# Digital Detox Week 2026




Greetings from Surana Vidyalaya!

In a world where screens have become a part of our everyday lives, it is important to rediscover the joy of learning, playing, and connecting beyond digital devices. Surana Vidyalaya is organising **Digital Detox Week** to encourage students to take a healthy break from screens and engage in meaningful offline experiences.

Throughout the week, students will be encouraged to participate in:

- Reading books and exploring new interests.
- Outdoor games and physical activities.
- Art, craft, and creative learning.
- Group activities and face-to-face interactions.
- Mindfulness exercises and screen-free challenges.
- Spending quality time with family and friends.

This initiative aims to promote healthy screen habits, improve social interaction, encourage creativity, and help students discover the happiness of engaging with the world beyond screens.

**Let's unplug from screens, reconnect with ourselves, and rediscover the joy of real-world experiences!**

*“Less screen time, more real time!”*

**Warm Regards,**
Principal,
Surana Vidyalaya