

**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,

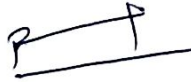
With reference to above mentioned subject, we at ^{faculty} department of commerce are planning to organize one day workshop on "Social Media and Mental Health" for all B.Com and M.Com students. We have words with Mrs. Sameeksha Sandhya Milind as a resource person. She has already communicated her consent 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 | Mohite Pratiksha Rajaram | 15549 | m.com.(II) | A | 4058051184 | |
| 6 | Pawar Alisha Dilip | 15621 | m.com II | B | 9322831102 | |
| 7 | Nanaware Pranjta 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 | |
| | Nikam Chetna santosh | 9696 | T.Y.B.com | B | 9021008757 | |
| | Lashimbekar Mayurj Shrireshkumar | 9674 | T.Y.B.com | B | 7320925925 | |
| | Pranjata Sanjay Shelke | 8344 | f.y.B.com | C | 9790697069 | |
| 181 | Rathan Farin Latif | 8952 | S.Y.B.com | B | 9763967122 | |



Name.

Roll No

class

DIV

contact No

sign.

| Roll No | class | DIV | contact No | sign. |
|---------|------------|-----|-------------|------------------|
| 19 | S.Y. B.com | B | 7683375225 | D.B. Gupte |
| 20 | F.Y. B.com | C | 9403175312 | |
| 21 | F.Y. B.com | C | 7588713004 | |
| 22 | S.Y. B.com | A | 9834753725 | |
| 23 | S.Y. B.com | A | 54721910319 | S. P. Phandade |
| 24 | S.Y. B.com | A | 9766592242 | Tejkar |
| 25 | S.Y. B.com | B | 9307037464 | S. K. Kulkarni |
| 26 | S.Y. B.com | A | 8269947739 | |
| 27 | M.com II | A | 9021210070 | P. Kulkarni |
| 28 | M.com II | B | 8855981377 | C. P. Wadgaonkar |
| 29 | M.com II | B | 9822448819 | A. Kulkarni |
| 30 | S.Y. B.com | B | 9028561782 | R. Kulkarni |
| 31 | S.Y. B.com | B | 9028561782 | A. Kulkarni |
| 32 | S.Y. B.com | B | 8830641229 | Shinde-S.H |
| 33 | S.Y. B.com | B | 9527940318 | |
| 34 | S.Y. B.com | B | 9766034686 | Kulkarni |
| 35 | S.Y. B.com | A | 7985012958 | |
| 36 | S.Y. B.com | B | 9790716008 | B. Kulkarni |
| 37 | S.Y. B.com | B | 9284795258 | M. Kulkarni |
| 38 | S.Y. B.com | B | 9607652835 | B. Kulkarni |
| 39 | S.Y. B.com | B | 7709669734 | B. Kulkarni |
| 40 | S.Y. B.com | B | 9975396708 | M. Kulkarni |



Div Class Roll No. mobile No.

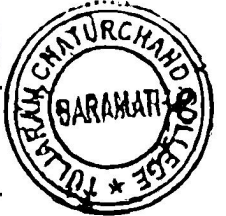
| | | | | | | |
|----|-------------------------------|-------|------------|-------|-------------|------------|
| 41 | Pawar Rushikesh Vitthal | S.Y.B | BCOM | 8945 | 7028440908 | Sur |
| 42 | Kumbhar Bharat Santosh | A. | S.Y.B.com | 8783 | 9021524741 | Bhurat. |
| 43 | Sohani Rugved Sunil | B | S.Y.B.COM | 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.A |
| 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 | 80222002620 | Barkar |
| 50 | Mane Sakshi Sachin | B | S.Y.B.com. | 8987 | 9545882004 | Mane. |
| 51 | Harsh Sanjay Trakheere | D | S.Y.B.COM | 9302 | 8530201574 | Harsh |
| 52 | Nitunjyoti Narasimha Karande. | D | S.Y.B.COM. | 9279 | 9604855153 | Nitunjyoti |
| 53 | Kumbhar Satyam Goralsh | A | S.Y.B.com | 8751 | 9995982180 | Kumbhar. |
| 54 | Sathe Amar Dilip | B | S.Y.B.COM | 9008 | 1381220141 | 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 | Togdale Prarali Jaywant | B | M.COM - I | 15506 | 8080926089 | Togdale. |
| 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 |
| | Shise Krushali Jagan | B | S.Y.B.COM | 8998 | 8605886088 | V.V.Bhus |
| | Wagh Anuja Vijay | B | S.Y.B.com | 8932 | 9420861281 | Wagh |



Name

Class Roll No.

| | | | | | |
|----|------------------------------------|-----------|-------|---------------------------------|------------|
| 63 | Ghorpade Yogita Anil | M.com-I | 15404 | Rogita AK | 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 | Nikita | 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 | Nimballekar | 8055170089 |
| 71 | Vaste Nisha Kailas | S.Y.B.com | 8957 | NK.Vaste | 8262957547 |
| 72 | Bhosale Rutuja Bapurao | S.Y.B.com | 9016 | Bhosale | 9960097794 |
| 73 | Lolkhunde Ankita Abasa | S.Y.B.com | 8756 | Ankita | 9783530128 |
| 74 | Deokate Shreyaswi Balasa | S.Y.B.com | 8792 | Deokate | 9604132982 |
| 75 | Momin Sayama Riyaj | S.Y.B.com | 8755 | Sayama | 8482911085 |
| 76 | Patwar Nikita Rajendra | S.Y.B.com | 8793 | N.R.Patwar | 9371288386 |
| 77 | Gargade Gauxi | S.Y.B.com | 8762 | G.V.G | 7038585653 |
| 78 | Shete Diksha Bipin | S.Y.B.com | 8901 | D.B.Shete | 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 |
| | zande Sakshi Madhukar | S.Y.B.com | 8781 | Sakshi | 7721910314 |
| | zandale Anjali Kumdalik | S.Y.B.com | 8773 | Anjali | 9168208319 |
| | JK 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 - Anicole 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 | ✓ | | | | |

Anicole

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 | | ✓ | | | |

Kumbhar
Signature of the student



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




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 – Pawar Rushikesh Vitthal.

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

Roll No. of the student – 8945

| 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 | ✓ | | | | |

Pratiksha
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:

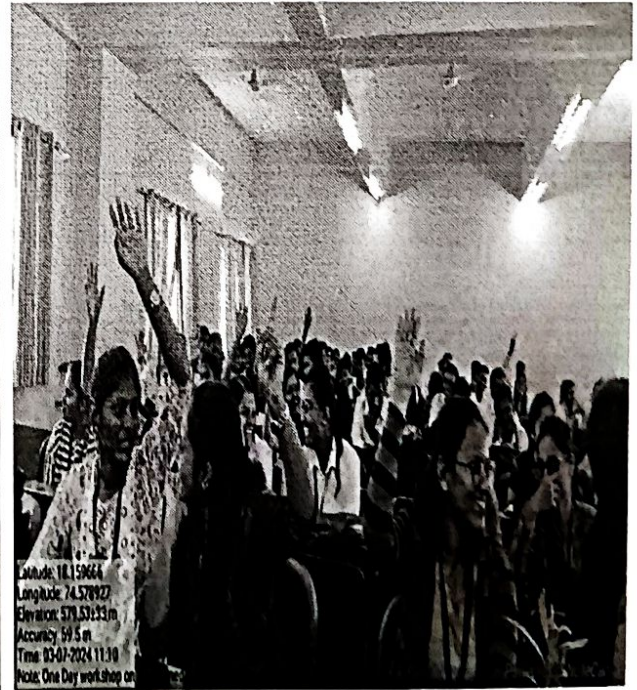
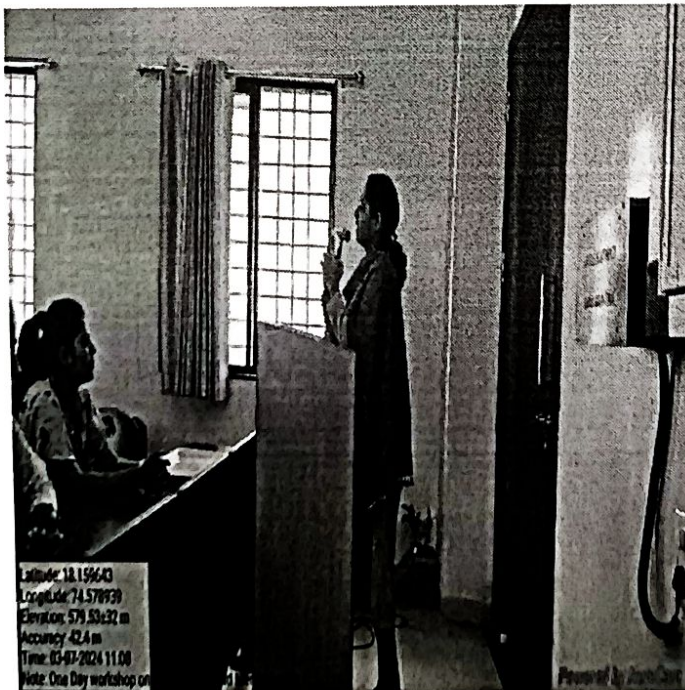
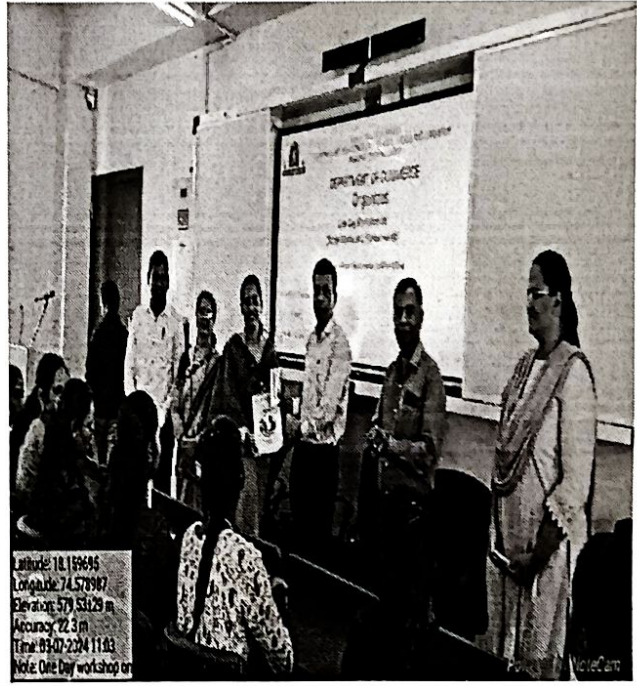
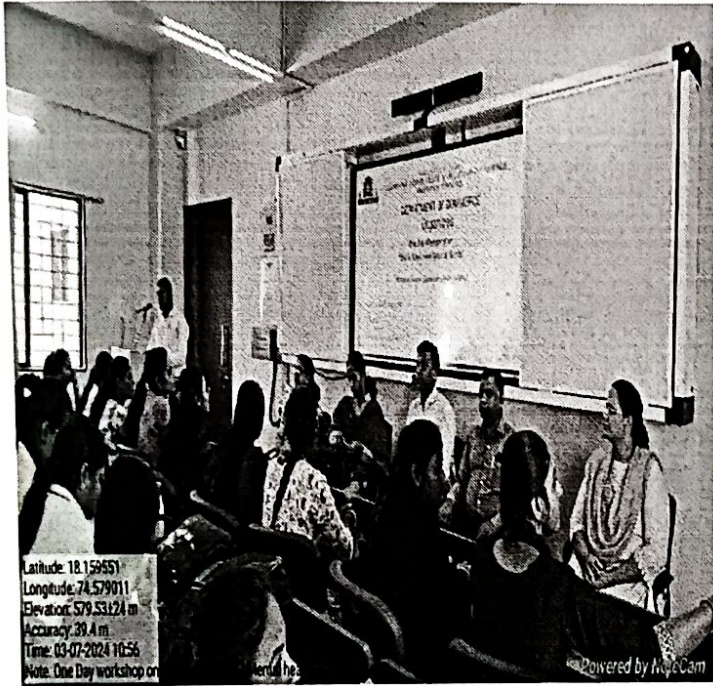
1. Notice
2. Attendance
3. Geo tag Photo
4. Feedback

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

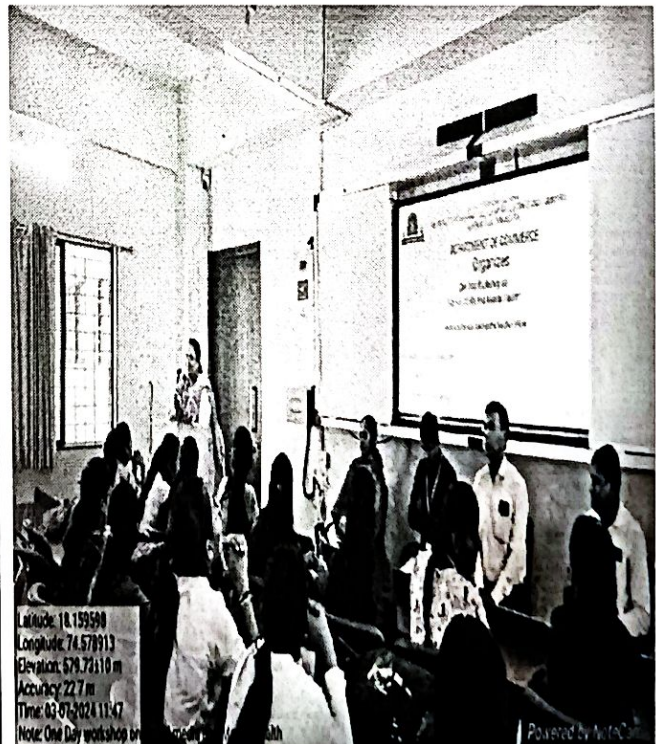
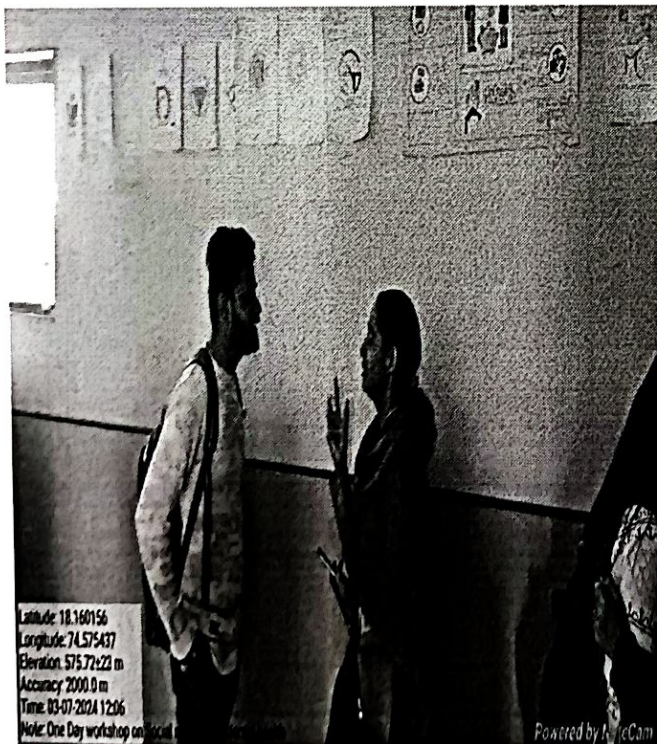


Anekant Education Society's

**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

