Parenting Beyond Screens: Understanding Gen Z & Gen Alpha

Less Scrolling, More Connecting – Raising Happier Generations

Dhrishni – Women's Cell and Health & Mental Well-Being Club of Don Bosco College of Engineering, Fatorda, organized an insightful session on **"Parenting Beyond Screens: Understanding Gen Z & Gen Alpha"** on Saturday, 24 October 2026. The session was conducted in alignment with **SDG 3 – Good Health and Well-being**, with the aim to promote healthier parenting practices and strengthening family connections in the digital age.

The resource person, **Dr Leo Dmello, PhD, Neuroscientist, Researcher and Author of the bestseller *Fuller Life: The Book, A Journey***, shared valuable insights into the challenges faced by today's younger generations in an increasingly screen-oriented world. The session highlighted the impact of excessive screen use on cognitive development, social skills, emotional well-being and meaningful human relationships.

Dr. Dmello emphasized that effective parenting requires more than setting rules or asking children to reduce screen time. He encouraged parents to create phone-free spaces at home, particularly during meals and in bedrooms and to promote face-to-face interactions with family, friends and the community. The importance of building healthy habits through physical activity, meaningful conversations and real-world experiences was also highlighted.

The session encouraged parents to understand the changing needs of Gen Z and Gen Alpha with empathy, patience and awareness. It reinforced the message that technology should support human development rather than replace genuine connections. The tagline, **"Less Scrolling, More Connecting – Raising Happier Generations,"** beautifully captured the essence of the discussion.

The programme was coordinated by **Ms. Avila Naik and Ms. Vaishali Parakhi**. The session was attended by the staff and parents.

DON BOSCO COLLEGE OF ENGINEERING

Fatorda - Goa

Parenting beyond Screens: Understanding Gen Z & Gen Alpha

ORGANISED BY
Dhrishni - Women's Cell
and
Health & Mental Well-Being Club

Less Scrolling, More Connecting - Raising Happier Generations



SDG 3 – Good Health and Well-being



SPEAKER

Dr. Leo Dmello, PhD

Neuroscientist, Researcher, Author of the Best Seller

"Fuller Life: The Book, A Journey"

Date
Saturday,
24 October 2026

Time
11.00 am to 12:00 noon

Venue
Seminar Hall 2,
Don Bosco College of Engineering

ATTENDEES

Parents and Staff,
Don Bosco College of Engineering

EVENT COORDINATORS

Ms. Avila Naik
Ms. Vaishali Parakhi

PRINCIPAL

Dr. Neena Panandikar





