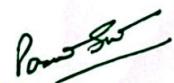


MANAGING THE CHANGE FOR BETTER TOMORROW



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INDEX

COVID-19 AND DIGITAL TRANSFORMATION: IMPACT ON BUSINESS AND EMPLOYEES	11
Ms. Tanveer Kaur	11
Mr. Amanjot Singh Syan.....	11
Dr. Rishi Raj Sharma.....	11
ARTIFICIAL INTELLIGENCE IN THE HEALTHCARE INDUSTRY IN INDIA.....	23
Mr. Ramshankar Varma	23
✓THE EFFECTS OF TECHNOLOGY ON HEALTH.....	34
Dr. Amarjit S. Sidhu	34
Mr. Paramveer Singh	34
Dr. Parampal Singh.....	34
Dr. Yadvinder Parmar.....	34
PREVALENCE OF MUSCULOSKELETAL PAIN IN STUDENTS AND ITS ASSOCIATION WITH THE USE OF PHONE AND COMPUTER (DESKTOP/LAPTOP) AMIDST COVID -19 PANDEMIC	46
Dr. Lalita K. Sharma.....	46
Dr. Rakesh Mahajan.....	46
Mr. Gursimran Singh.....	46
✓VALUE CREATION THROUGH FUTURE SERVICE TECHNOLOGIES.....	59
Dr. Supreet Kaur.....	59
Ms. Baljinder Kaur.....	59
Ms. Harjyot Kaur	59
✓LIFE STYLE CHANGES AND HEALTH: DISEASES AFTER DIGITAL TRANSFORMATION	69
Ms. Isha Tiwari	69
Ms. Megha Dua	69
PROBLEMS AND PROSPECTS OF WOMAN ENTREPRENEURSHIP IN INDIA.....	77
Ms. Amanpreet Kaur.....	77
Ms. Prabhjot Kaur (Corresponding author)	77
✓ROLE OF AN EDUCATOR IN CHANGING SCENARIO.....	87
Ms. Prabhkiran Kaur.....	87
FINANCIAL LITERACY AND SUSTAINABLE RURAL DEVELOPMENT: AN OVERVIEW	95
Ms. Gaganpreet Kaur	95
✓EVOLUTION AND THE FUTURE OF CRYPTO COMMODITIES	101
Ms. Manjit Kaur.....	101

✓SWOT ANALYSIS OF VIRTUAL COMMUNICATION	110
Ms. Manpreet Kaur	110
A STUDY ON DIGITAL TRANSFORMATION OF HR MANAGEMENT SYSTEM.....	115
Ms. Rajanpreet Kaur	115
IMPACT OF TECHNOLOGY ON HEALTHCARE SERVICES	123
Ms. Diksha Rana	123
✓ROLE OF THE PEDAGOGUE FOR THE BETTER TOMORROW.....	129
Ms. Pooja	129
✓ETHICAL PRACTICE IN SMALL AND MEDIUM ENTERPRISES.....	135
Ms. Jyoti Bala	135
✓JOURNEY OF INDIAN RUPEE AND CAUSES OF DEVALUATION OF INDIAN RUPEE.....	141
Ms. Dimple	141
COMPARATIVE ANALYSIS WITH SARS-COV-1/ MERS-COV/ INFLUENZA VIRUSES	149
Dr. Kanwardeep S. Dhaliwal.....	149
✓INNOVATIVE HR PRACTICES: CASE STUDY OF ZOHO CORPORATION.....	158
Dr. Sachin Kumar.....	158
DIGITAL TECHNOLOGY AND ITS ADDICTION	163
Ms. Sunita Devi	163
✓AUGMENTED REALITY: A TECHNOLOGY ORIENTED APPROACH TO INTENSIFY CUSTOMER EXPERIENCE	168
Ms. Amandeep Kaur.....	168
✓COMPUTER VISION APPLICATIONS AND ITS FUTURE	174
Mr. Keshav	174
✓MOBILE PHONE USAGE: BOON OR BANE FOR SOCIETY	179
Dr. Palwinder Kaur	179


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CHAPTER 3

THE EFFECTS OF TECHNOLOGY ON HEALTH

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Abstract

Laptop use, touchpad checking, two-thumb texting, and smart phone listening all impact your back, eyes, ears, and brains in subtle ways. From obsessive texting to checking emails more frequently than a stockbroker scans the Dow, technology has infiltrated every aspect of our lives. According to University of California academics, we now consume three times more information per day than we did 50 years ago. At home, we spend 12 hours in front of the television and computers. Is all this technological toiling, then, unhealthy for us? Medical experts believe it depends on the devices you use and how often you use them. Nobody expects you to put down your phone and live like our forefathers and mothers. However, scientists are divided on whether the effects of media are beneficial or harmful to our brains. They do agree that it is affecting how we think, which isn't worrying in and of itself.

Keywords: *Health, Mental illness, technology, future work, 21st century.*

Introduction

Many people are said to suffer from mental disease symptoms such as insomnia and exhaustion. While these symptoms do not match the diagnostic criteria for a mental illness, they do have an influence on people's ability to perform efficiently (Lelliott et al., 2008). Poor mental health has major personal, societal, and economic implications, and it is currently the primary cause of decreased work performance, sickness absence, and long-term work incapacity in developed countries (Black, 2008; Harvey et al., 2009; Whiteford et al., 2013). These expenditures are increasing at worrisome rates (Harvey et al., 2017), thus it's critical to consider whether technology-driven workplace changes are contributing to the problem or solving it.