

Anekant Education Society's  
**TULJARAM CHATURCHAND COLLEGE**  
**Of Arts, Science & Commerce, Baramati**

| Sr. No. | Item   | Particulars   |
|---------|--|---|
| 1.      | Name of the Department   | <b>Department of Media and Communication Studies</b>                |
| 2.      | Title of the Programme   | <b>World Mental Health Day<br/>"Today's youth and social media"</b> |
| 3.      | Date of the programme  | <b>11th October 2023</b>  |
| 4.      | Name and address of the resource person                                    | <b>Dr. Samiksha Sandhya Milind,<br/>(Psychiatrist)</b>              |
| 5.      | Level of the programme:<br>College/University/State/National/International | <b>College</b>  |
| 6.      | Funded by: College/University etc.   | <b>Collage</b>  |
| 7.      | Number of Beneficiaries  | <b>21</b>   |

**Detail information of the programme:**

The Department of Media and Communication Studies organized a special discussion session in honor of World Mental Health Day on 11th October 2023. The theme of this year's World Mental Health Day was "Mental Health is a Universal Human Right". On this occasion, Dr. Samiksha Sandhya Milind, psychiatrist was present as the chief guest for the event. The session mainly focused on the key topic "Today's youth and social media". "What is depression; how it is created and its effects on the students", were also discussed in the panel and explained to the students. The students were also made aware of "how to remove the stress that is created in daily life and also the remedial plans to be done for it". The students were given guidance on the events happening in the society; in the current situation about friendship, relationships that are being created because of the influence of online social platforms.

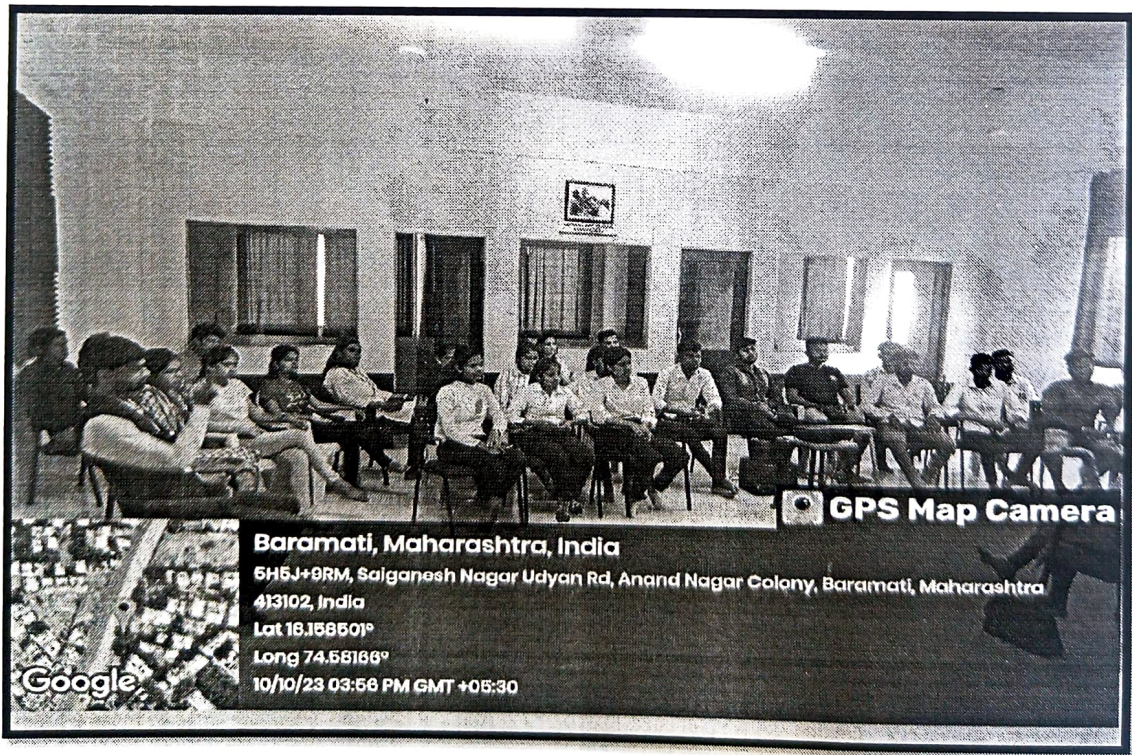
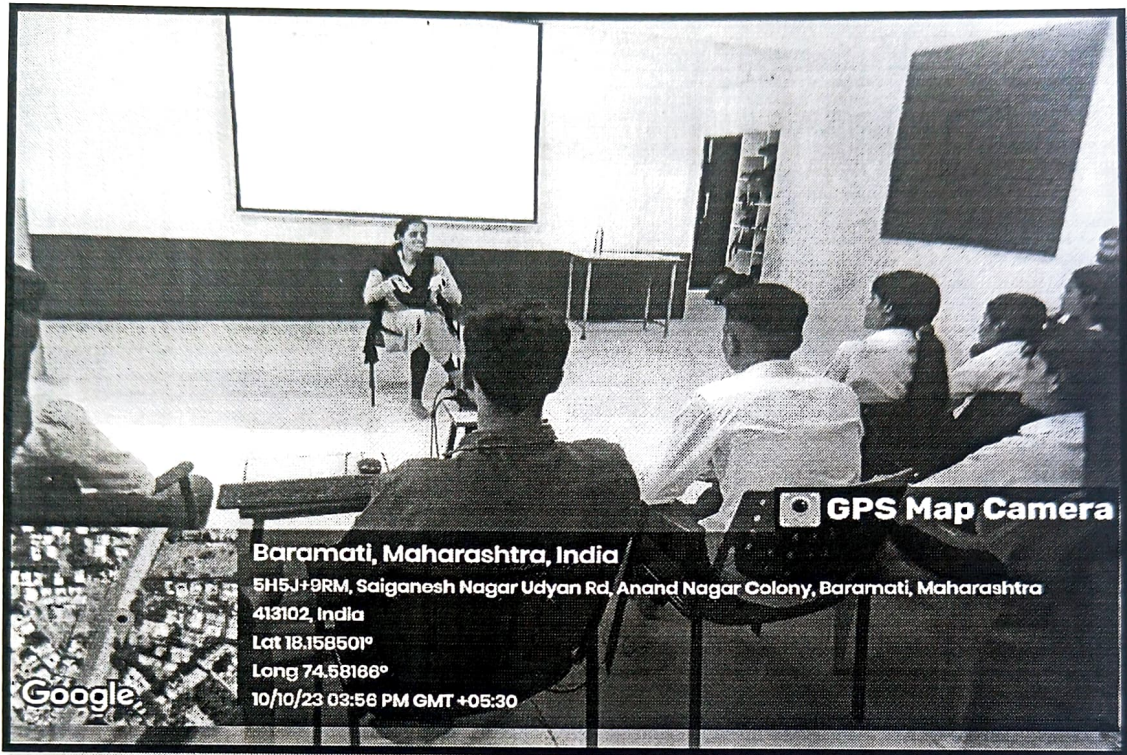
According to the World Health Organization, half of all mental health issues begin before the age of 14, however, the majority of incidents go unnoticed and untreated. Adolescents and young adults are one of the groups that frequently encounter challenges and also struggle to receive mental health care. If ignored, these mental health issues affect their day-to-day activities and their career in future while growing up. On this topic Dr. Samiksha advised students to understand depression; its causes and the far-reaching effects on students and families. With special emphasis on the profound impact of depression on a student's academic performance, social interaction and overall well-being, Dr. Sandhya Milind interacted with the students. She also addressed the challenges posed by social media, citing reasons for the increase in anxiety and depression among today's youth.

The session was concluded with a discussion on children facing various challenges including fear, stress and other relationships. Dr. Samiksha Sandhya Milind guided the students in open interaction by clarifying their queries raised by the students based on the problems experienced by them. Swarali Bidve, student of S.Y.B.Voc Journalism and Mass Communication gave the inaugural speech. Prof. Rahul Chaudhari, HoD of Media and Communication Studies department felicitated the ceremony. The session was conducted under the guidance of Prof. Rahul Chaudhari and Prof. Rutuja Agam for the department students.

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15/11/24

  
**Head of Department**

These are some photographs from the session. In these photos Dr. Samiksha interacts with all students and students consider their questions that arise in their regular teenage life.





**Baramati, Maharashtra, India**

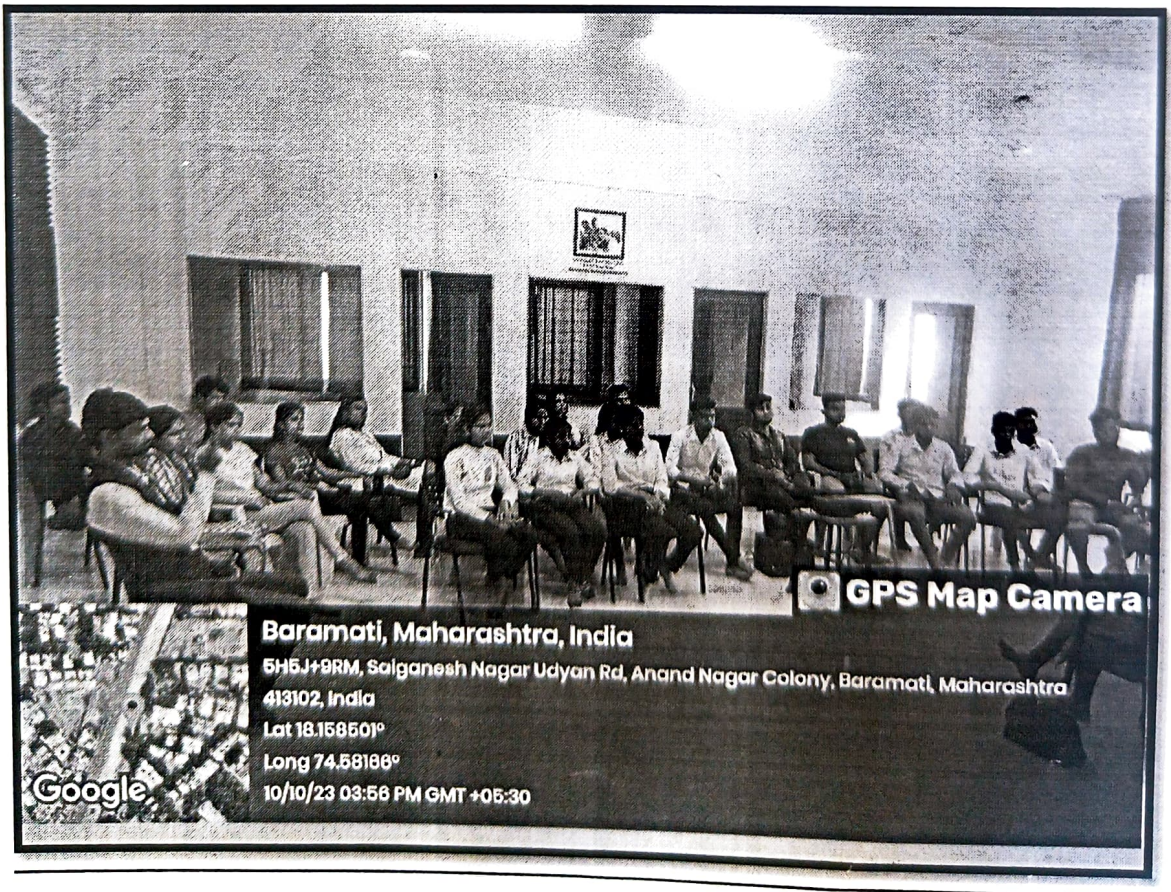
5H5J+W8P, Station Rd, Vivekanand Nagar, Baramati, Maharashtra 413102, India

Lat 18.159885°

Long 74.580924°

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**Baramati, Maharashtra, India**

5H5J+9RM, Solganesh Nagar Udyan Rd, Anand Nagar Colony, Baramati, Maharashtra 413102, India

Lat 18.158501°

Long 74.58188°

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Anekant Education Society's  
**Tuljaram Chaturchand College of Arts, Science & Commerce, Baramati**  
**Department of Media and Communication Studies**


दिनांक: ०७ ऑक्टोबर २०२३

प्रति,  
मा. प्राचार्य,  
तुळजाराम चतुरचंद कॉलेज,  
बारामती.

**विषय:** जागतिक मानसिक आरोग्य दिनानिमित्त चर्चासत्र आयोजित करणेबाबत.

महोदय,

डिपार्टमेंट ऑफ मीडिया अँड कम्युनिकेशन स्टडीज विभागाच्या वतीने शनिवार दिनांक ११ ऑक्टोबर रोजी जागतिक मानसिक आरोग्य दिनानिमित्त चर्चासत्राचे आयोजन करण्यात येणार आहे, तरी "सोशल मिडिया आणि आजचा युवक" या विषयावर आधारित डॉ. समीक्षा संध्या मिलिंद (मानसोपचार तज्ज्ञ, सोमेश्वर) यांचे चर्चासत्र घेण्यास परवानगी मिळावी ही विनंती.

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विभागप्रमुख



Anekant Education Society's  
Tuljaram Chaturchand College of Arts, Science & Commerce, Baramati  
Department of Media and Communication Studies

# नोटीस

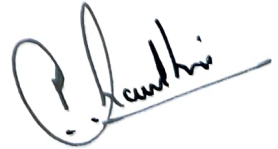
दिनांक : १० ऑक्टोबर २०२३

विभागातील सर्व विद्यार्थ्यांना कळविण्यात येते की, दिनांक ११ ऑक्टोबर २०२३ रोजी जागतिक मानसिक आरोग्य दिनाचे औचित्य साधून विभागाच्या वतीने "सोशल मिडिया आणि आजचा युवक" या विषयावर आधारित डॉ. समीक्षा संध्या मिलिंद (मानसोपचार तज्ज्ञ, सोमेश्वर) यांचे चर्चासत्र आयोजित करण्यात आले आहे. तरी सर्व विद्यार्थ्यांनी युनिफॉर्ममध्ये या चर्चासत्रास उपस्थित राहावे.

वेळ : दुपारी -३.०० वाजता

स्थळ : व्ही. शांताराम स्टुडीओ



  
विभागप्रमुख

# Department of Media and Communication Studies

Special discussion session on World Mental Health Day

“Today's youth and social media”

Resource person -Dr. Samiksha Sandhya Milind, (Psychiatrist)

## Attendance Sheet

Place: V. Shantaram Studio

Date: 11th October 2023

| r.no | Student Name             | Class     | Signature |
|------|--------------------------|-----------|-----------|
| 1.   | Korvelkar Kireem Babu    | S.Y. (JM) |           |
| 2.   | Meheta Milee             | S.Y. (JM) |           |
| 3.   | Taslim Tamboli           | S.Y (JM)  |           |
| 4.   | Ahilya Kharat            | S.Y (JM)  |           |
| 5.   | Yash S. More             | S.Y (JM)  |           |
| 6.   | Sanghamitra Kharat       | S.Y (JM)  |           |
| 7.   | Sakshi Vikas Deokate     | S.Y. (JM) |           |
| 8.   | Chandgad Anupriya        | S.Y. (JM) |           |
| 9.   | Kishori Kulkarni         | S.Y. (JM) |           |
| 10.  | Swarali Bidwe            | S.Y. (JM) |           |
| 11.  | Vrushabh Londhe          | S.Y. (JM) |           |
| 12.  | Kokare Rutuja H.         | F.Y. (JM) |           |
| 13.  | Gaikwad Aditya Bhausaheb | F.Y. (JM) |           |
| 14.  | Deokate Akanksha Ramhari | F.Y. (JM) |           |
| 15.  | Mrunmayi Asabe           | F.Y. (JM) |           |
| 16.  | Sayali Ganeshkar         | F.Y (JM)  |           |
| 17.  | Tanvi Gavali             | F.Y (JM)  |           |
| 18.  | Ritesh Anil Londhe       | F.Y (JM)  |           |

|     |                        |               |                   |
|-----|------------------------|---------------|-------------------|
| 19. | Vaibhav Tanaji Gaikwad | F.Y. (JM)     | Vbhav             |
| 20. | Taware Sourabh Sudam   | F.Y. (JM)     | Taware            |
| 21. | Rahini Pravin Abasechb | F.Y. B.Voc JM | <del>Pravin</del> |
| 22. |                        |               |                   |
| 23. |                        |               |                   |
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| 39. |                        |               |                   |

Sutuja

Conduct By

P. Karthi  
HoD

Department of Media and Communication Studies  
World Mental Health Day "Today's youth and social media"

## Feedback form

Title of workshop: "Today's youth and social media"

Resource person: Dr. Samiksha Sandhya Milind, (Psychiatrist)

Date: 11 October 2023

Time: 3.00 Pm

(Please tick mark the correct answer)

1) Students Name: Mrunmayi. Asabe.

2) Class: F.Y.B.Voc (JM)

3) Roll no: 13602.

4) Email: mrunmayiasabe17@gmail.com

5) Gender: Female

6) Contact no: 8767972723

7) Qualification: B.Voc (Journalism & Mass Communication)

7) How would you rate the session?

Excellent

Very Good

Good

Poor

8) How would you rate the subject knowledge of the resource person?

Excellent

Very Good

Good

Satisfactory

9) Would you like to attend more such session?

Yes

No

Maybe

10) Any suggestion you wish to share?

Samiksha Mam यांचे आजुन एकदा session द्यायला पाहिजे.

T. Asabe  
Signature



Department of Media and Communication Studies  
World Mental Health Day "Today's youth and social media"

## Feedback form

Title of workshop: "Today's youth and social media"

Resource person: Dr. Samiksha Sandhya Milind, (Psychiatrist)

Date: 11 October 2023

Time: 3.00 Pm

(Please tick mark the correct answer)

1) Students Name: Vaibhav Tanaji Gaikwad

2) Class: F.Y. B.VOC (JM)

3) Roll no: 13603

4) Email: Vaibhavg374@gmail.com

5) Gender: male

6) Contact no: 8605781636

7) Qualification: B.Voc. Journalism and Mass communication

7) How would you rate the session?

Excellent

Very Good

Good

Poor

8) How would you rate the subject knowledge of the resource person?

Excellent

Very Good

Good

Satisfactory

9) Would you like to attend more such session?

Yes

No

Maybe

10) Any suggestion you wish to share?

लेक्चरर खूप छान वाटले. डिप्रेशन मध्ये गेल्या  
व्यक्ती कसा बाहेर येऊ शकतो, याविषयावरती  
छान मार्गदर्शन केले.

  
Signature

Department of Media and Communication Studies  
World Mental Health Day "Today's youth and social media"

## Feedback form

Title of workshop: "Today's youth and social media"

Resource person: Dr. Samiksha Sandhya Milind, (Psychiatrist)

Date: 11 October 2023

Time: 3.00 Pm

(Please tick mark the correct answer)

1) Students Name: Pravin Abasaheb Rahinj.....

2) Class: F.T.B.VOC (Jm).....

3) Roll no: 13600.....

4) Email: rahinjpravin@gmail.com.....

5) Gender: Male.....

6) Contact no: 9604735494.....

7) Qualification: B.Voc Journalism and mass.com.....

7) How would you rate the session?

Excellent

Very Good

Good

Poor

8) How would you rate the subject knowledge of the resource person?

Excellent

Very Good

Good

Satisfactory

9) Would you like to attend more such session?

Yes

No

Maybe

10) Any suggestion you wish to share?

Dr. Samiksha man सिते लेबर शासिते लोके  
केतु. सिस वलेन.

Anekan Education Society's

## Tuljaram Chaturchand College

of Arts, Science & Commerce, Baramati, Pune [ M.S.]

Autonomous

NAAC Re-accredited 'A+' Grade (CGPA 3.55), ISO 9001-2015 Certified College, Religious Minority Institute



# CERTIFICATE

This is to certify that Mr/Mrs/Ms Taslim Tamboli has participated in World Mental Health Day «Today's youth and social media» Organized by Tuljaram Chaturchand College of Arts, Science and commerce college, Baramati under the Internal Quality Assurance Cell

Principal