



SLC(University of Delhi)
SHYAM LAL COLLEGE
NAAC A++ & NIRF AIR 68TH

DEPARTMENT OF CHEMISTRY & IQAC

Presents

**DR. A.P.J. ABDUL KALAM MULTIDISCIPLINARY
SEMINAR SERIES**

Dr. Reeta Sharma
Convenor(TIC)

Dr. Ompal S. Yadav
Co-Convenor

Prof. Kusha Tiwari
Director(IQAC)

Prof. Rabi Narayan Kar
Principal, SLC

Dr. Rakesh Pant
Coordinator

Organizing Team- All faculty members of Chemistry Department

Dr. Kavita Yadav
Co-coordinator



SLC (University of Delhi) Shyam Lal College



Accredited Grade A++ by NAAC, 68th Rank in NIRF

Department of Chemistry & IQAC

Presents

Dr. A.P.J. Abdul Kalam

Multidisciplinary Seminar Series

Speaker



Dr. Nidhi Chauhan
Senior Consultant, Anesthesia
& Critical care, MHCHI, Delhi

Patron



Prof. Rabi Narayan Kar
Principal, SLC

29th FEBRUARY

TIME- 12.30 PM

Venue - Seminar Hall

"Smart Phones, Sleep, Sanity, and Sad Us!"

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Dr. Reeta Sharma, Teacher In Charge,
 Department of Chemistry SLC.

Dr. Nidhi Chauhan, (Speaker)



Dr. Nidhi Chauhan, delivering the lecture at Seminar Hall, SLC.

The talk was about the use of mobile phones and our addiction to phones. The speaker started the talk by showing data on the average time spent on popular social network sites (Instagram, Twitter, etc.).



Slides: Dr Nidhi Chauhan

In today's world, we rely heavily on digital platforms for all our tasks. Whether it is about social media platforms (Facebook, Snapchat, etc.) to connect with friends or our official work. Though we can connect with people through these platforms, no platform can replace real-world human interaction.

The speaker emphasized the importance of real-world interaction, as human interaction is required to trigger hormones that alleviate stress and make us feel happier and healthier. The speaker mentioned that digital platforms can make us feel lonely and isolated and exacerbate mental health problems such as anxiety and depression.

Further, she mentioned a term for mobile phone addiction called **Nomophobia**. If one constantly checks his phone then one is suffering from nomophobia.

Looking at phone screens can impact sleep. Mobiles emit mostly blue light, and these wavelengths are particularly good at keeping us productive and focused, so perfectly suited for daytime phone usage. However, the same isn't ideal for night. The exposure to light tells us to be awake, so looking at bright light from a phone just before bed tells our body it's still time to be awake and not sleep time.

In the hours leading up to bedtime, as natural light levels decrease, our brains start to produce a hormone called **melatonin**, which causes our alertness to begin to dip. It signals our bodies to wind down and prepare for sleep. The blue light emitted by phones affects melatonin levels and signals to your brain that it's daylight, melatonin production is suppressed and sleep becomes delayed.

The speaker concluded the talk with some remedies:

- Reduce online time
- Change focus
- Spend more time with friends offline

Some simple solutions:

- Turn off notifications
- Avoid taking the phone to the bedroom
- Change phone to grayscale
- Swap online conversation for real-time meet-ups.



Faculties of the Department of Chemistry with the speaker (Dr. Nidhi Chauhan)



National anthem after the talk.



Group photo of the whole department with the speaker.

