



MBS INTERNATIONAL SCHOOL
(RECOGNISED AND AFFILIATED TO CBSE)
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REPORT FOR HT PACE WORKSHOP SESSION 2024-25

THEME/ TOPIC: Managing Screen Time

RESOURCE PERSON: Mr. Lucky Puchhrat

ORGANIZED BY: MBS International School, Dwarka

DAY & DATE: Friday, 4 October, 2024

DURATION: 10:00 a.m. to 11:20 a.m.

VENUE: School Auditorium

ATTENDED BY: HT Pace Subscribers VI-XII

Objectives:

- To educate students about effective management of screen time.
- To promote awareness regarding the impact of excessive screen usage on mental and physical health.
- To provide practical strategies for maintaining a balanced lifestyle.

"The key is not to prioritize what's on your schedule, but to schedule your priorities."

— **Stephen Covey**

The HT PACE workshop on the topic '**Managing Screen Time**' was conducted for HT Pace subscribers of classes VI to XII on 4th October 2024 from 10:00 a.m. to 11:20 a.m. The session was led by the renowned keynote speaker, **Mr. Lucky Puchhrat**, who shared insightful tips and practical methods to help students develop healthy screen habits in their daily lives.

Mr. Puchhrat emphasized that schooling is not only about academic achievement but also about self-realization. Reducing screen time allows students to focus on personal growth and real-life experiences. He urged students to set clear screen time limits and implement rules that apply to everyone at home, making screen management a family priority.

The speaker also highlighted strategies such as keeping screens out of sight during important tasks, setting bedtime screen rules, and reflecting on how actions align with values. Students engaged actively, discussing their screen habits and ways to improve them.

Overall, the workshop was an enriching experience, empowering students to take control of their screen time and lead more balanced, healthier lifestyles.

Glimpse of the Activity





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