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20/9/25

Directorate of School Education

18 SEP 2025

Himachal Pradesh, Shimla-171001

No. EDN-H-(EE) F(10)I/Misc(QC)
Directorate of School Education
Himachal Pradesh

Deputy Director of
School Education (Sec)

20 SEP 2025

Diary No. 7677
Kangra at Dharamshala

Dated: Shimla -171001 the September, 2025

All Deputy Directors (Elementary/ Secondary)
Himachal Pradesh.

Subject:

Instructions regarding prohibition of use of mobiles by students and teachers during school hours.

It is submitted that the use of mobile phones is a prime concern in the academic scenario and acts as a major reason of distraction among students. The use of mobile phones consistently disrupts the learning process and has a negative impact on the academic as well as non-academic performance of the students. The devices constantly divert the attention of students from classroom studies and they get more involved in the social media which hampers the performance of students. Mobile phones contribute too many social and psychological issues like increasing anxiety, stress, sleep disturbances and aloofness which further creates social isolation among students. Physical issues like eye strain, ear problems, bad posture and a sedentary lifestyle is the major issue of concern. Ringing phones, WhatsApp messages, vibrations, other notifications and students checking their devices during lessons cause disruption and reduce the teaching- learning efficiency.

Hence, in view of the above, following instructions are being issued for implementation by all the Government schools in letter and spirit.

- A phone-free environment promotes meaningful teacher-student interaction and a better academic atmosphere in schools. It must be ensured that the students do not carry their mobile phones from home to school.
- There must be complete ban on the use of mobile phones by students and teachers during school hours.
- School authority should display clear instructions regarding mobile phone restrictions at school notice board to ensure a focused, productive and safe learning environment.
- Teachers must be instructed not to use mobile phones while teaching in the classrooms. They should keep their phones in the staff room or in designated secure places under CCTV surveillance.
- In case of emergency, for the sake of convenience of the students as well as the teachers landline telephone facility must be available in the schools and the same must be shared with the parents/Guardians.

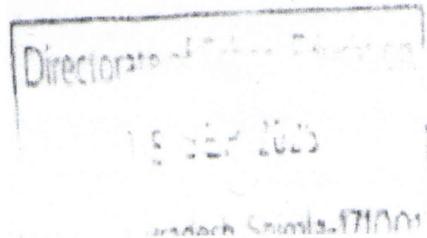
- All school heads should regularly monitor compliance and take appropriate disciplinary action in case of any violation.

You are, therefore, directed to further issue these instructions to all the Heads of Institutions under your jurisdiction for strict compliance.

o/c
Director
School Education
Himachal Pradesh

Endst. No. even dated: Shimla -171001 the September, 2025
Copy for information and necessary action please

1. The Secretary (Education), to the Govt. of H.P. Shimla-171002 w.r.t. the letter No EDN-B-F(10)-7/2018 dated 11.8.2025.
2. The Nodal Officer, IT Cell, Directorate of School Education with the direction to upload the above instructions on the departmental website.
3. Guard File

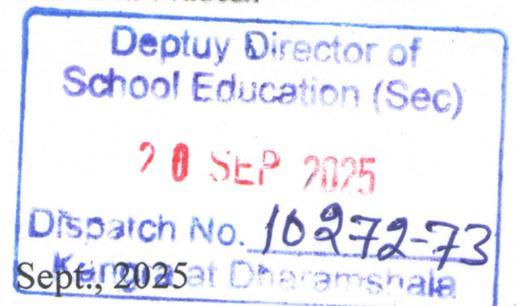


o/c
Director
School Education
Himachal Pradesh

Office of the Deputy Director of School Education (Secondary),
Kangra at Dharamshala.

Endst. No. EDN-KGR (Misc.) 2024

Dated: Dharamshala



Copy forwarded to:-

1. The Director of School Education, H.P Shimla for information please.
2. All the Principal/Headmaster of GSSSs/GHSs of Distt. Kangra for further necessary compliance as per above direction.
3. I.T. incharge (internal) to upload this on website.
4. Guard file.

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Deputy Director
School Education (Secondary)
Kangra at Daramshala