

## Cell Phone Addiction

**Now a days, smart phones are the devices which provide all the facilities what we need in our daily life, such as e-mail, Bluetooth, high resolution camera, applications, television and video call. mobile phones have some advantages and disadvantages :-**

**Mobile phones provide the means to communicate with friends, family and co-workers. Today mobiles have become a good source of entertainment . They fit easily into our pocket or bag. Students can use mobile phones for studies. They can get access to vast knowledge available on the internet. Mobile phones are an excellent way to organize your finances, transfer money and pay bills all with just a few clicks.**

**Mobile addiction causes many serious problems, such as headaches, weakening of eyesight, sleepiness, depression, social isolation, stress, aggressive behavior and distraction from works. People lose time for their study due to overusing mobile phones. Lack of privacy. There are many security issues in mobile phones that can leak the private info and photos or videos on the phone. Cell phones are one of the main reasons for road accidents.**

**Mobile phones have been made for our convenience. We should limit their use to handle our lives.**