

DISCONNECT TO RECONNECT: A STEP TOWARDS DIGITAL WELLNESS

EVENT: Counselling Workshop on Digital Balance

DATE: 7 August 2025

CONDUCTED FOR: Class 8A

A counselling workshop was conducted in **Class 8A** on the theme "**Disconnect to Reconnect: Finding Your Balance in a Digital World.**" The session focused on building awareness around screen time and encouraging healthier digital habits.

Students actively participated by calculating their **average daily screen time** and identifying the purposes behind their device usage. This self-assessment enabled them to **critically analyse** their digital habits and reflect on the need for balance.

The highlight of the workshop was the exploration of **offline alternatives** as part of a **Digital Detox**. Students brainstormed and shared **creative, innovative solutions** to reduce screen dependency — such as engaging in hobbies, outdoor games, journaling, and face-to-face interactions.

The session was an insightful experience that not only made students more conscious of their screen time but also equipped them with practical strategies to strike a healthy balance between the digital and real world.

