizarraylist.add(new QuestionModal("How often do you check your
smartphone?", "Very often", "Only if it beeps", "Not often"));
    quizarraylist.add(new QuestionModal("How would you feel if you had to go a
day without your phone?", "Fine", "A little anxious", "Stressed out"));
    quizarraylist.add(new QuestionModal("Does anyone close to you ever complain
that you're on your phone or social media too much?", "Rarely", "Never", "All the
time"));
    quizarraylist.add(new QuestionModal("How important is it for you to stay
connected with everything your friends say and do online?", "I stay connected, but not
24x7", "I never stay connected", "I am online 24x7"));
    quizarraylist.add(new QuestionModal("How often do you talk to your friends
face-to-face, instead of through social media, games or texting?", "I try meeting them
whenever possible", "Occasionally", "Never"));
    quizarraylist.add(new QuestionModal("How often do you post something on
social media only to take it down later because of others' reactions?", "I don't care
about others' judgement", "Only if it may hurt someone's sentiments", "All the
time!"));
    quizarraylist.add(new QuestionModal("Do you ever get up in the night to check
your phone?", "Sleep is much more important for me", "Occasionally", "Every night"));
    quizarraylist.add(new QuestionModal("Do you ever miss out on things happening
around you because you're busy taking pictures for social media, or looking to see
what others have posted?", "No, I enjoy the present moment", "Sometimes", "It is now a
habit that I can't get rid of"));
    quizarraylist.add(new QuestionModal("Do you lose track of time when you're on
your device?", "I am always self-aware while using social
media", "Occasionally", "Mostly"));
    quizarraylist.add(new QuestionModal("Have you ever felt envious about
something you've seen on social media?", "No, social media is just a small fraction of
real life", "Honestly, yes but not all the time", "Always"));
}
}

```

Java File (scoresheet)

```
package com.example.digitalwellness;

import androidx.appcompat.app.AppCompatActivity;

import android.content.Intent;
import android.os.Bundle;
import android.widget.TextView;
import android.widget.Toast;

public class Scoree extends AppCompatActivity {

    TextView textView;
    TextView textView2;
    TextView textView3;
    TextView textView4;

    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_scoree);

        textView = findViewById(R.id.textView);
        textView2= findViewById(R.id.textView2);
        textView3= findViewById(R.id.textView3);
        textView4= findViewById(R.id.textView4);

    }
}
```

QuestionModel.java

```
package com.example.digitalwellness;

public class QuestionModal
{
    private String question;
    private String option1;
    private String option2;
    private String option3;

    public QuestionModal(String question, String option1, String option2, String
option3)
    {
        this.question = question;
        this.option1 = option1;
        this.option2 = option2;
        this.option3 = option3;
    }

    public String getQuestion() {
        return question;
    }

    public void setQuestion(String question) {
        this.question = question;
    }

    public String getOption1() {
        return option1;
    }

    public void setOption1(String option1) {
        this.option1 = option1;
    }

    public String getOption2() {
        return option2;
    }

    public void setOption2(String option2) {
        this.option2 = option2;
    }

    public String getOption3() {
        return option3;
    }
}
```

```
    }

    public void setOption3(String option3) {
        this.option3 = option3;
    }

}
```

SUMMARY

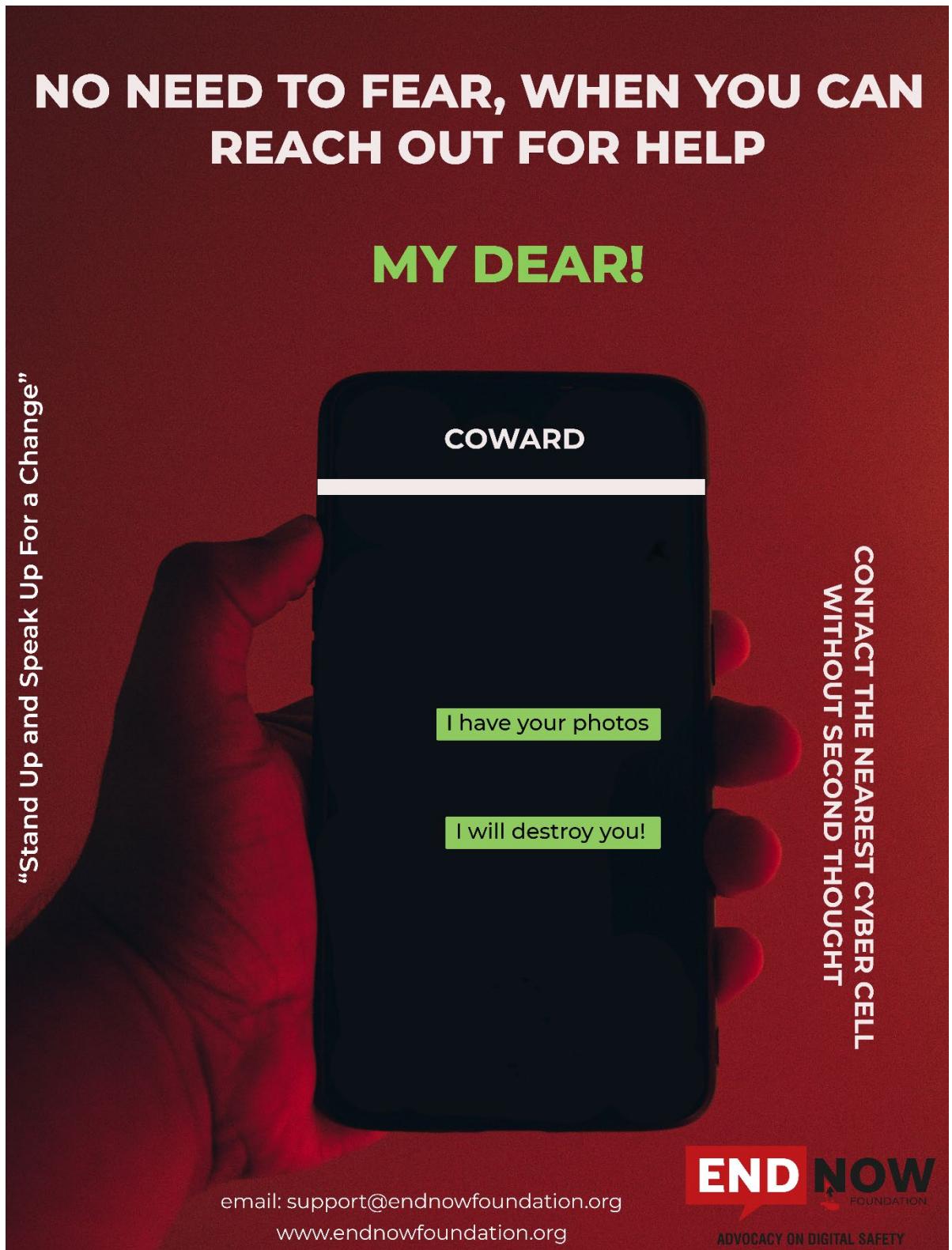
The internship started with open houses, then talks, panel debates, and finally ended with us creating posters, to share with the society, to spread awareness on the widely overshadowed topic of Digital Wellness, and Internet Ethics. Pros and cons are attached to anything in life, but it is important to realize the cons, and work out solutions to eliminate them, or turn them to positives. Overall, the workflow was extremely crisp and clear, and I faced no difficulty comprehending anything, and was able to complete my task of designing **5 Posters** using the tools and technologies mentioned in the previous section. After the training, I was able to apply the knowledge gained in building an app (Digital Wellness Quiz) to help people check their Digital Wellness score!



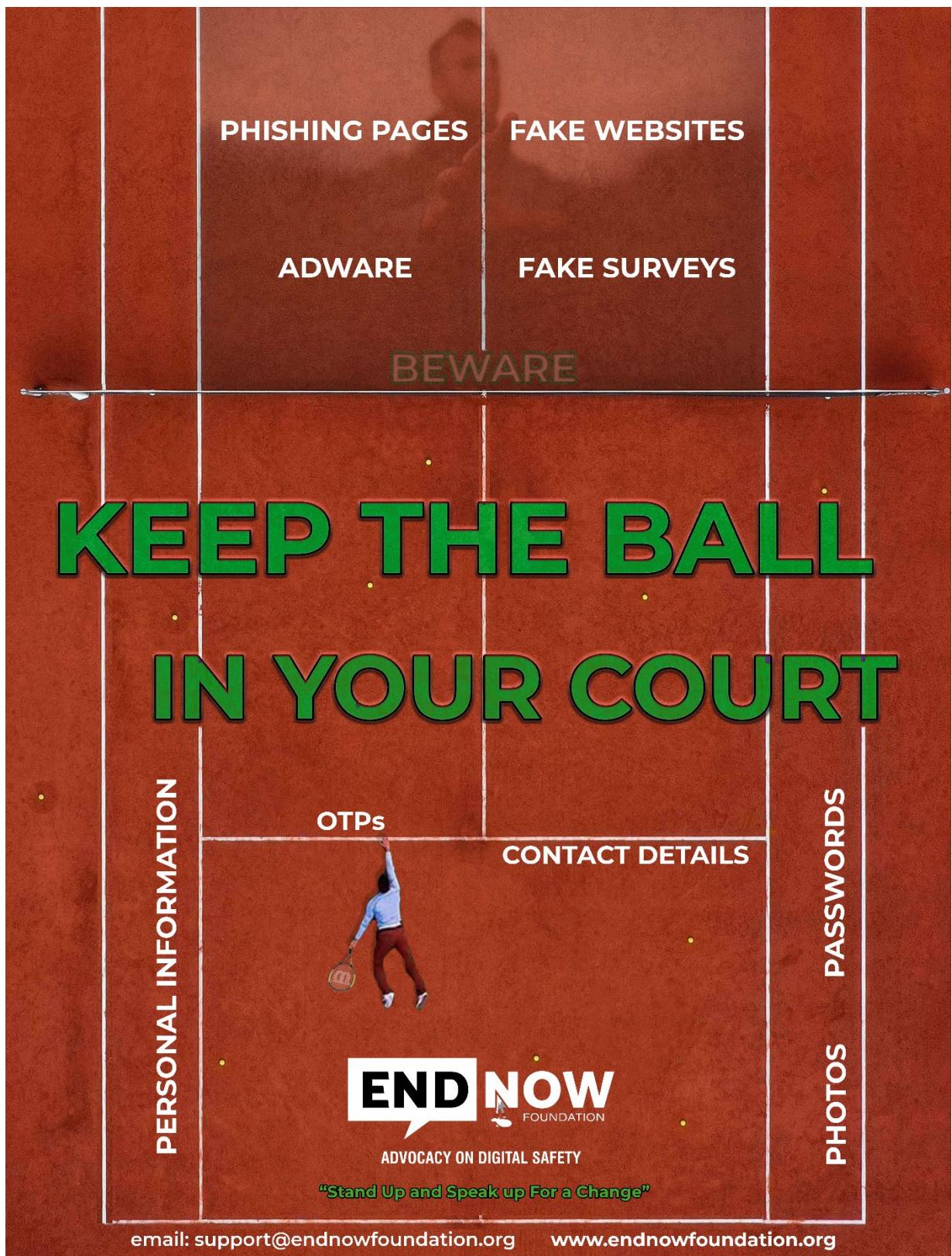
SNAPSHOTS

5 posters were to be designed by every Design Intern. Here are the ones I designed: -

1. CYBER BULLYING



2. BALL IN YOUR COURT



3. GAMING



GAMING MAY PROVIDE TEMPORARY DOPAMINE ...

**BUT, IS INVESTMENT WITHOUT RETURN A GOOD IDEA?
THE CHOICE IS YOURS!**

"Stand Up and Speak Up For a Change"
email: support@endnowfoundation.org
www.endnowfoundation.org

END NOW
FOUNDATION
ADVOCACY ON DIGITAL SAFETY

4. BLUE LIGHT FILTER



5. SCREEN TIME

email: support@endnowfoundation.org

www.endnowfoundation.org

"Stand Up and Speak Up for a Change"



ADVOCACY ON DIGITAL SAFETY

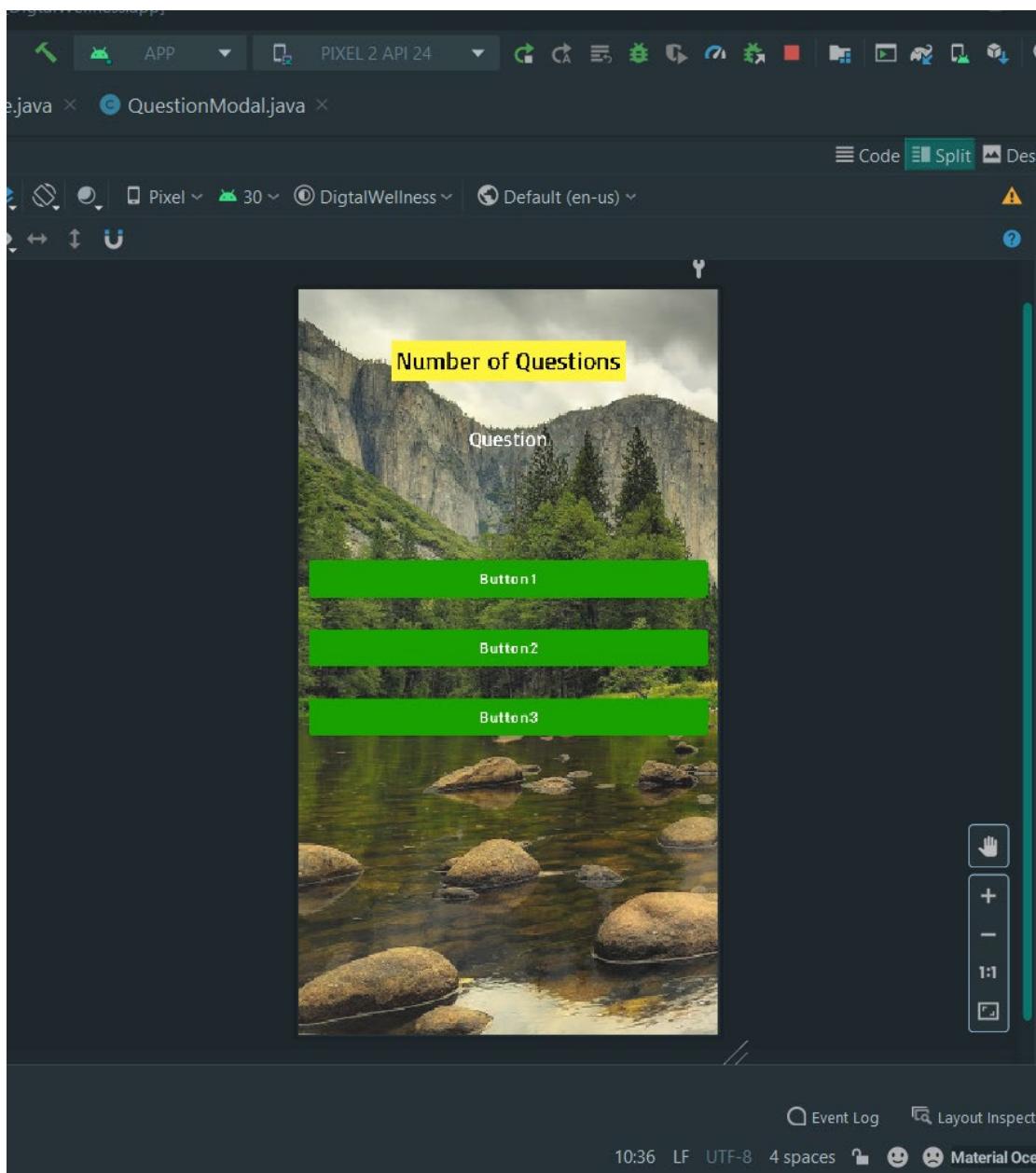
MAKE A DECISION!

CONVERT YOUR SCREEN TIME TO GREEN TIME

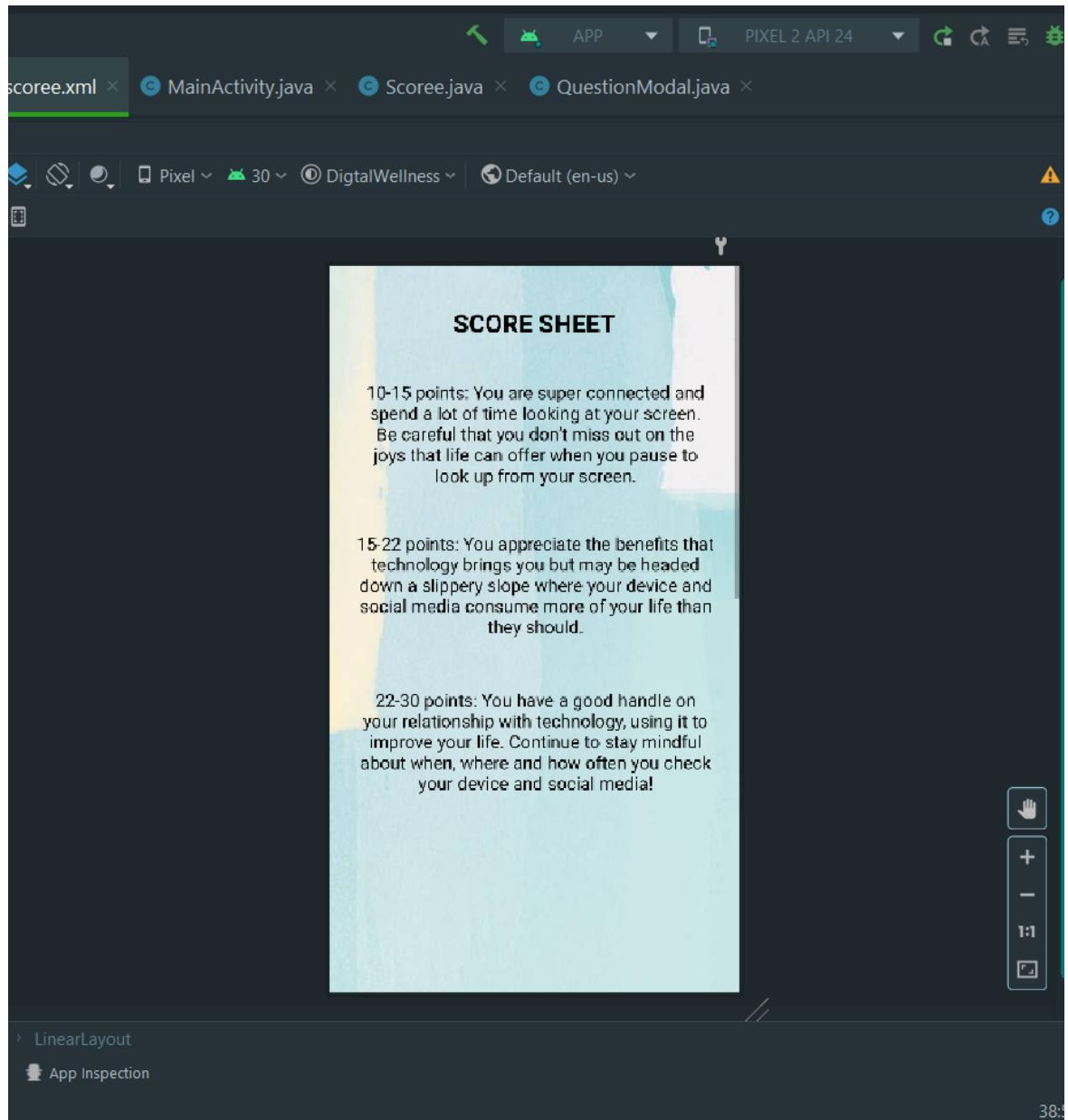


DIGITAL WELLNESS QUIZ

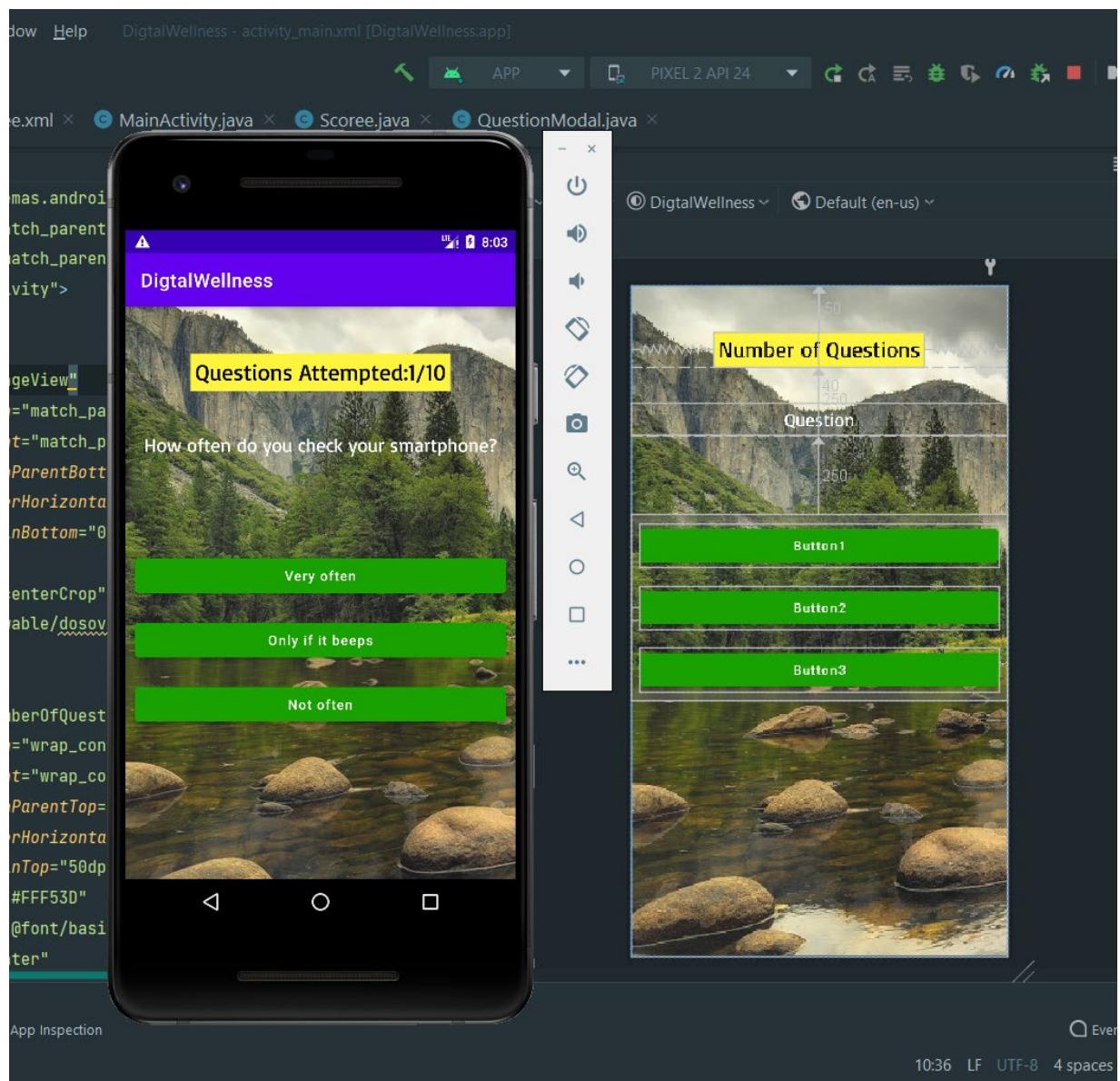
Main Activity

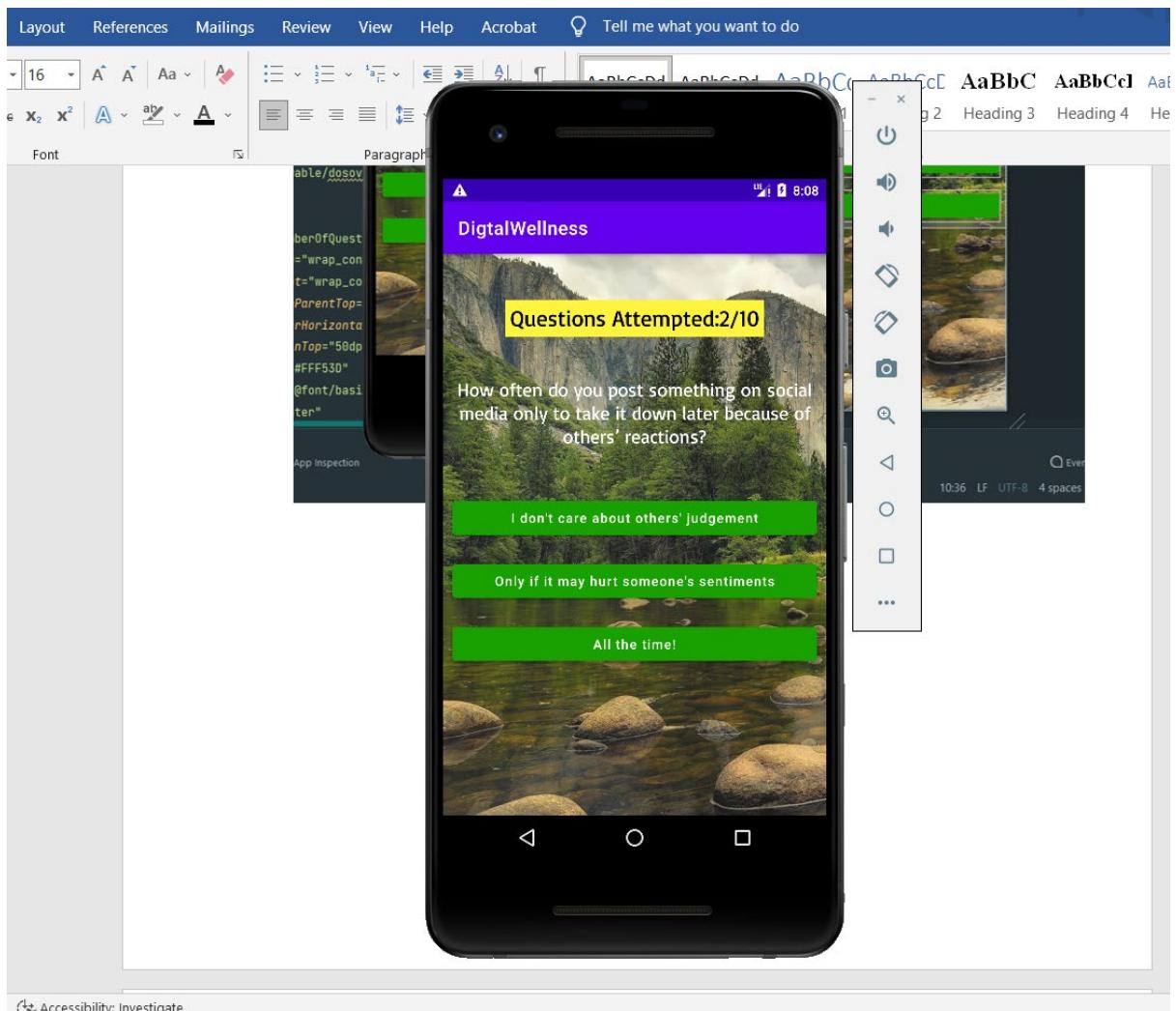


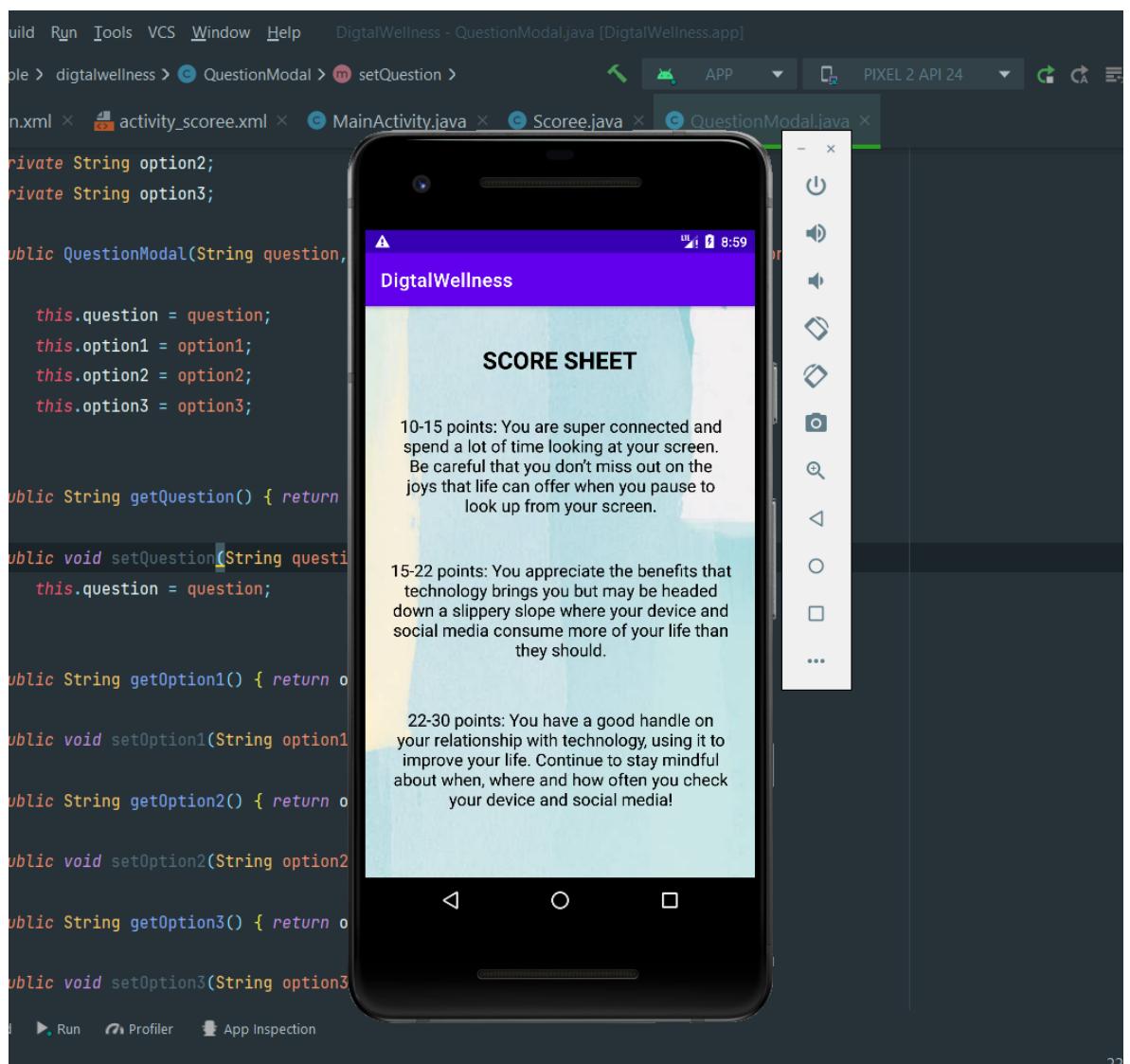
Score Sheet



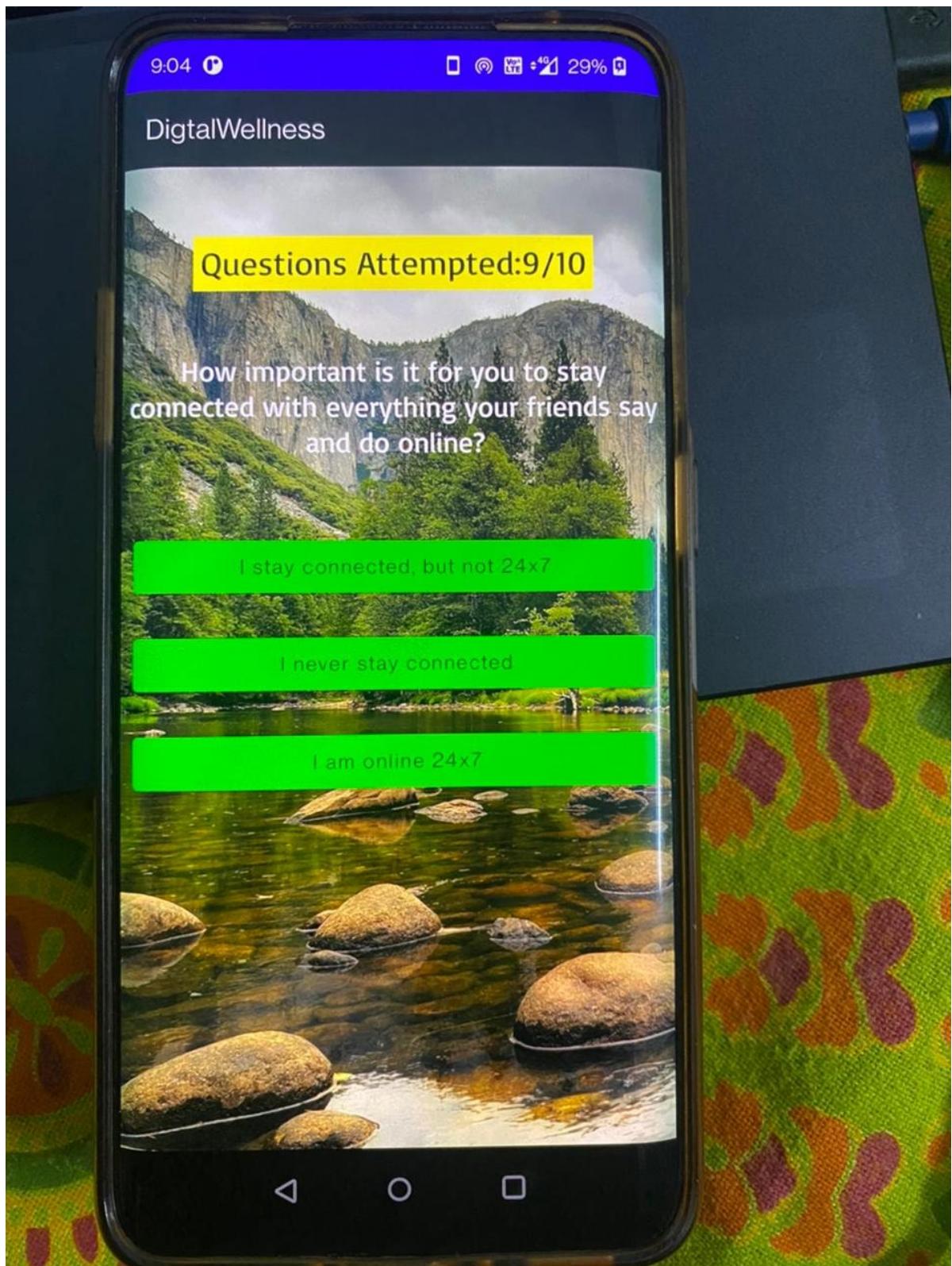
App Screenshots

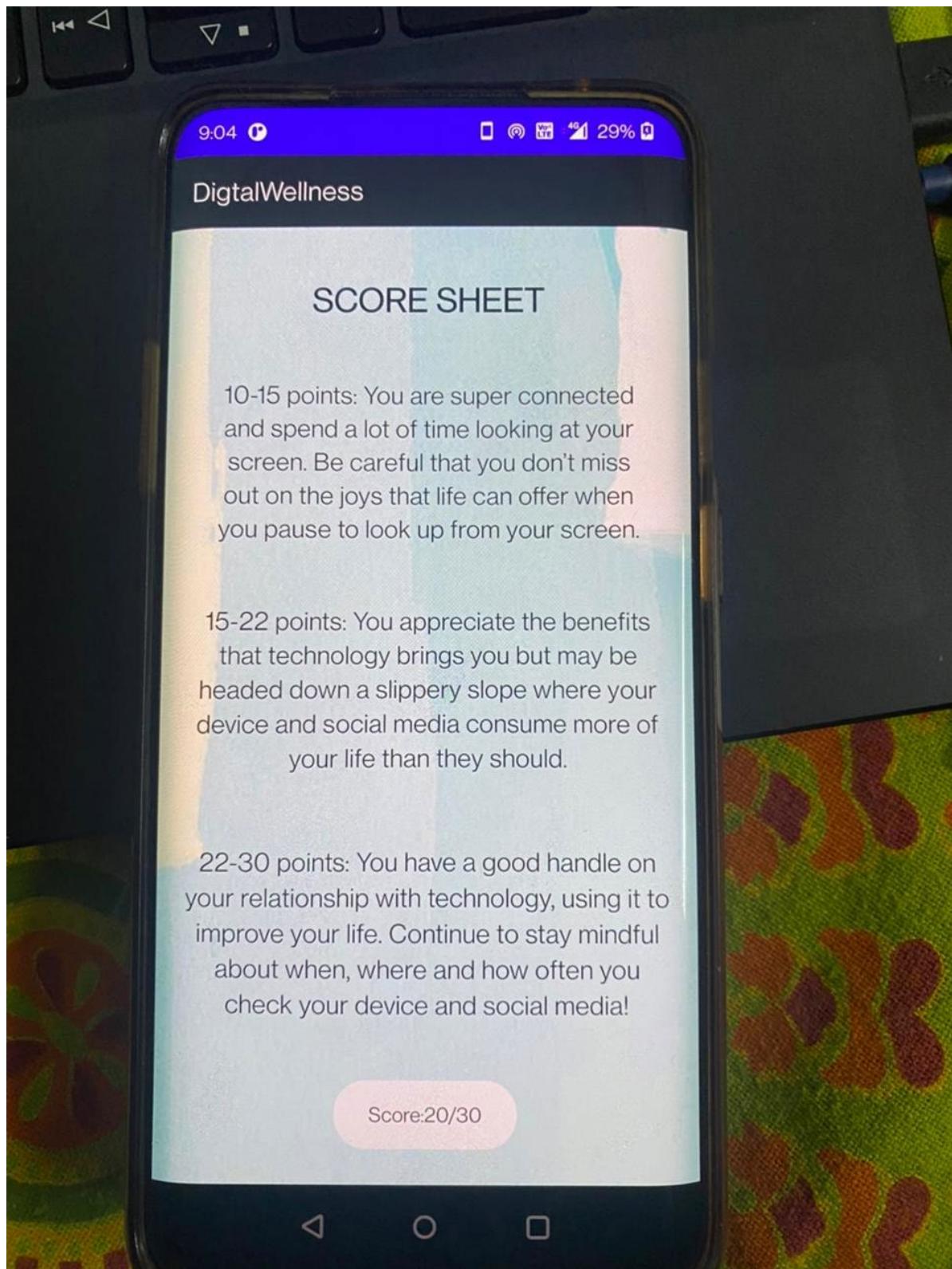






App on my device (OnePlus 7 Pro)



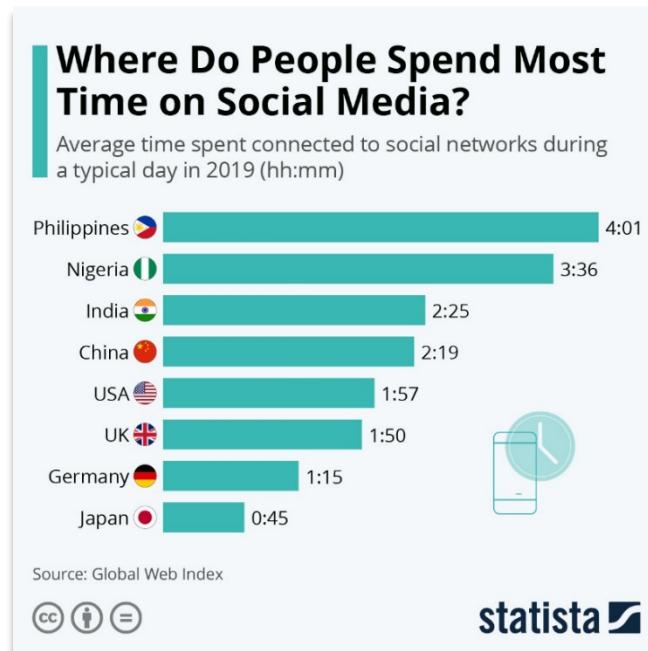


RESULTS AND DISCUSSIONS

In a nutshell, I learned a great deal about the significance of Digital Wellness in our daily lives, and how the misuse of social media can drag us into vicious circles. The talks, open houses, and panel debates helped me scratch my brain to think about solutions to existing daily life problems due to social media addiction, cybercrimes, and many more serious issues.

The posters I designed had a complete backstory. The posters come from mostly from what I learnt throughout the internship. All I did was convert my thoughts into something visual, so that others could connect with my thoughts. Using what I learned, I also designed a Digital Wellness Quiz, which can help you analyse your Digital Wellness score, and areas you need to work on! In today's day, when social media, and internet is an inseparable part of our lives, it is necessary to realize if we are using all resources efficiently and correctly. One thing I learnt was that the online world is good only if it adds to your value as a person.

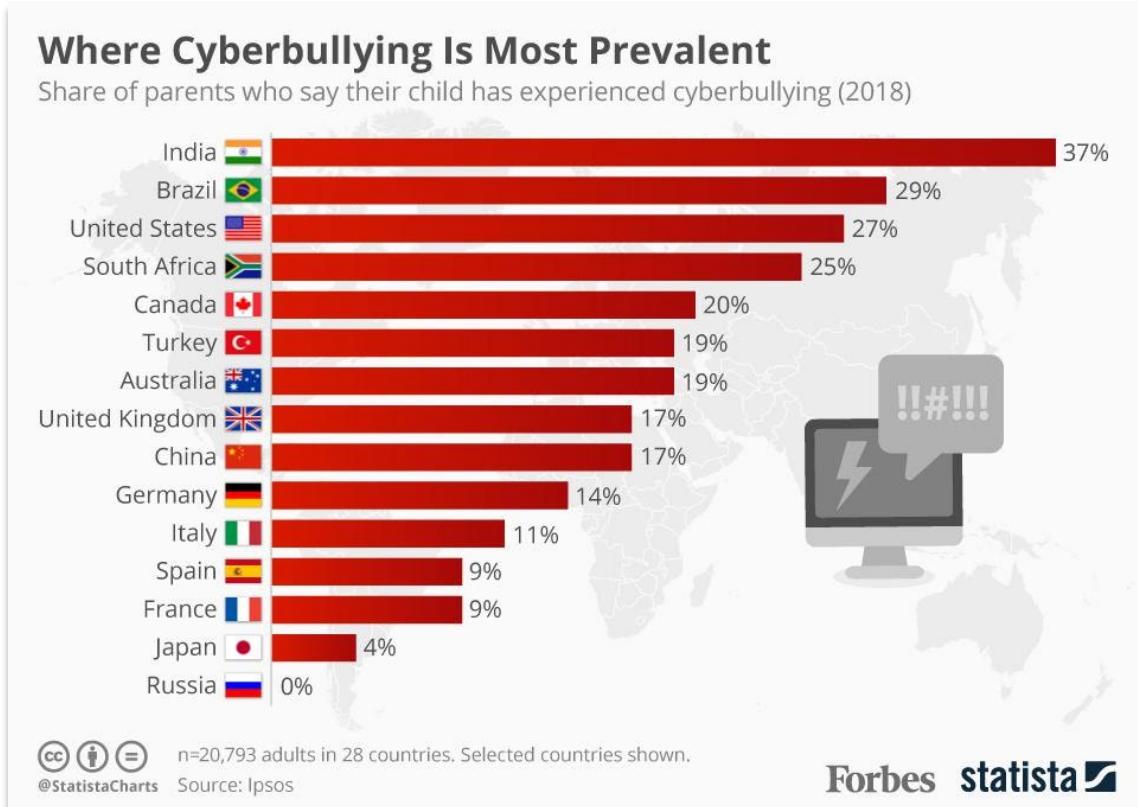
Digital Wellness and Internet Ethics is a vast topic to discuss on, but I tried to summarise the topic, in relation to the internship in a few words.



CONCLUSIONS AND FUTURE SCOPE

The internship was a very well-structured one, as I have mentioned before. There are just a few things that could be added to this: -

- One-to-one interaction of interns with veterans.
- Length of the internship can be extended.



REFERENCES

- www.unsplash.com
- <https://www.endnowfoundation.org/>
- <https://www.statista.com/>
- <https://wellbeing.google/>
- <https://developer.android.com/>