

## Digital Detox Challenge: Unplug to Reconnect!

**Circular No: HB/AC/25.26/18**

**Dated: 09/05/2025**

Dear Parents, Students and Staff,  
Greetings!

In a world where screens dominate our time and attention, taking a mindful break from digital devices can refresh our minds, boost creativity, and bring families closer together.

As part of our ongoing **Digital Well-being Program**, the Counseling and Special Education Department is delighted to introduce the:

### Sunday Digital Detox Challenge

- **Date:** Sunday, 11th May 2025
- **Time:** 12:00 PM – 8:00 PM (8 Hours)


### **Your Challenge:**

- Switch off from phones, tablets, TVs, laptops, and gaming consoles for a solid 8 hours. Instead, dive into the joy of being present with yourself, your loved ones, and the world around you.
- Whether you choose to cook as a family, go for a walk, do some art, read a book, or simply relax and talk- this is your time to **disconnect to reconnect**.

### **Share Your Experience!**

- After completing the challenge, we invite each of you to reflect on your digital-free experience using our simple, age-appropriate reflection sheets: Please submit your reflections via the Google Form link by **Tuesday, 13th May 2025**.

- **Students:** [Click Here: "My Digital Break Adventure"](#)
- **Parents:** [Click Here: Family Time Beyond Screens](#)
- **Staff:** [Click Here: My Day Unplugged](#)

 **Celebrate the Best!** We will recognize outstanding efforts in each category:

 **Student Digital Champion**

 **Teacher Digital Champion**

 **Parent Digital Champion**

Top reflections will be proudly displayed on our **Digital Well-being Wall** at school to inspire others!



## Why Participate?

- ✓ Refresh your mind and body
- ✓ Strengthen family bonds
- ✓ Improve focus and reduce digital fatigue
- ✓ Discover new hobbies or rediscover old ones
- ✓ Be part of a movement that values **presence over pixels**

Let's make this Sunday a time to pause, breathe, and create memories beyond screens.

We look forward to your enthusiastic participation!

A green handwritten signature, likely of the Principal, Bala Reddy Ambati.

**Principal**  
**Bala Reddy Ambati**