



॥ विदुषी राष्ट्रोत्कर्ष करोती ॥

कै.लक्ष्मीबाई देशमुख शिक्षण प्रसारक मंडळ संचलित,

कै.लक्ष्मीबाई देशमुख महिला वरिष्ठ महाविद्यालय

(कला, विज्ञान व वाणिज्य) नॅक 'ब' दर्जा प्राप्त

प्राचार्या : डॉ.व्ही.व्ही.देशपांडे

परळी वैजनाथ ४३९ ५९५, जि.बीड

मोबाईल : 9921156146

जा.क्र.

दिनांक : / / २०

कै.लक्ष्मीबाई देशमुख महिला वरिष्ठ महा.
परळी वैजनाथ.जि.बीड.

जावक क्रमांक : १९३/२०२१-२५

दिनांक : ०७.०९.२०२३

MEMORANDUM OF UNDERSTANDING

Between

Late Laxmibai Deshmukh Mahila Mahavidyalaya, Parli Vaijanath

Dist.Beed, Maharashtra, 431515, India

Represented by Dr.Ragini R.Padhya

AND

Bhartiya Shikshan Prasarak Sanstha

Kholeshwar College, Ambajogai, Dist. Beed, Maharashtra, 431517, India

Represented by Dr.Rohini N.Ankush

This Memorandum of Understanding is intended to promote cooperation between the Department of Home Science, Bhartiya Shikshan Prasarak Sanstha's Kholeshwar College, Ambajogai and the Department of Home Science, Late Laxmibai Deshmukh Mahila Mahavidyalaya. Parli Vaijnath. The Faculty Dr. Rohini N Ankush and Dr. Ragini R Padhya recognizing the benefits to their respective colleges from the establishment of institutional links, the hierarchy agreed to enter into this agreement for the following purpose.

1.PURPOSE OF AGREEMENT

This agreement aims to develop academic and educational cooperation. Establish a collaborative program between the two colleges and cooperate in their mutual interest for a range of higher educational activities.

2.AREAS OF COOPERATION

Subject to the availability of funds, resources, and approval of the authorized representatives or Heads of the Institute of the Bhartiya Shikshan Prasarak Sanstha Kholeshwar College, Ambajogai and Late Laxmibai Deshmukh Mahila Mahavidyalaya, Parli Vaijnath, both institutions agree to develop the following collaborative activities:

- Conducting joint research and development projects.
- Exchange of researchers and students.
- Cooperation in individual projects.
- Organization of lectures. symposia international meetings, conferences and workshops.
- Exchange of information. teaching materials, technological and scientific publications.
- Providing opportunities for professors and researchers to give lectures. Search for opportunities to collaborate in the future.
- To share Laboratory facilities.



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प्राचार्या : डॉ.व्ही.व्ही.देशपांडे

परळी वैजनाथ ४३१ ५१५, जि.बीड

मोबाईल : 9921156146

जा.क.

दिनांक : / / २०

IMPLEMENTATION

All -programs or activities implemented under the terms of this Memorandum of Understanding shall be mutually agreed upon in writing, including the necessary budget for the program of activity as the need may arise. Each of the participating institutions shall be fully responsible financially for the activities carried out under its direction or by its staff, except as otherwise agreed by the parties.

The parties will designate one officer each who will develop and coordinate specific programs or activities between them.

INTELLECTUAL PROPERTY

Intellectual property rights of work carried out at each partner institution shall normally vest with the respective institution.

DURATION AND RENEWAL OF AGREEMENT

This Memorandum of Understanding will become effective immediately after signature by the representatives of both Bhartiya Shikshan Prasarak Sanstha Kholeshwar College, Ambajogai and Late Laxmibai Deshmukh Mahila Mahavidyalaya, Parli Vaijnath for a period of Two Years and is subject to revision or modification by mutual agreement.

AMENDMENTS

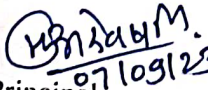
This Memorandum of Understanding may be amended by a written agreement signed by the representatives of both colleges..

In the event of any unforeseen incident during collaborative activities in either country both colleges agree to negotiate a mutually acceptable solution.

Should any disagreement arise from this Agreement's application, interpretation, or implementation. the college shall exercise its best efforts to negotiate their differences.


APPROVAL


In agreement with the above terms of participation, the authorized representatives of the Bhartiya Shikshan Prasarak Sanstha Kholeshwar College, Ambajogai and Late Laxmibai Deshmukh Mahila Mahavidyalaya, Parli Vaijnath hereby affix signatures.


Principal
07/09/23

Kholeshwar College, Ambajogai
Principal
Kholeshwar Mahavidyalaya
Ambajogai, Dist. Beed




Lecturer
Department of Home Science
Kholeshwar Mahavidyalaya
Ambajogai


Lecturer
Department of Home Science
Laxmibai Deshmukh
Mahila Mahavidyalaya
Parli-Vaijnath, Dist. Beed


Principal

Late L.D.Mahila College, Parli-V
PRINCIPAL
Lt. L. D. Mahila Mahavidyalaya
Parli-Vaijnath, Dist. Beed.

A Report on
MEMORUNDUM OF UNDERSTANDING

Between

Late Laxmibai Deshmukh Mahila Mahavidyalaya, Parli Vaijanath

Dist. Beed, Maharashtra, 431515, India

Represented by Dr. Ragini Padhye


AND

Bhartiya Shikshan Prasarak Sanstha

Kholeshwar College, Ambajogai, Dist. Beed, Maharashtra, 431517, India

Represented by Dr. Rohini N. Ankush

| | | |
|------------------------------------|--|--|
| Name of college | Late Laxmibai Deshmukh Mahila College Parli | |
| E mail ID of College | ldmm@gmail. com | |
| Website of College | | |
| Department | Home science | |
| Name of Activity | MOU Signing Ceremony | |
| Date of Activity | 07/09/2023 | |
| Time | 11 to 12:45 pm | |
| Venue | Principal office Kholeshwar College Ambajogai. | |
| MOU Signing Authority From College | Dr. R. R. Padhye | |
| Name of College | Kholeshwar College Ambajogai | |
| Email ID of College | principalkma@ gmail. com | |
| Website of College | www.khoieshwarmahavidyalaya.org | |
| Department | Home science | |
| MOU Authority from college | Dr. Rohini N Ankush | |


Dr. Ragini Padhye
L. L. D. Mahila Mahavidyalaya
Parli-Vaijnath, Dist. Beed.


This agreement's aim is to develop academic and educational cooperation between two colleges & cooperate in their mutual interest for a range of higher educational activities.

The vision of this collaboration is to conduct joint research & development projects, organisation of lectures, conferences & workshops, exchange of information, teaching materials & research work.

The validity of MOU is till 07.09.2025 It can be extended by further period, as agreed by both parties from time to time.

This year Dr. Babasaheb Marathwada University, Sambhaji Nagar, Department of psychology organise national level conference on "Role of Psychology well being" on 16 march 2024.

Both head of the department together have published Research Paper on "A study of Excessive use of mobile phones in adolescents.


PRINCLPAL
Lt. L. D. Mahila Mahavidyalaya
Parli-Vajjnath, Dist. Beed.



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इतिहासाचार्य वि. का. राजवाडे मंडळ, धुळे
या संस्थेचे त्रैमासिक

॥ संशोधक ॥

पुरवणी अंक ३२ - मार्च २०२४ (त्रैमासिक)

- शके १९४५
- वर्ष : ९२
- पुरवणी अंक : ३२

संपादक मंडळ

- प्राचार्य डॉ. सजेंराव भामरे
- प्राचार्य डॉ. अनिल माणिक वैसाणे
- प्रा. डॉ. मृदुला वर्मा
- प्रा. श्रीपाद नांदेडकर

अतिथी संपादक

- डॉ. अपर्णा अष्टपुत्रे
- डॉ. भगवान रामनाथ बोचरे
- डॉ. मुक्तार रशीद शेख

* प्रकाशक *

श्री. संजय मुंदडा

कार्याध्यक्ष, ड. वि. का. राजवाडे संशोधन मंडळ, धुळे ४२४००१
दूरध्वनी (०२५६२) २३३८४८, ९४२२२८९४७१, ९४०४५७७०२०

Email ID : rajwademandaldhule1@gmail.com

rajwademandaldhule2@gmail.com

कार्यालयीन वेळ

सकाळी ९.३० ते १.००, सायंकाळी ४.३० ते ८.०० (रविवारी सुट्टी)

अंक मूल्य रु. १००/-

वार्षिक वर्गणी (फक्त अंक) रु. ५००/-, लेख सदस्यता वर्गणी : रु. २५००/-

विशेष सूचना : संशोधक त्रैमासिकाची वर्गणी चेक/ड्राफ्टने
'संशोधक त्रैमासिक राजवाडे मंडळ, धुळे' या नावाने पाठवावी.

अक्षरजुळणी : सौ. सीमा शिंदे, पुणे.

टीप : या नियतकालिकेतील लेखकांच्या विचारांशी मंडळ व शासन सहमत असेलच असे नाही.

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i) Dr. Ragini Padhye
Late. Lakshmbai Deshmukh Mahila
Mahavidyalay, Parlivajinath
Mobile- 9657034565
Email- raginipadhye@gmail.com

ii) Dr. Rohini Ankush
KholeshwarMahavidyalayAmbajogai
Mobile- 9284689860
Email- rohiniankush88@gmail.com

Abstract :

Parents are also frustrated with teenagers being online all the time. Many parents are asking doctors for advice on what to do about this. For those who study mental health, this question has become a mystery. Because many minors are now adrift on social media. So they are connected to the world. Several studies have shown that teenagers who use social media excessively are either bored or need an immediate physical escape. They are stressed, lonely. Some people want to be appreciated all the time. If a teenager experiences any kind of online fraud, it can have a negative impact, and if someone makes a negative comment, the shock can shake a child's self-esteem and confidence. Excessive use of social media and anxiety, depression, sleep disorders, ADHD, paranoia, delusions, thoughts of suicide and self-harm arise in a large number of problems. This topic was chosen as it was felt necessary to research this social problem in the current situation.

It has been observed that the use of mobile phones has become ubiquitous among teenagers. It was observed that 93% of children in the age group of 16 to 20 years have played games on home computers and mobile phones. It has been observed that 98% of children watch serials and movies on mobile phones. It has been observed that 95 % of children have increased loneliness due to reduced visits. 88% of overnight mobile users were observed. Screen time on social media

on Facebook, Instagram, Snapchat, YouTube accounts is 98%. It is increased in children. Almost 89% of those who use the Internet almost constantly are in the pre-teen age group.

Introduction :

Mobile phones have turned into an indispensable part of daily life in the modern digital age, transforming the ways in which people communicate, obtain information, and move around. Although there are unquestionably many advantages to these technological breakthroughs, there are also worries about excessive usage, especially among teenagers. Due to the widespread usage of mobile phones among youth, there is an increasing amount of study being done to determine the effects of excessive use on the behaviour, development, and general well-being of adolescents.

Researchers, educators, and parents have all taken an interest in the issue of teenagers using their phones excessively. Adolescence is a crucial era of life characterized by increased receptivity to outside stimuli. It is defined by a period of rapid physical, cognitive, and socio-emotional development. In this situation, the pervasiveness of mobile phones offers benefits as well as obstacles, profoundly influencing the experiences and relationships of teenagers.

Mobile phones are appealing because of its many features, which include social media, instant messaging, gaming, entertainment, and



3. To study the prevalence of anxiety and depression due to excessive use of mobile phones in adolescents.
4. To study the prevalence of eye problems due to excessive use of mobile phones in adolescents.

Result and Discussion :

Following symptoms were observed in children due to their addiction to mobile phones or internet -

- When the mobile phone is switched off, the children are restless when they go out of range.
- If the mobile phone is taken away while playing games or when the phone calls, the irritability increases.
- After a while, the habit of constantly checking the mobile phone is observed.
- Even if the mobile is not near, they feel as if the ring is ringing.
- Constantly feeling like you've received a phone call or text message.
- Loss of communication with other family members.
- Overall loss of concentration in studies. Children appear to be constantly busy with themselves.
- Changing eating and sleeping times or changing habits.
- Not letting mobiles out of their sight.

Students were seen to be caught up in unwanted activities due to mobile phones. There seems to be an adverse effect on their mind and behaviour. Due to the use of phones, children waste their study time. They waste their time and get stressed by watching movies including Pubji, Selfie, TikTok, Ponds etc. Adverse effects on health. They do not take proper rest. They are on mobile phones till late at night, so it has been observed that there are adverse effects such as loss of sleep, loss of vision. Ionizing radiation is

emitted from mobile phones. Due to excessive use of mobile phones, the ear cells die due to the radiation from the mobile phone, due to which the disease like deafness worsens, headache, dizziness, lack of interest in work are seen. Dr.NanduKolwadkar presented the research.

According to the World Health Organization, one woman for every five women and one man for every 12 men suffer from mental illness in India. The main reason for this is the excessive use of mobile phones and social media, according to psychiatrist Dr.Miraroad. Presented by SonalAnand through research.

According to a report published in the British Journal of Psychiatry, 5 million people worldwide die every year due to mood disorders and anxiety. Currently, more than 45 crore people are mentally ill in the world. While five crore Indians are fighting with such mental illness. By 2022, 'depression' is likely to become the second biggest disease in the world, and from a recent survey conducted by the Mumbai Municipal Corporation, Dr.Sonal said.

Conclusion :

- It has been observed that the use of mobile phones has become ubiquitous among teenagers.
- It was observed that 93% of children in the age group of 16 to 20 years have played games on home computers and mobile phones.
- It has been observed that 98% of children watch serials and movies on mobile phones.
- It has been observed that 95 % of children have increased loneliness due to reduced visits.
- 88% of overnight mobile users were observed.
- Screen time on social media on Facebook, Instagram, Snapchat, YouTube accounts is 98%. It is increased in children. Almost

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के.लक्ष्मीबाई देशमुख शिक्षण प्रसारक मंडळ संचालित,



संग्राहक

89% of those who use the Internet almost constantly are in the pre-teen age group. In Italy, the proportion of 'internet addicts' among young people is approximately 0.8%, in China it is 14% and in Hong Kong it is reported to be 26.7%, in the USA it is 9.4%, which is reported to be 50% further in India. (Reference - Psychol Res B Hum Standard 2019 June 27, Pilhar E and KavanohJejar).

Recommendations :

Initially, one or two days in a week should be observed by everyone in the household as a mobile free day. It should be decided that no one will look at the mobile during the day. This will help children to control the habit. "Make it a rule that no cellphones can be seen at certain times of the day. This will help children maintain restraint. If these rules are made from the beginning, children's habits will not go out of control. It will not affect their mentality."

Parents should not wait until the child's habit goes to extremes. Doctors say that it is necessary for parents to take care of this from the beginning.

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