



Virtual World in COVID-19 Era: An Impact on Little One's Eyes

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Letter

COVID-19 disease hasn't remained a mere infectious disease but is also affecting socioeconomic, behavioural and mental health of children. To break the chain of transmission, one of the sternest lockdowns was imposed in India. All flights, educational premises and official territories were sealed to prevent mass movement. Although paediatric population was least affected [1], educational institutions were closed to contain the cryptic transmission, which could have been stauncher, compared to adults owing to poor hygiene and ignorant behaviour. Henceforth, the administration decided to conduct online classes via videoconference applications, installed either in computers or mobile phones. Being helpful in maintaining the educational graph, they have their own detriments. Studies have revealed that radiofrequency radiations emitted from gadgets have thermal and non-thermal effects on especially on eye, encumbering visual acuity [2].

All distinctive paediatric subsets have been convoluted in online classes, markedly intensifying gadget use for educational and entertainment purpose like video games viz x box, Nintendo switch, PUBG, fortnight etc.; online cartoon series; thereby, unremittingly exposing them to electromagnetic radiations [3]. These video games have been sold more than a million since lockdown. According to World Health Organization (WHO), prolonged exposure has been

classified as Group 2B, possibly carcinogenic to humans, and this could be a beckon to reduce the prompt use of gadgets, especially in paediatric population [4]. Apart from the physical hazards, social development and behavioural aspects are also distraught, leading to decrease in social activities, escalating the social isolation, afflicting overall social development.

Though the reverberations of on-going COVID-19 pandemic can't be prophesied, however it might trigger physical and mental health concerns in younger generation, depending upon discernment of the person, environment and family affiliations. Meanwhile, several precautions are insinuated to condense the use of wireless electronic media, eschewing use of phones, alternate-day classes and to focus on personal development programs, rather than the erudite knowledge. The use of blue light ameliorating filters, antiglare spectacles and frequent blinking training are also advised for the same [5].

Henceforward, educational administrators should amend policies in a way to fulfil the purpose of education by minimally exposing children to harmful radiations, in COVID-19 pandemic times.

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