

**DEPARTMENT OF PAEDIATRICS ORGANISED A HEALTH SCREENING FOR THE
STUDENTS OF G G CHITNIS ENGLISH MEDIUM SCHOOL**

Department of Paediatrics under the guidance of Dr Nahida M Mulla organised a health screening & awareness camp for the students of G G Chitnis English Medium School Tilakwadi Belagavi. The team of doctors who visited are Dr Nahida M Mulla, Dr Atif , Dr Arun, Dr Jenisca, Dr. Aishwarya, Dr. Ashwini, Dr Arfa, Dr Shruti & Dr. Sunil.

A guest lecture was also organised on topic “Negative impacts of smart phone & importance of physical activity”.

Dr Ashwini Hasbe highlighted on the Negative impacts of smart phone use on education, social, psychological and health.

On Education: High use of social networking, watching videos, playing games not only distracts the user but also to the students around him/her ; Cheating in exam ; Recording videos and spreading for bullying.

Social: Cyber bullying ; Social isolation ; Criminal attack: sensitive data such as credit card info, passwords can be stolen.

Psychological: low self-esteem ; anxiety problems in users ; may encounter stress, sleep disturbances and symptoms of depression, especially young adults; affect lifestyle habits such as sleeping and eating on time.

On Health : Heavy use of smart phones can cause poor eye sight ; Concentrating on looking at screen reduces eye blink by a third which causes dry eye syndrome and eventually leads to permanent eye damage; Students might not look the information precisely, which might lead to poor brain development ; Headaches, fatigue, dizziness and disturbed sleep.

She also explained about the importance of physical activity.

Physical activity refers to all movements which include- walking ; cycling ; wheeling ; sports ; active recreation and play.

In children and adolescents, physical activity improves: physical fitness ; strengthens bones and muscles; improves academic performance ; reduces weight gain ; reduces the risk of disease ; improves thinking or cognition ; makes you feel happier ; boosts energy level ; improves sleeping habits and Improve your overall health.



