

THEME: Students' Enrichment

REPORT: Screen Time and Eye Care Awareness

DATE: September 14, 2026

CONDUCTED BY: Dr. Aditi Ghosh, Max Group of Hospitals

ATTENDED BY: VI – VIII (approx.300 students)

EVENT REPORT

In the world of technology it is difficult to stop children from being on screen. However, exercising control and balancing acts can help maintain our eye health.

To spread awareness about Eye Health and screen time, we invited Dr. Aditi Ghosh, Consultant Ophthalmologist at Max Hospital to take a session for the students of classes VI-VIII.

The interactive session highlighted many do's and don'ts to manage screen time and prevent eye related problems. She emphasized on 20-20-20 rule to ensure students take regular break from the screens and help prevent the myopia epidemic.

She answered several naïve questions of our students and gave insightful answers, simple strategies that will help exercise the eye muscles and keep them hydrated to avoid problems like itching, dry eyes and eye strain. She also pointed to be observant to minor troubles seeing things around and reporting the same to the teachers and parents to take a quick action and resolve the problems early on.

Our students' overall health is our prime responsibility and regular health talks like these enable them to become more aware and empowered.



SESSION IN PROGRESS

