

Letter writing:

Letter to the Editor

You have noticed that many students are excessively using mobile phones, which is affecting their studies and mental health. Write a letter to the Editor of a local newspaper expressing your concern and suggesting possible solutions. You are Daisy Lobo/Daniel Lobo, H.No. 24, Green Park Colony, Margao, Goa. (Use Full Block Format)

Daisy Lobo
H.No. 24, Green Park Colony
Margao, Goa

Date: 13 February, 2026

The Editor
The Navhind Times
Panaji, Goa

Subject: Concern Regarding Excessive Use of Mobile Phones Among Students

Respected Sir/Madam

Through the columns of your esteemed newspaper, I would like to draw attention to the growing problem of excessive mobile phone usage among students. This issue is becoming increasingly alarming and deserves immediate consideration.

Nowadays, many students spend long hours on social media, online games, and entertainment platforms. As a result, their academic performance is declining, sleep patterns are disturbed, and communication skills are weakening. Prolonged screen time is also causing health issues such as eye strain and lack of physical activity. Parents and schools must work together to address this concern. Schools can conduct awareness programs about digital discipline, while parents should monitor screen time at home. Encouraging students to engage in sports, reading, and creative activities can help reduce dependency on mobile phones.

I hope the concerned authorities will take necessary steps to spread awareness and promote responsible use of technology among students.

Thank you.

Yours sincerely
D.L
(Daisy Lobo)