

**Report on One Day Workshop**  
**“Impact of Technology on Mental Health”**

- **Date:** Friday, 18.11.2022
- **Time:** 11.00 PM - 1:00 PM
- **Venue:** MP Hall, OPJU
- **Guest Speaker:** Dr. Shama Hamdani, Director, Hamdani Multispeciality Clinic, Bhilai, Chhattisgarh

**Highlights of the program**


- **Negative impacts of technology**

1. Dr. Hamdani Shared that digital technologies have provided young people with many benefits. Technology may have made positive changes in the world but there is evidence for the negative effects of technology and its overuse, as well.
2. She stressed that social media and mobile devices may lead to psychological and physical issues, such as eyestrain and difficulty in health conditions, such as depression.
3. Using technology too close to bedtime may cause issues with sleep. She shared that the blue light, such as the light from cell phones, e-readers, and computers, stimulates the brain. The blue light is enough to disturb the body's natural circadian rhythm. This disturbance could make it harder to fall asleep or lead to a person feeling less alert the next day.

- **Some healthy habits to avoid overuse of technology suggested by Dr. Shama Hamdani**

1. Setting time limits for social apps and use of gadgets may help to reduce the effect of blue harmful light.
2. Taking regular breaks away from the screen may reduce the likelihood of eyestrain.
3. Get up and move around every half an hour to up that blood circulation and give the much needed movement that can prevent back aches and neck pain.

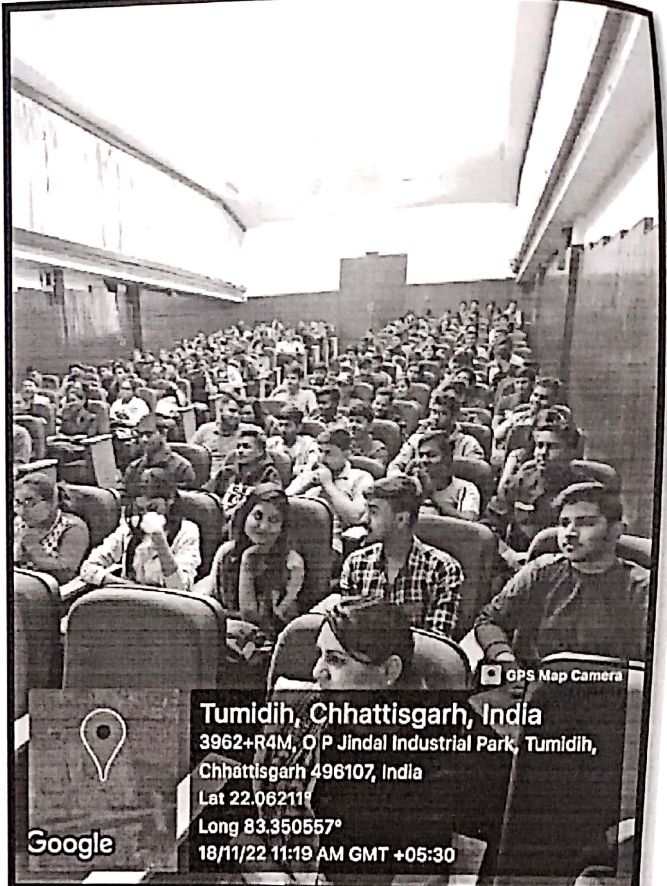
(Total Participants = 143)  
Sof & Sos -! 73  
Som -! 70

  
(Dr. G. C. Mishra)  
Director, IAAC

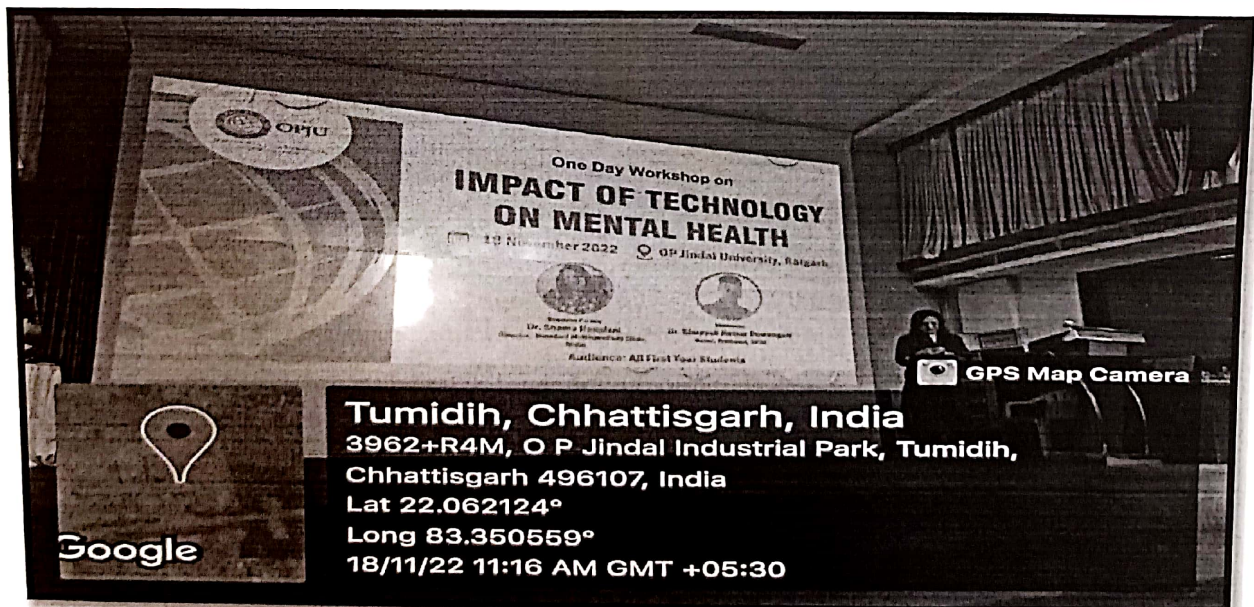
# Workshop Pictures



**Tumidih, Chhattisgarh, India**  
 3962+R4M, O P Jindal Industrial Park, Tumidih,  
 Chhattisgarh 496107, India  
 Lat 22.062109°  
 Long 83.350543°  
 18/11/22 11:18 AM GMT +05:30



**Tumidih, Chhattisgarh, India**  
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 18/11/22 11:19 AM GMT +05:30



**Tumidih, Chhattisgarh, India**  
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 Lat 22.062124°  
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 18/11/22 11:16 AM GMT +05:30