



Late Laxmibai Deshmukh Shikshan Prasarak Mandal's

Late Laxmibai Deshmukh Mahila Mahavidyalaya

Parli-Vajnath-431515, Dist. Beed

Arts, Commerce & Science

NAAC ACCREDITED, STATUS 'B'

Mob.9423714214

Prin. Dr. L. S. Munde

Outword No.

Date : 09 / 03 / 2021

MEMORANDUM OF UNDERSTANDING

Between

**Late Laxmibai Deshmukh Mahila Mahavidyalaya, Parli Vajjanath, Dist.,
Beed, Maharashtra, 431515 India**

Represented by Dr. Vivekanand B. Kawade

AND

Dnyanopasak Shikshan Mandals

Arts, Commerce and Science College, Jintur, Dist. Parbhani Maharashtra

Represented by Dr. Shyam K. Gore

This **Memorandum of Understanding** is intended to promote cooperation between the Department of Electronics, Dnyanopasak Shikshan Mandals ACS College, Jintur, and the Department of Physics, the Late Laxmibai Deshmukh Mahila Mahavidyalaya, Parli Vajjanath. The Faculty Dr. Shyam Khobraji Gore and Dr. Vivekanand B. Kawade, recognizing the benefits to their respective colleges from the establishment of institutional links, hereby agree 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 Dnyanopasak Shikshan Mandals Arts, Commerce and Science College, Jintur and Late Laxmibai Deshmukh Mahila Mahavidyalaya, Parli Vajjanath, both institutions agree to develop the following collaborative activities:

- Conducting joint research and development project.
- 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.





Late Laxmibai Deshmukh Shikshan Prasarak Mandal's

Late Laxmibai Deshmukh Mahila Mahavidyalaya

Parli-Vajnath-431515, Dist. Beed

Arts, Commerce & Science

NAAC ACCREDITED, STATUS 'B'

Mob.9423714214

Prin. Dr. L. S. Munde

Outword No. 5. IMPLEMENTATION

Date : 09/03/2021

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.

4. INTELLECTUAL PROPERTY

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

5. DURATION AND RENEWAL OF AGREEMENT

This Memorandum of Understanding will become effective immediately after signature by the representatives of both Dnyanopasak Shikshan Mandals Arts, Commerce and Science College, Jintur and Late Laxmibai Deshmukh Mahila Mahavidyalaya, Parli Vajjanath for a period of Two Years and is subject to revision or modification by mutual agreement.

6. 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.

7. APPROVAL

In agreement with the above terms of participation, the authorized representatives of the Dnyanopasak Shikshan Mandals, Arts, Commerce, and Science College, Jintur and the Late Laxmibai Deshmukh Mahila Mahavidyalaya, Parli Vajjanath, hereby affix signatures.

Date
For: 09/03/2021

Date
For: 09/03/2021

Principal,
Dnyanopasak Shikshan Mandals
Arts, Commerce and Science,
College Jintur.

I/C PRINCIPAL
Dnyanopasak Shikshan Mandal's
Arts, Commerce & Science College
Jintur Dist. Parbhani

Principal,
Laxmibai Deshmukh Mahila
Mahavidyalaya, Parli Vajjanath.

PRINCLPAL
Lt. L. D. Mahila Mahavidyalaya
Parli-Vajjanath. Dist. Beed.

Witnesses



Head, Dept. of Physics
Late Laxmibai Deshmukh
Mahila Mahavidyalaya
Parli Vajjanath Dist. Beed

		MEMORANDUM OF UNDERSTANDING BETWEEN	
<p>Shri Shivaji Shikshan Prasarak Mandal, Barshi's Karmaveer Mamasahab Jagdale Mahavidyalaya, Washi Tal Washi Dist.- Osmanabad (Maharashtra) 413 503</p>		<p>Late L. D. Shikshan Prasarak Mandal Parali Vajjanath's Late Laxmibai Deshmukh Mahila Arts, Science and Commerce College, Parali (V). Tq. Parali Dist. Beed (Maharashtra) 411515</p>	
<p>(Affiliated - Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (Maharashtra))</p>		<p>(Affiliated - Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (Maharashtra))</p>	
<p>Dr. Ravindra Venkatrao Kathare Associate Professor & Head Department of Physics, Karmaveer Mamasahab Jagdale Mahavidyalaya, Washi</p>		<p>Dr. Vivekanand Baburao Kawade Associate Professor & Head Department of Physics, Late Laxmibai Deshmukh Mahila Arts, Science and Commerce College, Parali (V).</p>	

❖ **ARTICLE - I**

The subject at present Memorandum of Understanding is the establishment of a scientifically and educational cooperation between Dr. R. V. Kathare, Associate Professor & Head, Department of Physics, Karmaveer Mamasahab Jagdale Mahavidyalaya, Washi Tq. Washi Dist,- Osmanabad, (Affiliated to Dr. Babasaheb Ambedkar Marathwada University, Aurangabad) and Dr. V. B. Kawade, Associate Professor & Head Department of Physics, Late Laxmibai Deshmukh Mahila Arts, Science and Commerce College. Parali (Affiliated to Dr. Babasaheb Ambedkar Marathwada University, Aurangabad)

❖ **ARTICLE - II**

Both Sides shall endeavor to favor as far as scientific & educational means allow them –

1. Exchange of research ideas and methodology.
2. Exchange of research materials and scientific information.
3. Access of various characterization instruments, if available any one side.
4. Other forms of cooperation made by mutual agreements.
5. Faculty exchange, for academic excellence.

❖ ARTICLE - III

This memorandum of understanding shall become effective from the date of its signing by the representatives of both institutions and shall remain in effect for 05 (Five) years, and can be extended by the written mutual consents. Either side may terminate this agreement at any time by giving a written notice in three months' advance to other side.

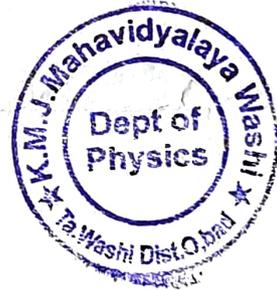
Date - 17/08/2018



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<p>Dr. Vivekanand Baburao Kawade Associate Professor & Head Department of Physics, Late Laxmibai Deshmukh Mahila Arts, Science and Commerce College, Parali (V), (Maharashtra)</p>	<p>Dr. Ravindra Venkatrao Kathare Associate Professor & Head Department of Physics, Karmaveer Mamasahab Jagdale Mahavidyalaya, Washi Tq. Washi, Dist.- Osmanabad (Maharashtra)</p>
--	--



Memorandum of Understanding (MoU)

BETWEEN

**VCP'S ARTS AND COMMERCE MAHILA MAHAVIDYALAYA, AMBAJOGAI,
DIST-BEED, (MS) 431517.**

NAAC Accredited with Grade B++ CGPA 2.82

Affiliated to Dr. BabasahebAmbedkarMarathwada University, Aurangabad (M.S.), India.

Late. Laxmibai deshमुख Shikshnan Prsarak Mandal's

Late. Laxmibai Deshmukh Mahila Mahavidya Arts, Commerce & Science

NAAC Accredited with Grade B

Affiliated to Dr. BabasahebAmbedkarMarathwada University, Aurangabad (M.S.), India.

**This MOU is entered into 24 June 2022.
(2022-23)**

1. Parties

- I. VCPS Arts and Commerce Mahila Mahavidyalaya, Ambajogai, dist-Beed, (ms)
- II. Late. Laxmibai Deshmukh Shikshnan Prsarak Mandal's
Late. Laxmibai Deshmukh Mahila Mahavidya Arts, Commerce & Science

2. Purpose

- (i) Establishing a very good research activities through collaborative program.
- (ii) Exchange of staffs and students between the institute for promoting research and development activities in various fields of Science and Technology.
- (iii) Jointly organize the seminars, conferences, workshops for students and faculty.
- (iv) To conduct the developmental program for students, faculty, Society etc.

3. Background

- I. VCP'S Arts and Commerce Mahila Mahavidyalaya, Ambajogai, dist-Beed, (ms)
Affiliated to Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (M.S.)
- II. Late. Laxmibai deshmukh Shikshnan Prsarak Mandal's
Late. Laxmibai Deshmukk Mahila Mahavidya Arts, Commerce & Science, Parali
Vaidyanath. Beed Maharashtra.
Affiliated to Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (M.S.).

4. Terms

Following terms and conditions agreed by all the three parties-

- a. Both colleges shall arrange the academic activities in collaboration for UG, PG students.

This MOU shall be valid for 10 years from the date of signing the MOU by Principals, IQAC, HOD and Faculty.

5. Activities

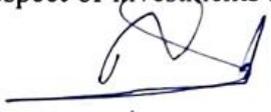
- a. Partnership will be setting up the total research and development work at the institutes.
- b. Partnership will provide the total expertise required for R & D facility for students and faculty members of the college.
- c. To conduct the faculty development course, guest lectures, seminar/conference.
- d. To organize the seminar, conferences and workshops for students and faculties.
- e. To conduct the various other activities under faculty exchange programme.

8. Termination

This Memorandum of Understanding may be terminated by either party, with cause, by giving the other party THIRTY (30) days' written notice to be sent via REGISTERD mail. On termination, accounts will be settled only in respect of investments received to date by the company

Acceptance

Authorized Person


Authorized Person
Principal/IQAC

PAL
Mahavidyalaya
Dist. Beed



Principal/IQAC

Dr. Syed Aqueela **Principal**
Arts & Com. Mahila Mahavidyalaya,
Ambajogai Dist. Beed

Principal
Dr. V. L. D. Mahila Mahavidyalaya
Parli-Vajinath, Dist. Beed.

1. PRIMARY CONTACTS:

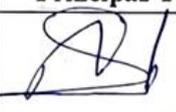
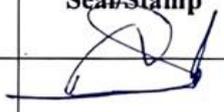
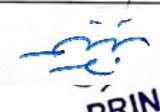
The primary contacts of the participating institutions are:

Sr. No.	Name of the Institution and Address	Designation	Mobile No.	E-mails
1.	VCP'S Arts and Commerce Mahila Mahavidyalaya, opp. Bus stand, Ambajogai, dist-Beed, (ms) 431517	Principal / IQAC	9422243853	principalvcppmm@gmail.com
2.	Late. Laxmibai deshmukh Shikshnan Prsarak Mandal's Late. Laxmibai deshmukkh Mahila Mahavidya Arts, Commerce & Science, Parali Vaidyanath. Beed Maharashtra. 431515	Principal/ IQAC	992166146	lldmmcollegeparli@gmail.com

2. AUTHORIZED SIGNATORIES:

The parties hereby agree to the said MOU, which shall be effective Signed for and on the behalf of participating institutions by Principal / IQAC

SIGNATURES OF THE AUTHORITIES:

Sr. No.	Name of the Institution and Address	Signature of the Principal/ IQAC	Seal/Stamp
1.	VCP'S Arts and Commerce Mahila Mahavidyalaya, Ambajogai, dist-Beed, (ms) affiliated Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (M.S.), India.		 Principal Arts & Com. Mahila Mahavidyalaya, Ambajogai Dist. Beed
2.	Late. Laxmibai deshmukh Shikshnan Prsarak Mandal's Late. Laxmibai deshmukkh Mahila Mahavidya Arts, Commerce & Science, Parali Vaidyanath. Beed Maharashtra. 431515		 PRINCLPAL Lt. L. D. Mahila Mahavidya Parli-Vajinath, Dist. Be

Principal
Arts & Com. Mahila Mahavidyalaya
Parli-Vajinath, Dist. Beed.

Principal
Arts & Com. Mahila Mahavidyalaya
Parli-Vajinath, Dist. Beed.

Principal
Arts & Com. Mahila Mahavidyalaya
Parli-Vajinath, Dist. Beed.



॥ 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 ४३१ ५१५, 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.Padhye

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 Padhye 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.



॥ विदुषी राष्ट्रोत्कर्ष करोती ॥
कै.लक्ष्मीबाई देशमुख शिक्षण प्रसारक मंडळ रांचलित,

कै.लक्ष्मीबाई देशमुख महिला वरिष्ठ महाविद्यालय

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

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 Vajinath for a period of Two Years and is subject to revision or modification by mutual agreement.

AMENDMENTS

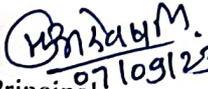
This Memorandum of Understanding may be amended by a written agreement signed by the representatives of both colleges..

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 Vajinath 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 Vajinath, Dist. Beed


Principal

Late L.D.Mahila College, Parli-V
PRINCIPAL
Lt. L. D. Mahila Mahavidyalaya
Parli-Vajinath, 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.khoeshwarmahavidyalaya.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.

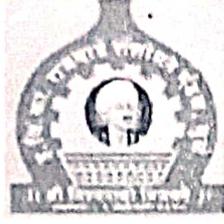
The vision of this collaboration is to conduct joint research & development projects, organisation of lectures, conferences & workshops, exchange of information, teaching materials & research work.

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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ISSN No. 2394-5990

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
- प्रा. डॉ. मृदुला वर्मा
- प्राचार्य डॉ. अनिल माणिक वैसाणे
- 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.

41. To Study the Level of Aggression & Depression among Male & Female
What'sapp Users
- Dr. Kalpana R. Vitore ----- 208
42. A Comparative Study of Life Satisfaction level among Urban and Rural women
- Dr. R.R. Senad ----- 211
43. Irrational Beliefs among Adolescents: Exploring Differences in Orphan
Status and Gender
- i) Santosh Janrao, ii) Dr. Gauri Kadam ----- 216
44. Role of parent's in managing screen time of children
- i) Sarika Hiralal Mali, ii) Dr. Shaikh Tahemina Naaz ----- 222
45. The Impact of Socioeconomic Conditions on Career Selection Behavior
- i) Dr. Ramprasad Shivajirao Kale, ii) Dr. Pundalik Vitthal Rasal ----- 226
46. Social networking addiction among adolescent
- i) Pramod D. Wagh, ii) Dr. Nagarao Dongre ----- 231
47. A Study of Death Anxiety and Depression among College Students
- i) Ms. Pathade Kalyani Harichandra, ii) Dr. Sunil Jadhav E. ----- 237
48. A Study of Fear of Negative Emotions and Depression among Teenagers
- Dr Arti S. Thale ----- 242
49. A study of the consequences of excessive use of mobile phones in Adolescents
- i) Dr. Ragini Padhye, ii) Dr. Rohini Ankush ----- 247
50. A comparative study between Loneliness and Depression among elderly
people who live in old age homes and in their homes
- Srushti Vijaykumar Joshi ----- 251



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

॥ विदुषी राष्ट्रोत्कर्ष करोती ॥

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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