Digital Detox - Disconnect to Reconnect

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ABSTRACT
Digital detox means refraining from digital equipment so as to improve one’s physical and mental well-being. The concept is gaining much more importance, especially in developed countries like America and the United Kingdom. The present paper tries to shed a light on the cons of digitisation and the concept of digital detox. The paper will also shed a light on the emergence and the relevance of this concept in developing countries like India. This paper will help to understand the different side of the coin in the era where everyone is talking about the positive side of digitisation.

KEYWORDS: Digital detox, Digitisation, Digital equipment, Physical health, Mental health.

REFERENCES