

*WORKSHOP ON 'MOBILE PHONE ADDICTION
AND MISUSE'- BY OUR PARENT DR MONIKA
SINGH BANSAL*



A workshop on Mobile Phone Addiction and misuse was held in Sat Paul Mittal School. The resource person, Neurologist, Dr Monika Singh Bansal apprised the students about the negative consequences – both medical and social; of overusing the mobile phones.

Dr. Monika explained how the overuse and misuse of mobiles is one of the major causes of brain tumours, eyesight and hearing related problems. Moreover, it also leads to cyber bullying, isolation, loneliness in young children.

She emphasised on the need to educate the parents in order to deal with the problem since they can play an extremely important role in restricting and reducing time spend on mobile phones. The resource person also made the students aware of the ways to keep them away from overusing and misusing mobile phones.