

Report on “Usage of Mobile on Campus and Impact of Increased Screen time”



Date: 23/11/2024

Department of Humanities and Sciences
MALLA REDDY COLLEGE OF ENGINEERING

The event was organized by the Humanities and Science Department and aimed to raise awareness among students and faculty members regarding the growing use of mobile phones on campus, as well as the potential negative effects of increased screen time on academic performance, mental health, and overall well-being.

On 23rd November 2024, the Department of Humanities and Sciences (H&S) at Malla Reddy College of Engineering organized an impactful debate Program at the seminar hall of the college. The objectives this event are:

1. Discuss the current trends of mobile phone usage on campus.
2. Explore the positive and negative impacts of excessive screen time.
3. Provide practical tips on managing screen time and promoting a healthier lifestyle.

The program saw enthusiastic participation, with a total of 87 groups have registered and students actively took part in the debate competition, making the event focus on vibrant speaking and persuasive skills. The event targeted the first-year, second-year and third-year of B.Tech students, providing them with a platform to express their perspectives of the given topic by using their communicative skills and engage with peers in a positive argumentative spirit.



A Photo of welcoming the judge Dr. Venkateshwar Rao, Professor of English, MRIET.

Welcome Speech by the Principal



A Photo of Principal, Dr. M. Ashok.

The principal Dr. M. Ashok garu began the event by extending a warm greetings to all the students, faculty members, and the judge Dr. Venkateshwar Rao, Professor of English, MRIET.

The principal Dr. M. Ashok garu emphasized the significance of technology in the modern era and its indispensable role in students' academic and social lives. However, he also highlighted that the excessive use of mobile phones, particularly among young people, has led to growing concerns about its impact on physical and mental health, social interactions, and academic performance.

Despite academic benefits, mobile phones are often a source of distraction. Approximately 40% of students admitted to checking social media or texting during classes.

A decline in face-to-face communication and engagement has been noted, with many students relying more on digital communication through mobile phones.

The usage of mobile phones on campus is a double-edged sword. While offering numerous benefits for communication and learning, they also introduce distractions and challenges in terms of academic performance and social engagement. It is imperative for institutions to balance the advantages and disadvantages of mobile phone usage by developing comprehensive, enforceable policies that promote academic success and well-being.



A Photo of Principal Sir addressing the gathering

The principal Dr. M. Ashok garu said, "As we embrace technology and its benefits, we must also be mindful of its potential to distract us and affect our mental and physical well-being. The purpose of this event is not to discourage the use of mobile phones but to encourage responsible usage, balance, and moderation." He also encouraged students to use the session as an opportunity to reflect on their screen time habits and explore healthier ways to engage with technology.

We must all understand that mobile phones should serve as a tool for education and communication, not as a source of interruption or disruption in our academic pursuits. When used responsibly, they can enhance learning by allowing access to online resources, educational apps, and staying connected with school activities. But when misused, they can lead to distractions, reduced attention in class, and even issues like cyberbullying.

Therefore, I urge all students to remember that the guidelines we have put in place are for your benefit. The use of mobile phones on campus will be allowed during breaks and in designated areas, but it should not interfere with your focus during lessons or with the quality of your interactions with your peers and teachers. We trust you to make responsible choices and use technology wisely to enhance your learning experience.

Speech by the Head of the Department (HOD):

Dr. Sneha Joshi garu, the Head of the Humanities and Science, took the stage next. She spoke on the growing issue of mobile usage among students, noting how technological advancements have changed the way we study, communicate, and even entertain ourselves. She drew attention to the fact that students often use mobile phones for academic purposes, such as research, communication with professors, and attending online classes. The findings indicate a complex relationship between mobile phone usage and campus life. On the one hand, mobile phones enhance the learning experience by providing quick access to resources and facilitating communication. On the other hand, mobile phones contribute to distraction, negatively affecting academic performance and social interactions.

However Dr. Sneha Joshi also pointed out that there has been a surge in non-academic usage, including social media browsing, gaming, and entertainment, which significantly increases screen time. While mobile phones can be a valuable tool for learning, we must acknowledge the negative impact of excessive usage. Our goal today is to create awareness about these effects and provide actionable steps for students to limit screen time while maintaining academic productivity," said by Dr. Sneha Joshi.



A Photo of HoD of H&S, Dr. Sneha Joshi addressing the gathering



Winners Announcement:

For the Debate competition program which is held on the 23rd of November, 2024 concluded with great enthusiasm and excitement. The event brought together some of the brightest minds to engage in thought-provoking discussions on the theme "Usage of Mobiles on Campus and Impact of Increased Screen time." The debate saw participants articulate their arguments on both sides of the topic with passion, logic, and exceptional oratory skills. After several intense rounds of debate, the event culminated in a formal winners' announcement. The panel of esteemed judges, consisting of senior teachers and external experts, deliberated carefully on the performance of each team based on criteria such as clarity of argument, use of evidence, rebuttal skills, and overall presentation.

1st Prize winner group from First Year

- 1. Anupama Reddy, Roll. No. 23Q91A0448**
- 2. D. Yamuna, Roll. No. 23Q91A0448**
- 3. Pranaya, Roll. No. 23Q91A0448**

1st Prize winner group from Second Year

- 1. R. Mahender, Roll. No. 23Q91A05P0**
- 2. S.Sai Kiran, Roll. No. 23Q91A0522**
- 3. K. Sai Sharan, Roll. No. 23Q91A05L8**

2nd Winner group

- 1. T. Nikitha, Roll. No. 23Q91A05P6**
- 2. Rushendra, Roll. No. 23Q91A05L0**
- 3. Md. Saifuddin, Roll. No 23Q91A05M9**

Conclusion:

This report investigates the usage of mobile phones on campus and the impact of this behaviour on student productivity, communication, and academic performance. It highlights both the positive and negative consequences of mobile phone usage, providing recommendations for improving mobile phone policies to promote a balanced, focused academic environment. Key findings suggest that while mobile phones can offer educational benefits, excessive use leads to distractions and reduced productivity.

In conclusion, the usage of mobile phones on campus presents both opportunities and challenges. While mobile devices provide students with valuable access to educational resources, communication tools, and collaboration platforms, they also contribute to significant distractions that can hinder academic performance and focus. The widespread use of mobile phones for non-academic purposes during class and study sessions underscores the need for balanced policies that promote responsible usage.