



**WORKSHOP ON ADVERSE HEALTH EFFECTS OF ONLINE GAMING ON STUDENTS  
A GENERAL REPORT**

A four-day workshop on adverse health effects of online gaming on students was successfully conducted on 29.05.2026, 30.05.2026, 01.06.2026 and 03.06.2026. The sessions focused on the physical, mental, emotional, social and academic consequences of excessive online gaming, responsible healthy technology usage and relevant provisions of the Promotion and Regulation of Online Gaming Act.

**1. Organizing Team**

The sessions conducted by the school Computer Department included presentations, awareness talks, educational videos, student interaction, discussions on gaming addiction, health implications, cyber risks, responsible gaming behaviour and references to the Promotion and Regulation of Online Gaming Act.

**1.1 Session Conducted on 29.05.2026: Students covered: class III & IV**



**1.2 Session Conducted on 30.05.2026: Students covered: class V & VI**



### 1.3 Session Conducted on 01.06.2026: Students covered: class VII & VIII



### 1.4 Session Conducted on 03.06.2026:

Students covered: class IX and Class XI (Students having Computer Science)



## 2. Major Topics Covered

- Adverse physical health effects of excessive online gaming
- Mental and emotional well-being of students
- Academic impact of gaming addiction
- Social and behavioural consequences
- Promotion and Regulation of Online Gaming Act
- Healthy digital habits and time management

## 3. Outcomes of the Workshop

Students developed a better understanding of the risks associated with excessive online gaming and were encouraged to adopt balanced and responsible digital habits. The sessions promoted awareness regarding physical health, mental well-being, healthy digital habits and time management and academic responsibility.

## 4. Conclusion

The workshop was successfully conducted and achieved its objective of sensitizing students to the adverse health effects of online gaming while promoting responsible and safe use of digital technologies. The Computer Department remains committed to organizing similar awareness programmes for the holistic development of students.