Mercy College
Palakkad, Kerala, India 678006
Govt. Aided Arts & Science College
Affiliated to the University of Calicut
Accredited by NAAC with A Grade IV Cycle

DEPARTMENT OF COMPUTER APPLICATION

REPORT ON

PARENTING IN DIGITAL ERA (PARENTS ORIENTATION SESSION)

ON 16TH OCTOBER 2026

Student co-ordinator:	Staff co-ordinator:	HOD:
Asuna K S	Durga J	Sr Jainy Jacob M

REPORT ON " PARENTING IN DIGITAL ERA (A PARENTS ORIENTATION SESSION) "

The Department of Computer Applications, Mercy College, Palakkad, organized a Parents Orientation Session titled "Parenting in the Digital Era: Healthy Mind, Balanced Life, A Safer Digital Space" on 16 October 2026 at 9:30 AM in the Seminar Hall. The session was conducted with the aim of creating awareness among parents about the challenges of digital parenting and the importance of guiding children towards the responsible and balanced use of technology. Fr. Justin Kolamkanny served as the resource person for the programme.

The session highlighted the importance of maintaining a healthy balance between digital activities and real-life interactions. The resource person emphasized the need to develop positive digital habits, reduce excessive screen time, ensure online safety, and promote mental and emotional well-being among students. Parents were encouraged to communicate openly with their children, monitor their digital activities responsibly, and help them understand the importance of privacy, cybersecurity, and the appropriate use of digital devices.

The programme provided valuable insights into the role of parents in creating a safe and supportive digital environment for their children. It encouraged parents to adopt practical strategies to promote better habits, a balanced lifestyle, and responsible technology use. The session was coordinated by Student Coordinator Asuna K S, Staff Coordinator Durga J, and HOD Sr. Jainy Jacob. Overall, the programme was informative and meaningful, strengthening awareness among parents about nurturing a healthier and safer digital future for their children.