

## Report of Guest Lecture on Screen Time in Adolescence –A Boon or a Bane.

A Guest Lecture was organized on the topic “Screen Time in Adolescence –A Boon or a Bane” on 1<sup>st</sup> of July 2023 from the department of Psychology. This lecture was open for both PU and Degree students. Prof Deepa. G Assistant Professor Department of Psychology Smt VHD Home Science College was invited as the guest speaker and the event was held in BVJ Multimedia Hall. The program began with the formal welcome address and introduction of Guest speaker, where Principals of both Degree and PU College were present and gave a great start for the session. The session on Screen Time was Interactive and interesting. Students enjoyed the session and they felt it was an eye opener session. Students thanked the Guest Speaker and department of Psychology for organizing such a wonderful session.

