

Notice

In an Economic survey 2025-26 digital addiction has been officially flagged of as a major public health concern. Nearly 15 percent of Adolescents have shown symptoms of moderate to severe technology addiction wherein they are showing mental health crises, depression, social isolation etc. So everyone is requested to participate in **NO MOBILE CAMPAIGN EVERY SUNDAY. Every Sunday you are requested to:**

- Encourage all around you to do digital detox by reducing screen time by an average of 20 minutes every night.
- Spend quality time with your family by going for picnics together at iconic locations like Rose Garden, Terrace Garden, Japanese Garden, Sukhna Lake etc.

Together lets us make Chandigarh the first **DIGITAL WELLNESS CITY** in our country.



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