

COUNSELLING SESSION - DIGITAL BALANCE

EVENT: Counselling Session on Managing Screen Time

DATE: 21 August 2025

CONDUCTED FOR: 7A

A **counseling session** was conducted in **Class 7A** on the topic “**Managing Screen Time.**” The session encouraged students to reflect on how much time they spend on screens and understand its impact on their daily lives. Through meaningful discussions, they explored practical ways to replace excessive screen time with enriching real-life activities such as reading, outdoor play, and creative hobbies.

This engaging interaction helped students realize the importance of balancing digital engagement with healthy lifestyle choices, fostering a more mindful and productive approach to technology.

