

# AWARENESS SESSION ON DIGITAL WELLNESS



Grade: 5

Day & Date: Tuesday, 25th June 2024

**INTENT:** An awareness session on digital wellness was organized for students of Grade 5 of the primary phase on 25th June, 2024. The objective of the session was to sensitize students on digital wellness through safe, responsible and respectful usage of the social media.



**EXPERIENCE:** Students became more aware of their digital habits and the impact of excessive screen time on their health and well-being. They learnt to take control of their digital usage, setting boundaries and practicing healthier habits. They also learnt the importance of online privacy as well as engaging in more respectful and responsible online interactions.

**INSIGHT:** The students could gain deeper knowledge about the consequences of negative digital usage. They have become aware that they leave digital footprints when they access any website. In addition, they have become more cautious and thereby are likely to evaluate the validity of the content in the social media.