

TIS/CIR/34/25-26

07 August 2025

CIRCULAR
Classes: VII to XII

Dear Parents

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

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. 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.

The confidentiality and privacy of all participants will be strictly maintained at every stage of the process. The initiative will be carried out under the guidance and supervision of qualified mental health professionals (psychiatrists and psychologists) from **AIIMS, New Delhi**, and their dedicated team.

We believe that this research initiative holds the potential to benefit society. As parents, you are kindly requested to complete the attached consent form & submit to the class teacher latest by **Monday, 11 August 2025**.

We look forward to 100% participation from our student community in this meaningful endeavour.

Warm regards

MALLIKA PREMAN
PRINCIPAL

TIS/CIR/34/25-26

CONSENT FORM

07 August 2025

I _____ parent of _____ of class & sec. _____ would like to register my ward to participate in the research conducted by AIIMS.

NAME OF THE PARENT

SIGNATURE OF THE PARENT

CONTACT NO

DATE