

## A Day without Mobile Phone (Best Practice)

The "A Day Without Mobile Phone" initiative was organized on 14<sup>th</sup> October, 2023 by the NSS Unit with the aim of raising awareness about the impact of excessive mobile phone use on mental health and social interactions. The Vice – Principal Sri P.L. Ramesh encouraged students and faculty members to voluntarily refrain from using their mobile phones for a full day and engage in alternative activities.

Prior to the event, posters and announcements were made to inform students and faculty about the initiative and its objectives. Information about the impact of excessive mobile phone use on mental health was shared to motivate participation.

