



# JKPS

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## Workshop Report: Digital Detox for Educators

On **Friday, May 23rd, 2025**, Jaspal Kaur Public School organized a transformative workshop on **Digital Detox**, intending to sensitize educators to the critical importance of managing screen time and cultivating digital well-being.

The session was led by **Lucky Punchhrat**, a renowned expert in digital wellness and mental health. Teachers from various departments actively participated, making it a truly cross-disciplinary initiative.

The workshop began with a compelling introduction to the concept of digital detox, underscoring the psychological and physiological toll of constant digital connectivity. The facilitator highlighted how excessive screen time can contribute to heightened stress, decreased productivity, and a blurring of boundaries between professional and personal life.

What set the session apart was its **interactive and engaging format**. Through thought-provoking discussions, relatable real-life examples, and brief hands-on activities, participants gained a deeper understanding of the consequences of digital overload.

**Key strategies** for managing screen time were explored, including:

- Establishing clear digital boundaries
- Practicing mindful device usage
- Promoting offline engagements for improved mental clarity

The workshop concluded with an open **Q&A session**, allowing participants to voice their experiences and challenges. The discussion fostered a sense of shared purpose and reflection, with many teachers expressing gratitude for the timely and relevant insights.

In summary, the Digital Detox workshop proved to be an enlightening and much-needed initiative. It reinforced the importance of **intentional disconnection** as a means to reconnect with oneself, with others, and with the present moment. The session left participants empowered with practical tools and renewed awareness, encouraging them to lead by example in promoting a healthier, more balanced digital culture.

