



Circular No.65/2021-22

Date: 18 Dec, 2021

Dear Parent,

Since the onset of the Covid- 19 pandemic, the classrooms have become digital and students social interaction has become minimal. As such most of the students have found companionship in the ubiquitous mobile phones -their own or their parents.

A lot of time is being spent by students in browsing social media sites or gaming activities and it is being observed that the habit is becoming an **obsessive and compulsive disorder with many, it is also being seen as an escape from the daily schedule of activities, resulting in the prioritization of gaming over daily activities and interests** These interests may develop into serious consequences.

A child might be suffering from a 'gaming disorder' if he/ she exhibits the following signs:

- Talk about the game incessantly.
- Play for hours on end
- Get defensive when told about the excessive gaming habit.

The World Health Organization (WHO) too has officially recognized "gaming disorder" as a **mental health condition** – adding the disorder to the International Classification of Diseases, or the ICD-11, the organization's official diagnostic manual. Ideally a child should not be spending more than 2 hours playing online video games per week

In case you realise that your child is addicted to online video games, be firm and try and wean him/ her off, lest it becomes a compulsive disorder

You may try some of these activities to help your child get rid of the compulsive playing activity:

- Arrange active indoor or outdoor activities for your children and their friends.
- Engage the child in household activities
- The family should spend time together playing Board games or watching some good shows together

**"YOU WOULDN'T LEAVE YOUR KID ON THE SIDE OF THE HIGHWAY WITHOUT SUPERVISION.  
YOU SHOULDN'T PUT THEM ON THE INTERNET HIGHWAY WITHOUT THE SAME TYPE OF SUPERVISION."**

*Asha Prabhakar*

**Asha Prabhakar**  
(Principal)

स्वच्छ भारत

एक कदम स्वच्छता की ओर

Distribution

VPL, HMs and Staff (via mail)

Website

**FOR FURTHER INFO, VISIT OUR FB PAGE [www.facebook.com/bbpsnd](http://www.facebook.com/bbpsnd)**

[www.twitter.com/BBPSNoida](http://www.twitter.com/BBPSNoida)

[www.instagram.com/balbharatiND](http://www.instagram.com/balbharatiND)

[www.linkedin.com/in/asha-prabhakar-614a0153](http://www.linkedin.com/in/asha-prabhakar-614a0153)



<https://bbpsnoida.balbharati.org>

[www.facebook.com/bbpsnd](http://www.facebook.com/bbpsnd)

[www.twitter.com/BBPSNoida](http://www.twitter.com/BBPSNoida)

[www.instagram.com/balbharatiND](http://www.instagram.com/balbharatiND)

[www.linkedin.com/in/asha-prabhakar-614a0153](http://www.linkedin.com/in/asha-prabhakar-614a0153)



## Obsession with Gaming?

The World Health Organization (WHO) has officially recognized "gaming disorder" as a mental health condition.

**Ideally a child should not be spending more than 2 hours playing online video games per week**



### Warning Signs of Video Gaming

#### PHYSICAL SYMPTOMS

- Nausea
- Restlessness
- Headache
- Allergies

#### PSYCHOLOGICAL SYMPTOMS

- Anxiety
- Depression
- Insomnia
- Irritability

#### SOCIAL EFFECTS

- Anger & Verbal Abuse
- Social Isolation
- Lack of Interest in Work

**Some activities to help the child get rid of the compulsive playing activity:**

Arrange active indoor or outdoor activities for your children and their friends.

Engage the child in household activities

The family should spend time together playing Board games or watching some good shows together



**"You wouldn't leave your kid on the side of the highway without supervision. You shouldn't put them on the internet highway without the same type of supervision."**