

**Anekant Education Society's
Tuljaram Chaturchand Arts, Science & Commerce College, Baramati,
(Autonomous)
Department of Commerce**

01st March, 2024

To,

The Principal,
Tuljaram Chaturchand College,
Baramati.

**Subject: Permission to Organize ^a One Day Workshop on "Social Media
and Mental Health" Under Gender Equity Programme**

Respected Sir,

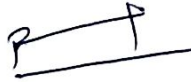
With reference to above mentioned subject, we at ^{faculty} department of commerce are planning to organize one day workshop on "Social Media and Mental Health" for all B.Com and M.Com students. We have words with Mrs. Sameeksha Sandhya Milind as a resource person. She has already communicated her consent for the same. The proposed day and date of the lecture is Tuesday, 5th March, 2024 between 10:00 am to 11:30 am.

We therefore request you to grant us the permission for the said lecture.

Kindly cooperate and oblige.

Thank You.

With Regards,




Dr. R.M. Pathan
Activity Co-ordinator



Dr. Janardhan K. Pawar
Head, Department of Commerce

allowed

to 
11/3/2024

**Anekant Education Society's
Tuljaram Chaturchand Arts, Science & Commerce College, Baramati,
(Autonomous)
Department of Commerce**

Notice

No - 68A

Date- 01st March, 2024
2 MAR 2024

This is to inform all B.Com and M.Com students that Department of Commerce is organizing one day workshop on "Social Media and Mental Health". The details are as follows:

Day and Date: Tuesday, 5th March, 2024

Time: 10.00 am.

Venue: Prerana Bhavan Seminar Hall



Dr. R.M. Pathan
Activity Co-ordinator



Dr. Janardhan K. Pawar
Head, Department of Commerce

Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science & Commerce, Baramati, Dist. Pune
Autonomous
Department of Commerce

One Day Workshop on "Social Media and Mental Health"

Attendance Sheet

7th March 2024

Sr.No	Name of Students	Roll No	Class	Div.	Contact Number	Sign.
1	Goikwad Pratiksha Jaysing	15550	M.com-II	A	9156765688	
2	Choudhari Sakshi Jattatray	15630	M.com-II	B	9881015702	
3	Gawade Dhanshri Krushnat	1529	M.COM II	B	8208988827	
4	Ranasing Pratiksha kailas	15548	M.com(II)	A	8180844769	
5	More Pratiksha Rajaram	15549	m.com.(II)	A	4058051184	
6	Pawar Alisha Dilip	15621	m.com II	B	9322831102	
7	Nanaware Praykta Sambhaji	15551	M.Com II	A	8459039239	
8	Wable Sakshi Sanjay	15614	M.com II	B	9067552430	
9	Rasal Swati Suresh	15557	M.com II	A	9356225868	
10	Pise Shubhangi Bhimasa	15556	m.com II	A	9256575756	
11	Kumbhar Ankita Shrikrushna	8803	S.Y. B.com	A	9518303815	
12	Gulumkar Tanvi Anil	8154	S.Y. B.com	A	9881189349	
13	Deshmukh Shreya Santosh	9687	T.Y.B.com	B	9359223083	
14	Jagtap Neha Baban	9751	T.Y.B.com	B	9067533164	
15	Nikam Chetna santosh	9696	T.Y.B.com	B	9021008757	
16	Vashimbekar Mayur Shrishkumar	9674	T.Y.B.com	B	7320925925	
17	Praykta Sanjay Shelke	8344	f.y.B.com	C	9790697069	
18	Rathan Farin Latif	8952	S.Y.B.com	B	9763967122	

Name-

Roll No

	Name	Roll No	class	DIV	contact No	sign.
19	Gupta Dipali Binod	9018	S.Y. B.com	B	7083375025	D.B. Gupte
20	Kharat Arti Ajinath	8329	F.Y. B.com	C	9403175312	Blk
21	Adsul sukanya machindra	8918	F.Y. B.com	C	7588713004	Blk
22	Narale Reshma mahadev	8782	S.Y. B.com	A	9834753725	Blk
23	Parande Sakshi Medhakar	8781	S.Y. B.com	A	5721910319	S. Parande
24	Jasad Vaishnavi Chandrakant	8796	S.Y. B.com	A	9766592242	Jasad
25	Kokare Sujata Ashok	8924	S.Y. B.com	B	9307037464	S. Kokare
26	Gaikwad Vidya Dada	8794	S.Y. B.com	A	8269947739	V. Gaikwad
27	Waghre Peatiksha Balu	15564	M.com II	A	9021210070	P. Waghre
28	Waghmode Chandrabhaga Ramchandra	15612	M.com II	B	8855981377	C. P. Waghmode
29	Bansode Anujaka Vijay	12613	M.com II	B	9822448819	A. Bansode
30	Kadalkar Reshma dhanaji	8997	S.Y. B.com	B	9028561782	R. Kadalkar
31	Kadalkar Adesh Sonba	8923	S.Y. B.com	B	9028561782	A. Kadalkar
32	Shinde Sahil hanuman	8910	S.Y. B.com	B	8830641229	Shinde-S.H
33	Hake kiran uttam	8976	S.Y. B.com	B	9527940318	Blk
34	Randive Karan Ashok	8903	S.Y. B.com	B	9766034686	K. Randive
35	Gole Tegas Machindra	8778	S.Y. B.com	A	7985012958	T. Gole
36	Kalukhe Ritesh Rajendra	8973	S.Y. B.com	B	9790716008	R. Kalukhe
37	Bhise Namrata Gantosh	8977	S.Y. B.com	B	9284795258	N. Bhise
38	Bansor Mandakini Dadaso	8993	S.Y. B.com	B	9607652835	B. Bansor
39	Crashbave Divya teetyaba	8908	S.Y. B.com	B	7709669734	D. Crashbave
40	Gawade Manasi Dilip	8907	S.Y. B.com	B	9975396708	M. Gawade

Div Class Roll No. mobile No.

41	Pawar Rushikesh Vitthal	S.Y.B	BCOM	8945	7028440908	Sur
42	Kumbhar Bharat Santosh	A.	S.Y.B.com	8783	9021524741	Bhurat.
43	Sohani Rugved Sunil	B	S.Y.B.COM	8910	8010807105	R.S.S.
44	Mhacawale Suresh Suresh	B	S.Y.B.COM	8911	8668604676	S.H.H
45	Sawant Aadash Nitin	A	S.Y.B.COM	8779	7558777460	S.H.H
46	Kambale Dhirenkrish Sharan	B	S.Y.B.COM	8934	9623360093	D.S.Kamble
47	Chandgude mayur mansing	A	S.Y.B.COM	8776	9579253950	D.S.K
48	Ahircade sneha Subhash	A	S.Y.B.COM	8771	8010206755	Ahircade.
49	Barkar Shubhangi Ashok	A	S.Y.B.COM	8992	80223002620	Barkar
50	Mane Sakshi Sachin	B	S.Y.B.COM	8987	9545882004	Mane.
51	Harsh Sanjay Trakheem	D	S.Y.B.COM	9302	8530201574	Harsh
52	Nitrengjor Nurusheba Karande.	D	S.Y.B.COM	9279	9604855153	Nitrengjor
53	Kumbhar Satyam Goralakh	A	S.Y.B.COM	8751	9995982180	Kumbhar.
54	Sathe Amar Dilip	B	S.Y.B.COM	9008	1381720141	A
55	Boradkar Snehal Satish	A	M.COM I	15424	7387875283	Boradkar.
56	Mali Anjali Dhaneji	A	M.COM - I	15420	9028614522	Mali
57	Raut Vaishnavi Nitin	B	M.COM - I	15505	8390270310	Raut
58	Jagdale Prarali Jaywant	B	M.COM - I	15506	8080926089	Jagdale.
59	Kambale Ankita Bhimrao.	B.	S.Y.B.COM	8914.	7057328578.	Ankita.
60	Shete Pooja Rajin.	B.	S.Y.B.COM	8901.	8983689501	P.B.Shete
61	Bhise Vrushali Jagan	B	S.Y.B.COM	8998	8605886088	V.J.Bhise
62	Wagh Anuja Vijay	B	S.Y.B.COM	8932	9420861281	Wagh

Name

Class Roll No.

63	Ghorpade Yogita Anil	M.com-I	15404	Yogita	9309406057
64	Hivarkar Akanksha Deepak	M.com-I	15440	Akanksha	7387769861
65	Gardi Nikita Sanjay	M.com-I	15441	Nikita	7875988360
66	Kute Dnyaneshwar Sanjay	T.Y.B.com	9731	Dnyaneshwar	7498380817
67	Bansode Vishvejit Vishnu	T.Y.B.com	9667	Vishvejit	9561819746
68	Wabale Mahesh Lakasa	T.Y.B.com	9756	Mahesh	8855801004
69	Phatre Nichil Santosh	T.Y.B.com	9669	Nichil	7350076574
70	Nimballekar Rohini Ravasa	S.Y.B.com	8985	Rohini	8055170089
71	Vaste Nisha Kailas	S.Y.B.com	8957	Nisha	8262957547
72	Bhosale Rutuja Bapurao	S.Y.B.com	9016	Rutuja	9960097794
73	Lolkhunde Ankita Abasa	S.Y.B.com	8756	Ankita	9783530128
74	Deokate Shreyaswi Balasa	S.Y.B.com	8792	Shreyaswi	9604132982
75	Momin Sayama Riyaj	S.Y.B.com	8755	Sayama	8482911085
76	Palwar Nikita Rajendra	S.Y.B.com	8793	Nikita	9371288386
77	Gargade Gauxi	S.Y.B.com	8762	Gauxi	7038585653
78	Shete Diksha Bipin	S.Y.B.com	8901	Diksha	8983689901
79	Deokate Srushti Dattadray	S.Y.B.com	8931	Srushti	9371187060
80	Kodalkar Reshma dharmaji	S.Y.B.com	8497	Reshma	9028561782
81	Shahane Akshad Anil	S.Y.B.com	8982	Akshad	7620087281
82	Prasande Sakshi Madhukar	S.Y.B.com	8781	Sakshi	7721910314
83	Khandale Anjali Kumdalik	S.Y.B.com	8773	Anjali	9168208319
84	NAIK POOTA SUNIL	S.Y.B.com	8753	Sunil	9021659996


Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
Autonomous
Department of Commerce
One Day Workshop on
"Social Media and Mental Health"

On Thursday, 7th March, 2024

Feedback form

Name of the Student - Narale Reshma Mahadev
Class of the student - Sy BCOM
Roll No. of the student - 8782

Question	Total agree	Agree	Neutral	Total disagree	Disagree
Usefulness of the contents				✓	
Interactive skill of the speaker	✓				
Planning of the program was excellent	✓				
Students knows lot of things		✓			
Total Lecture was very good & interactive	✓				


Signature of the student

Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati

Autonomous

Department of Commerce

One Day Workshop on

"Social Media and Mental Health"

On Thursday, 7th March, 2024

Feedback form

Name of the Student - Ahivale sneha subhash

Class of the student - SY.B.Com (A)

Roll No. of the student - 8771

Question	Total agree	Agree	Neutral	Total disagree	Disagree
Usefulness of the contents	✓				
Interactive skill of the speaker		✓			
Planning of the program was excellent	✓				
Students knows lot of things	✓				
Total Lecture was very good & interactive	✓				

Ahivale

Signature of the student

Ankant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
Autonomous


Department of Commerce
One Day Workshop on
"Social Media and Mental Health"

On Thursday, 7th March, 2024

Feedback form

Name of the Student - Bharat Arti Ajinath
Class of the student - f.y. B.com Div-C
Roll No. of the student - 8329

Question	Total agree	Agree	Neutral	Total disagree	Disagree
Usefulness of the contents		✓			
Interactive skill of the speaker		✓			
Planning of the program was excellent		✓			
Students knows lot of things		✓			
Total Lecture was very good & interactive		✓			


Signature of the student

Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
Autonomous

Department of Commerce
One Day Workshop on
"Social Media and Mental Health"

On Thursday, 7th March, 2024

Feedback form

Name of the Student - Kumbhar Ankita Shrikrushna
Class of the student - S.Y. Bcom
Roll No. of the student - 8803

Question	Total agree	Agree	Neutral	Total disagree	Disagree
Usefulness of the contents	✓	✓			
Interactive skill of the speaker		✓			
Planning of the program was excellent		✓			
Students knows lot of things		✓			
Total Lecture was very good & interactive		✓			

Ankita
Signature of the student

Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
Autonomous
Department of Commerce
One Day Workshop on
"Social Media and Mental Health"
On Thursday, 7th March, 2024
Feedback form

Name of the Student - Priyanka Sanjay Shelke
Class of the student - F.Y B.com
Roll No. of the student - 8344

Question	Total agree	Agree	Neutral	Total disagree	Disagree
Usefulness of the contents		✓			
Interactive skill of the speaker		✓			
Planning of the program was excellent		✓			
Students knows lot of things		✓			
Total Lecture was very good & interactive		✓			

P.Sshelke
Signature of the student

Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
Autonomous
Department of Commerce
One Day Workshop on
"Social Media and Mental Health"

On Thursday, 7th March, 2024

Feedback form

Name of the Student – Kodalkar Aderh sonba

Class of the student – S.Y.B.com

Roll No. of the student – 8923

Question	Total agree	Agree	Neutral	Total disagree	Disagree
Usefulness of the contents		✓			
Interactive skill of the speaker		✓			
Planning of the program was excellent	✓				
Students knows lot of things		✓			
Total Lecture was very good & interactive		✓			

ASK
Signature of the student

Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
Autonomous

Department of Commerce

One Day Workshop on

"Social Media and Mental Health"

On Thursday, 7th March, 2024


Feedback form

Name of the Student – kumbhar Rutyam Gorakh

Class of the student – S.Y.B.com - A

Roll No. of the student – 8751

Question	Total agree	Agree	Neutral	Total disagree	Disagree
Usefulness of the contents	✓				
Interactive skill of the speaker	✓				
Planning of the program was excellent	✓				
Students knows lot of things	✓				
Total Lecture was very good & interactive	✓				


Signature of the student

Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
Autonomous
Department of Commerce
One Day Workshop on
"Social Media and Mental Health"
On Thursday, 7th March, 2024
Feedback form

Name of the Student – Pawar Rushikesh Vitthal.

Class of the student – S.Y. BCOM DIV-B

Roll No. of the student – 8995

Question	Total agree	Agree	Neutral	Total disagree	Disagree
Usefulness of the contents		✓			
Interactive skill of the speaker		✓			
Planning of the program was excellent	✓				
Students knows lot of things	✓				
Total Lecture was very good & interactive	✓				



Signature of the student

Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
Autonomous
Department of Commerce
One Day Workshop on
"Social Media and Mental Health"
On Thursday, 7th March, 2024
Feedback form

Name of the Student - Mohite Pratiksha Rajaram.
Class of the student - M.COM - II 'A'
Roll No. of the student - 15549

Question	Total agree	Agree	Neutral	Total disagree	Disagree
Usefulness of the contents	✓				
Interactive skill of the speaker	✓				
Planning of the program was excellent	✓				
Students knows lot of things	✓				
Total Lecture was very good & interactive	✓				

Mohite
Signature of the student

Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
Autonomous


Department of Commerce
One Day Workshop on
"Social Media and Mental Health"

On Thursday, 7th March, 2024

Feedback form

Name of the Student – Gawade Dhanashri Krushna
Class of the student – M.COM II
Roll No. of the student – 15629

Question	Total agree	Agree	Neutral	Total disagree	Disagree
Usefulness of the contents		✓			
Interactive skill of the speaker	✓				
Planning of the program was excellent	✓				
Students knows lot of things		✓			
Total Lecture was very good & interactive	✓				


Signature of the student

Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati, Dist. Pune
Autonomous
Department of Commerce

Date- 9th March 2024

Report of One Day Workshop on "Social Media and Mental Health"
Under Gender Equity Programme

The details of the workshop are as follows:

Sr. No.	Items	Particulars
1	Name of The Department	Commerce
2	Title of the Programme	one day workshop on "Social Media and Mental Health"
3	Date of the Programme	Thursday, 7 th March, 2024
4	Name and Address of the Resource Person	Sameeksha Sandhya Milind, Counselor, Asha Project (TATA Trust), Waghalwadi, Tal- Baramati, Dist - Pune
5	Level of the Programme	College
6	Funded by	Free of Cost
7	Number of Beneficiaries	109

Details information of the Programme:

Anekant Education Society's Tuljaram Chaturchand College of Arts, Science, and Commerce, Baramati faculty of Commerce was organized one day workshop under gender equity program on "Social Media and Mental Health" on Thursday, 7th March, 2024 at 11.00 am in the Prerana Bhavan Seminar Hall of the college. Sameeksha Sandhya Milind was the Chief Guest and Speaker of the programme. The main purpose of the programme was to guidance on students about possible impact that social media on mental health. This involves identifying how social media utilization could impact mental state, self-esteem, and general well-being.

There were totally 109 students participated in the workshop. The workshop has been inaugurated by the Dr. Niranjan Shah (Dean, Department of Commerce), Dr. Janardhan Pawar (Head, Department of Commerce), at the beginning of the workshop Dr. Dinesh Gore welcome to the guest and all the students and delivered introductory address. Dr. Janardhan Pawar explained the overall framework of the program and delivered introductory speech. Workshop coordinator Dr. Reshma Pathan introduced the chief guest of the programme. In this lecture Sameeksha ma'am concentrate on aware students in identifying possible risks and

negative trends linked with social media consumption. This involves recognizing early signs of habitual internet harassment, similarity tricks, and other negative habits. Sameeksha ma'am talked about healthy social media habits and solutions for sustaining mental health online. This could include talking about boundary-setting tools, mindfulness exercises, and self-care activities. She additionally encourages critical thinking with respect to information seen on social media platform. After that she also gives example of increases in use of mobile phone its impact on the psychology of the students. She also gives detailed information about the **self talk concepts** and its importance in daily life. She was discussed various problem with the students and provide guidance about how to solve this problems with the help question answer session.

At the end of this session Prof. Puja Vhora proposed vote of thanks at the end of the programme. Dr. Vivek Bale, Dr. Megha Badve, Dr. Manisha Bhosale presented for the programme.

We are very thankful to Principal Dr. Avinash Jagtap for inspiring us to organize a one day workshop. We also extend our sincere thanks to Dr. Janardhan Pawar for his continuous support and encouragement.

Thank You.

With Regards,



Dr. Reshma Pathan
Activity Co-ordinator



Dr. J. K. Pawar
Head, Department of Commerce



Co-ordinator
IQAC



Principal

Enclosures:

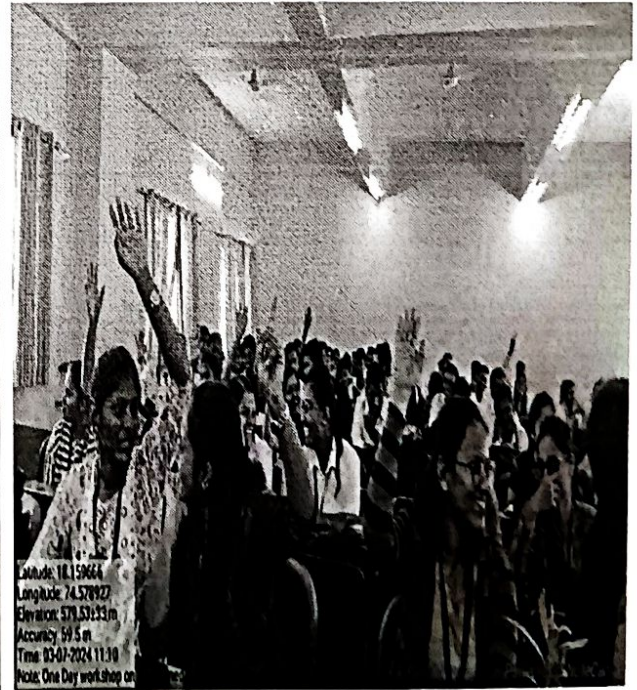
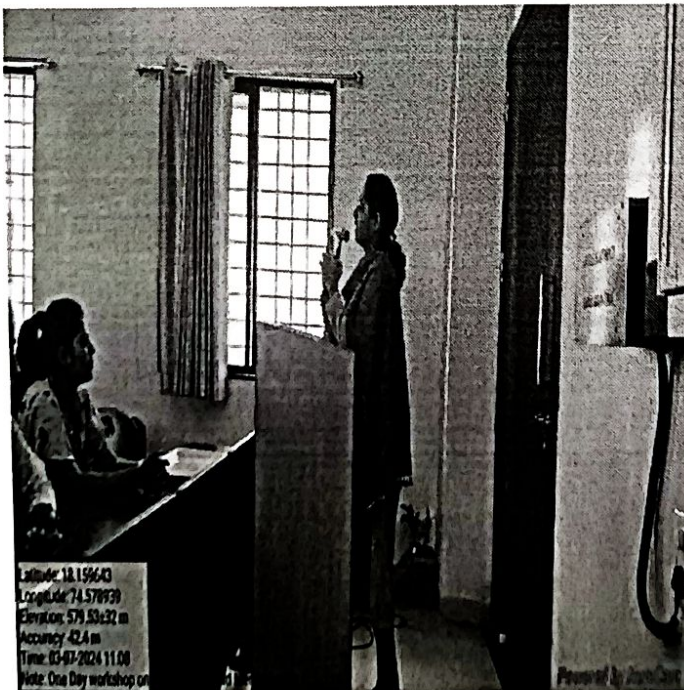
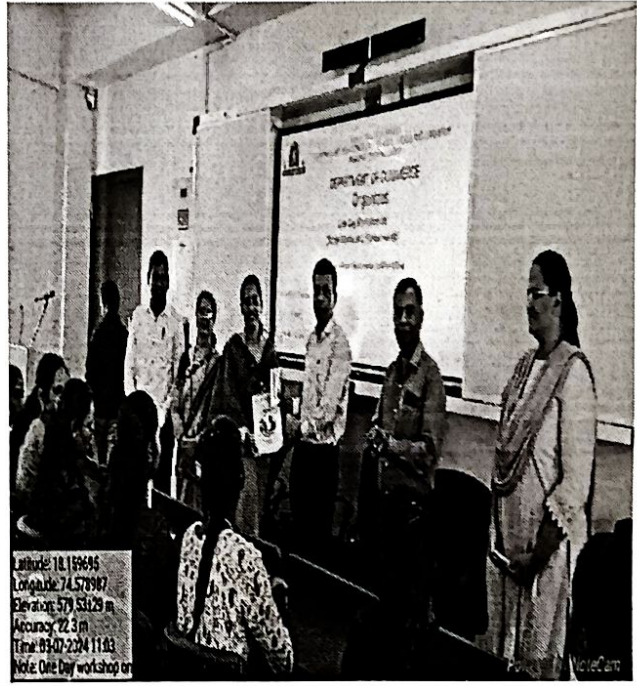
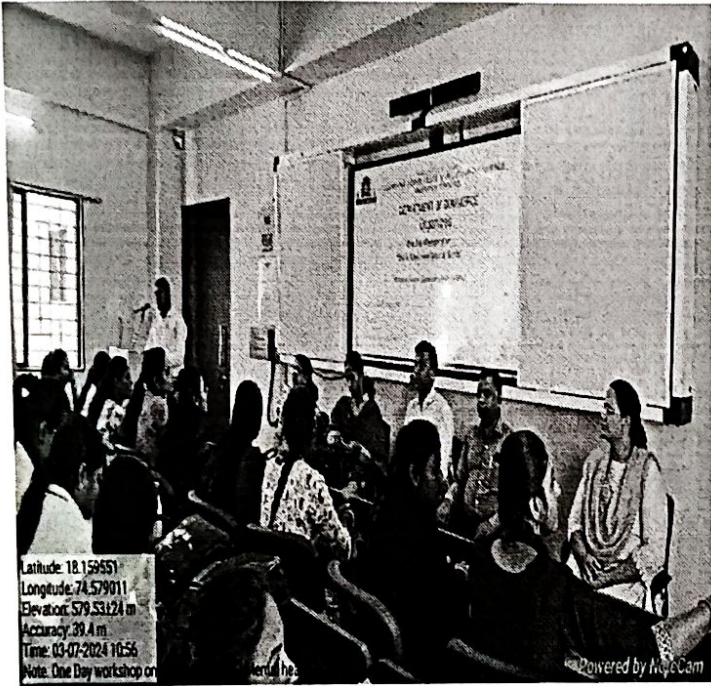
1. Notice
2. Attendance
3. Geo tag Photo
4. Feedback

Anekant Education Society's

**TULJARAM CHATURCHAND COLLEGE OF ARTS, SCIENCE AND COMMERCE
(Autonomous), BARAMATI**

Department of Commerce

Date- 09/03/2024



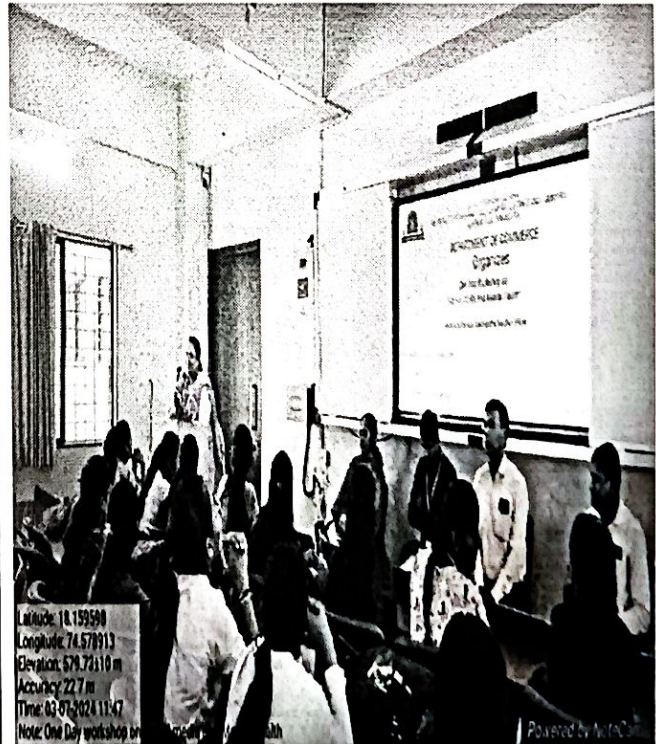
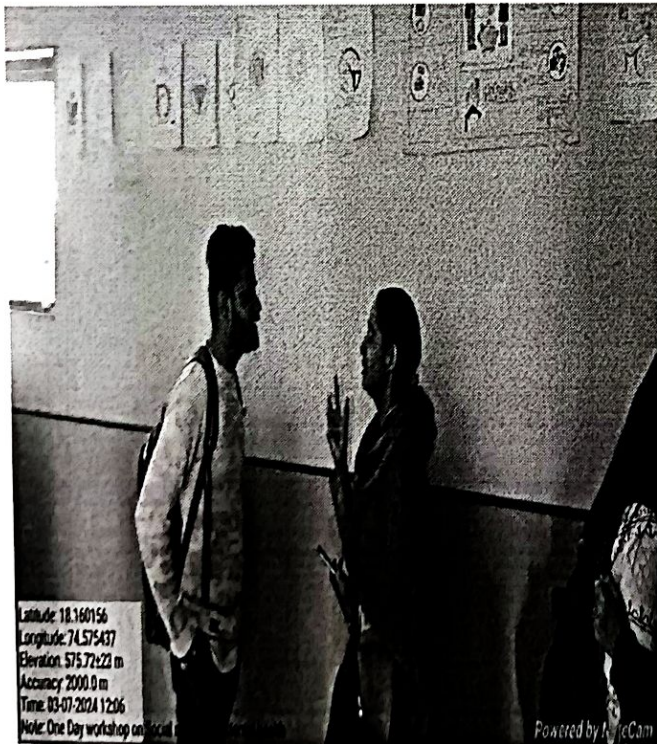
One Day Workshop on "Social Media and Mental Health" Under Gender Equity Programme

Anekant Education Society's

**TULJARAM CHATURCHAND COLLEGE OF ARTS, SCIENCE AND COMMERCE
(Autonomous), BARAMATI**

Department of Commerce

Date- 09/03/2024



One Day Workshop on "Social Media and Mental Health" Under Gender Equity Programme