

## SCHOOL REPORTS

# DPS, G'gram, organises Wellness Webinar 13.0



The insightful and thought-provoking perspectives shared by the panelists resonated with the audience during the event

With an aim to address the challenges posed by the immoderate use of technology, Delhi Public School (DPS), Sector 45, Gurugram, organised its Wellness Webinar Series 13.0 titled 'Let's Talk' on the theme 'Tech Addiction, Fear Of Missing Out (FOMO) and Social Anxiety- Impact and Solutions'.

Technology has given the world accessibility to excessive information during these unusual times. The students have become digital natives and have constricted themselves to a self-made wall of technology which has affected their social skills, creative minds and ability to interact with the world beyond the internet clique. The school organised the webinar, keeping all these things in mind.

Director-principal Aditi Misra, parent representatives Ms Sumbul Khan and Mr Suvasis Ghosh, occupational therapist Lovey Sharma and student representatives Shlok Singh, Shrija Singh, Heerein Jetley and Sehara Vaish from Grades 9 and 11 formed the panel.

Grade 11 students Anya Kapoor and Pranav Lali moderated the session. The conversation encompassed the causes and effects of tech addiction that results in social anxiety and FOMO.

Stating personal experiences, the student panelists shared how they

confronted obstacles related to the issues at hand and found solutions for the same.

Ms Khan said that technology is not only for information but also for the purpose of entertainment as families are socially isolated. She said that technology should be considered as an aid and not something that cripples anyone.

Mr Ghosh advised the students to focus on their strengths rather than being influenced by social media. He said that the children suffering from social anxiety should communicate and share their problems with their elders.

The director-principal advised the students to regulate the intervention of technology in their lives by observing tech-free times and connecting to real life. She said that making mindful choices and having a purpose in life can keep an individual fully engaged. Misra also said that the mantra to be happy and positive was to go back to the old ways of doing things.

The insightful and thought-provoking perspectives shared by the panelists resonated with the audience. Everyone agreed that there is no denying that technology has made life easy but it all depends on an individual to use it as an addition or an addiction.