



TIS/CIR/24/25-26

CIRCULAR
Classes: VII to XII

30 April 2025

Dear Parents

The use of internet and digital devices has been on a rise over the past decade. This is especially true in case of the younger generation who are growing with these.

Internet and digital devices offer a great tool to acquire knowledge, gather information, connect with others and entertainment. However, there is a flip side to it. Excessive use of internet and digital devices brings along a set of undesirable consequences. There has been a growing concern about the excessive use of internet, smartphone, gaming, social media and screen time among children and adolescents. This excessive use is associated with poor academic performance, interpersonal problems, feelings of depression and anxiety may even lead to addiction. In some cases, financial losses are also incurred. Given that our children are in the formative years of their life these negative consequences may have lasting implications and can affect the trajectory of their later life.

We are collaborating **with All India Institute of Medical Sciences (AIIMS)**, New Delhi to understand this issue better and to find effective solutions for the same. AIIMS, New Delhi has been supported by the **Indian Council of Medical Research (ICMR)** on this project. In addition, **IIT Delhi, UNESCO, UNICEF, Delhi University** are partnering AIIMS on this initiative.

Most importantly, schools and colleges are key collaborators and stakeholders in this initiative. The students, parents and teachers shall be the corner stone of this initiative.

We are writing to you to seek your participation in this initiative. Your role shall be critical as it shall not only help understand the issues related to use of internet and technology among students, but you shall also be a key resource person in the collaborative process of development of the strategies for prevention as well as early detection and intervention for excessive and problematic use of internet and technology. This shall also target the associated stress, depression, anxiety and addiction.

We invite you and your ward(s) to participate in this initiative. The confidentiality and privacy shall be ensured at every stage of the process and the whole initiative shall be under the direct supervision of the qualified mental health professionals (psychiatrist and psychologists) from AIIMS, New Delhi and their team members.

If you are interested to know more about this initiative, please fill the required information in the attached form. We shall revert with the required information.

<https://forms.gle/MxNQcVLr9b4A13ua8>

Warm regards

MALLIKA PREMAN
PRINCIPAL