

THEME: Students' Group Counseling

REPORT: Netiquette and Digital Detox

DATE: July 30, 2026

CONDUCTED BY – Ms. Urvashi S and Ms. Priyanka S

Attended by – Students of VI – VIII (250 approx, teachers approx.. 15)

EVENT REPORT

Internet has changed our lives in many ways. It's become an indispensable part of our everyday routine, where ordering essentials to finding entertainment is all on a click of a button. However, as they say excess of everything is bad, therefore, over use of technology may lead to make us its slave.

Therefore, to make our students wiser and more mindful of using technology to their advantage, the school counselor – Ms. Urvashi Sareen along with the senior Computer Faculty – Ms. Priyanka Singhal took a session with grades VI – VIII. Etiquette on internet were emphasised upon to guide the students to be mindful of the content they post and how they use it. Respecting people and showing positive courtesy is the bare minimum requirement. Basic Principles of Netiquette, etiquette on Social Media, Email and video conferencing were used.

Students were apprised about the signs and symptoms of Digital Fatigue and steps to follow digital detox to improve their levels of concentration, memory and mental well-being. School's Cyber Safety Squad, comprising of Cyber Soldiers were also roped in to play an interactive game of Myth and Fact with the students. Peer level



intervention helps students register the facts more emphatically.

July 2026 being observed as the Child Safety Month, it was emphasized that while physical safety is very important, Digital Safety is of utmost importance to enjoy technology in a productive manner and not become its slave or feel unsafe online. The session was concluded by rendering a Child Safety Pledge.

With students interactions and asking questions, the session turned effective with enthusiasm.

