BEYOND SCREENS: EMBRACING A BALANCED DIGITAL LIFE

EVENT: Digital Resilience and Digital Detox – Parent Engagement Initiative
DATE: 9 October 2026

As part of the **Parental Engagement initiative under SQAAF**, a parent of Class V-B was invited to conduct an interactive session on digital resilience, screen-free time, and digital detox techniques.

The session encouraged students to reflect on their digital habits and understand the importance of balancing screen time with offline activities. Through engaging discussions and active participation, students explored ways to develop healthier digital routines. The session provided a meaningful opportunity for students to learn through parental involvement and reinforced the importance of responsible technology use.



