

Challenges posed by immoderate use of technology

Technology has given the world accessibility to excessive information during these unusual times. 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. Addressing the challenges posed by the immoderate use of technology, **Delhi Public School**, sector 45, Gurgaon, organised its wellness webinar series 13.0, 'Let's Talk', on December 8, on the theme, 'Tech Addiction, Fear Of Missing Out (FOMO) and Social Anxiety: Impact and Solutions'. The panel was formed by director principal, Aditi Misra, parent representatives, Sumbul Khan and Suvasini Ghosh, occupational therapist,

Lovey Sharma and students' representatives, Shlok Singh, Shrija Singh, Heerein Jetley and Sehar Vaish from grades IX and XI. Anya Kapoor and Pranav Lall, students from grade XI, moderated the session.

The conversation encompassed the causes and effects of tech addiction that resulted 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. Khan said that technology is not only for information but also for entertainment's sake, as families are socially isolated. She further concluded that technology should be considered as an aid and

not something that cripples anyone. Ghosh advised the students to focus on their strengths rather than being influenced by social media. He further stated that children suffering from social anxiety should communicate and share their problems with their elders.

Aditi Misra advised the students to regulate the intervention of technology in their lives by observing tech-free times and connecting to real life. She stated that making mindful choices and having a purpose in life can keep an individual fully engaged. She 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.

