

**Workshop on 'Getting Rid of Social Media Addiction'**

On 10/2/2020, a Workshop on 'Getting Rid of Social Media Addiction' was organized. 80 FYBMM students attended it. Ms. Hoori Deshpande, Counselor conducted the workshop. The session was really great. The counselor spoke about spending time on social media cautiously, self-realization regarding one's dependence on it, from now on, need to develop hobbies, spending time offline with family & friends, how digital detox can help one in improving concentration.

*Subhakar*  
10/2/20

*Alkapal*  


**From:** Hoori Deshpande <Hoori.Deshpande@svkm.ac.in>  
**Sent:** Saturday, February 15, 2020 5:02 PM  
**To:** Anju Kapoor (Dr.) (UPG College) <Anju.Kapoor@upgcm.ac.in>; Rashmi Gahlowt <Rashmi.Gahlowt@upgcm.ac.in>  
**Cc:** Asoke Basak <asoke.basak@svkm.ac.in>  
**Subject:** Feedback and pictures of the Social Media addiction workshop with FYBMM A UPG

Dear all,

Happy to share that the social media addiction workshop was done with FYBMM A UPG.

I am sharing the pictures and feedback of the same 😊

**Feedback:**

Loved your session. Thank u for coming.

The session was really great. Will spend time on social media cautiously from now on.

The session conducted in FyBMM Div A of UPG college was a great experience. There was a lot of self-realisation and I look up to such sessions.

It was a great and helpful session. Also maybe u can have next session on overthinking or improving concentration.

Good session, and I will try to reduce my phone time

The session was really helpful, would work on spending time more offline with parents and friends.

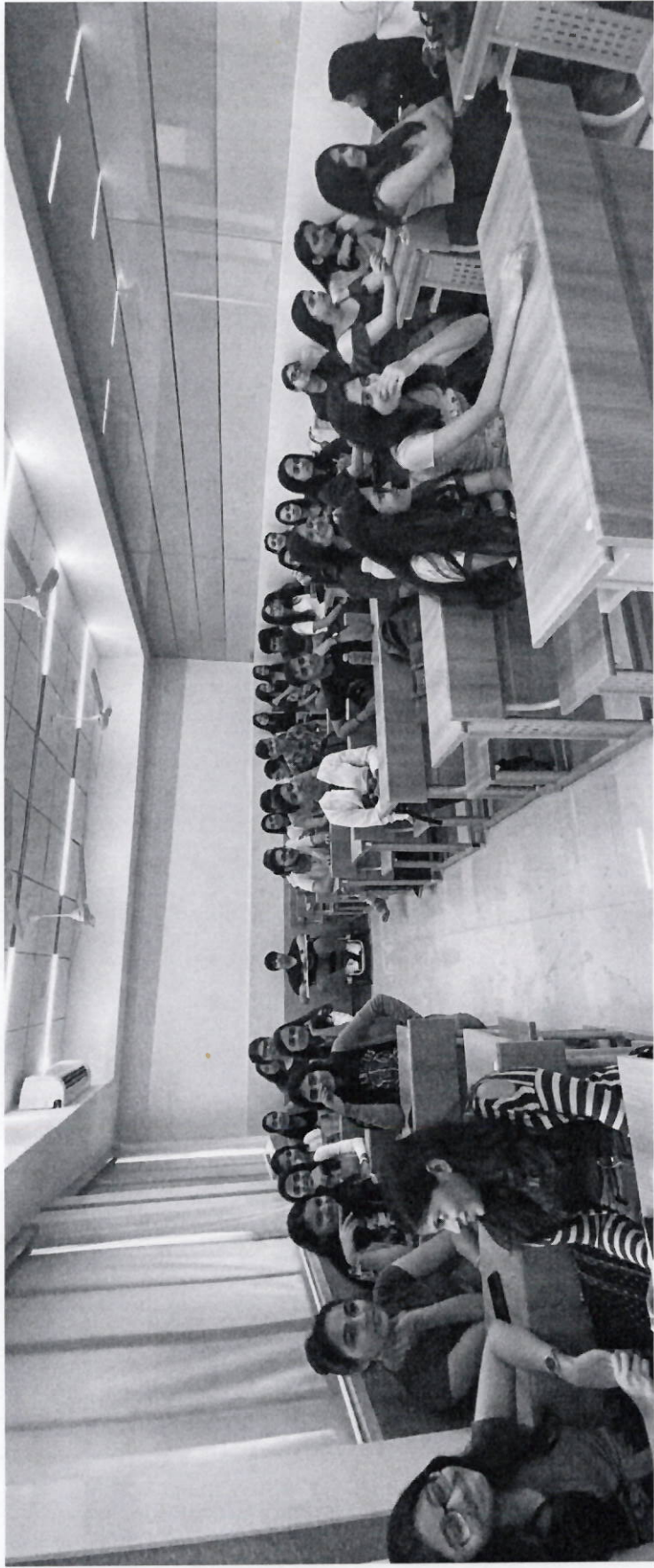
Amazing session, I'll definitely go for a digital detox.. Thank you!

The session was really good. I could relate to many things. I hopefully will bring changes in my life. Looking forward to more such sessions.

Regards,  
Hoori Deshpande  
SVKM Counsellor

*Recd.*  
*Anju Kapoor*





*Admission*

*Admission*  
USMA PRAVIN GANDHI COLLEGE OF ARTS, SCIENCE AND COMMERCE  
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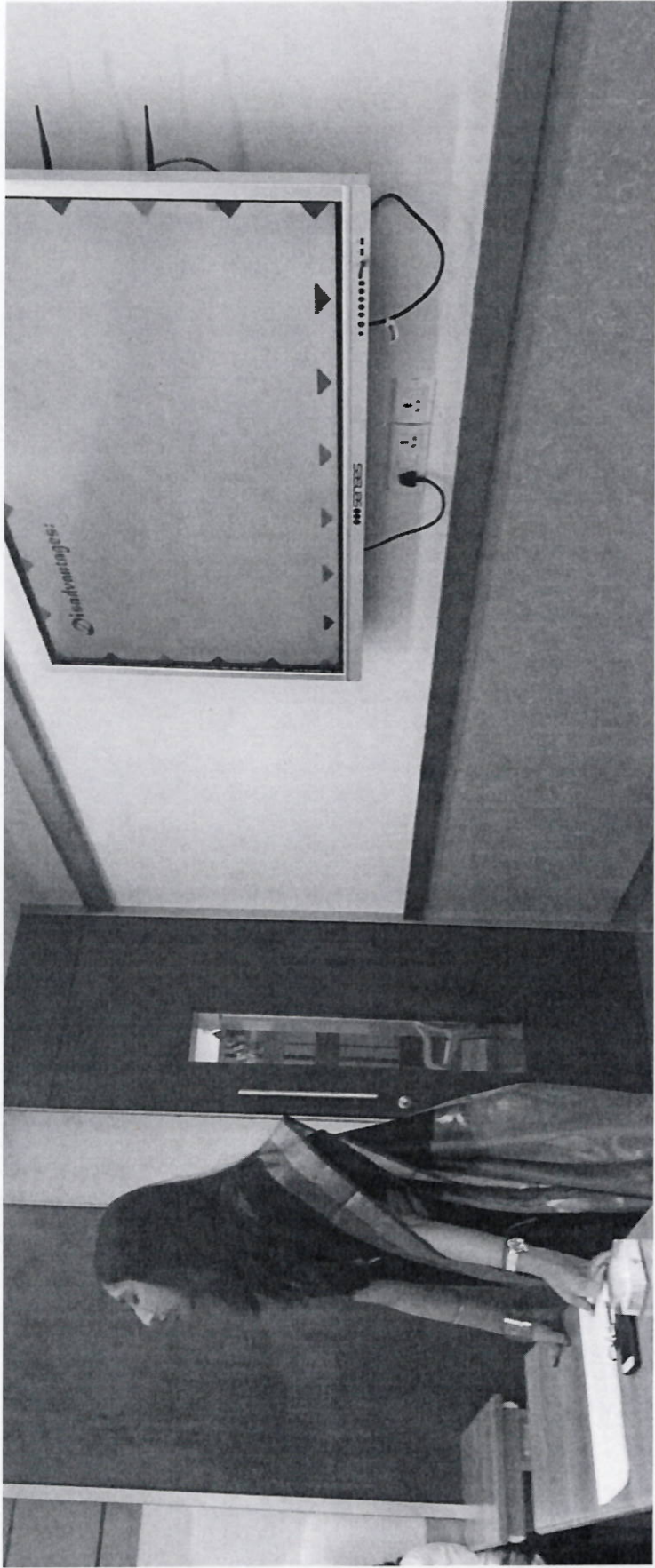
*Salun*





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