



## Guest Editorial

## Mobile Phone Usage and its Health Impacts

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The frequency of mobile phone usage has been on the rise in past few decades around the world. This trend has even much increased in last 2 years of COVID-19 pandemic. Whole scenario of work, education, entertainment has been totally changed and shifted from physical activity to online mode. People have started doing everything on mobile phones via applications e.g. booking a car, ordering a food, taking lectures, playing games, consulting a physician, doing zoom meetings and entertainment is also restricted to online activities. In one way its positive that everything is just one click away and you don't have to go out even for grocery shopping. On the otherhand, people have become very lazy and have stopped all kind of physical activities which has impacted adversely on their health.

It is often argued by some that increased cell phone usage has resulted in the rise of psychological and physical issues among the youth, well! they are right to much extent. Although, people who use social media sites more than usual, they feel that they are relaxed but actually that is just an illusion for a time being. Sleeping patterns of the people has been totally disturbed who used mobile phone excessively. They have been sleeping in odd timings and therefore eating randomly. Hence, this is an eye opener for the society and authorities that excessive and un checked usage of mobile phone has caused many mental and physical health issues. We must take firm measures to educate, train and motivate people towards an active and healthy life style.