

## ARE YOU SUFFERING FROM NOMOPHOBIA?

Contributed by Hemant Rohtagi

Nomophobia occurs in situations when an individual experiences anxiety due to the fear of not having access to a mobile phone. Anxiety is provoked by several reasons, such as the loss of a mobile phone, loss of reception, and a dead mobile phone battery etc.

Technology and Innovations are no doubt making life easier and more comfortable for all of us. Cell phones are constantly being improved by expanding their functionality. Is it really a boon and a gift to mankind? But wait . . . think again. The ease and comfort made available to us also increases the likelihood of overuse and addiction. Also, the cell phone users often ignore their etiquettes and forget to put their phones in Silent mode so that disturbing the meetings / seminars may

be avoided. This behavior is surely most irritating and shows disrespect, specially to an invited guest speaker.

According to the PEW Research Center, 67% of smartphone owners have admitted to checking their phones for calls or messages when their phone didn't vibrate or ring. Cell Phone Addiction Is Officially a Thing and It's called Nomophobia. in simple language, it is 'No Mobile Phone'.

Withdrawal symptoms when your cell phone or network is not reachable are:

Anger | Tension. | Depression.  
Irritability. | Restlessness.

Surprisingly, the withdrawal symptoms are more severe in youngsters. It's time that we recognize the severity of the problems and take corrective measures lest the problem escalates into gigantic proportions and becomes a real menace.



### ON THE LIGHTER SIDE

A Polish immigrant went to the DMV to apply for a driver's license. First, of course, he had to take an eye sight test The optician showed him a card with the letters

'CZWIXNOSTACZ.'

Can you read this?' the optician asked.

'Read it?' the Polish guy replied, 'I know the guy.'