

## **Report of Workshop on Safe and Healthy Use of Technology**

(2<sup>nd</sup> November 2017)

A one day workshop was conducted in the theme of “SAFE AND HEALTHY USE OF TECHNOLOGY” on 2<sup>nd</sup> November 2017 in IECD Seminar Hall Khajamalai, Trichy.

The Objectives of the workshop was to create awareness on technology and to create knowledge about healthy use of technology.

The awareness programme started at 10:15am with the welcome address. The Chief Guest Dr. D.RANDEEP RAJKUMAR gave the special address. He discussed about “Safe and Healthy Use of Technology”. He said that TV, computers, GA devices, mobile phones and tablets are part of everyday life. Screen technology is a big part of how they learn socialite and have fun.

There are healthy risks for children when they spend excessive time in front of screens or devices inappropriately .parents can help children stay safe and healthy as they get the most from these technologies. It is important that children develop healthy screen habits early and have a balance of activities in their life. He mainly focused on the points like- Why teenagers use technology so much and what they are using for, about the risks associated with being online and digitalization as possible and what problems look out for how to help your child while using technology as safe. Around hundred and fifty people participated in this workshop. Thus, the workshop was a grant success in all its aspects.