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Mobile Addiction

Let us understand in detail the symptoms of mobile addiction, its negative impacts and solutions to overcome it.



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It is difficult but...

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Editorial

What is an addiction? Any work which is unnecessary, still without control, willingly or unwillingly, keeps going on, then it is termed as an addiction.

Can't live without a particular thing/person? Can't live without having particular thoughts? Well, all these are addictions! If we can't live without a particular thing or a product then it means that we have become slaves of that commodity. Addiction to these commodities can be in two ways. One can be an addiction for toxic products such as tea, coffee, tobacco, alcohol, drugs etc. or else one can also be addicted towards consumption of sweets, fried snacks, junk foods etc. If one feels restless unless he consumes a particular product, he has become a slave of that particular thing. Similarly, one may get agitated if there are no comforts like air conditioner, lights, fans, vehicles or other appliances available, Even this means that we are a slave of such comforts. Since last decade, the mobile phone is added to this list. We have become dependent on mobile phone and social media for pleasures.

Every coin has two sides similarly, mobile phone has certain advantages but it has disadvantages too, so one needs to be alert about its use. In this issue, let us understand in detail the symptoms of mobile addiction, its negative impacts, and solutions to overcome it.



Let us live a life free from addictions and experience the joy of freedom.

- Dimple Mehta



CAUTION!



CAUTION!

The entire world is accumulated in a device of five and a half inches, the humans are lost in it. As if the entire world has shrunk and is inside the smartphone. All you have to do is swipe fingers on the screen of your mobile phone and it will do your work just like the magical lamp of Aladdin.

Not only our professional and social work, even our personal relations are enclosed in the mobile phone. Mobile phone has now become the world's most useful and the most handheld gadget. Hence, there is no point in criticizing it. It is an important gadget, but there is a difference between the world accumulating in a mobile phone and a mobile phone becoming our world. It is necessary to talk about this difference because it is going to spread out all over the world more and more and before the situation worsens, we need to resolve it.

Most of the mobile phone users keep checking their phone and keep replying using WhatsApp or Facebook while eating, walking, driving, at work, while studying, while talking to a family member, in the bathroom, while watching TV, while listening to music, doing household chores, while cooking, while getting the kids ready and even when they themselves are getting ready.

Instead of asking how many times you check your phone, we should ask, how much time can you live without it or how much time can you be away from the phone. Do think over it. You might be able to live without it for hardly few minutes. Most of the people check the mobile phone even before they brush their teeth. Are you one of them? It is believed that the first thought about whom a person has after waking up is the person whom he loves the most.... So, who comes to your mind immediately after you wake up? Mobile????

CAUTION!

Addictometer



10:50 AM

85%

So much of what we do in our daily lives involves various technologies which include our mobile phones. As Fox News Health states, “We are living in a time when there is no distinction between 'on' and 'off' or 'public' and 'private' time.” Essentially, we rely on our cell phones for many important aspects of our lives. Some research suggests that this could foster an unhealthy condition: addiction

Fox News Health reports that, according to a research, we check our phones as many as 190 times in a day. This compulsive need to be connected to the phone and to what it gives us is similar to compulsion associated with substance abuse and addiction.

Substances change the way your brain responds to reward, and this is what creates addiction. But addiction can also occur when you form bad habits over time, producing an effect in the brain similar to that of hard, illicit drugs.

People who have fallen victim to addiction to drugs or alcohol find themselves seeking use of the substances at any cost.

Let us see if you too fall under this group of people.

- (1) Do you feel that you spend more time than you should on your smartphone?
- (2) Do you experience stress?
- (3) Do you take enough sleep?
- (4) Do you sleep with your smartphone close to you or the smartphone is below your pillow while you sleep?
- (5) Do you use your smartphone while driving?
- (6) Do you use your smartphone while doing work which requires your full concentration?
- (7) Does your work efficiency reduce due to the usage of smartphone?
- (8) Do you feel that you cannot pass time without your smartphone?
- (9) Is smartphone a part of your dining table while you have your meal?
- (10) Do you check your smartphone unnecessarily?
- (11) On waking up in the morning and before going to sleep, is the smartphone in your hand?
- (12) Is the smartphone more in your hands than in your pocket or bag?
- (13) Do you panic on realizing that you left your smartphone at home?
- (14) Do you use your smartphone during an important meeting or while studying?

Total Number of YES = _____

If answer to 9 or more questions
(i.e. more than 65%) is yes,
then you are addicted to mobile phone.

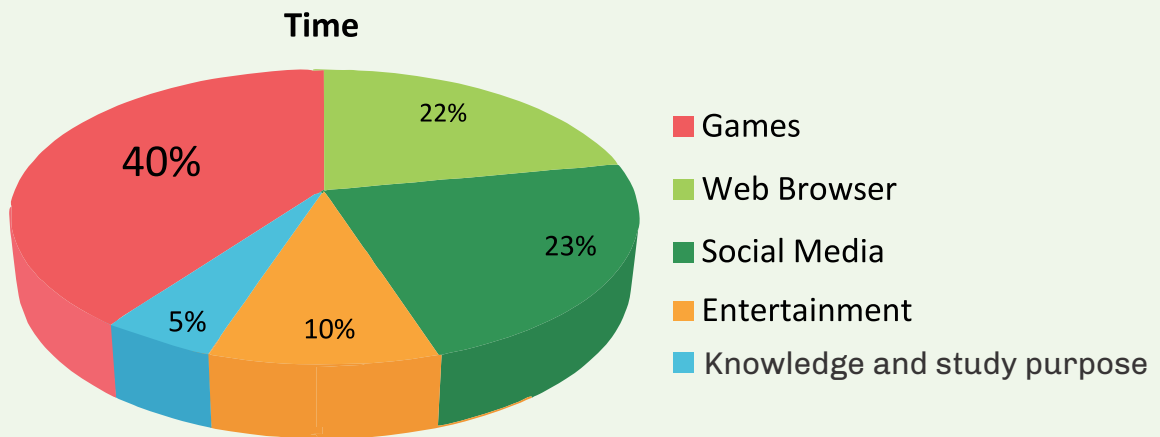


How

are mobile phones used?

You all must be aware that, in today's day and time, people do not separately carry a calendar, torch, camera, notes, e-books, maps, radio sets, dictionary or a calculator. Everything has been compiled in a single device, “smart phone”, which is very convenient to carry anywhere. Other than those, there are many other apps that we use daily in our routine, either for work or for entertainment.

According to the survey of a group of 236 people, conducted by Akram Youth, 80% of the people's time was spent on various apps. Let us see how much time is used for productive work on mobiles:



Games: 40% of our time is spent in playing games.

Web browser: 22% in browsing of unwanted information.

Social media: 23% of the time is spent on apps like Facebook, Instagram, Snapchat, WhatsApp, i.e. around 4-5 hours everyday.

Entertainment: 10% time on YouTube, movies, etc.

Education and knowledge: Only 5% of the mobile usage is for knowledge and educational purposes.

Mobile phone was invented so that we could easily communicate with the people who are far away but now it is used mostly for games, social media, entertainment, etc.

Effects

Many times, we might think that what worse can happen if we get addicted to the mobile phone? It is not an addiction like smoking or alcohol which can lead to cancer or other sicknesses. Well, it does lead to a very serious and different sort of disease. Let us see what mobile addiction can lead us to.

Physical Effects of Addiction

The overuse of the cell phone or smartphone can result in a number of different physical disorders, which may cause permanent damage or it may not have any treatment.

Digital eye strain:

- The pain and discomfort caused as a result of continuously looking at a digital screen for over two hours.
- Burning and itching sensation in the eyes.
- Blurred vision.
- Eye fatigue.
- Headaches.



Neck problems:

Also known as “text neck,” which refers to neck pain resulting from looking down at cell phone or tablet for too long.

Increased illnesses due to germs:

- 1 in 6 cell phones has fecal matter on it.
- On many mobile phones, E. coli bacteria are found which can cause fever, vomiting, and diarrhea.
- Phones have been found to be contaminated with MRSA. Which causes painful abscesses.
- It spreads life-threatening infections in bones, joints, blood vessels, heart valves, and lungs.



Car accidents:

- Many people believe that they can multitask and use their phones while driving, but this can cause a huge loss and it puts the driver and others on the road in danger.
- Researches have proved that that texting and driving can be just as dangerous as drinking and driving.



Psychological Effects of Cell Phone Addiction

Sleep disturbances.

- Cell phone addiction has been linked to an increase in sleep disorders and fatigue in users.
- Using your cell phone before going to bed increases the chances of insomnia.
- Bright light may decrease sleep quality.
- More the time spent in the usage of smartphone lesser time you get for sleep.
- Light emitted from the cell phone may activate the brain (because of which you can't sleep)



Depression.

Relationship problems.

- Offline relationships suffer as a result of being neglected against excessive use of cell phone and social media.



Anxiety:

- Researchers have found that those college students who use their cell phones excessively, down the line they are most likely to have anxieties.
- A person becomes more impulsive. He starts to live in an illusionary world and his contact with the actual world starts to decrease.



And lastly, let us understand about a disease that mobile phone has given us:

Nomophobia: If we have a phobia for something then we are little unnatural with that thing. Today's technological era i.e. the 21st century along with making the human life very easy and comfortable has given us many diseases and ill effects as its by-product. One such disease is Nomophobia in which a person is always scared of losing his mobile phone. This fear is so severe in the case that the person cannot even go to the washroom without his phone. According to a survey, 66% of the people are affected by this disease. These people check their phones more than 30 times a day.



Positive Gaming



- 1 – Problem-Solving Skills:** One of the aspects of “positive gaming” is that it can build problem-solving skills. Playing games allows us to hone rapid puzzle solving abilities - many consider this to be a “*brain training.*”
(Source: American Psychological Association)
- 2 - Decision Making, Fast Analytics, and Alert and Nimble Thinking:** Research by the University of Rochester suggests that the use of video games to train soldiers and surgeons is a viable option, as the ability to take immediate and accurate decisions increase in the players of such action-packed games. Daphne Bavelier, who led the research, stated that people make decisions based on constantly calculated and refined probabilities. It makes sense that our brains get one hell of a “work out” playing these games. (Check out her TED Talk about your brain and video games.)
- 3 - Move Quickly, But Accurately:** According to that same study by the University of Rochester, action games go a long way to train our brains to make faster decisions without losing accuracy. Considering our fast-paced, give-it-to-me-now world, that's an obvious benefit.
- 4 - Anticipation Strategy:** In his book 'Everything Bad is Good For You', author Steven Johnson refers to this as “*telescoping.*” This means that gamers learn to keep long-term goals in mind while dealing with immediate problems. That's an essential entrepreneurial skill set.
- 5 - Testing Theories and Inductive Reasoning:** In the book 'What Video Games Have to Teach Us', author James Paul McGee stresses the fact that players constantly try out a variety of combinations in some games; if one doesn't work, they develop a new hypothesis, etc. These are considered by Gee to be “*goal-driven experiences,*” which as he points out are fundamental to learning.

Here are some examples of games that can improve your skills:

Do a crossword, jigsaw puzzles, The Suitcase Game, try a Rebus puzzle, brain yoga, chess, sudoku, concentration, The Tray Game, In just 7 words, Get the picture, Project notes, Count backward, etc.

Now let's take a look at the adverse effects:

Negative Gaming



- 1 - Poor Schoolwork and Argumentativeness:** According to a study in 2003, it seems that video game addicts tend to achieve poor grade scores and fight a great deal with their teachers and friends. This and other studies also show that many players often skip their homework, admitting that their poor school grades are a direct result of video games. (Source: National Institute on Media and The Family).
- 2 - Poor Concentration:** A 2012 paper published in Psychology of Popular Media Culture found that games can improve our ability to concentrate in the short term but damage our long-term concentration.
- 3 - Increased Depression and Anxiety:** These traits have also been found by some to be prominent among those who play games excessively. In particular, kids who've become addicted, often exhibit social phobias. (Source: National Institute on Media and The Family).
- 4 - Attention Deficit and Impulsiveness:** According to a study published in the Journal of Psychology and Popular Media Culture (February 2012), kids can and sometimes do exhibit these behaviors, having difficulty sustaining behavior to reach a goal.
- 5 - Physical Health Issues:** Some studies have suggested that video games may cause children to develop bad health issues. These include postural, muscular and skeletal disorders (tendonitis, nerve compression, carpal tunnel), obesity, and what many refer to as video-induced seizures. (Source: Video Game Addiction)

There are also some of the games that motivate you to commit suicide and harm yourself.

Here are some examples of games that can harm yourself and distract your mind:

The Blue Whale challenge, **The Pass Out challenge**, **The Salt and Ice challenge**, **The Fire challenge**, **The Cutting challenge**, **Clash of Clans**, **Pokémon Go**, **Clash of Royal**, etc.

What's the Bottom Line? : “Games that include educational content can improve educational and reasoning skills,” says Hieber. “Some games rely on reasoning and problem solving to build different structures. More violent games increase aggressive thoughts, behaviors, and actions that research suggests can extend into troublesome real-life situations.”

Use or Misuse ?

“Mom... why is the food so bland? You know it very well that I do not like bland food...”, that's when Kayra's mom shouted back from the kitchen, “Kayra, don't complain without a proper reason. Look, you have taken the food bowl which is for your grandpa. You know he cannot eat spicy food. So now put down your mobile phone and eat and yes, do it quickly, we need to go to the doctor”.

Soon after lunch, Kayra and her mother visit their family doctor. Kayra was unable to answer even the simplest of the questions asked by the doctor such as, what did you have in lunch? How much do you use your mobile phone and spend watching TV? Do you read often how much time do you? But she could not answer any question. The doctor then checked Kayra's eyes and he deduces that her eyesight had gone weak. During their journey back home, her mother explained her, “Till now, none of our family members have had spectacles, you are the first. This is all because of your mobile phone”. This makes Kayra angry on her mother, she replies “If no one in our family had a weak eyesight in the past, it doesn't mean that I won't have one and I use the mobile phone for my studies only”.

Then they reach their home and Kayra rushes to her room filled with anger. She takes her mobile phone and opens WhatsApp, that's when she gets a message



- Do you wear spectacles?
- Is your eyesight becoming weaker?
- Do you get irritated quite often in small matters?
- Do you not find enough time for your family members?
- Do you tend to forget certain events that happen in your life?
- Do you get bored when you have to perform a particular task?
- Are you becoming lazier?

and reads it.

- Reason for all these happenings is the apparatus through which you are reading this article.

After reading the article, Kayra thinks that Her life is full of such instances. But is it wrong to use mobile phone? I am not using it in any wrongful manner! Can't I live without mobile phone?

Come on. Let's see the wisdom imparted by Pujyashree in this regard:



GNANI'S Scientific Solutions

Niruma : How can we waste even a minute? If a mistake is committed make sure not to repeat it. This is a sheer waste of time. We always remain hopeful that we will find something new, something interesting and that will give pleasures. But after a few hours you will find you are empty again, back to square one. Then the next day we open up the mobile and go on surfing, play games, watch serials and pictures and so on. But it doesn't give us complete happiness. It always keeps us hanging. Then why should we have any form of expectations from it? We must understand and discard it. This is a time-wasting device. Use it effectively. Use it if necessary and for important matters only. Set it aside after use. We must decide the parameters. We are using the mobile, not the other way round. So, we should optimize its use. We should not indulge in watching movies or news or any social gossips that sidetracks our mind and wastes our precious time. Use whenever necessary and be finished with it.

Steve Jobs

While mentioning the conversations he had with the top leaders in the technical field, Nick Bilton wrote in the New York Times:

After the launch of the first iPad model, Steve Jobs, the CEO of the iPad manufacturing company was asked during a conversation, "Did your kids like this new product?" To this Jobs replied, "They still have not used it. We limit how much technology our kids use at home."

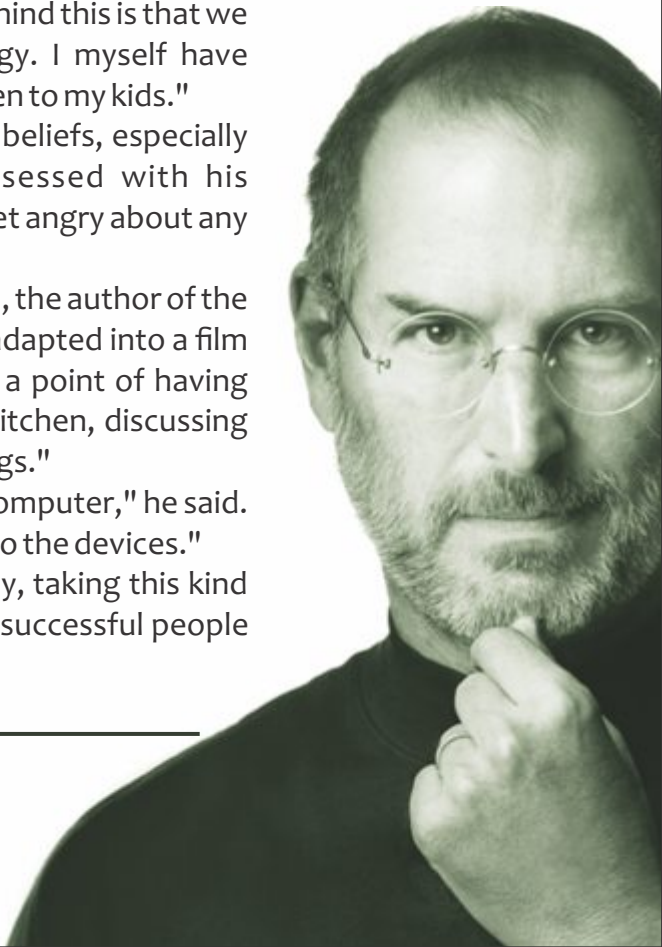
Chris Anderson, former editor of the Wired magazine and the co-founder of the 3D Robotics company which manufactures drone once told that his children accuse him of being overly concerned about the usage of technology. Their kids claim that none of their friends have such strict rules when it comes to the gadget usage.

Anderson said, "The reason behind this is that we have seen the dangers of technology. I myself have experienced it, I don't want it to happen to my kids." It is possible that Jobs had the same beliefs, especially considering he was famously obsessed with his company's products and he used to get angry about any malfunctions in them.

Bilton had told Walter Isaacson, the author of the biography of Steve Jobs (which was adapted into a film in 2013), "Every evening Steve made a point of having dinner at the big long table in their kitchen, discussing books and history and a variety of things."

"No one ever pulled out an iPad or a computer," he said. "The kids did not seem addicted at all to the devices."

Bilton believes that surprisingly, taking this kind of approach is fairly common among successful people in the tech world.



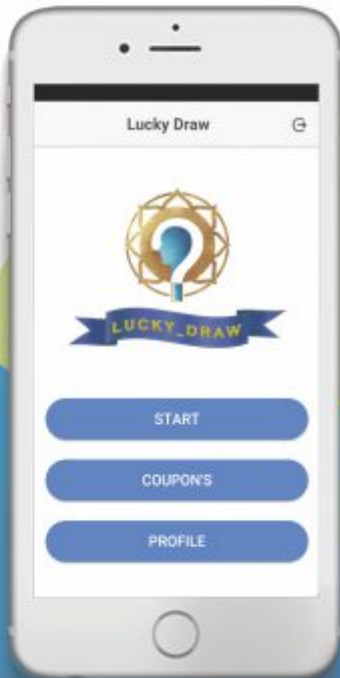


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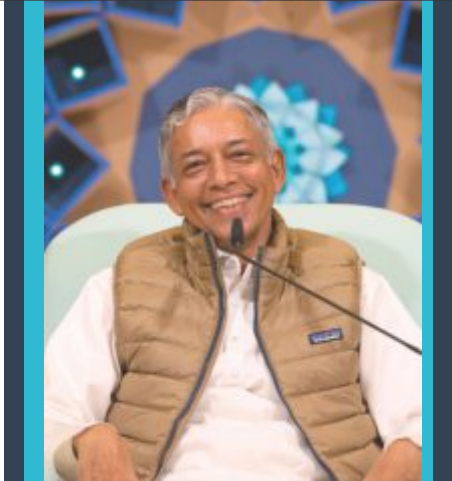
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Gnani with youth

Questioner: I know that the more we use the internet, the deeper we get into the mud and when we play games on the mobile phone, we lose our chit's concentration power. But whenever I am using the internet, I don't feel that I am in any kind of danger. So what form of understanding should I form because of which I realize that it is wrong to use the internet? Please tell me its disadvantages as I know that it is a form of addiction.

Pujyashree: If you need to send an SMS, or when you have to make a call, how much time does it take? Can it be done in two minutes?

Questioner: No.

Pujyashree: Then how much time does it take?

Questioner: It goes on for a long time.

Pujyashree: Now if you need to assist your mother in some work, or if you need to study, how much time do you spend doing that? And how much time is consumed in using the phone?

Questioner: Little. The time period for it is very small (for studies).

Pujyashree: So, we don't get

time to do good work! When we fall sick, how many of your friends from Facebook or WhatsApp come for your help? Or is it just your parents who come for your help?

Questioner: No one, only parents come for help.

Pujyashree: If you meet with an accident, will any of your WhatsApp or Facebook friend come to help?

Questioner: No.

Pujyashree: That means the whole day we take help from our parents but we have fun with outsiders! When you are sad, you need assistance from your parents. Then shouldn't we realize that the use of WhatsApp and the internet for the entire day is only a mode of entertainment? It is not of any practical help.

Moreover, our chit is occupied in it throughout the day. If mom asks for some work, you will say that you will do it later. The entire day we are irritated because of our mother and pass time with those whom we hardly know.

'Chit' gets fractured because of entertainment. As a result of the fracture, we would not like satsang and

other spiritual activities. We choose to stay alone and hence we lose our abilities to make adjustments with people. As a result, you go on playing with a machine, so that no one bothers you, no one disturbs you and no one hurts you. You cannot adjust with your mother. This means that our strengths decline; common sense is getting reduced, our attachment towards materialistic items is increasing and our capabilities go on decreasing. If we write a letter to someone, then is it worth to get attached with the postman or the letter?

Questioner: No.

Pujyashree: This is another kind of letter. A message was sent and then received, end of story. Why should we waste any time? We should engage in activities that will be useful in our life. (Mobile usage) This brings absolute madness. There are many people who are talking (on call) while driving and then they meet with an accident. So, this needs to be thought of, this can cause harm, can cause accidents.

Even if we are not driving, many of our other works can get disturbed. Do we take breakfast or lunch in time? Right from the morning, we go on pressing fingers on the phone tabs. All this is useless. Waste of time and waste of energy. Try to analyze, have we benefitted from it so far? Have we evolved culturally? Or did we get into a bad company?

Questioner: It did lead me into bad company. But whenever I use Facebook and see some posts, I don't

feel that anything is wrong with it. How do I set my understanding that all this is wrong?

Pujyashree: If one can understand on his own that it is wrong while using it, it is a case of high awareness. When someone points out to us that this is not good, do we accept it or react back? Is it a good conduct to talk back to our elders? So, isn't it wrong? What did we learn from the internet and all the games, good or bad conduct? Is it right or not?

Questioner: Not right.

Pujyashree: We must understand it this way, if we hurt someone, do not adjust with someone, all of these inabilities have developed in us. So, from the internet, did good or bad conduct develop in you? Hence, we must understand that this causes us harm. Set a boundary for its use, that you want to use it only for work purposes. We will need to stop somewhere! All these years we have spent talking to different people on the internet, what did we get? Still, we are not content. What did we gain from all years spent in talking to different people on the internet? The next day, again there is hunger! When will happiness come?

Questioner :- Please give me a step by step approach to understand the same.

Pujyashree:- Set a definite usage limit, do not cross it. Just use it for work then keep it aside. Then do some work which is worthwhile. Just remember these three steps.

Experience

About three months back, I went to a hotel with my family, after eating we were back in the car and I put my hand in my pocket to take out the mobile phone, I realized it was not there.

“Wait a minute dad, please stop the car.” – I told my dad. I quickly came out of the car and ran back to the hotel and checked the table, but my phone was not there. I even look for it in the washroom, it was not there. I got scared. But what could be done now? Slowly I went back to the car, I had no idea as to what I will tell my parents. After getting into the car, dad asked me, “What happened?”, “Nothing” was my reply, that way I avoided the talk. After we were at home, I went straight to my room without talking to anybody. I had no idea as to what I should do. Whom should I tell that I had lost my phone, if my parents were to know, they would get angry at me.... Fearing this, I did not tell anything to anyone. I finally decided, I decided to tell my dad about it after he comes home in the evening.

Dad came home and after dinner, I told him, “Dad, two days back, when we had dined at the hotel, I can’t find my mobile phone since then, I tried to find it, but couldn’t. That’s when my mom said, “You must take good care of your belongings, this carelessness is unacceptable.” I thought that maybe dad will offer to buy me a new phone, but he did not and I did not ask either.

Few days passed by and I thought that there is no point in sitting idle at home without a phone. I went to my friend’s house, he was going to a football match so he took me along with him. I enjoyed it very much. After some time, I even joined the college football club, after about two and a half months, I was the captain of the football team. We won so many matches and my coach told me, “If you keep playing like this, you can even play international level football, just do not let go this passion.”

My birthday was two days later. My parents were busy with its planning.

They were really very happy after seeing my passion. The birthday was a total miracle. Dad had brought a gift for me, I opened it, the box contained my mobile phone. I was on cloud nine. I asked him as to how did he find it. He explained to me "Son, a lost thing can be found. But this mobile phone never got lost." I couldn't follow what he said, "Dad, I didn't get you." Dad explained, "You remember that day when we went to the hotel? I had read a story two day before that...."

Kill the Buffalo



A long time ago, a Monk set out on his travels accompanied by his assistant, a Brother. Night was falling. They found a humble shack, in the middle of nowhere. A poor family lived in the hovel. The mother, father and children were dressed in rags. The Brother asked if they could spend the night in their dwelling. "You are most welcome to spend the night," said the father. They prepared a simple meal for the Brother and the Monk. The Brother felt moved by their poverty and even more by their simple generosity.

When they finished eating, the Monk asked them how they managed to survive in such a poor place. 'We have one buffalo. We sell the milk to our neighbors. We hold back enough for our needs to make some cheese and cream.

That is what we eat."

Just before going to sleep, the Monk turned to the Brother and said, "Tomorrow, push the buffalo off the cliff!" "Father," the Brother replied, "they live off the buffalo. Without her, they will have nothing." The Monk repeated his order "go back and kill the buffalo."

The Brother was worried about the future of the family. His vow of obedience bound him to follow the orders of the wise Monk. With a heavy heart, he pushed the buffalo off the cliff.

Years later, the young Brother became a Monk. One day he found himself on the same road where he found lodging so many years ago. Driven by a sense of remorse he decided

to visit the family. He rounded the curve in the road and to his surprise, saw a splendid mansion, surrounded by landscaped gardens, in the place where the hovel used to be. The new house exuded a sense of prosperity and happiness. The Monk knocked on the door.

A well-dressed man answered. 'What happened to the family that lived here?' he asked.

The host explained how the family's fortune changed. "Father, we used to have a buffalo. She kept us alive. We didn't own anything else. One day she fell down the cliff and died. To survive, we had to start doing other things, develop skills we did not even know we had. We were forced to come up with new ways of doing things. It was the best thing that ever happened to us! We are now much better off than before."



"We have noticed since your childhood that you have many talents. Since childhood, you stood first in all the departments, be it studies or sports. But ever since we gave you the mobile phone, it became the center of your attention. It became your world. You could not live without it even for a while. I wished this phone had not become a hindrance in your life like a buffalo on a road." I said, "Yes Papa, you are right. Initially, for two to three days I was very sad when I lost it and I missed it a lot. But the moment I got engaged in sports and other fitness activities, I forgot it completely. Papa, I think that now I do not want the mobile phone, I think that phone is causing harm to my growth." He replied, "Son, all the things have two sides. Good and bad. A mobile phone has good use too. Now I am confident that you will use it in the right proportion." Dad lovingly put the mobile phone in my hand. This was the most memorable birthday of my life.

Question

Questioner: Please tell us any incident when Niruma warned you against the usage of mobile phone?

Aptputra: Once it so happened that mobile phone rang while I was talking to Niruma. I attended the phone and after finishing I kept it down. Niruma hinted me that time, “All these people who are inclined to use mobile will extend their life cycle with an additional incarnation.” Listening to this I simply gave my mobile phone to Niruma. She said, “I am not asking you to part with it. I just want to say your 'Chit' should not be your mobile all the time.” She warned me once at that time. When an enlightened person is in front of us and we are deeply engrossed in mobile, it shows disrespect towards them. Our spiritual progress will have a setback because the 'chit' which was supposed to be occupied with 'Simandhar Swami' and 'pure soul' is now lost in mobile phone. 'chit' gets impure on seeing videos and other pictures all the time.

It is a device. It is not to be clunged on to all the time. If we need to go to the airport we use a car. But do we hold on to our car after reaching the airport? We used it so that we can reach our destination. Similarly mobile is needed to get our work done, nothing else. It's an instrument and we shouldn't get possessive about it. We need to fix our 'chit' on Simandhar Swami.

A

answer

It is difficult but...

Use of mobile phone is dangerous if it starts to cause doubts. Besides this, we discussed its mental and physical effects, you may be surprised to know that you are forced to get addicted to the phone and there are continuous efforts to keep you addicted. Before understanding it, let us understand what addiction is. Usually, to whatever we get addicted, it gives us a thrill, thanks to a hormone called “dopamine”. Dopamine is responsible for your happiness. When one gets his item of addiction, a person becomes happy, similarly when you get a like on Facebook or when you open your phone and receive a message you were expecting, dopamine is released. The same happens on receiving a latest news. Did you know that this rule is applicable to all forms of addiction?

Now a more important thing. The emojis such as 'smiley', 'hugs', 'heart' are meant to attract users. Use of 'like', immediate response tabs etc. keeps the users busy. All this compels them to visit the platform, the site, the app again and again. You will upload a photo and then you will constantly check how much likes and comments you received. Notifications are sent to you, in form of an invitation to see those comments. The whole execution is based on the human psychology.





Can plan not to check the phone before 9 in the morning? Those who are late risers, they should not use the phone for two-three hours after they wake, can't we make such rules in the house?

Now let us come to the main point. Should we have a 'phone fast'? Can we have such a fast? Can we fix a certain time, only during that we should use the phone? It is difficult but is necessary. Can we switch off the mobile phones on Sundays? What can happen at the most! Or else we can plan not to check the phone before 9 in the morning? Those who are late risers, they should not use the phone for two-three hours after they wake, can't we make such rules in the house? The rule to not use a mobile phone while eating can be so much beneficial. Nowadays, many people are occupied with texting even while eating. We should pay attention to the near and dear ones, who are sitting beside us, not just to our social media friends.

How about an idea of switching off the internet after 9 p.m.? No internet for holidays. 'Internet-fast.' You will be totally free, try it once. You will start to think about people who are close to you. You will go out, or you will have different plans to have fun as your mind is accustomed to having pleasure.

The writer of this script observed that a lot of time was consumed on being online on Facebook, so he has decided to log in once in one-two days. This way he can remain in touch with friends and also save time. If you can completely stop the phone use for a day, it will have fantastic results. If you cannot have a complete fast, make it partial; the phone is on but the internet is off. If even that is not possible, then you try to set up time limits for its use. Try it out, it is difficult but is fruitful.

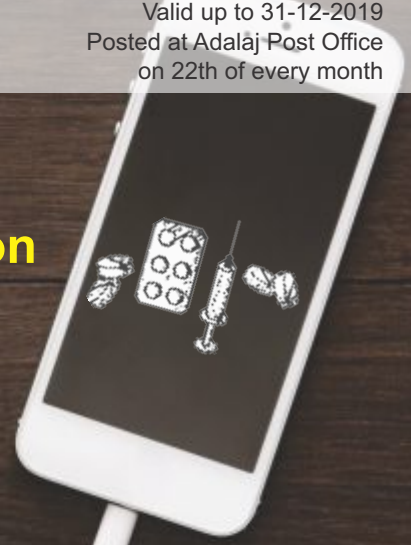
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Mobile Addiction

The new DRUG
that is killing an
entire
generation.



Dear readers ! From next month, due to inevitable reasons, the Akram Youth Magazine will no longer be published in English.

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