

Don Bosco Senior Secondary School, Nerul

Value Education Programme Report: 2025–26

Name of the Event: Value Education Programme

Grade: II C and II D

Section: Foundational Stage

Venue: DBSS – Nerul, Ground Floor Assembly Hall

Conducted by: TR. RUPALI & TR. KAREN

Date: 2ND DECEMBER 2025

Topic: “*Addiction to Mobile Phones*”

What did you learn?

The programme helped students understand the impact of excessive mobile phone usage on health, behaviour, and learning. It delivered practical lessons in a child-friendly and engaging way. The key concepts learnt were:

- Meaning of mobile addiction and how too much screen time affects daily routines.
- Harmful effects of mobile overuse on eyes, brain, posture, and sleep.
- How mobile addiction reduces outdoor play, creativity, and family interactions.
- Awareness of cyber safety, avoiding strangers online, and responsible usage.
- Importance of balancing studies, hobbies, physical activities, and digital time.
- Healthy alternatives to screen time such as reading, sports, art, music, and spending time with family.

Key Takeaways

- Understanding self-control, discipline, and time management.
- Awareness about the importance of limiting screen time.
- Respecting parents' rules regarding mobile usage.

- Improved communication, confidence, and teamwork through skits, role play, and dance.
- Development of critical thinking by identifying good and bad digital habits.

Relevance to the School Context

The programme aligned with the school's mission of promoting holistic development and responsible behaviour among students. It connected academic learning with real-life issues that children face today.

- Supported lessons in Environmental Studies (healthy habits), Moral Science (self-discipline), and Language (scripts, dialogues, narration).
- Encouraged students to reflect on their own mobile usage patterns.
- Helped children understand how mobile addiction affects classroom focus and learning.
- Strengthened values of moderation, awareness, and responsible decision-making.
- Promoted cooperative learning and unity among classes II C and II D.

Application in Classroom / Beyond

- Encouraging students to follow a daily screen-time limit at home.
- Integrating “No Mobile Hour” or “Digital Detox Day” activities.
- Motivating students to engage in outdoor games, reading corners, art stations, and hobby clubs.
- Using discussions, posters, and short videos to teach safe and responsible digital behaviour.
- Reinforcing time management skills through class routines and reflection charts.

What Could Have Been Better?

- Including a short awareness video on digital addiction would have added more clarity.
- A parent interaction session could help families adopt healthy digital habits together.

What Was Done Well?

- The skits, role play, dance performances, and demonstrations were engaging and informative.
- Students confidently presented dialogues showing real-life situations of mobile misuse.
- Effective use of props such as dummy mobile phones, posters, and flashcards.
- Clear value-based message: **“Mobiles are useful, but too much use is harmful.”**
- Excellent collaboration and participation by all students of II C and II D.

Suggestions

This programme successfully created awareness about responsible digital behaviour. It encouraged students to choose healthy habits and be mindful of their screen time. Such programmes can be expanded further by involving parents and introducing regular digital wellness activities.

Rating: (Highlight in Green)

Choice of Topic	1	2	3	4	5
Speaker	1	2	3	4	5
Presentation	1	2	3	4	5
Engagement	1	2	3	4	5
Satisfaction Index	1	2	3	4	5

(1 being lowest, 5 being highest)



