

## Report On Science Project – Effects of Video Games on Children

**“1 Child, 1 Teacher, 1 Book, 1 Pen Can Change The World....”**

### Introduction

It was a bright day indeed & the day did start well with the prayer on 7<sup>th</sup> July. We had an opportunity to visit Sanghamitra Vidyalayam School at B.V. Nagar, Nellore by 3pm as a member of IWSA. Indeed we were given the opportunity to conduct a scientific session on **“Effects of Video Games on Children”** for the students from 5<sup>th</sup> to 10<sup>th</sup> which covered about 60 to 70 students.



Prof.Dr.Bindu Menon had accompanied along with us to conduct another session on **“Epilepsy & Stroke”** for the same group.

We were facilitated by the School Faculty members – Chairperson, Headmaster & Headmistress & followed by the session was conducted by Prof.Dr.Bindu Menon & Ms.Nikethana R Nair.



## Glimpse of the Topic:

- ✚ The computer is a vital tool in many different jobs and activities, for adults and children.
- ✚ But long periods of using a computer can increase your chance of developing an injury.
- ✚ The most immediate are social.
- ✚ Inappropriate computer use can cause muscle and joint pain, overuse injuries of the shoulder, arm, wrist or hand & eyestrain.
- ✚ A Video Game – Recreational technology program designed for pleasure & Relaxation purpose
- ✚ Children enjoys it to a very great extend
- ✚ Goal: Recreational
- ✚ Educational, Fun, Two Shooter game, Scary ones
- ✚ Types: Racing, Sports, First Person Shooters, Role Playing Games & adventure
- ✚ Argument: Good, Bad or Both



## ✚ Positives

- Therapeutic for chronic Illness: Autism, depression & Parkinson's diseases – Enlightens them & fighting spirit. Ability to activate positive emotions through neuronal mechanisms
- Drastically improve eye sight – Dr.Daphen Halo & Call for Duty improves the Eye sight. Fast Reflexes
- Fast & Important decisions



- Memory & Ability to follow instructions, accuracy, problem solving & logic skills & hand eye coordination & special skills



### **Negatives**

- Violence – Impact on Childs Behaviour in real world
- Social Life gets dissolved – Isolated
- VG sends wrong images to child's mind Eg.: Riding without helmet in a bicycle & Battle (Violence)
- Poor academic performances, Bad Languages, Insomnia & Concentration



### **Ergonomics**

- Sitting Posture – Sit Back well so that ur posture is maintained well
- Screen on eye level – 40 cms to 75 cms

- Foot rest
- Padding should be in the front
- Elbow angle –  $90$  to  $100^{\circ}$

### Conclusion

Video Game is good or bad – Anything that is too much for the body is not good – either drinking too much of water or exercising too much, similarly spending more than 30 minutes a day will definitely affects our health.

It was quite interactive session. Students were quite interested in the topic & were energetic too. Handouts were also given.



Thank You