

About the Expert

Dr. Kanika Sharma

Founder - [Hapchi](#) | Child Safety Coach

With a passion for creating a safer world for every child, this mompreneur is a multifaceted individual with a Bachelor's degree in Medicine and a Master's degree in Healthcare.

With over 7 years of experience as a child safety coach, she is a seasoned children's book author and educator who has led successful workshops and webinars for over thousands of children and parents.

Her programs and books are designed to help children develop crucial life skills such as resilience, body autonomy, self-reliance, and persistence with a focus on age-appropriate content and involving parents, schools, and educators.

It is easy to wait for change to happen, but it is difficult to take an active step and put in the effort to make a difference. With Hapchi, she is determined to make a positive impact and bring about this change.

About the workshop

Digital Detox

In this workshop, children will learn about the impact of excessive gadget usage on their lives and discover practical strategies for reclaiming their time and mental well-being. Through interactive discussions and activities, they'll gain insights into the signs of gadget addiction, ways to utilise technology safely, and how to be digitally smart. It's the first step towards fostering a healthier relationship with technology and living more intentionally.