



DEPARTMENT OF PHYSICS

BEST PRACTICE-2

Awareness on optimal usage of cell phone.

Aim: To create awareness on optimal usage of cell phone , proper usage of different modes, precautions taking regarding malware and ransom ware etc...

I. Eye safety mode:

- 1.Go to settings of cell phone (smart phone).
- 2.Navigate to display
- 3.Navigate to eye comfort shield/eye protection mode
4. Keep it “always on “mode.”
- 5.Adjust the brightness to medium level.

Blue(or) ultraviolet high energy rays can harm our eye. So, when we set eye protection mode
Then it filters blue & UV rays.

II. Turn off apps while sleeping (or) not in usage:

- 1.Turn off Wi-Fi, Bluetooth, hot spot and mobile data.
- 2.It leads to minimum usage of power and emits less radiation.

III. Minimal usage of dual SIMs:

- 1.Usage of dual SIMs requires more power and it leads to emit more radiation. Hence, it is
Suggestible to use single SIM.

IV: carry of cell phone:

- 1.Don't carry cell phones in shirt pockets because it may cause damage to inner organs of the
body.

2. Don't carry cell phone in pant pockets because it may cause lowering of fertility (sperm count). Hence, we suggest to carry a cell phone in a separate pouch.

V: Awareness on malware and ransom ware:

* Malware tricks you into installing software that allows scammers to access your files and track what you are doing. Scammers steal your personal information and commit fraudulent activities.

* Ransom ware is a type of malware that blocks or limits access of your computer files and demands a ransom of money to be paid to scammers to be unblocked.

* Hence, we request you not to open attachments or click on links in emails or social media.

* Install anti-virus protection software.

VI: Battery life improvement using proper charging technique:

* Use standard charger, otherwise phone may get overheated.

* There is a Tradeoff between battery life and not utilizing the full potential of the battery, which has finite cycles anyhow.

When charging is beyond 85% it will be in stress. So don't stress your phone's battery when it is already stressed.

VII: Health issues:

* Excess messaging can lead to teen tendonitis. It causes pain in the hands, back and neck due to Poor posture.

* Risk of cancer (blood cancer or leukemia)

* Depression and usage of drug intake.

* Head ache.

* Brain tumors.

* Short term memory loss

* Infertility

VIII: Psychological effects of over usage of cellphone:

1. Mood swinging

2. Sleep disturbance

- 3.Hyper tension and anxiousness.
- 4.Addiction to social networking
- 5.Weakening of relations among people.

IX: Proper usage of cell phones& apps

- *Avoid watching porn movies, photos or any adult content things.
- *Use it for scientific, innovative, creative, life skills development purpose.

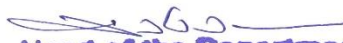
X: Hazardous effects on ecosystem:

- *Small creatures are decreasing in day by day.
- *Radiation noise is increasing in environment.
- *Generating toxic waste in the form of e-waste.

XI: Usage of left ear for phone conversations:

*Using the right ear can directly affect the brain and chance of getting brain tumors 2.5 times more than when we use our left ear.

Result: Students and people got benefitted by the awareness created using this best practice. Computer science students acquired more knowledge of malware and ransom ware even in computer systems.


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CELL PHONES USAGE

- ★ 74% feel uneasy leaving their phone at home.
- ★ 71% say they check their phones within the first 10 minutes of waking up.
- ★ 53% say that they have never gone longer than 24 hours without their cell phone.
- ★ 47% consider themselves “addicted” to their phones
- ★ 35% use or look at their phone while driving.
- ★ 70% check their phones within five minutes of receiving a notification.





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Fatigue



Headaches



**Loss of
sleep**



Memory loss



Ringing ears



Joint pains



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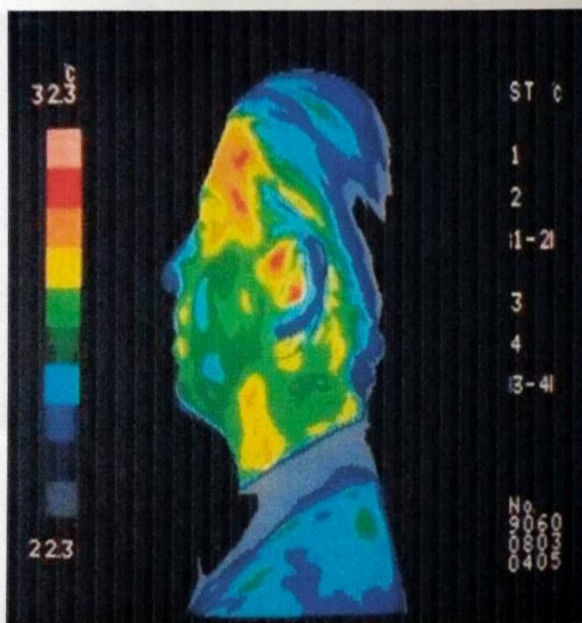
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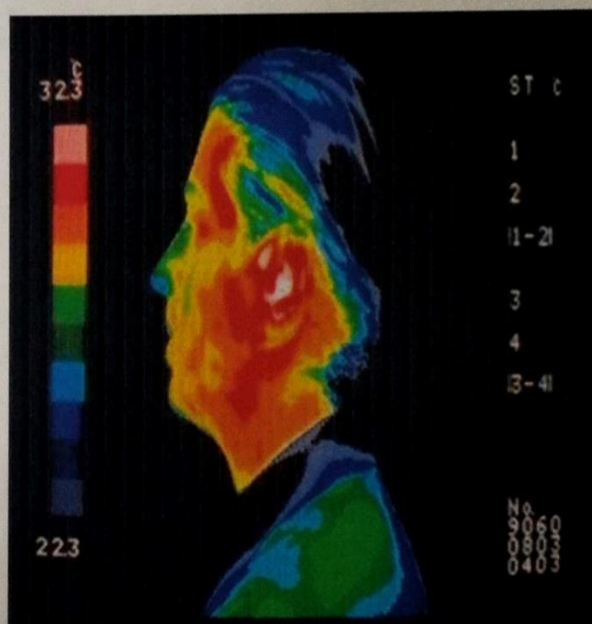
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Thermal Effects

Heat generated on the face by 15 minutes of cell phone use due to their electromagnetic radiation



Before using mobile phone



After using 15 minute mobile phone



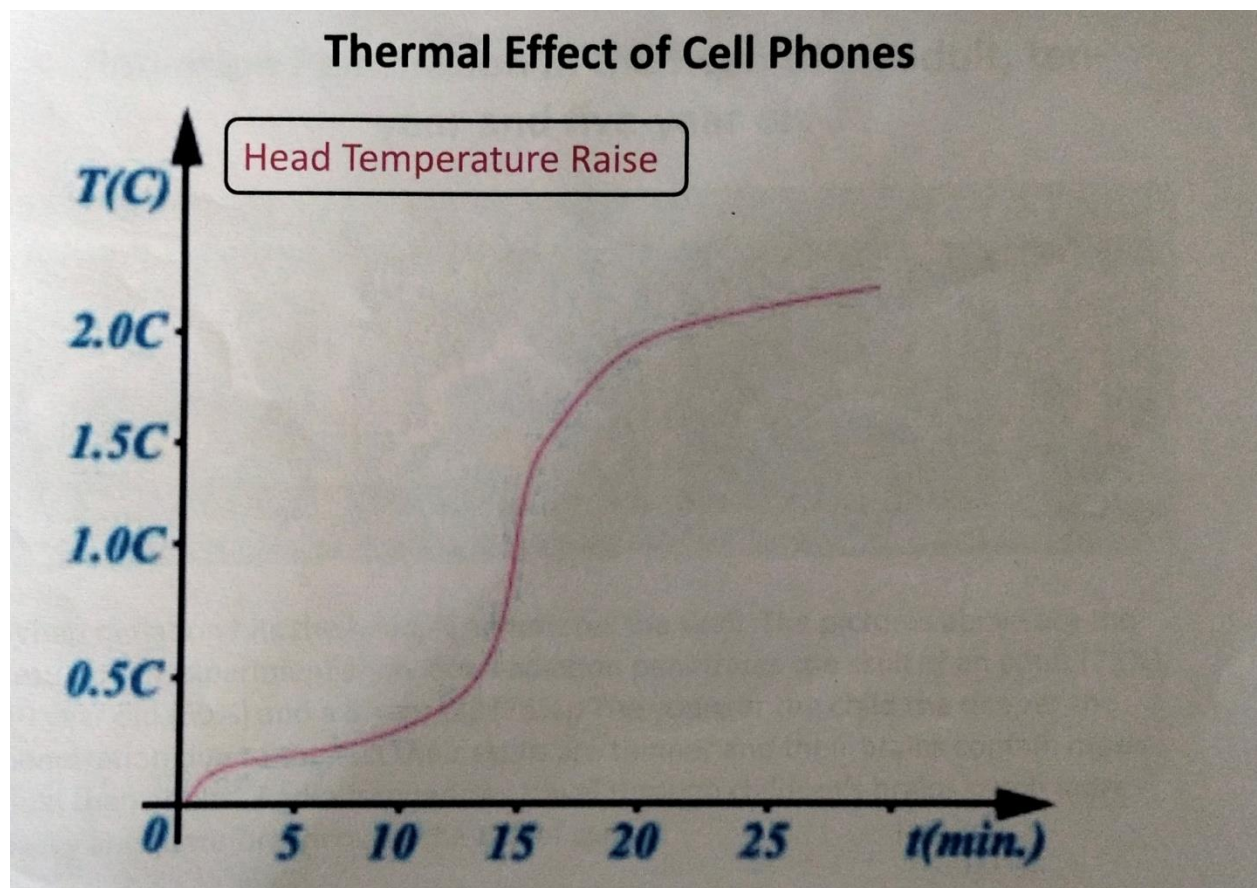
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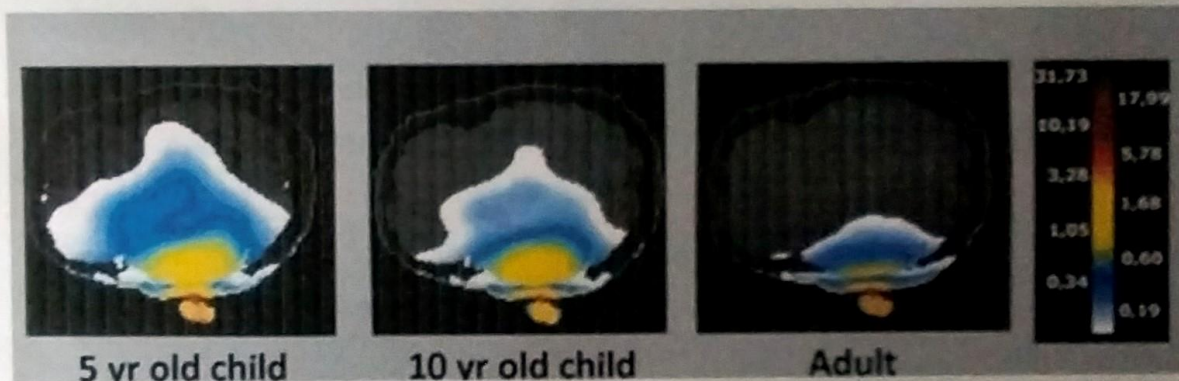
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Radiation Penetration in the head of an adult, ten-year and five-year old



When radiation hits the head, it penetrates the skull. The pictures above are the result of an experiment show how radiation penetrates the skull of an adult (25%), 10 year old (50%) and a 5 year old (75%). The younger the child the deeper the penetration due to the fact their skulls are thinner and their brains contain more fluid than adults'. Radio frequencies travel through children's brains much more easily and therefore increase the risk of cancer.