

BALANCE BEYOND THE SCREEN

EVENT: Digital Detox – Assembly

DATE: 2 September 2026

CONDUCTED BY: Class 8A

Class 8A conducted an informative and engaging assembly on ‘**Digital Detox**’, highlighting the importance of maintaining a healthy balance between technology and everyday life. The assembly began with a prayer, followed by thought-provoking poems, presentations, activities, and a pledge encouraging responsible technology use. Through meaningful messages on the effects of excessive screen time and the benefits of taking regular breaks, the students encouraged their peers to adopt more mindful digital habits. The assembly concluded with a powerful reminder to **use technology responsibly while making time for real-life connections and experiences.**

