



King George's Medical University

DEPARTMENT OF PSYCHIATRY

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PRESS RELEASE

The Foundation Day Program
29th March, 2019- Kalam Centre, KGMU UP. 12:30 to 2:00 PM

Greetings from the Department!

We are organizing our 48th Foundation Day Program on 29th of March 2019. Honorable Vice Chancellor Prof M. L. B. Bhatt will be the Chief Guest of the function. Dr. Debasish Basu, Professor in the Department of Psychiatry, PGIMER, Chandigarh, will deliver an oration entitled "Technology addiction - addiction to technology or technology of addiction?".

Over recent years, technology has weaved its way into the fabric of our everyday lives at an unprecedented rate. Though most of us would now struggle to imagine life without smartphones and laptops, is there a real threat of addiction? World Health Organization recognized online gaming as a disorder in June 2018. Social media usage is being recognized as highly addictive, as is constantly checking one's devices either for news, or browsing shopping sites at the workplace. It is a matter of debate whether the Internet is improving or impairing participation in community life and social relationships. In medical terms, technology addiction is an excessive and uncontrolled tech-related behavior that's practiced in spite of the associated negative consequences. Problematic internet use is associated with decline in the size of social circle, depression, loneliness, lower self-esteem and life satisfaction, poor mental health, and low family function. The technology addiction has affected not only mental health but physical health as well, due to lack of face to face interactions, decreased exercise, sleep problems from using technology late at night and adopting an increasingly sedentary lifestyle.

However, as of 2018, 3.1 billion people which is roughly one-third of the global population uses social media. There are 493 million internet or broadband subscribers in the country. Around 28% of population in India is actively using the internet with per annum growth of 9% of urban users and 26% of rural India. A report by the Indian Council for Medical Research says that 12 per cent of individuals using internet in the country suffer from this problem. The detrimental effects of internet and gaming addiction are worse in children and adolescent population. It leads to loss of brain matter leading to changes in emotional processing and brain functioning. Most of the teens affected, are unwilling to recognize that this problematic technology use is a problem which makes it even more difficult to proceed. A number of Asian countries have started internet fasting camps where the affected children are asked to spend time on physical activities and the results have been positive. In our country, few major health institutes have planned to or are already running internet de-addiction centers for healthy use of technology. But considering that millions of Indians are either already or likely to be affected with internet addiction, there needs to be many more such centers across the country. With low awareness of the technology addiction issue, we need multiple initiatives. We need to spread awareness and intervene early.

The department of Psychiatry at KGMU is planning to start a new clinic for problematic behaviors pertaining to technology use for managing the aforementioned behavioral disorders. This clinic will run on Thursday of every week. The clinic will work towards management of internet and technology addiction and promotion of healthy use of technology through counseling and psychotherapy. This clinic will also aim to raise awareness regarding technology and internet addiction.

Dr. Debasish Basu is a renowned clinician, researcher and academician. His area of work includes general adult psychiatry, addiction psychiatry and dual diagnosis. He has more than 300 scientific publications to his credit. He has presented his research and given scientific talks at more than 200 academic meets in India and abroad. He has many oration and awards to his name. At the national level he has received total of 26 awards. At the international front he has been awarded the NIDA-INVEST international Research Fellowship by National Institute on Drug Abuse (NIDA), National Institutes of Health (NIH), USA and the NHS International Fellowship by the National Health Service Department of Health, Government of the United Kingdom. He is also a nominated Member of the Specialty Group on Psychiatry on Developing Standard Treatment Guidelines, by the National Health Systems Resource Centre, National Health Mission, Ministry of Health & Family Welfare, Government of India. He is the Co-Chairperson of the Specialty Section on Addictive Disorders of Indian Psychiatric Society.

You are cordially invited to grace the foundation day function on 29th March, 2019 at **12:30 PM** in Kalam Centre of King George's Medical University, Lucknow.

Sincerely yours,

(P.K. Dalal)
Professor & Head