

Workshop on 'Technology and Screen Time' by Dr. Monika Singla



A workshop on 'Technology and Screen Time' was organized by Dr. Monika Singla, Professor in the Department of Neurology, DMCH for the students of Classes VII and VIII on 25th July, 2023. In today's fast-paced world, our screens have become constant companions, offering us incredible opportunities and connectivity. While technology brings convenience and efficiency, excessive screen time can also lead to various challenges, impacting our physical health, mental well-being, and overall quality of life.

Through this workshop, Dr. Monika aimed to equip the students with the knowledge, skills, and strategies to effectively manage their screen time, fostering a healthier relationship with technology. She helped the Satyans to understand the impact of screen time and to shift to 'Green Time'.

Dr. Monika discussed consequences being on screen for a long time leading to problems like insomnia, depression and migraine. Throughout the workshop, Dr. Monika shared valuable insights, evidence-based research, and hands-on techniques to help participants foster a positive relationship with screens. She explained that each participant has unique aspirations and responsibilities, so it's essential to set individualized screen time goals and work together to create realistic objectives that align with our priorities and lifestyle, making the process more achievable. She helped us to establish realistic and achievable screen time goals tailored to individual needs and circumstances by providing practical tips and strategies to achieve harmonious relationship with technology like creating Screen-free Zones, engaging in physical activities and cultivating hobbies and interests.

The Satyans unequivocally embraced this opportunity to reclaim control over their screen time and embark on a path towards a more intentional, fulfilling, and digitally balanced life.