

LIVING IN A STRESSFUL WORLD: PART TWO



ARE YOU AND YOUR CELLPHONE INSEPARABLE? THE NEUROSCIENCE OF ADDICTION:

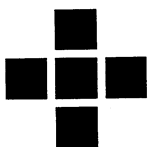
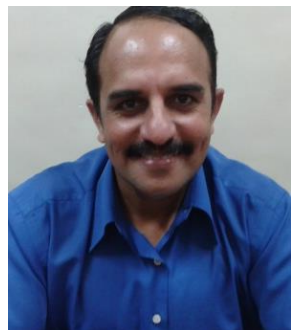
RESEARCH PRESENTED THROUGH MUSIC

HOLY FAMILY CHURCH

MONDAY, MAY 22ND AT 7:30PM

We are familiar with the traditional forms of addiction with respect to the use of alcohol and drugs. What is lesser known is the addiction due to the devices that we use whether it is the smart phone, tablet or laptop. For long it has been believed that behavioral addictions were "just in your mind" and that with strong will power they could be overcome. Research now shows us that even behavioral addictions like that of our devices cause changes in the brain. With the ubiquitous use of cell phones and tablets even by young children it is imperative to understand how these could possibly affect the brain and what the long-term effects are. Dr. Roy Pereira, S.J. is researching the effects of cell phones, internet usage and social media on the brain. He has recently presented his work at Google Headquarters, Mountain View, California and Harvard University, Massachusetts. He regularly uses the piano and song to bring out the message of his presentation.

(Fr.) Roy Pereira, S.J., a Jesuit, teaches Chemistry and Neuroscience at [St. Xavier's College](#), Mumbai University, India. He is also a faculty member and a research guide at Pontifical Athenaeum (JDV), Pune. His PhD involved the interdisciplinary areas of Chemistry and Neuroscience from Boston College, USA. Thanks to a scholarship grant, he studied "Mind-Body Medicine" for one semester at Harvard University, Cambridge. His research brings together his three Masters degrees in Chemistry, Theology and Philosophy.



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