



ANJUMAN-I-ISLAM'S

KALSEKAR TECHNICAL CAMPUS, NEW PANVEL

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Recognised by : Directorate of Technical Education, Govt. of Maharashtra, Affiliated to : University of Mumbai.

DEPARTMENT OF MECHANICAL ENGINEERING

☒ SCHOOL OF ENGINEERING & TECHNOLOGY

☐ SCHOOL OF PHARMACY

☐ SCHOOL OF ARCHITECTURE

AIKTC/ SoET/ Mechanical/ SMC/Expert Session/2024/02

Date: 23/09/2024

NOTICE

Expert Session on "Responsibly using Social Media" by Psy. Meraj Mir

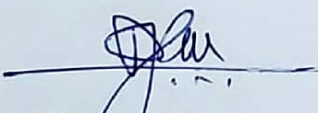
This is to inform you that we have two professional Counsellors, Meraj Mir madam and Elisha Virani Madam, who will help us deal and solve all the issues faced by the students. You may approach them through departmental "Students' Mentoring & Counselling" (SMC) coordinator or through your Mentor.

Students' Mentoring & Counselling (SMC) cell of Department of Mechanical Engineering is organizing a session on "**Responsibly using Social Media**" for BEME students. The Session is scheduled on **26th Sept, 2024 (THU) at 1.15 PM to 02.15 PM in Classroom B-210 (1st Floor)**. The session will be conducted by the **professional Counsellor, Psy. Meraj Mir Madam** and the session covers, impact of social Media on us, how responsibly we can use social media to stay connected/ reach maximum people, issues associated/ misuse of social media and how to avoid it and be resourceful & responsible individual/ professional.

The main purpose of conducting such sessions for our students is to impart life skills in them and to make them ready with such life skills to make them successful professional and a better individual.

The details of this session are as below:

Topic : Responsibly using Social Media
Resource Person : Psy. Meraj Mir (Professional Counsellor)
Date : 26th Sept, 2024 (THU)
Time & Duration : 1.15 PM to 02.15 PM (1 Hours)
Venue : Classroom B-210
Class : SEME & BEME Students


SMC Coordinator
(Mechanical Engg. Dept)


i/c HoD
(Mechanical Engg. Dept)

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AIKTC/ SoET/ Mechanical/ SMC/Expert Session/2024/02

Date: 23/09/2024

REPORT

Expert Session on “Responsibly using Social Media” by Psy. Meraj Mir

Students' Mentoring & Counselling (SMC) cell of Department of Mechanical Engineering organized a session on “Responsibly using Social Media” for SEME & BEME students. The Session was scheduled on **26th Sept, 2024 (THU) at 1.15 PM at Classroom B-210 (1st Floor).** The session was conducted by the **professional Counsellor, Psy. Meraj Mir.** The session started at 1.15 PM sharp. **Prof. Atul Meshram, SMC coordinator,** introduced the Psychologist and informed students to get in touch with him in case anyone need Counselling. Our in-house Professional Counsellors will help them come out from issues they are facing. The students can approach Counsellors through class coordinators, mentors, SMC coordinator.

The objective of the session was:

1. To understand the importance of various social media platforms.
2. To make them understand how to use social media responsibly.
3. How to make Good out of social media.
4. Understand the ways to protect yourself Online.

The main purpose of conducting such sessions for our students is to impart life skills in them and to make them ready with such life skills to make them successful professional and a better individual.

Session ended at 2.30 PM

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The details of this session are as below:

Topic : "Responsibly using Social Media"

Resource Person : Psy. Meraj Mir (Professional Counsellor)

Date : 26th Sept, 2024 (TUE)

Time & Duration : 1.15 PM to 2.15 PM

Venue : Classroom B-210

Class : SEME & BEME Students

The Session started at 1.15 PM. **Total attendees were 24**

(SEME = 03 Students, BEME = 21 Students). Students were absent due to heavy Rains.

Meraj madam started with the interaction with students:

- What all social media platforms you are active on?
- What is the average time you spend on Social media?
- Is it worth using social media?
- Do you limit yourself from use of social media?
- Did you ever face any problem due to social media usage?
- Do you believe blindly on the things available on social media?

Madam explained them in detail, the importance of social media, how to use it, to what extent we can use it and limit our usage, verify the authenticity before clicking any link or subscribing on accepting friend request, think before you post anything on social media, etc.

Psy. Meraj Mir conducted some activities like:

- Interacting with students to know their experience of using social media
- Asking individual students to write the social media platform they use
- Write the applications (App) they wanted to be there in their cell phone.

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Psy. Meraj Mir explained some important points like:

- **Ways to protect yourself online:**
 - Golden Rule: Safety & Privacy
 - Accept friend request only if you know that person.
 - Social media etiquette.
 - Be careful on what you click on.
 - Don't believe everything you see.
- **How to get goo out of social media:**
 - Be choosy about what you share.
 - Don't believe on everything you see on internet
 - Be respectful of others
 - Be careful about what you click on
 - Take breaks from social media.

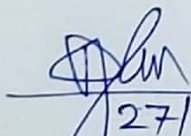
Every point was explained with examples and relating with the use of social media by students. The session was interactive and students seemed to be enthusiastic in knowing the topic and took active part in the discussion. Students were keen in asking queries.

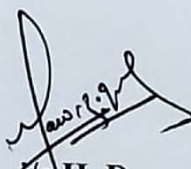
Students were informed to meet SMC coordinator or counsellor for any individual issues which needed proper counselling. Our counsellors are available for counselling Session and students, faculty members can meet them.

Prof. Atul Meshram thanked Psy. Meraj Mir for a very fruitful session.

Encl: Attendance

Glimpses during session


27/9/24
SMC Coordinator
(Mechanical Engg. Dept)


HOD
(Mechanical Engg. Dept)

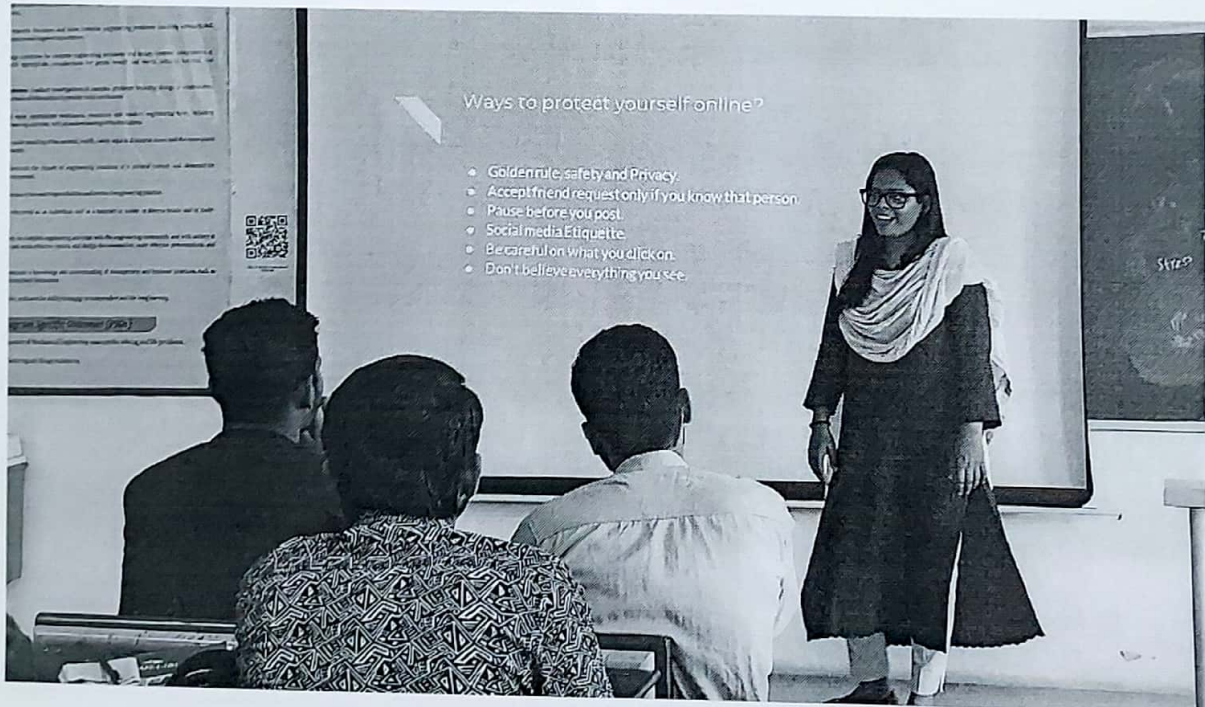
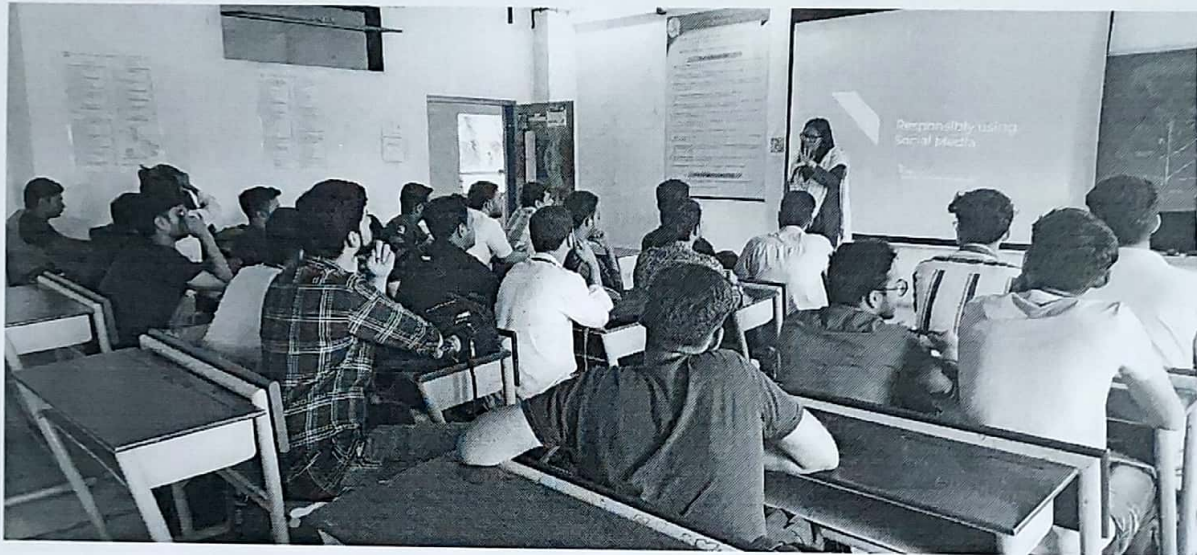
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GLIMPSES

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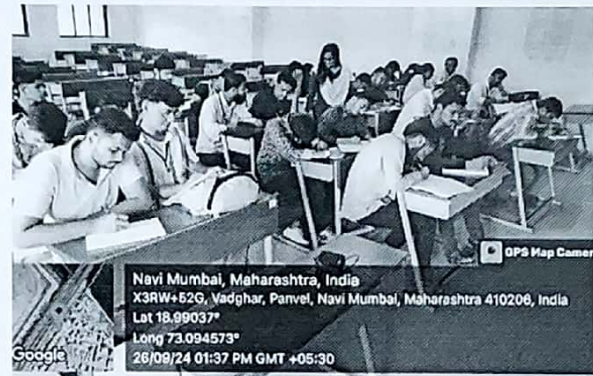
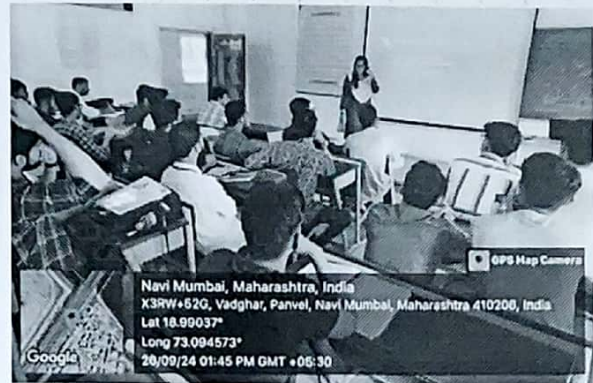
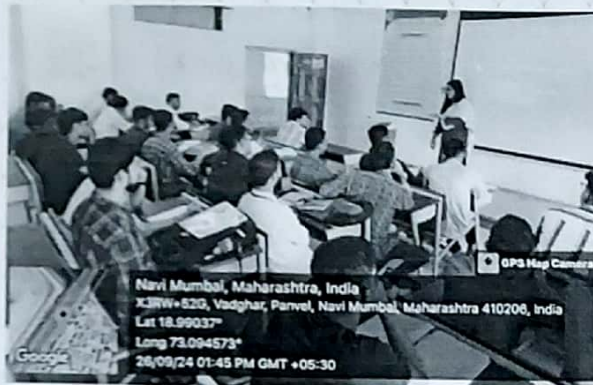
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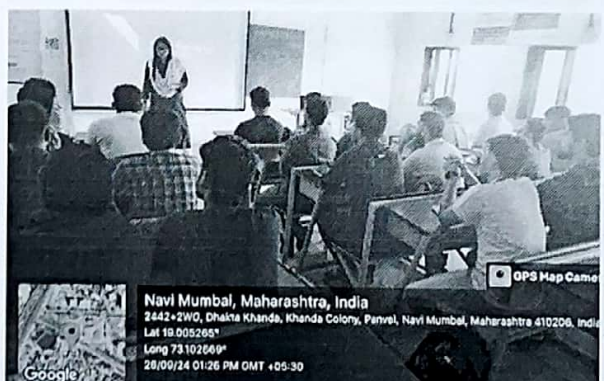


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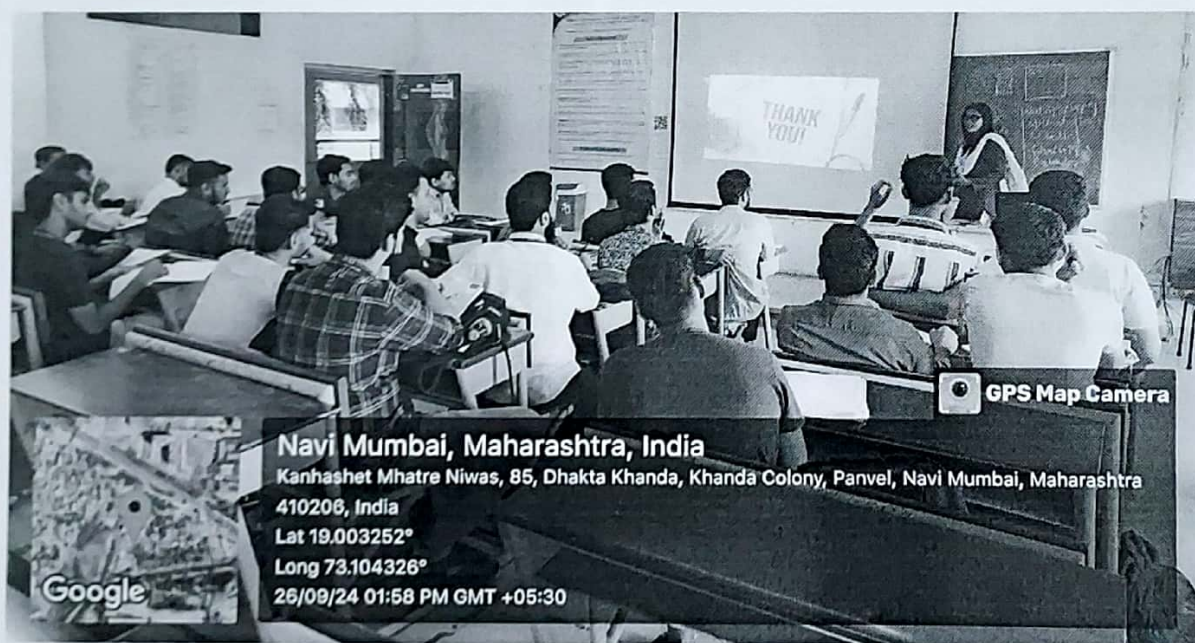
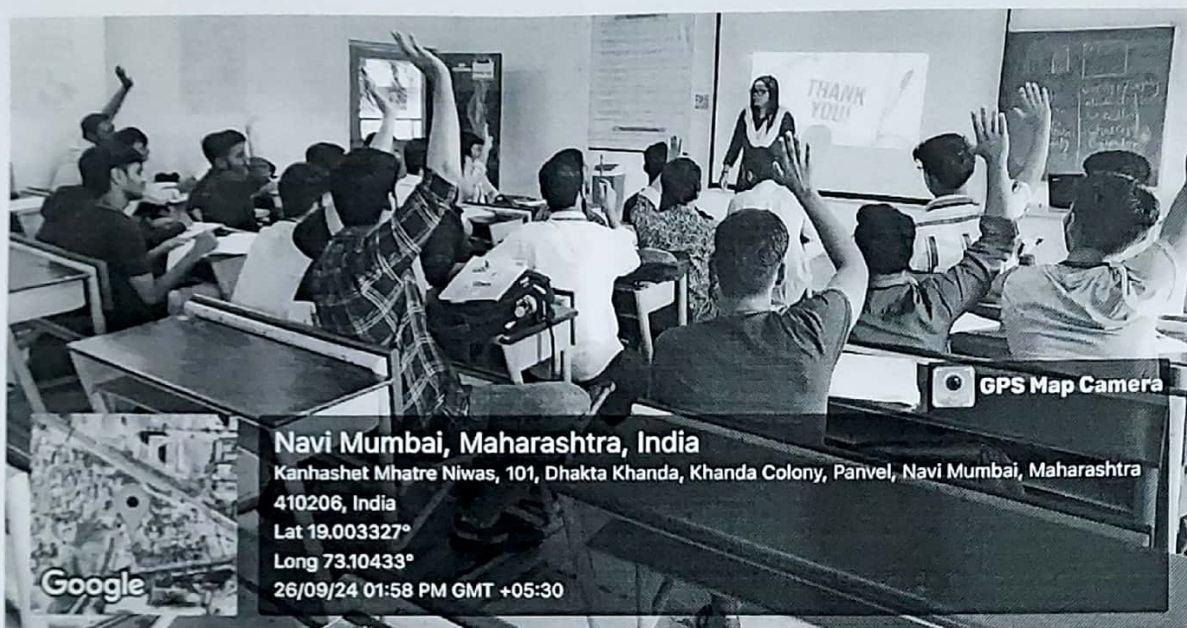


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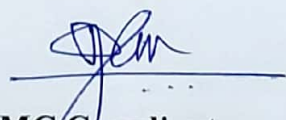


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Total attendees were **24**

(BEME = 21 students, SEME = 03 Students = 24 Students)


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Class : SEME & BEME Students

Sr. No.	Name of Student	Class	Sign
1	Khan Mohd Rashid	BEME	
02	Sarim Khan	BEME	
03	Soham Pati'	BEME	
04)	Salman Ashraf Muhammad	BEME	
5	Ayaan Khan salim Khan inamdar	BEME	
06)	Zeeshan salim shaikh	BEME	
07	Saif Ansari	BEME	
08	Gurush Mohd Isfan	BEME	
09	Mohammed Yunus Shaikh	BEME	
10	AFif Manzoor Gharatkar	BEME	
11	Habibullah Obaidullah	BEME	
12	Sahil Atar	BEME	
13	Zaheer Jamadar	BEME	
14	Malik Tamim	BEME	
15	SHAIKH FAHAD	BEME	
16	SHAIKH AHMED HUSAIN	BEME	
17	Shaikh Amaan farooq	BEME	

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Sr. No.	Name of Student	Class	Sign
18	Shaikh Shahid.	BEME	Shahid
19	Zain. Majgaonkar	BEME	Zain
20	SHAIKH RIYAZ AHMED	BEME	Riyaz
21	Afzal Mukaadam	24DME04	Afzal
22	Momin. Arpey	24DME15	Momin
23	Arbasi Faiz	24DME06	Faiz
24	Fazlurrahman	18MES9	Fazlurrahman
BEME = 21 SEME = 03 Total = 24			

SMC Coordinator

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Student's feedback on Expert session - 26/9/2024

Department of Mechanical Engineering

Expert Session on "Responsibly Using Social media" by Psy. Meral Mir (26/09/2024) for SEME & BEME Students (17 Responses)

Timestamp	Name	Roll No.	Class	Contact No.	What all Social Media Platforms you are active on:	What is the duration you are active on Social Media Platforms	Did you set any limit on use of Social Media Platforms	Do you feel that use of social media affect your studies badly	Do you feel that use of social media affect your health	What are various ways to use of social media responsibly	What do I do to make use of social media responsibly	How was the topic for today's Session	After attending this session, Can you list out various benefits of Social Media	After attending this session, Can you list out various threats of Social Media	After attending this session, Do you think that use of Social Media deal with it seriously	Did you like the activities conducted during session.	How was the overall session.	I understood the importance of using social media and will be using it in future	Mention clearly (if you need personal counselling through Professions al Counselor)	Remark, if Any	
8-26-2024 14:08:56	AREEZ ASHFAK MOMIN	24DME15	SEME	8097258072	WhatsApp YouTube	7hrs	YES	NO	May Be	Seeing Lecture Comedy shows	Use information	Important & Relevant	Information Motivational Enjoying	Frustration Life comparison	May be	Yes	Yes	Excellent	Yes	No	No the session was good
8-26-2024 14:08:01	Saif anseri	22DME02	BEME	9920949489	1	2	YES	YES	NO	Yes	Yes	Important & Relevant	Yes	Yes	Yes	Yes	Excellent	Yes	No	None	
8-26-2024 14:10:13	Zahoor jamadar	22 DME 14	BEME	9372004217	YouTube	2 hour	YES	May Be	May Be	Time management screen time track		Good & Useful			May be	May be	OK	May be	May be		
8-26-2024 14:10:18	Shahz Ryaz Ahmed	22DME32	BEME	9004784599	3	3	YES	YES	YES	Don't share unnecessary stuff and be careful sharing	For fun and entertaining	Important & Relevant	Can use for good purpose for sharing good events	Pranking and getting scammed	Yes	Yes	Good	Yes	No	Good	
8-26-2024 14:11:18	Sahil Awar	22DME04	BEME	9131223866	2	1 hr	NO	YES	YES	Use minimum time on social media	Clear use	Important & Relevant	Yes	Yes	Yes	Yes	Excellent	Yes	No	Session is good	
8-26-2024 14:11:40	Qureshi Mohd Irfan	22DME31	BEME	9152770783	3	3	YES	YES	YES	Yes	No	Important & Relevant			Yes	Yes	Excellent	Yes	Yes		
8-26-2024 14:11:41	ZEESEAN SALIM SHAIKH	21DME93	BEME	9326568990	3	So much	YES	May Be	YES			Important & Relevant	Information about anything can be easily available on website just type and search	It is controlling our mind and our thoughts	Yes	Yes	Excellent	Yes	No		
8-26-2024 14:12:08	Zam Khalid Majeedwar	22DME22	BEME	8956506149	1 Instagram 2 Snapchat 3 Facebook 4 WhatsApp 5 smooze	At free time 3 4 hours	NO	May Be	YES	Use for news and sharing good thing to family and friends & make people aware with good thoughts	Don't share such content that affect someone life	Important & Relevant	Use for news and sharing good thing to family and friends & make people aware with good thoughts	Scams	Yes	Yes	Excellent	Yes	May be	-	
8-26-2024 14:12:27	HABIBULLAH QABOULLAH	22DME11	BEME	9078414397	YouTube LinkedIn WhatsApp Instagram	3 to 6 hours	YES	YES	YES	Set limit to use of social media		Important & Relevant	Yes	Yes	Yes	Yes	Excellent	Yes	No	Nope	
8-26-2024 14:12:37	SHAHIN SHAIKH MEHMOOD	22DME33	BEME	8934140938	1 WhatsApp 2 Instagram 3 YouTube	In Breaks, but mostly during night	YES	YES	YES	1 Taking breaks from social media 2 Setting limits 3 Using time bit in free time	1. Strictly try to keep smartphone away from me breaks while using 2. Taking breaks while using 3. Using time bit in free time	Good & Useful	1. Studies 2. Knowledge 3. Communication	1. Addiction	Yes	Yes	Good	Yes	No	Good	

9-26-2024 14:12:51	Sarim Khan	21ME12	BEWE	8090262427	YouTube Instagram Fb	It depends upon the day like in holidays the time duration is more	NO	YES	YES	Set boundaries	Limit screen time	Important & Relevant	Yes	Yes	Yes	Yes	Excellent	Yes	No	No
9-26-2024 14:14:23	SHAHAN AHMED HUSAIN GULAM HASAN	22DME39	BEWE	9167175484	1. WhatsApp 2. YouTube 3. Google	1-2 hours for entertainment	NO	May Be	May Be	- Not sharing personal information on social media - Be careful before uploading personal image	- watch useful content - upgrade yourself in way	Important & Relevant	- deep learning - meet with old friends - approach authority if any emergency	- Bad content - misbehaved contents	Yes	Yes	Excellent	Yes	No	Hearty Thankyou PRO. ATUL MESHKAM for arranging this session
9-26-2024 14:15:57	Shahin Anwar Farooq	22DME40	BEWE	9323384925	1. WhatsApp 2. YouTube	Avg 2hr	NO	YES	YES	Break after 1hr	Use only when it need	Good & Useful	To learn new things	More Addicted towards social media	Yes	Yes	Excellent	Yes	May Be	No
9-26-2024 14:43:48	Shahid Farhad	22DME43	BEWE	932446737	3	1hour	YES	NO	NO	Taking break Pause before post	Setting limit	Good & Useful	Productivity	Mental health	Yes	May be	OK	Yes	No	No
9-26-2024 14:57:24	Soham Palli	21ME08	BEWE	8097335895	YouTube Instagram WhatsApp	2 hrs	YES	YES	May Be			Important & Relevant			Yes	Yes	Excellent	Yes	No	
9-26-2024 14:58:13	Khan Mohd Rashid	21ME06	BEWE	9137699102	2	30 min/day	YES	YES	May Be			Important & Relevant			Yes	Yes	Excellent	Yes	May Be	
9-26-2024 23:15:45	Tamim Malik	22DME23	BEWE	7276411001	1) Instagram 2) Facebook 3) Twitter	Average 2hrs (daily)	YES	May Be	May Be	Think once before you post or upload on social media, Stay away from unnecessary websites or links	by using YouTube as learning platform instead of scrolling	Important & Relevant	by using social media, we can learn online courses multiple languages, connect with long distance people	- Misinformation spreading on news channels - Personal information can be easily shared or misused	Yes	Yes	Excellent	Yes	No	NA

Total Attendees were 24 from SEME & BEWE Class, Total responses are 17

Total Attendees: 24
Total Responses: 17
(as on 27/09/2024)

Note: Overall session was excellent and students active participation made it even better.


27/09/24


Aqun Meshram
SMC Coordinator