

Topic: An awareness program on mobile addiction

Speaker: Dr Manoj Kumar Sharma, Professor of Clinical Psychology

Date:31st October 2019

Club Name: Elite Horizonites

Venue: New horizon college Auditorium

An awareness program on mobile addiction was held on 31st October 2019. The program had been organized by the Elite Horizonites of Leo Club to create awareness among the students the harmful effects of usage of mobile phones as the youngsters are the majority population that use technology and it is a right to know about what happens when technology is being used excessively.

The event began with welcome address by the Advisor of Leo Club Elite Horizonites Mrs. Divya. She has introduced and welcomed the guest Dr Manoj Kumar Sharma, Professor of Clinical Psychology, National Institute of Mental Health & Neurosciences resource person to deliver the lecture.



Leo Advisor Divya ma'am introduces the guest to the students and Leo members

Guest Profile:

Dr Manoj Kumar Sharma, Professor of Clinical Psychology, National Institute of Mental Health & Neurosciences, Bangalore, Karnataka, India. Previously he worked for All India Institute of Medical Sciences, Delhi. His area of specialization is understanding & management of technology overuse /addiction, developing assessment tool for their screening. He is credited to start the first Tech Deaddiction clinic (SHUT clinic-Service for Healthy Use of Technology) in India. He is member of World Health Organization expert group on addictive behaviors.



Dr. Manoj Kumar Sharma speaking with the students as they listen to him through the lecture

The session was then continued by Dr Manoj Kumar Sharma who began on what is the stand of technology in our daily life and how it might become in the near future. Following which Dr Manoj Kumar shed light on the benefits of mobile phone and next comes the real issue the overuse of mobile phones due to the benefits.

The issue with today's youth is that they use excessive technology in their daily life which might become a serious illness which is the craving for technology ,some illness like *Selfitis*(mental condition where people who feel compelled to continually post pictures of themselves on social media), *Nomophobia*(irrationalfear of being without your mobile phone or being unable to use your phone for some reason, such as the absence of a signal or running out of minutes or battery power). The psychological problems occur with constant

excessive use of mobile phones, Facebook depression, Binge watching have become some causes to the increase psychological illness among the youth.

Some other reasons are due to addiction of technology which can be found with a few symptoms lie continuous use of mobile phones, reduction in physical activity, some people know the effects but still use them anyway despite the consequences. He also enlightened us about the 5 C's -Craving, Control, Coping, Compulsion, Complexion which are effects of excessive usage of a technology called mobile phones.

In order to solve problems like snapchat syndrome, digital amnesia, pseudo vibration and others mentioned above is to reduce the usage of mobile phones and once in a while going to other places and explore, speaking with parents and friends instead of just using mobile phones, picking up an hobby and discovering oneself in a right way. Fasting every day on the usage of mobile phones which significantly reduces the psychological problems being faced by one.



The students along with Leo members listening to Dr Manoj Kumar Sharma

The session went on with many interesting things as mentioned above which had enlightened all those who were present and also discussed what an individual can do to be safe since it might become a serious problem if one does not have control over the usage of technology.



Leo Advisor Divya ma'am giving some of her advices considering the facts said by the Guest

The session ended with a hearty thanks and presentation of a sapling as a memento to Dr Manoj Kumar Sharma in appreciation for taking time of his busy schedule to educate of students on the harmful effects of usage of mobile phones. He thanked the management and faculty for organizing a platform for creation awareness among the students about the usage of todays technologies. He appreciated Faculty member, students who had attended the lecture for successfully conducting the event.

Report created by

PRINCIPAL

Leo Manoj Kumar P.M

(Member of Board of Directors)