



**GROUP DISCUSSION ON SOCIAL MEDIA
HELD AT
SRI GURU TEG BAHADUR KHALSA COLLEGE *Sri Anandpur Sahib,*
*November 14, 2025***

The Mental Health Wellness Cell, in collaboration with the Department of Geography of Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib, organized an interactive group discussion on the topic “*Is Social Media Harmful or Helpful?*” on November 14, 2025.

The event was conducted under the guidance of Principal **Dr. Jasvir Singh** and Chairperson **Dr. Gurpreet Kaur**, along with the support of Incharge **Prof. Jaspreet Kaur**, who all emphasized the growing influence of social media on students’ mental health and the need for its balanced and responsible use. Students actively participated in the discussion, presenting their views on both the advantages and disadvantages of social media. They shared insights on issues such as addiction, cyberbullying, and misinformation, along with the positive role of social media in education, communication, and awareness.

A special attraction of the event was a **role play activity**, in which around **10 students participated enthusiastically**. The performances effectively depicted real-life situations, showcasing how social media can be both beneficial and harmful depending on its usage. The event was well-received by students and faculty alike and concluded with a message encouraging mindful and responsible use of digital platforms. The initiative reflected the institution’s commitment to promoting mental health awareness and holistic development among students.



Sri Guru Teg Bahadur Khalsa College

Sri Anandpur Sahib

Attendance/ Feedback form

Activity: Group Discussion on

Is Social Media Harmful or Helpful.

Date: Nov 14, 2025

Sr no	Name	Class/ Designation	Roll No.	Feedback	Signature
1	Gurtej Singh	B.A. Sem II	250120	Marvelous	Gurtej
2	Karanvir Singh	B.A SEM I	250054	Good	Karanvir
3	Gagandeep Singh	B.A SEM I	250043	Good	Gagan
4	Sanskriti	BA Sem II	250057	Good	Sanskriti
5	Reyanika	BA Sem II	250005	Good	Reyanika
6	Urinda	B.A SEM I	250024	Good	Urinda
7	Arush	B.A Sem I	230078	Good	Arush
8	RAGHVI	B.A SEM II	250055	Good	Raghvi
9	REET	B.A SEM II	2500	Good	REET
10	Anamika	B.A SEM IV	2400	Good	Anamika
11	HJwoll	B.A SEM IV	2400	Good	HJwoll