



**MURGAON EDUCATION SOCIETY'S  
VASANT JOSHI COLLEGE OF ARTS & COMMERCE**

Zuarinagar, Goa – 403726

Affiliated to Goa University Accredited by NAAC with B+ Grade (4<sup>th</sup> cycle)

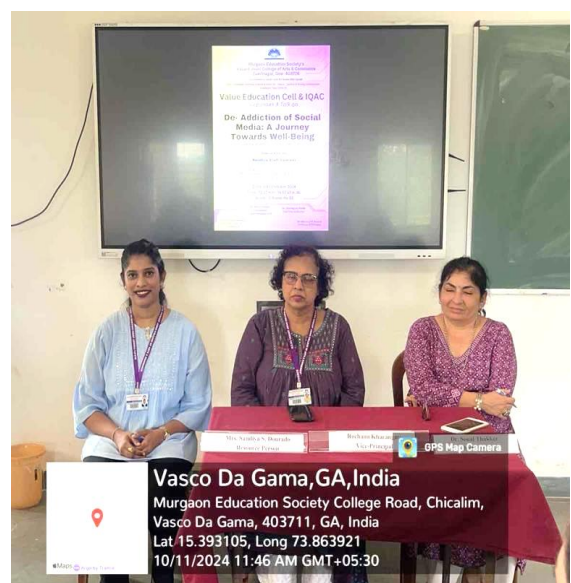
**ACADEMIC YEAR 2024 – 2025**

**Report on Awareness Programme on “De- Addiction of Social Media: A Journey Towards Well-Being”**

- **Department/Cell:** Value Education Cell
- **Date:** 11/10/2024 **Time:** 11:15 A.M. to 12:15 A.M.
- **Venue:** Block-II, Room. No. 32, M.E.S. Vasant Joshi College of Arts & Commerce.
- **Speaker for the Session:** Mrs. Sandiya Stefi Dourado, Asst. Prof. Dept of Information Technology M.E.S. Vasant Joshi College of Arts & Commerce.
- **Audience:** Students of B.Com & BA. Sem I & V, Div A and C
- **No. of participants:** 31 (08 males & 23 females)

**Report in brief:** The Value Education Cell and IQAC of M.E.S.'s Vasant Joshi College of Arts & Commerce organized a talk on "De-Addiction of Social Media: A Journey Towards Well-Being" for the B.Com Semester-I students on 11th October 2024 at Block II, Room No. 32. The session commenced at 11:15 A.M., with the resource person, Mrs. Sandiya Stefi Dourado, Assistant Professor in the Department of Information Technology. She emphasized the growing impact of social media on students' mental and physical well-being and discussed strategies to manage screen time effectively. She encouraged students to reflect on their social media usage habits and shared tips on fostering digital wellness through mindful engagement. A total of 31 students attended the session, comprising 08 males and 23 females. The event was interactive, and students actively participated in the discussion, asking questions and sharing their perspectives on social media usage. The Programme was compered by the student Miss. Sneha Mary Joseph and the session concluded with a vote of thanks by Chairperson Dr. Sonal Thakker.

**Remarks of the Coordinator:** The session on social media de-addiction was both timely and insightful, offering students practical strategies to improve their digital well-being. The interactive nature of the talk encouraged active participation and meaningful reflection.



**Sandiya Stefi Dourado**  
Event Coordinator  
Dept. of Information Technology  
Member of Value Education Cell

**Dr. Sonal Thakker**  
Chairperson  
Value Education Cell

**Dr. Manasvi M. Kamat**  
Professor & Principal