

SMART CHILD AWARENESS PROGRAM – DETAILED REPORT

1. Program Title

Smart Child Awareness Program

Theme

“Smart Use of Mobile Phones and Developing Good Habits”

The Smart Child Awareness Program was conducted for students of **3rd to 5th Standard** with the aim of creating awareness about responsible mobile phone usage, good and bad habits, and healthy behaviour in everyday life. The program was designed in an interactive and child-friendly manner so that students could understand the topics through games, activities, videos, discussions, and a pledge.

2. Program Details

Particular	Details
Program Name	Smart Child Awareness Program
Target Students	Students from 3rd to 5th Standard
Date	31.8.2026
Venue	1.30 to 3.30
School/Institution	Sri Sowdambika Nursery and Primary School, Aruppukottai
Organized By	Quadra Froyn Solutions
Program Coordinator	Meeradharshni K, Umabharathi A, Nithiyasri M, Dhanalakshmi E
Number of Participants	180 Participants
Classes Covered	3rd, 4th and 5th Standard

3. Introduction

Children in the age group of 3rd to 5th standard are increasingly exposed to mobile phones, tablets, television, and other digital devices. While technology can be useful for education and communication, excessive or inappropriate mobile phone usage can affect children's studies, sleep, physical activity, concentration, and social interaction.

Keeping this in mind, a **Smart Child Awareness Program** was organized to help students understand how to use **mobile phones responsibly** and develop positive habits. The program also focused on helping children distinguish between **good habits and bad habits** and encouraging them to make healthier choices.

The session was conducted using simple explanations, interactive activities, games, videos, and discussions suitable for the students' age group.

4. Objectives of the Program

The major objectives of the Smart Child Awareness Program were:

1. To create awareness among students about **responsible mobile phone usage**.
2. To explain the **positive and negative** effects of excessive mobile phone use.
3. To encourage children to **reduce unnecessary screen time**.
4. To develop awareness about **good habits and bad habits**.
5. To encourage regular study, exercise, proper sleep, and healthy eating habits.
6. To promote discipline and responsible behaviour among students.
7. To improve students' understanding through **games and interactive activities**.
8. To encourage students to communicate and participate confidently.
9. To help students understand the importance of balancing technology with real-life activities.
10. To motivate students to follow good habits in their daily lives.

5. Program Schedule

The program followed an interactive sequence as shown below:

➤ **Games Introduction**

The program began with fun and simple games to make the students comfortable and actively involved in the session.

➤ **Leaders Introduction**

The organizers/leaders were introduced to the students, creating a friendly environment and encouraging students to participate freely.

➤ **Activity Session**

Students participated in interactive activities related to habits, mobile phone usage, decision-making, and healthy behaviour.

➤ **Awareness Video**

An awareness video was shown to the students to visually explain the importance of responsible behaviour and the impact of unhealthy habits.

➤ **“What Does AI Mean?”**

Students were given a simple introduction to the meaning of **Artificial Intelligence (AI)** and how technology is becoming part of everyday life.

➤ **Good Habits and Bad Habits**

The main awareness session focused on identifying good and bad habits, particularly in relation to mobile phone use and daily lifestyle.

➤ **Pledge**

At the end of the program, students took a pledge to follow good habits and use technology responsibly.

6. Activities Conducted

A. Interactive Games

Fun games were conducted at the beginning of the program to create interest and encourage active participation.

The games helped students:

- Interact with one another.
- Become comfortable with the facilitators.
- Participate actively in the awareness session.

B. Mobile Phone Awareness Activity

The students were encouraged to discuss how they use mobile phones in their daily lives.

The discussion included:

- Watching videos and cartoons.
- Playing mobile games.
- Using educational applications.
- Talking with family members.
- Searching for information.
- Spending excessive time on phones.

Students were encouraged to understand that **mobile phones can be useful when used properly, but excessive use can become a bad habit.**

C. Good Habits and Bad Habits Activity

Students were asked to identify different behaviours as **good habits or bad habits.**

Good Habits Discussed

- Studying regularly.
- Reading books.
- Playing outdoor games.
- Exercising.
- Getting adequate sleep.
- Respecting parents, teachers, and elders.
- Helping others.
- Keeping surroundings clean.
- Using mobile phones only when necessary.
- Following a proper daily routine.

Bad Habits Discussed

- Excessive mobile phone usage.
- Spending too much time playing mobile games.
- Watching videos for long periods.
- Using mobile phones during study time.
- Sleeping late because of mobile phones.
- Avoiding outdoor activities.
- Eating too much junk food.
- Not maintaining personal hygiene.
- Wasting time.
- Not listening to parents or teachers.
- Fighting with friends.
- Avoiding studies.
- Developing an unhealthy dependence on technology.

7. Awareness on Mobile Phone Usage

A major focus of the program was **mobile phone use among children**.

Students were explained the difference between **useful mobile phone usage** and **excessive mobile phone usage**.

Positive Uses

Mobile phones can be useful for:

- Online learning.
- Educational videos.
- Learning new skills.
- Searching for educational information.
- Communication with parents.
- Educational applications.

Problems with Excessive Use

Students were made aware that spending too much time on mobile phones may lead to:

- Reduced concentration.
- Less time for studies.
- Reduced physical activity.
- Poor sleep habits.
- Less interaction with family and friends.
- Wasting valuable time.
- Difficulty in controlling screen time.

The students were encouraged to give importance to **studies, outdoor play, reading, family interaction, and sleep** instead of spending excessive time on mobile phones.

8. Awareness Video

An awareness video was presented as part of the program. The video helped students understand the topics through visual examples.

The video created awareness about:

- Responsible technology use.
- Good and bad habits.
- The importance of controlling screen time.
- Healthy lifestyle choices.
- The importance of spending time with family and friends.

After the video, students were encouraged to share what they understood from it.

9. Introduction to Artificial Intelligence

The students were also given a basic introduction to **Artificial Intelligence (AI)** in a simple and age-appropriate manner.

Students were introduced to the idea that AI refers to technology that enables computers and machines to perform tasks that normally require human intelligence.

Simple examples were discussed, such as:

- Voice assistants.
- Recommendation systems.
- Face recognition.
- Smart applications.
- Educational tools.

The objective was not to teach technical concepts but to create **basic awareness about modern technology** and encourage students to use technology positively.

10. Student Participation

The students showed active interest throughout the program.

They participated in:

- Games.
- Question-and-answer sessions.
- Good habit/bad habit identification activities.
- Awareness video discussion.
- Technology-related discussions.
- Pledge-taking activity.

The interactive approach helped students understand the concepts more easily than a traditional lecture-based session.

11. Key Messages Given to Students

The following important messages were communicated during the program:

“Use mobile phones as a tool, not as a habit.”

“Good habits make a smart child.”

“Spend more time learning, playing and interacting with people rather than spending excessive time on screens.”

“Technology should help us, not control us.”

“Small good habits every day can create a better future.”

12. Program Outcomes

The Smart Child Awareness Program produced several positive outcomes among the participating students.

The students were able to:

1. Understand the importance of responsible mobile phone usage.
2. Identify the difference between healthy and unhealthy habits.
3. Recognize the negative effects of excessive screen time.
4. Understand the importance of outdoor games and physical activity.
5. Develop awareness about personal hygiene and healthy lifestyle practices.
6. Understand the value of discipline and time management.
7. Learn the basic meaning of Artificial Intelligence.
8. Participate confidently in group activities.
9. Improve communication and teamwork through games.
10. Develop a positive attitude towards adopting good habits.

13. Pledge

The program concluded with a **Smart Child Pledge**, where students committed themselves to following good habits and using technology responsibly.

Smart Child Pledge

**“I promise to use mobile phones responsibly and avoid unnecessary screen time.
I will give importance to my studies, health, sleep and outdoor activities.
I will follow good habits and avoid bad habits.
I will respect my parents, teachers and friends.
I will keep myself and my surroundings clean.
I will use technology for learning and positive purposes.
I promise to become a responsible, disciplined and smart child.”**

“I AM A SMART, SAFE AND RESPONSIBLE KID!”

14. Photos of the Program

The following section can be included in the final report with photographs from the event.

Photo 1 – Inauguration / Program Introduction

Caption: Students participating in the Smart Child Awareness Program.



Photo 2 – Games and Ice-Breaking Activity

Caption: Students actively participating in interactive games.

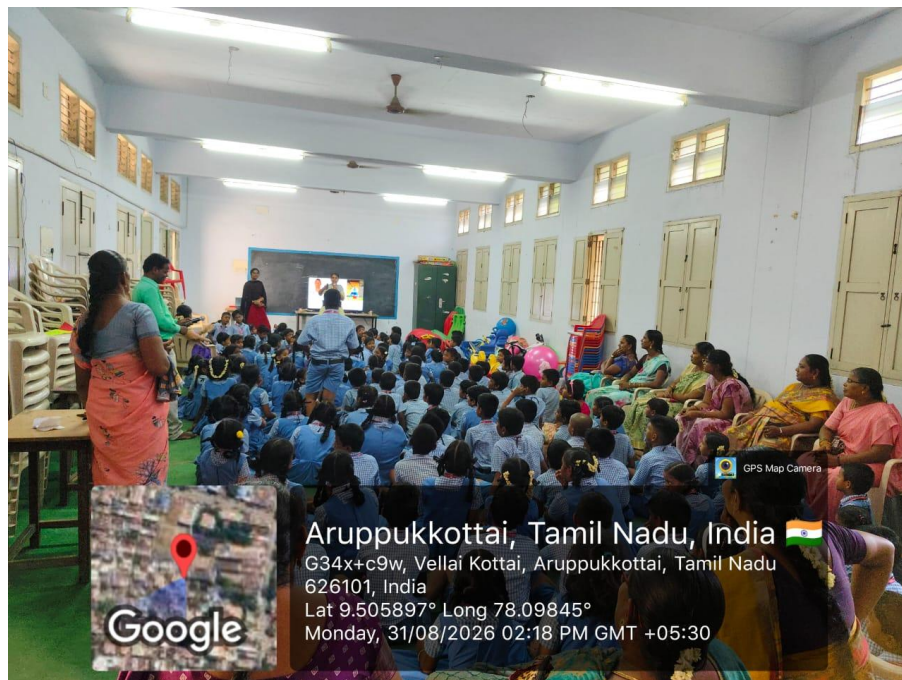


Photo 3 – Mobile Phone Awareness Session

Caption: Awareness session on responsible mobile phone usage.



Photo 4 – Good Habits and Bad Habits Activity

Caption: Students identifying and discussing good and bad habits.



Photo 5 – Awareness Video Session

Caption: Students watching the awareness video.

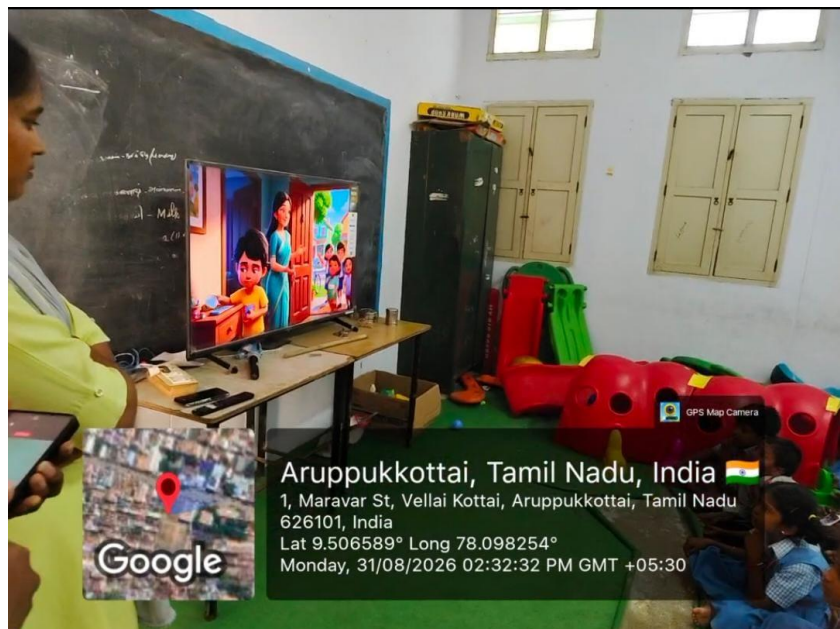


Photo 6 – Gift Distribution Session

Caption: Students receiving gifts as part of the program.



Photo 7 – Pledge

Caption: Students taking the Smart Child Pledge.



Photo 8 – Group Photo

Caption: Group photograph of students, organizers, and coordinators.



15. Conclusion

The **Smart Child Awareness Program** was successfully conducted for students from **3rd to 5th standard** with the objective of promoting responsible mobile phone usage and developing positive habits among children.

The combination of **games, interactive activities, awareness videos, discussions, technology awareness, and the pledge** made the program engaging and meaningful for the students. The students actively participated and demonstrated interest in learning about good habits, bad habits, and responsible use of technology.

The program emphasized that being a **“Smart Child”** is **not only about academic knowledge or technology skills, but also about having good habits, self-discipline, healthy behaviour, respect for others, and responsible use of technology.**

Overall, the program provided students with useful awareness that can be applied in their everyday lives and encouraged them to make positive choices for a healthy and responsible future.

16. Acknowledgement

We sincerely thank the **school management, teachers, coordinators, volunteers, and students** for their valuable support and enthusiastic participation in making the Smart Child Awareness Program successful.

We also express our gratitude to everyone who contributed their time and effort towards creating awareness among the young students and helping them understand the importance of **good habits, responsible mobile phone usage, healthy living, and positive use of technology**.