

D.A.V. PUBLIC SCHOOL

No. 19, Sitaram Nagar, Velachery, Chennai - 42

Plot No. 131, 132, 130 & 135, Bhuvaneswari Nagar, 2nd Main Road, Velachery, Chennai - 42

REPORT ON WELLNESS AWARENESS SESSION

Date : 28.07.2026 (Tuesday)
Class : Std. III & IV
Venue : Vatika
Timings : 11:10 a.m. –12:30 p.m.
Topic : Wellness Awareness Programme - “Unplug to Shine”

A Wellness Awareness Session was organised for the students of Grades III and IV by the Wellness Counsellor, **Ms. Sneha**, with the objective of creating awareness about healthy screen habits and promoting students’ overall well-being. Separate interactive sessions of 45 minutes each were conducted for both the Classes, ensuring active participation and age-appropriate engagement.

The session commenced with an energetic action game that immediately captured the students’ attention and created an enthusiastic atmosphere for learning. Through thought-provoking questions and interactive discussions, Ms. Sneha encouraged students to reflect on their daily screen-time habits and understand the importance of maintaining a healthy balance between digital activities and real-life experiences.

The counsellor highlighted the impact of excessive screen time on physical health, emotional well-being, and academic performance. She also shared practical strategies to reduce unnecessary screen usage, such as engaging in outdoor games, reading books, pursuing creative hobbies, and spending quality time with family and friends.

Students participated with great enthusiasm throughout the session. They confidently answered questions, shared their experiences, and clarified their doubts, making the programme highly interactive and meaningful. Ms. Sneha appreciated their responses and motivated them to adopt healthier lifestyle practices through positive reinforcement and continuous encouragement.

The session concluded with valuable takeaways that inspired students to become mindful and responsible users of digital devices. It was an informative, engaging, and timely initiative that addressed one of the most relevant concerns affecting children today, leaving the students with practical ideas to develop balanced and healthy screen habits.

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Students Engaging in the Wellness Session



Interactive Discussion on Healthy Screen Habits



Students Exploring Mindful Screen-time Practices



Promoting Mindful Digital well-being