

**GOVERNMENT OF INDIA
MINISTRY OF HEALTH AND FAMILY WELFARE
DEPARTMENT OF HEALTH RESEARCH**

**LOK SABHA
UNSTARRED QUESTION NO. 3679
TO BE ANSWERED ON 13TH MARCH, 2026**

CASES OF EYE STRAIN

†3679. SHRI OMPRAKASH BHUPALSINH ALIAS PAVAN RAJENIMBALKAR:

Will the Minister of **HEALTH AND FAMILY WELFARE** be pleased to state:

- (a) whether the Government is aware of the increasing screen time among children and adolescents in India and its potential impacts on brain development, vision and mental health and if so, the details thereof;
- (b) whether any scientific study/survey/assessment has been conducted by the Ministry or affiliated health institutions regarding the health effects of prolonged screen usage among adolescents and if so, the key findings thereof;
- (c) whether an increase in cases of eye strain, vision related problems in early age, sleep disorders and attention-related issues has been recorded among school-going children in the recent years and if so, the details thereof; and
- (d) the steps taken/proposed to be taken by the Government to issue health guidelines, awareness programmes, or school-based interventions to promote the safe and balanced use of digital devices among children and adolescents?

ANSWER

**THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY WELFARE
(SHRI PRATAPRAO JADHAV)**

(a) to (c): Indian Council of Medical Research (ICMR) has informed that it is aware of the increasing screen time among children and adolescents in India and its potential impacts on physical and mental health. The scientific literature reviewed in this regard indicates that the physical hazards of excess screen time may include eye strain, neck and shoulder pain, and back pain. Mental health hazards may include increased levels of anxiety and mood disorders. Overall well-being can also be impacted by excessive screen time, particularly when it comes to social relationships and cognitive development.

The Child Health (CH) Division has informed that under Rashtriya Bal Swasthya Karyakram (RBSK) of the National Health Mission (NHM), Mobile Health Teams (MHT) conduct health screening of children from birth to 18 years for the four D's: Defects at birth, Diseases, Deficiencies, and Development delays at Anganwadi and Schools. This basic health screening of children is conducted using a structured format, which includes screening of eyes and vision related issues for early identification and referral to public health facilities for management and follow-up.

(d): Government of India implements the School Health and Wellness Programme (SHWP) since 2020 as a joint initiative of Ministry of Health and Family Welfare and Ministry of Education to foster growth, development and educational achievement of school going children by promoting their health and wellbeing. Under this, two teachers per school trained as Health and Wellness ambassadors (HWAs) conduct regular sessions on various themes including growing up healthy, emotional well-being and mental health and safe use of internet and digital media etc.
