

Topic-DIGITAL MINDFULNESS

“Technology should improve your life...not become your life.”

-Billy Cox

Digital mindfulness involves developing a structure in your daily routine and smartphone use habits, to pay attention to what's important by eliminating digital distractions and interruptions as much as you can.

A school assembly inculcates values of responsibility, care, consideration for others and team spirit in students. In view of the theme of ‘Digital Mindfulness’, the students of Class IX presented an assembly on 8th July’2021, focusing on digital dependency and how to develop a healthy mind, using technology in an effective and judicious manner. The students discussed various ways to achieve digital mindfulness which would also help them to act as responsible citizens while taking part in online community life safely, ethically and respectfully.

The assembly commenced with a beautiful thought, followed by a poem, the news headlines and weather report. The students worked together as a team and presented a mélange of thoughts, ideas, expressions and poetry.

Overall, the students learned about digital mindfulness and how to protect themselves against online threats, while concentrating on their objectives in life.

