

D.A.V. PUBLIC SCHOOL, THANE

SESSION: 2024 – 2025

REPORT ON “MOBILE ADDICTION AND ITS HARMFUL EFFECTS”

DAV Public School, Thane, conducted a workshop for its teaching staff on 20th September 2024, focusing on the topic "Mobile Addiction and Its Harmful Effects." The session was highly informative and interactive, led by Mr. Sundrani, who enlightened teachers across pre-primary, primary, secondary, and higher secondary sections about the detrimental impacts of mobile addiction.



The workshop covered several key points:

What is Mobile Addiction?



- Addiction refers to an intense physical or psychological urge to engage in an activity or use a substance, even when aware of its negative consequences.
- Behavioral addiction includes Nomophobia (No Mobile Phone Phobia), where individuals feel anxious, agitated, or disoriented if deprived of their mobile devices.

Signs and Symptoms of Mobile Addiction:

- Constant preoccupation with smartphones, even when not in use.
- Frequently checking for messages, notifications, or updates.
- Difficulty limiting or controlling phone usage.
- Feelings of restlessness, irritability, anxiety, or even depression when the phone is unavailable.
- Neglecting essential tasks, relationships, and self-care, leading to missed appointments, deadlines, and sleep deprivation.



Causes:

- Instant gratification, Fear of Missing Out (FOMO), escapism, entertainment, dopamine release, and the design and accessibility of mobile devices.

Impact on Health:

- A sedentary lifestyle leading to neck, shoulder, and back pain.
- Disrupted sleep patterns due to blue light from screens.
- Increased anxiety, depression, and stress.
- "Text neck" (neck pain, numbness, tingling in the upper extremities, and postural changes).
- Scientific studies have linked prolonged exposure to mobile phone radiation to cancer.
- Mobile phone usage while traveling reduces situational awareness, increasing the risk of accidents (case studies were presented).
- Impact on children's health includes vision problems, hindered brain development, diminished social skills, and cyber security threats.



Strategies to Overcome Mobile Addiction:

- Prioritize tasks and keep phones away during important activities; mute notifications.
- Create a structured plan to reduce phone usage gradually.
- Avoid taking phones to bed or using them as alarm clocks.
- Refrain from using phones while in motion.
- Set specific times for social media use.

The session concluded with a vote of thanks by Ms. Shipra Chawla, Cultural Coordinator at DAV Thane. She, along with her fellow coordinators, presented a green plant—symbolizing life, growth, and endless possibilities—to Mr. Sundrani as a token of appreciation.


