

## YOUR MIND IN THE DIGITAL AGE

**EVENT: Workshop on Digital Awareness for a Healthy Mind**

**DATE: 22 April 2026**

**CONDUCTED FOR: Class VII**

A workshop session was conducted for Class 7A on the topic “**Your Mind in the Digital Age**” to help students understand the impact of digital technology on their daily lives and overall well-being. The session focused on raising awareness about how excessive use of digital devices can influence attention span, emotions, productivity, and mental health.

Through interactive discussions and engaging activities, students explored topics such as screen time management, the influence of social media, and the importance of maintaining a healthy balance between online and offline experiences. The session encouraged students to think critically about their digital habits and recognize the role technology plays in shaping their routines and relationships.

Practical strategies for responsible digital usage were shared, including mindful screen use, setting appropriate screen-time limits, prioritizing face-to-face interactions, and participating in offline activities that support personal growth and well-being. Students actively contributed their ideas and experiences, making the session both meaningful and relatable.

The workshop proved to be an informative and reflective experience, empowering students to make conscious choices, develop healthy digital habits, and use technology in a balanced and responsible manner.

