

# When Touchscreens Replace Touch

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Every day, screens light up our faces, phones, tablets, TVs. We talk less, play less and even feel less. Instead of laughing with friends or playing in the mud, we scroll and tap. Bit by bit, we are forgetting what it means to be truly human.

## When Our Brains Let Devices Do the Thinking

Have you ever forgotten something and said, "It's okay, I can just Google it"? That's called digital amnesia. It means we forget things because we trust our devices to remember them. This can make our brain a bit lazy, like a muscle that isn't exercised.

Scientists have found that when people rely too heavily on screens, the part of the brain responsible for memory, known as the hippocampus, becomes less active. Children and teens who always use digital helpers like Alexa or Google may not ask as many questions or stay curious for long. Using a smartphone all the time, especially while doing homework or talking to friends, can make it harder to focus and remember things.

## When Screens Trick Our Feelings

Sometimes, we come across people on Instagram or other social media platforms

who appear to be perfect and happy all the time. But guess what? Those photos are often edited or carefully chosen. When we compare ourselves to them, we might feel sad, less confident or even anxious.

Girls, especially, might feel unhappy with how they look after just a few minutes of scrolling. Teenagers who don't get many likes may feel left out or hurt. Their brains even react like they're feeling physical pain! That's how powerful social media can be. Over time, we might keep checking for likes to feel good, just like eating candy for a quick happy feeling. But the more we do it, the less joy we get, and we want more and more.

## When Parents Are Busy with Phones Too

It's not just children. Sometimes, even parents are always on their phones. There's a

word for this, technoference,

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## POWER FACTS

### "Ping!" - A Tiny Treat for the Brain

Every time we hear a ping, get a like, or scroll through something new; our brain gets a little reward. It releases feel-good chemicals like dopamine, which is why it's so hard to put the phone down-it literally feels like a treat every time!

### Focus? Gone in a Flash!

Studies show that attention spans are shrinking, especially in kids. In fact, some children now lose focus even faster than a goldfish! Constant screen use trains the brain to seek quick

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when technology interrupts time with family. If a parent is using their phone while playing with a baby, the baby might not learn how to make eye contact or understand emotions easily. That can make it harder for them to learn to talk or connect with others later. Even when children seem “quiet” or “independent,” they might actually be feeling lonely if they don’t get attention from adults.

### When Nature Disappears from Our Lives

Do you remember the last time you played in the rain, rolled in the grass, or made a mud pie? Sadly, many kids today don’t spend much time outside. They’re often on screens instead of playing in nature. This is called Nature Deficit Disorder, it means children are

missing out on the joy and health benefits of being in nature. Our bodies and minds need nature to grow strong and happy.

Playing in the dirt isn’t just fun, it helps your brain release serotonin, a chemical that makes you feel good! Being around soil, trees, and animals also helps your immune system, which keeps you from getting sick easily. Kids who grow up indoors too much may get more allergies, feel more anxious and have a harder time paying attention.

### How to Be Human Again

The good news? We can still make a change. Take a walk barefoot on the grass. Watch clouds float across the sky. Let the rain fall on your skin.

Talk to a friend face-to-face. Ask questions, explore and play with your hands. These small things help us feel alive, calm and connected. The real world has so much beauty, waiting for you to notice. You don’t need a screen to find joy. Sometimes, the best moments come from slowing down, being curious and remembering how it feels to be truly you. ●



changes and instant rewards, making it harder to concentrate for longer periods.

### When Emotions Get Blurry

Excessive screen time can affect emotional development. Kids (and even adults) who spend too much time on devices may find it harder to recognize, understand or express their feelings properly, which can lead to mood swings and confusion.

### Screens Steal Sleep

Using screens at night-like watching videos or playing games-can interfere with sleep. The light from the screen tricks the brain into thinking it’s still daytime, making it harder to fall asleep and get good rest.

### Creativity Takes a Backseat

Screens offer ready-made entertainment-games, videos, apps-so children don’t get much chance to imagine, explore or invent their own fun. Over time, this can reduce creativity and problem-solving skills.

### Even Skin and Fingers Feel It!

Holding gadgets too long can cause hand and wrist strain, especially in young fingers and constantly touching the face while using devices may lead to breakouts or skin irritation too.

### Numb to Feelings? Yes, It Can Happen

Too much screen time can make people emotionally distant. When always glued to screens, kids might stop reacting deeply to real-life emotions-whether it’s joy, sadness or even empathy for others.

### The Phantom Buzz Trick

Have you ever felt your phone vibrate, checked it and realized there was nothing there? That’s called “phantom vibration.” It’s a sign the brain has gotten so used to phone alerts that it starts imagining them, even when nothing happened. ●





EDITORIAL

Executive Director, IAME

# While schools open....

As we navigate the challenges and opportunities of the new academic year, it's essential to reflect on the values that shape our school community. At its core, our school is a place where students come to learn, grow and thrive. We face various obstacles, from academic pressures to personal struggles, but it's how we respond to these challenges that defines us.

Resilience is the ability to bounce back from setbacks, adapt to new situations and persevere in the face of adversity. As students, you've demonstrated remarkable resilience in overcoming obstacles, whether it's tackling a difficult assignment, balancing extracurricular activities,

or supporting a friend in need.

Growth is an essential part of the learning process. It's about embracing new experiences, taking risks and stepping outside your comfort zone. Whether it's trying a



new sport, joining a club or exploring a new interest, growth happens when we challenge ourselves and push beyond our limits.

As a school community, we have a

unique opportunity to support one another in our journey towards growth and resilience. By fostering a culture of empathy, kindness and understanding, we can create an environment where everyone feels valued, heard and empowered to succeed.

As we move forward into the new academic year, let's remember that growth and resilience are not solitary pursuits. They require a supportive community, a willingness to learn from failures and a commitment to helping one another succeed. Together, we can build a school community that is strong, resilient, and dedicated to the pursuit of excellence.

## Comprehensive 30-Day Plan to reduce **Mobile Addiction**

### 1. Check Your Digital Well-Being:

- Open settings and check your daily screen time usage.
- Reflect on which apps consume most of your time.

### 2. Set "Phone-Free" Zones:

- No phones during meals or in the bedroom.
- Keep phones away while studying or doing homework.

### 3. Use a Grayscale Screen:

- Change phone settings to grayscale mode to reduce app attraction.

### 4. Delay and Distract Technique:

- Before checking your phone, count to 10 or engage in another activity first.

### 5. Reverse Alarm System:

- Use a traditional alarm clock instead of a phone alarm.

### 6. App Limits, Focus Mode:

- Set daily app usage limits on social media and entertainment apps.

### 7. Turn Off Notifications:

- Disable non-essential app notifications to reduce distractions.

### 8. Identify Triggers:

- Notice when and why you reach for your phone.
- Write down your top 3 triggers.

### 9. Start a "No-Social Media" Hour:

- Designate one hour every day without social media.

### 10. Engage in a "24-Hour Digital Detox Challenge"

### 11. Use the "Out of Sight, Out of Mind" Rule:

- Keep your phone in another room while studying or sleeping.

### 12. Set Rewards for Reduced Screen Time:

- For every 30 minutes without the phone, earn a point towards a fun reward.

### 13. Accountability Partner System:

- Pair up with a friend or sibling to track each other's screen time.

#### 14. Create a “To-Do Before Phone” List:

- Before checking social media, complete one productive task first.

#### 15. Try “Batch Checking” Messages:

- Set 2-3 specific times a day to check and reply to messages instead of constantly checking.

#### 16. Use a Physical Notebook Instead of a Digital One:

- Reduce dependency on mobile notes and online study materials.

#### 17. Create a Cyber Safety Checklist:

- Review privacy settings, passwords and online safety rules.

#### 18. Implement the “Phone Swap” Method:

- Exchange phones with a friend or family member for an hour and engage in real-life

#### 19. Track Mood Changes After Using the Phone:

- Note how you feel after long

screen time versus engaging in offline activities.

#### 20. Nature connect challenge

- Spend 30 minutes outside with no gadgets at all, no phone, no music, no camera. Just you and nature.

#### 21. Introduce a “Mindful Scrolling” Practice:

- Before opening an app, ask yourself: “Why am I doing this?”

#### 22. “Phone-Free Mornings” Challenge:

- Avoid using the phone for the first hour after waking up.

#### 23. Create a Real-Life Bucket List:

- Write down 10 offline activities you want to try and commit to them.

#### 24. Read a Book Instead of Using the Phone at Night:

- Reduce screen exposure before bedtime for better sleep.

#### 25. Practice Active Listening:

- When talking to someone, put the

phone away and focus entirely on the conversation.

#### 26. Reduce Blue Light Exposure:

- Use blue light filters in the evening to prevent sleep disturbances.

#### 27. Set a “Realistic” Phone-Free Goal:

- Instead of quitting completely, aim for reducing screen time by 30%.

#### 28. Identify & Unfollow Negative Content:

- Clean up your social media feed to remove harmful or toxic content.

#### 29. Participate in a Digital Detox Group:

- Join a school-wide challenge where students reduce phone usage together.

#### 30. Develop a Monthly Reflection Habit:

- At the end of 30 days, review what worked, what didn’t and adjust accordingly. ●

## DAYS TO KNOW

# June 5 World Environment Day

World Environment Day is celebrated annually on June 5 to raise awareness and take action to protect the environment. The day was established by the United Nations General Assembly in 1972 and has since become a global platform for environmental outreach, engaging millions of people worldwide.

#### Key Facts About World Environment Day:

- **Theme:** Each year, the United Nations announces a theme for World Environment Day. In 2023, the theme was “Beat Plastic Pollution,” focusing on solutions to reduce, redesign and recycle plastic.
- **Significance:** The day aims to

emphasize the importance of environmental conservation and encourage people to work towards protecting the planet

#### Environmental Issues Highlighted:

- **Plastic Pollution:** Over 400 million tons of plastic are produced worldwide each year, with less than 10% being recycled. An estimated 19-23 million tons of plastic end up in lakes, rivers and seas annually.
- **Climate Change:** The planet faces a triple crisis of climate change, nature and biodiversity loss and



**WORLD  
ENVIRONMENT  
DAY**

pollution and waste.

- **Land Restoration:** World Environment Day 2024 focuses on land restoration, halting desertification and building drought resilience

#### Ways to Celebrate:

- **Reduce, Reuse, Recycle:** Take action to reduce plastic use, reuse products and recycle waste.
- **Community Events:** Participate in local events, such as clean-up initiatives, tree plantation drives and environmental seminars.
- **Sustainable Living:** Make conscious choices to live sustainably and in harmony with nature ●

## CURRENT AFFAIRS

APRIL

1. Which state developed the AI chatbot 'Saarthi' to facilitate access to government documents? - **Haryana**
2. Who has been appointed as the new Private Secretary to the Prime Minister? - **Ms. Nidhi Tewari.**
3. Which state will host the 2025 Asia Cup Hockey tournament? - **Bihar.**
4. Who has been appointed as the new Deputy Governor of the Reserve Bank of India? - **Dr. Poonam Gupta.**
5. **Kerala's first Virtual Reality (VR)** Park was set up in Kollam district, marking a significant step in digital tourism and technology innovation.
6. Which state in India is conducting the 'School Chalo Hum' initiative, aimed at promoting school enrollment and education? - **Madhya Pradesh.**
7. Which state secured the first position in the Fiscal Health Index 2025 for its strong fiscal management? - **Odisha.**
8. The '**Vibrant Village Programme**,' aimed at improving infrastructure and enhancing living conditions in border areas, is being implemented by which ministry? - **Ministry of Home Affairs.**



Kannadi Paya

9. Which traditional handicraft, representing indigenous tribal craftsmanship, from Kerala was awarded the Geographical Indica-

tion (GI) tag in March 2025?  
- **Kannadi Paya.**

10. **The Waqf Amendment Bill** was introduced in the Rajya Sabha by Kiren Rijiju, the Union Minister of Parliamentary Affairs.

The Waqf Amendment Bill received the assent of the President of India on 5th April 2025 and officially came into effect on 8th April 2025.

11. A new species of damselfly was discovered in the Wayanad region of the Western Ghats. Which species is it? - **Wayanad Torrent Dart.**



Wayanad Torrent Dart

12. Under the leadership of the Governor of Kerala, which campaign is being conducted in campuses to promote a drug-free environment? - **'No Pact with Drugs'**
13. In April 2025, which honor was bestowed upon Indian Prime Minister Narendra Modi by Sri Lanka? - **The 'Mitra Vibhushan' (Sri Lanka's highest civilian honor).**
14. What is India's first vertical lift sea bridge, which spans a length of 2.08 km? - **The New Pamban Bridge.**



The New Pamban Bridge

15. Which pharmaceutical public sector enterprise in Kerala is

celebrating its Golden Jubilee?  
- **Kerala Drugs and Pharmaceuticals Limited.**

16. Who were the champions of the Indian Super League for the 2024-25 season? - **Mohun Bagan Super Giants.**



Mohun Bagan Super Giants

17. Who is the 52nd Chief Justice of the Supreme Court of India? - **Justice Bhushan Ramkrishna Gavai.**
18. In April 2025, which Union Territory developed the e-SEHAT app to improve healthcare services? - **Jammu and Kashmir.**
19. Which groundbreaking electric vehicle technology, making its debut in India, was first tested in Thiruvananthapuram? - **Dynamic Wireless Charging.**
20. Which 95-minute Kannada film, claimed to be the world's first fully AI-generated feature film, was created without human actors or traditional filmmaking? - **Love You.**



Dynamic Wireless Charging

21. Who is the current chairman of the 23rd Law Commission of India, appointed in April 2025? - **Hon'ble Mr. Justice (Retd.) Dinesh Maheshwari.**
22. Which railway station in the world is the first to be constructed using



3D printing technology? - **Hatsushima Railway Station, Japan.**

23. What is the Supreme Court's new directive regarding the timeframe for Governors to forward bills passed by state assemblies to the President? - **Within three months.**

24. Who holds the record for the most summits of Mount Everest as of April 2025? - **Kami Rita Sherpa**, with 30 successful ascents.

Kami Rita Sherpa, a legendary mountaineer from Nepal, set this remarkable record by conquering Mount Everest for the 30th time in April 2025. His extraordinary achievements have made him a global icon in the world of mountaineering.

25. Who is Kerala's 50th Chief Secretary, appointed in April 2025? - **Dr. A. Jayathilak.**



Dr. A. Jayathilak

26. What is the main objective of the **Pradhan Mantri Mudra Yojana (PMMY)**? - To provide collateral-free loans to non-corporate, non-farm small and micro enterprises, supporting sectors like trading, manufacturing and services.

27. The fascinating celestial body, located 37 crore kilometers from Earth, believed to contain vast amounts of gold, silver and nickel, is known as '**Psyche**'.

The Himalayan High Altitude Atmospheric and Climate Research Centre aims to study atmospheric and climate phenomena in the Himalayan region

28. Where is India's first-ever '**Himalayan High Altitude Atmospheric and Climate Research Centre**'

located? - **Located in Nathatop, Udhampur district, Jammu & Kashmir.**

29. Which country is set to supply India with the **Rafale-M (Marine)** fighter jets? - **France.**



Rafale-M (Marine)

30. Where was the **National Tribal Youth Festival 2025** held? - **Kelsih, Mizoram.**

31. What is the **BM-04**? - A short-range ballistic missile (SRBM) developed by India's DRDO.

32. When and where was the **9th Global Technology Summit (GTS) 2025** held? - It took place in New Delhi. Hosted by Carnegie India and the Ministry of External Affairs.

33. Which new wildlife sanctuary was established in Sagar, Madhya Pradesh, in 2025, and whom is it named after? - **Dr. Bhimrao Ambedkar Abhyaran**, named in honor of Dr. B.R. Ambedkar.

Dr. Bhimrao Ambedkar Abhyaran, covering 258.64 sq km, announced ahead of his birth anniversary on April 14, 2025

34. Which organization publishes the Index of Industrial Production (IIP) in India? - **The Central Statistics Office (CSO)**

35. Which is the first district in Kerala to be included in the Central Meteorological Department's heat wave map? - **Palakkad.**

36. Who is the current Commonwealth Secretary-General? - **Shirley Ayorkor Botchwey**, the

7th Secretary-General and the first African woman to hold the post.



Shirley Ayorkor Botchwey

37. Which state has set up **India's first Cyber Command Centre** to tackle rising cyber-crimes? - **Karnataka.**

38. Which state ranks first in India in women's literacy? - **Kerala.**

39. Women's World Chess Champion - **Ju Wenjun**. She successfully defended her title in the 2025 Women's World Chess Championship, held in China.



Ju Wenjun

40. Which organization publishes the Global Financial Stability Report? - **International Monetary Fund (IMF).**

41. Who is the Indian Air Force pilot selected to fly to space on the Axiom Mission 4 (Ax-4) in May 2025? - Group Captain **Shubhan-shu Shukla.**



Captain Shubhanshu Shukla

42. Which terrorist attack led India to suspend the Indus Waters Treaty with Pakistan? - **The Pahalgam terrorist attack** in April 2025.

43. Which ministry launched the '**AI Careers for Women**' initiative to empower women in artificial intelligence? - Ministry of Skill Development and Entrepreneurship (MSDE).

44. Which city was designated as **UNESCO's World Book Capital for 2025**? - Rio de Janeiro, Brazil

**EVENTS**

# IAME Schools Set to Welcome Students with 'Prefatory' on June 2

As schools across Kerala prepare to reopen their gates after the summer break, the state is gearing up to launch "Prefatory" - a grand welcome-back programme for students on June 2. "Prefatory" will be conducted in schools across the state as a vibrant and engaging school reopening event.

The programme aims to create a warm and joyful start to the new academic year, with a host of cultural performances, interactive sessions, creative activities and motivational

talks planned for students. Teachers, parents and local dignitaries are also expected to take part in the celebrations, marking a spirited beginning to the 2025-26 academic year.

## **PREFATORY**<sup>'25</sup> School Reopening Ceremony

"Prefatory is more than just a reopening event - it sets the tone for a hopeful, inclusive and inspiring academic journey for our children,"

said VPM Ishaque, Secretary, IAME.

The programme will be simultaneously held in government, aided and private schools, emphasizing Kerala's commitment to holistic and inclusive education. Special attention is also being given to welcoming first-time school-goers with age-appropriate activities and joyful learning experiences.

With "Prefatory," IAME aims to turn the first day of school into a celebration of learning, creativity and community spirit.

# Kerala Students Conclave

IAME conducts many empowering programmes for its stakeholders like students, teachers, principals and managers. As the part of empowerment of the students, it conducts KERALA STUDENTS CONCLAVE - an interactive programme between the students and

the scientists. It's meant to develop scientific awareness and scientific perspective in the young minds.

At the vibrant IAME Kerala Students Conclave, bright minds lit up the stage - Raul John Aju and Hasan Saifi, hailed as AI prodigies and young robotics scientists, showcased their

passion and innovation, inspiring a new wave of tech-driven dreams.

**Kerala Students Conclave**  
IAME  
**05 FEBRUARY 2025 WEDNESDAY**  
MAJESTIC AUDITORIUM, KOZHIKODE



**Dr. John Abraham**  
Award Winning  
Scientist and Innovator

**Raul John Aju**  
AI Maestro,  
**TEDx** speaker

**Zaid Hasan Saifi**  
Young Roboticist