



Screen Addiction – MOU Activity

DATE: 25th September, 2024

VENUE: KVT Matriculation School, Madurai

AUDIENCE: School students (9th to 12th standard)

The following faculties of physiology department went to give an awareness talk on “Screen addiction”.

1. Dr. M. Renu Meena- Assistant Professor
2. Dr. J. T. Ajit Kumar – Assistant Professor
3. Dr. R. Durai Arasan – Assistant Professor
4. Dr. Noel Naveen Johnson-Senior Resident

The program started with a welcome address by Ms. Vijayalakshmi, Principal of KVT school. Dr. Noel Naveen Johnson gave set induction on the topic limiting screen time usage by conducting memory game activity. Following this, Dr. R. Durai Arasan gave a talk on “Understanding Screentime: Exploring the Effects of Screentime on Health and Well-being”. He discussed about the effects of excessive screen time, including impacts on sleep wake cycle, attention span, and social skills. He highlighted about the role of melatonin on sleep, actions of various hormones like dopamine, serotonin on brain reward system. The next activity was conducted by Dr. M. Renu Meena on the topic “Insights to screen addiction from student’s reflections. She posted questions on screen time usage, sleeping and eating habits and asked reflections from students and discussed how to balance screen use with other activities, addressing common concerns from parents and teachers. The last topic for the session was by Dr. J. T. Ajit Kumar on “Screen Addiction? Or just evolving into digital age”. He Shared practical tips and strategies for children to manage screen usage effectively and encouraged the students to engage in activities that do not involve screens, fostering creativity, physical health, and social interaction. Throughout the session students were highly interactive and gave feedback on what they have learned from this awareness program. After student’s valuable feedback, the vote of thanks was given by Dr. J. T. Ajit Kumar.



Department of Physiology,
Velammal Medical College Hospital & Research Institute, Madurai



W457+6V5, Kaja St,
Subramaniapuram,
Madurai Tamil Nadu
25 Sep 2024 02:13 pm 40.0

few clouds

Google



W457+6V5, Kaja St,
Subramaniapuram,
Madurai Tamil Nadu
25 Sep 2024 02:13 pm 40.0

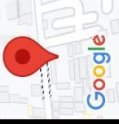
few clouds

Google

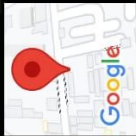


Department of Physiology,
Velammal Medical College Hospital & Research Institute, Madurai



W457+6V5, Kaja St,
Subramaniapuram,
Madurai Tamil Nadu
25 Sep 2024 02:48 pm
few clouds 40.0


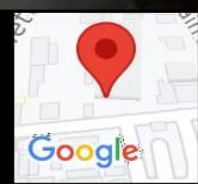


W457+6V5, Kaja St,
Subramaniapuram,
Madurai Tamil Nadu
25 Sep 2024 02:13 pm
few clouds 40.0





Department of Physiology,
Velammal Medical College Hospital & Research Institute, Madurai





W457+6V5, Kaja St,
Subramaniapuram,
Madurai Tamil Nadu
25 Sep 2024 03:06 pm



few
clouds
40.0