



BUNTS SANGHA'S
Arathi Shashikiran Shetty Junior College
Shashi Manmohan Shetty Higher Education Complex,
Kurla-E, Mumbai-400070



Life
without
Social Media

Artesthetic
2023-2024





Our Mission

"To build an Educational Institution committed towards continuously reforming and providing accessible, affordable and relevant education aimed at improving the quality of life of the students"

Our Vision

"Transforming young vibrant minds of students by embracing ingenious techniques and innovative practices in learning"

Our Core Values

Continuous Growth of Students

*Facilitate Discovery
Transforming Ordinary
Students into Extra Ordinary Innovations*

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Editorial Team



Chairperson

Mrs. Shaila Shetty - Vice Principal



Chief Editor

Mrs. Ancita Milton Jose

Ms. Tina Uchil



Associate Editors

Mrs. Surekha Sonawane

Mrs. Mamta Shetty

From the Editor's Desk



Dear Students,

As the editorial team of your college magazine, we are thrilled to present to you our latest edition, which explores the intriguing theme of "Life Without Social Media." In a world that is increasingly interconnected through digital platforms, the prospect of living without social media may seem foreign, yet it offers a valuable opportunity for introspection and reflection.

In today's fast-paced society, we are constantly bombarded with information, updates, and notifications that often overshadow the quieter, more contemplative moments of life. The absence of social media presents us with an invitation to reacquaint ourselves with these moments, allowing us to rediscover the beauty of genuine human connection, the joy of undistracted conversations, and the serenity of uninterrupted solitude.

In a world free from the virtual confines of social media, we find ourselves granted the precious gift of undivided attention – the ability to be fully present in the company of others, to embrace the nuances of face-to-face interactions, and to savor meaningful conversations that unfold without the digital interruptions we have grown so accustomed to. Consequently, we find ourselves equipped with the freedom to cherish these authentic human connections in their purest, unmediated form.

From the Editor's Desk



In the absence of social media, we are encouraged to seek alternative forms of engagement and connection – through genuine, physical interactions, meaningful conversations, and shared experiences that are unadulterated by the digital veil. The significance of these connections lies in their tangible, palpable nature, reminding us of the depth and authenticity inherent in human relationships when they are not confined to the digital realm.

We are excited to unfold the myriad perspectives and insights that have emerged from our exploration of life without social media. Through the powerful narratives, thought-provoking articles, and captivating artwork in this edition, we hope to inspire you to contemplate the profound implications of this theme and to envision a world where the essence of human connection transcends the boundaries of the digital sphere.

With this edition of 'ARTESTHETIC 2023-2024', we invite you to embark on a journey of self-discovery, empathy, and contemplation, as we collectively delve into the depths of "Life Without Social Media." May this exploration kindle within you a renewed appreciation for the simple yet profound moments that define our human experience.

Warm regards,

The Editorial Team



"The Unplugged Generation: Thriving in the Absence of Social Media"

Reflections on Finding Meaning Beyond the #Hashtag

Life
without
Social Media



Artesthetic
2023-2024



President's Message

Shri Praveen Bhoja Shetty
President, Bunts Sangha Mumbai

*D*ear Students, Faculty, and my entire team

Greetings,

As the President of Bunts Sangha Mumbai, overseeing the esteemed institutions under the umbrella of Bunts Sangha's Higher Education Institutions, it gives me immense pleasure to extend my warmest regards to each and every one of you.

Our collective journey towards excellence and holistic development is beautifully captured within the pages of our college magazines. From insightful articles to captivating artwork, these publications serve as a testament to the talent, dedication, and creativity that thrives within our educational community.

Whether you're flipping through the pages of 'Parivartan' at Bunts Sangha's Anna Leela College of Commerce and Economics and Shobha Jayaram Shetty College for BMS, 'Spice' at Bunts Sangha's Ramanath Payyade College of Hospitality Management Studies, 'Melhor' at Bunts Sangha's Uma Krishna Shetty Institute of Management Studies and Research, and 'Artesthetic' at Bunts Sangha's Arathi Shashikiran Shetty Junior College, each magazine reflects the vibrant spirit of our institutions.

I am incredibly proud of the hard and honest work and commitment demonstrated by our students, faculty, and entire team in bringing these publications to life. Your passion for learning, creativity, and innovation shines through in every page, inspiring and uplifting our entire community.

As we embark on another year of growth and discovery, let us continue to embrace the values of excellence, integrity, and inclusivity that define our educational institutions. Let us seize every opportunity to learn, grow, and make a positive impact in the world around us.

I extend my heartfelt appreciation to all the contributors, editors, and readers of our college magazines. Your dedication and enthusiasm are truly commendable.

Together, let us strive to make each and every day better than the last, both individually and collectively.

Shri Praveen Bhoja Shetty
President, Bunts Sangha Mumbai



Shri. Adarsh B. Shetty
Chairman, HEC

Chairman's Message

***D**ear Esteemed Students and Parents,*

Greetings!

It brings me immense joy to extend my warmest regards to each and every one of you through the vibrant pages of our college magazine, Artesthetic. As the Chairman of Bunts Sangha's Arathi Shashikiran Shetty Junior College, I am thrilled to witness the creativity, talent, and enthusiasm displayed by our students in this remarkable publication.

Artesthetic is not just a magazine; it is a canvas that reflects the artistic brilliance, intellectual curiosity, and boundless potential of our students. Within its pages, you will find a tapestry of stories, poems, artwork, and insights that encapsulate the spirit of our junior college community—a community dedicated to fostering excellence, nurturing talent, and inspiring young minds to reach for the stars.

To the extraordinary team behind Artesthetic—our talented students and dedicated faculty—I extend my heartfelt appreciation for your hard work, passion, and commitment to excellence. Your contributions have breathed life into this magazine, transforming it into a beacon of creativity and inspiration for all who have the privilege of perusing its pages.

As you explore the pages of Artesthetic, I urge both students and parents alike to embrace the spirit of exploration, discovery, and growth. Let the stories within these pages ignite your imagination, broaden your horizons, and inspire you to pursue your passions with zeal and determination. Remember that every achievement, big or small, is a testament to your resilience, perseverance, and unwavering dedication to personal and academic excellence.

Shri. Adarsh B. Shetty
Chairman, Higher Education Committee



Shri. Sagar D. Shetty
Secretary, HEC

Secretary's Message

“Creativity is intelligence having fun.” - Albert Einstein

Dear Students and Faculty,

It is with immense pleasure that I extend my warmest greetings through the captivating pages of Artesthetic our college magazine. As the Secretary of Bunts Sangha's Arathi Shashikiran Shetty Junior College, I am thrilled to witness the artistic brilliance and creativity showcased within the vibrant pages of Artesthetic.

As we immerse ourselves in the pages of Artesthetic, let us also acknowledge the dedication and hard work of the editorial team and contributors who have brought this magazine to life. Their tireless efforts have turned ideas into reality, creating a space where our artistic voices can be heard and celebrated.

Art has the power to transcend barriers and connect people from all walks of life. Through Artesthetic, we have the opportunity to bridge the gap between cultures, inspire empathy, and foster understanding. Let us use this platform to cultivate empathy and compassion, recognizing the transformative impact that art can have on individuals and society as a whole.

Art is a powerful medium of expression, and Artesthetic embodies the essence of our collective imagination and innovation. Through this magazine, we celebrate the unique talents and perspectives of our students, recognizing the beauty and diversity of artistic expression that enriches our college community.

May Artesthetic serve as a platform for inspiration, exploration, and self-expression for all who have the privilege of perusing its pages. Let us embrace the beauty of creativity and continue to nurture our artistic talents, knowing that through art, we can inspire, uplift, and transform the world around us.

Shri. Sagar D. Shetty
Secretary, Bunts Sangha Higher Education Committee



Shaila Shetty
Vice-Principal

Vice-Principal's Message

“Social media has become an inseparable part of everyone's life.

Almost all of us are present on the different social media apps. It is difficult to imagine our life without it, as you get many gains from it.

Social media entertains you, help you to communicate with people, keeps you well informed and also helps to increase your business. But there is also a negative side to it. So today, we will focus on the harmful side of social media and discuss how our life without it would be?

Social media takes us away from our dear ones. Absence of social media in our life would help us to realize the value of people who are close to us in our real life. In this scenario, we would start spending more time with our friends and family, interact with them and have fun with them.

When your start living your life without social media, you become very confident about yourself, your work and your personality. This is because you start living independently from other people's opinions and view regarding your lifestyle. You are least affected by what people have to say about your life choices, this helps to boost your confidence and self-belief. you will find more time for yourself and you can utilize this time wisely on your betterment so as to bring an improvement in yourself. You become your own friend and start enjoying your own company.

Social media can sometime really be mentally tiring frustrating and stressful. It does entertain you in many ways, but it also sometimes spreads negativity around you by influencing you about certain things.

When you don't have access to social media, you try finding innovative ways to entertain yourself. one such new way of spending your time in the absence of social media would be by living to mother nature.

Thus we get that there are many beneficial things which we fail to look at, due to social media. Hence each one of us shall try to take a break from the virtual world and live in the real world happily and peacefully.

**Bunts Sangha Mumbai
Higher Education Committee**
(Office Bearers 2023 - 2026)



CA Rohit Shetty
Treasurer, HEC

CA Vishwanath N. Shetty
Vice Chairman, HEC

Shri. Adarsh B. Shetty
Chairman, HEC

CA Pradeep Shetty
Vice Chairman, HEC

Shri. Sagar D. Shetty
Secretary, HEC



Members of the Bunts Sangha's Higher Education Committee



Shri Praveen Bhoja Shetty
President



Shri Adarsh Balakrishna Shetty
Chairman



CA Vishwanath Shetty
Vice Chairman



CA Pradeep J Shetty
Vice Chairman



Shri Sagar Shetty
Secretary



CA Rohit Shetty
Treasurer



CA Satish N Shetty
Co-ordinator

MEMBERS



Shri Mahesh S. Shetty



Dr. R K Shetty



CA Ramesh B Shetty



Shri Manmohan Shetty



Shri Shashikiran Shetty



Shri Krishna Y Shetty



Shri Shreyash Payyade



Shri Annayya K. Shetty



Shri Jayaram K. Shetty



Shri B D Shetty



Shri Sudhakar M Shetty



Shri Ranjit Shetty



Shri Krishna V. Shetty



Shri Pushparaj C. Shetty



Shri Harish Vasu Shetty



Shri Harish A. Shetty



Shri P. Dhananjay Shetty



Shri Diwakar Bhoja Shetty



Smt. Shashikanthi R. Shetty,
Mundkur



Shri Abhijith Shetty

ADVISORS/ PROFESSIONAL ADVISORS



CA Shankar B. Shetty



Shri Chandrabas K Shetty



CA Sanjeeva Shetty



Shri Kishor Kumar Kuthyar



Shri Mahesh R Shetty

«Our Brilliant Minds»

XIth Science



Shaikh Muddassir (75.83 %)



Khan Aayan (73.33 %)



Shetty Pia (71.00 %)

XIth Commerce



Raisonni Purab (93.17 %)



Yadav Jai Kumar (91.17 %)



Naik Aditya (90.17 %)

«Our Aspirations»

XIth Science



Khan Awaiz (87.50%)



Shaikh Mohd. Zaid (81.67%)



Shaikh Haziqah (77.67%)

XIth Commerce



Arsan Ashish (86.00%)



Pathan Aliya (83.50%)



Ragad Anup Singh (78.50%)

Wall of Fame



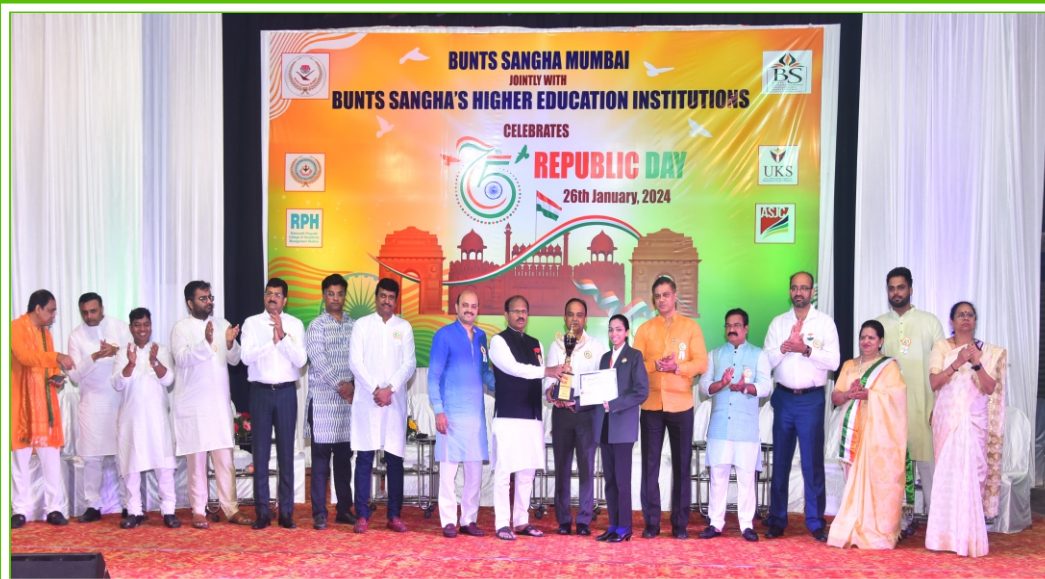
We are proud to announce that Bunts Sangha's Arathi Shashikiran Shetty Junior College has been recognized for its outstanding contribution to the Swachhta Monitor Project 2023. Selected as one of the top 100 schools in Maharashtra by the Maharashtra Education Department, our institution was honored at a special felicitation ceremony held at the Yashwantrao Chavan Centre.



Wall of Fame



*Best student of the year 2023-24
Khan Noor Fatima*



Wall of Fame



Anup Singh Ragad, a student in class XI A Commerce, represented the Chembur United Academy Team in the U-17 decathlon tournament in Thane. They won in the final match, and he got recognized as the competition's best player.



Wall of Fame



Aliza Ansari and Kangana Khorwal of XI A Science emerged victorious, securing the 1st Prize in the Debate Competition in APRATIMOTSAV 2023 cultural fest of S M Shetty Junior College, Powai.



Kangana Khorwal and Khan Mehzebabeen of XI A Science for clinching 3rd prize in the Quiz Competition at APRATIMOTSAV 2023 cultural fest in S M Shetty Junior College, Powai.

Wall of Fame



*Sayyed Fauziya of XII B Science,
her exceptional skills earned
her the 2nd prize
at APRATIMOTSAV 2023
cultural fest in S M
Shetty Junior College, Powai.*



*The formidable team of Gaurav Gaikwad, Anup Singh, Khan Sahil,
Amdik Hegde, Amit Pant, and Tousif Ahmed for securing 2nd place
in the 4x100 relay event at the DSO Athletics Competition 2023-24!*

Wall of Fame



Farish Shaikh Shahnawaz secured 3rd place in the competition, Hidayat Chaudhary Amjad Ali secured the 4th place in the semifinals. Additionally, Tazammul Murad Ali Mastan and Mohammed Rehan Anwar Husain Shaikh exhibited their skills by reaching the quarter-finals, displaying commendable participation at the DSO Athletics Competition 2023-24.



The quartet of Gaurav Gaikwad, Anup Singh, Khan Sahil, and Amit Pant clinched the 3rd place in the District-level 4x400m Relay competition. In the 4x100m Relay, another impressive team effort by Gaurav Gaikwad, Anup Singh, Amit Pant, Sahil Khan, and Avdik Hegde secured the 5th place, demonstrating their determination and skill despite fierce competition in the District-level event.

Wall of Fame



The Boys & Girls Rugby Team of Arathi Shashikiran Shetty Junior College have made history by clinching the prestigious Gold Medal in the highly competitive DSO Intercollegiate Rugby tournament. Organized by the District Sport Office, Government of Maharashtra, Mumbai Suburban.



Wall of Fame



The remarkable achievements of Arathi Shashikiran Shetty Junior College in the Inter-Collegiate District Level Softball Tournament, organized by the DSO officer in collaboration with the Mumbai Suburban Softball Association held at Rajhans Vidyalaya Andheri. Similarly, our Junior College Girls Team showcased exemplary performance, securing a respectable 4th place in a highly competitive field.



Wall of Fame



Breaking barriers and reaching new heights! Nishant Lokhande, a stellar student from FJJC, soared to victory on November 8, 2023, as he secured the Gold Medal in the Hanging Mallakhamb and Rope Mallakhamb competition during the Intercollegiate District Level event in Kandivali West.

Wall of Fame

L-ward Competition Winners

*Recognizing excellence in education!
Junior College students showcased their remarkable talents in the competitions organized by the L-Ward Education Department in December.
Among the standout achievements were:*



*Ms. Hamsini Selvaraj (SYJC Commerce)
2nd prize
Handwriting Competition*

Wall of Fame

L-ward Competition Winners



*Ms. Shah Iqra (FYJC Science)
1st Consolation prize
Essay Writing Competition*

Wall of Fame

L-ward Competition Winners



*Shaikh Zayed (FYJC Commerce)
3rd Consolation prize
Reading Competition*

Wall of Fame



*Shaping young minds and celebrating excellence in oration!
ASJC teachers and students were awarded with a certificate for there participation
in L-ward Science Exhibition.*

Football Team



Cricket Team





Atharang 2023



Atharang 2023



Athaang'23



Athaang'23





Athaang
2023



Independence Day



Commemorating
Independence Day at ASJC

Embracing Freedom:

Republic Day

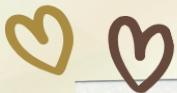


Commemorating
Independence Day at ASJC

Embracing Freedom:

2023

Farewell



Our best moments









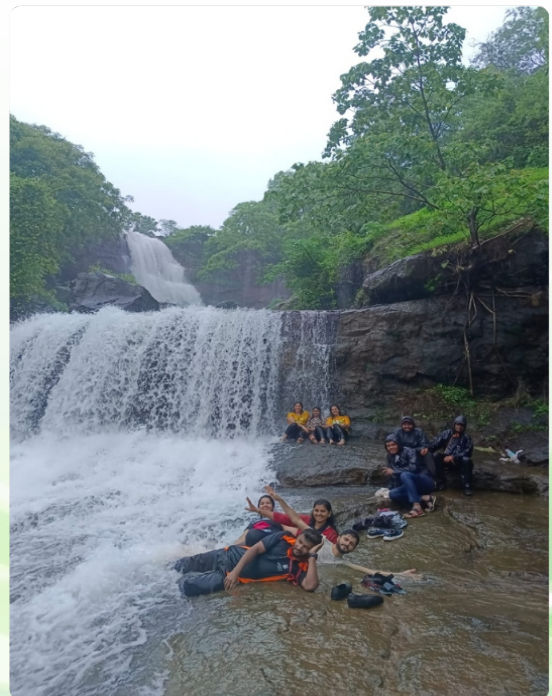
Bollywood Day





Student Council Investiture Ceremony







可敬之入景 神奈川中 依夏



Sports Day



Sports Day







FYJC Orientation





Various Competitions



Various Competitions

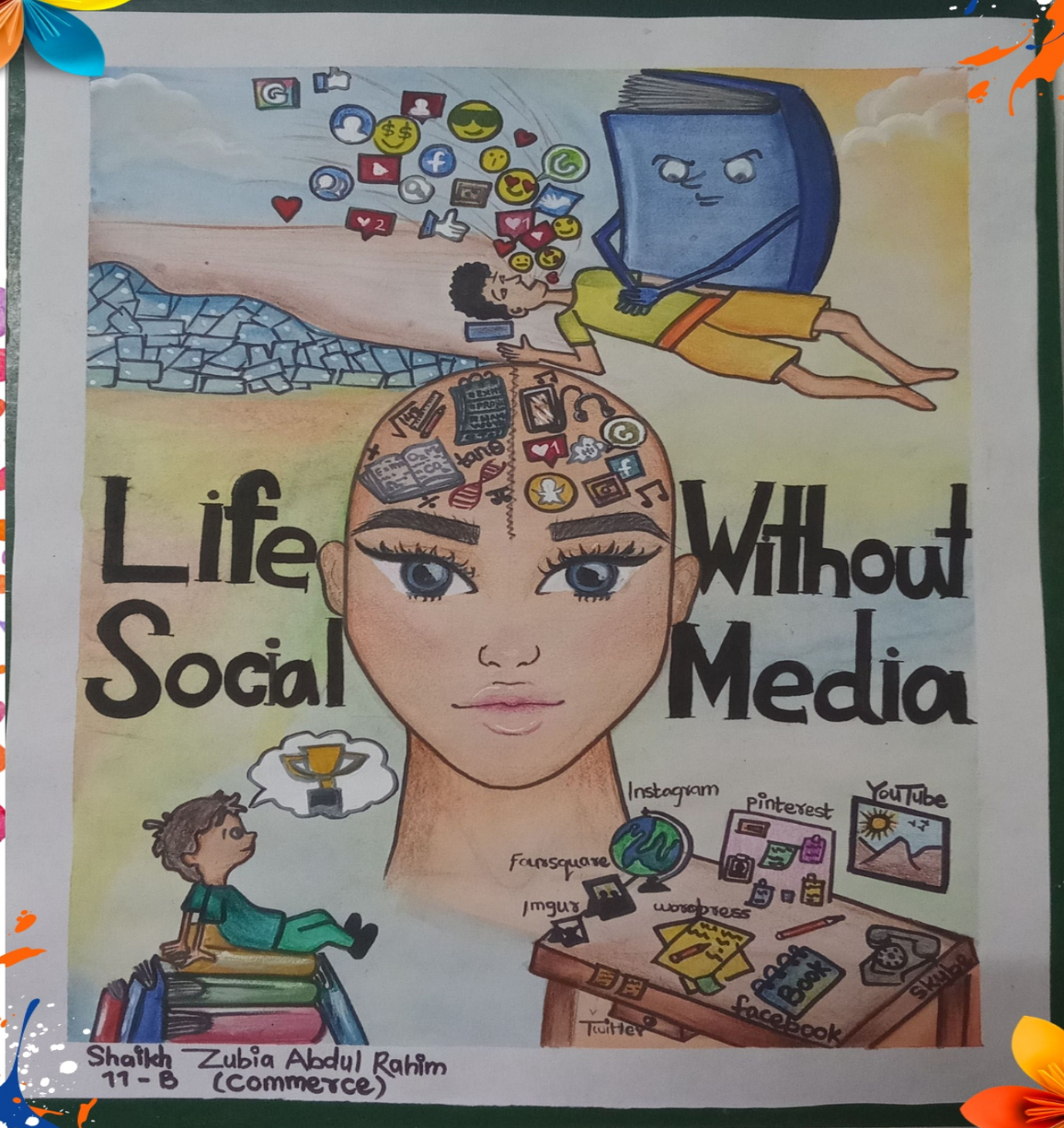


Seminars and Workshops





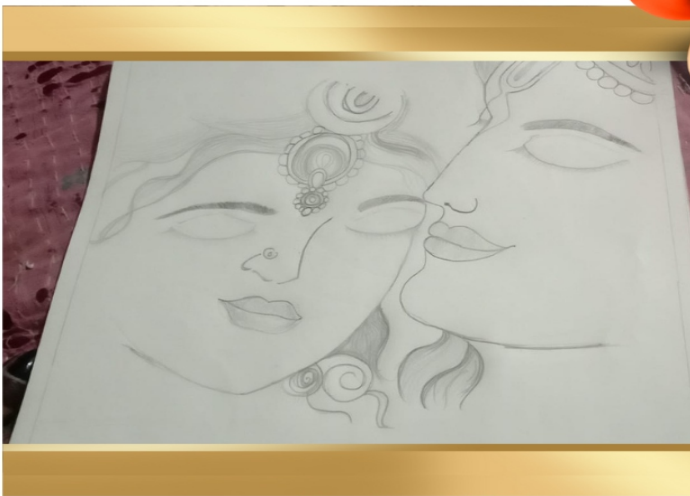
Art of Expression



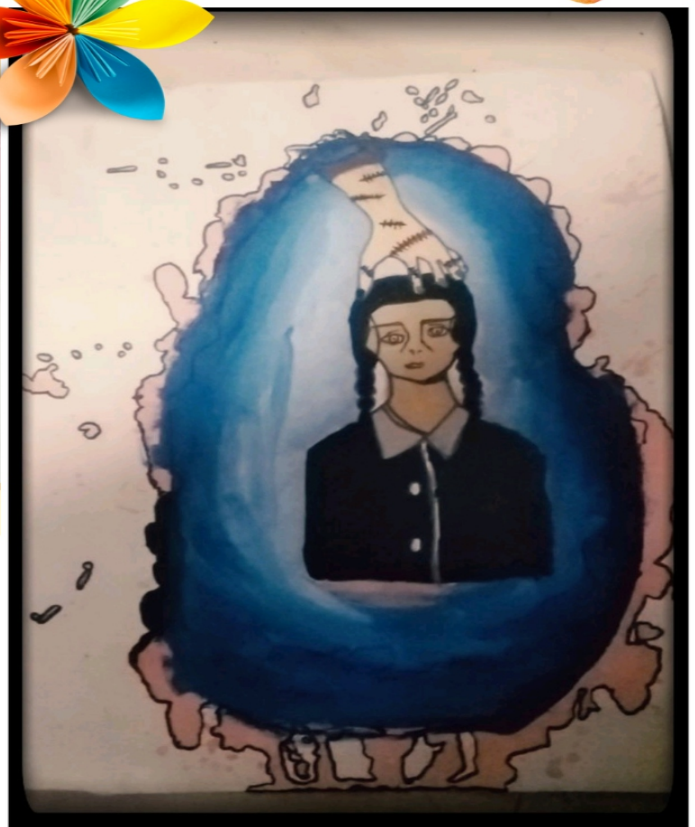
Miss. Zubia Shaikh
Class: XI B Com



**"where colors tell stories and
art speaks volumes"**



Miss. Survhi Behera
Class: XI C Co



Miss. Shalini Kushwaha
Class: XI B Com



XIth Science A



XIth Science B



XIth Commerce A



XIth Commerce B



XIth Commerce C



XIth Commerce D



»————— *Xith Science A* —————«



»————— *Xith Science B* —————«



Xith Commerce A



Xith Commerce B



Xith Commerce C



Xith Commerce D



Our Pillars



Our Helping Hands



Sitting from Left to Right

*Ms. Satya Shetty, Ms. Niriksha Sompura, Dr. Manoj Verma,
Mr. Prakash More (Chief Administrative Officer), Mr. Sushanth Shetty Mundkur,
Ms. Madhura Rai, Ms. Sharmeela Shetty, Mr. Sharath Hegde.*

Standing from Left to Right

*Mr. Parshuram Gadekar., Ms. Tejaswi Rai, Ms. Poojashree Shetty , Ms. Sushmitha Shetty
Ms. Varsha Shetty, Ms. Hemlatha Shetty, Ms. Sabita Shetty, Ms. Vanitha Shetty,
Mr. Mohan Sakharam Dattu, Mr. Prakash Warang, Mr. Tejas Nadankar ,
Mr. Swapnil Kamble, Mr. Yashraj Telore, Mr. Ravindra Jamkhandi,*



Faculty Update

Teaching Staff

Mrs. Shaila Shetty, Vice Principal

Mrs. Kiran Rajbhar

Mrs. Ancita Jose

Ms. Seema C. Sadhwani

Ms. Priti Singh

Mrs. Surekha Sonawane

Mrs. Jui Gaikar

Mr. Dilip L. Sharma

Ms. Vinita Yadav

Mrs. Mamta V. Shetty

Ms. Tina Uchil

Ms. Jinal Thakur

Ms. Anjana Mishra

Mr. Jaikrishna Singh

Mrs. Sushmitha Shetty

Mrs. Chetna Kurmi

Dr. Manoj Verma (Sports Incharge)

Mr. Abhishek Nikshe

M.A., M.Com, B.Ed

M.Sc, B.Ed, M.A (Education)

M.Sc [Comp.Sci.], MA, B.Ed

M.Com, B.Ed

M.Sc. B.Ed

M.A, M.Ed. [NET]

M.Com, M.A., B.Ed

M.Sc, LLB, B.Ed

M.Sc, B.Ed

M.Com, B.Ed

M.A., M.Com, B.Ed

M Com, B.Ed

M.Sc. B.Ed

M.Com, B.Ed

M.Sc., B.Ed

MCA, B.Ed

P.Hd, B Com, M.P.Ed

M.P.Ed



Annual Report

"The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education." - Martin Luther King Jr.

Introduction:

The Annual Report of Bunts Sangha's Arathi Shashikiran Shetty Junior College, Kurla, embodies a journey fueled by the belief that education is the key to unlocking tomorrow's possibilities. As we navigate through the ever-evolving landscape of academia, we pause to reflect on the milestones achieved and the challenges surmounted in the academic year 2023-24. Rooted in gratitude for the blessings bestowed upon us, our college, since its inception in 2013, continues to chart a course of excellence. With unwavering dedication from our teaching and non-teaching staff, we have not only maintained but surpassed expectations in both academic and non-academic realms. Amidst the trials, our report stands as a testament to resilience and innovation, showcasing how resources were adeptly harnessed to foster enriching learning environments for our students. United in purpose and propelled by a shared vision, we present the highlights of our collective endeavours, encapsulating a year marked by growth, learning, and unwavering commitment to our students' holistic development. Welcome to the annual report of Bunts Sangha's Arathi Shashikiran Shetty Junior College, where we strive to inspire and empower our students to reach their full potential. As we reflect on the past year, we celebrate the collective achievements and successes of our vibrant college community.

Admissions:

This year, we welcomed a diverse cohort of talented students into our college community. The college has strength of 1050 students in the current academic year.

Academics:

Our dedicated faculty members have continued to uphold the highest standards of academic rigor and excellence. Through innovative teaching methodologies and personalized attention, we ensure that each student receives the guidance and support needed to excel in their studies.

HSC Results 2023:

The academic performance of an institution is the yard stick used for gauging its stature in the society. We are thrilled to announce that our students have once again excelled in the Higher Secondary Certificate (HSC 2023) examinations, with an outstanding pass percentage of 96.00 %. Noteworthy is the impressive number of students who secured distinctions in various subjects, exemplifying our commitment to academic excellence. In the HSC Board Examination 2022-23 we have achieved 97.74% result in the science stream and 94.98% result in the commerce stream. In General Science stream, Khan Aayan Salim topped the stream by securing 73.33 %. In Bifocal Science, . Shaikh Muddassir Imtiyaz 5opped the stream by securing 75.83 %. In commerce stream, Raisoni Purab Shantilal topped the commerce stream by securing 93.17%.

Annual Report

Events and Activities:

A wide range of extracurricular and co-curricular activities had been organized to bring out the innate talents and skills of the students. We believe that a multi-skilled aptitude and an all round personality is important for our students to face the competitive world outside and we offer various opportunities for their development. Students of Bunts Sangha's, Arathi Shashikiran Shetty Junior College get ample opportunity to come forward and partake in celebration of various occasions which helps the students in instilling right ethics, spirit of tolerance and discipline among them.

This year also we organized a number of Intra College Activities and competitions. From observing Environmental Day with tree planting drives and awareness campaigns to celebrating the rich cultural heritage of Maharashtra on Marathi Diwas, our college has been buzzing with a wide array of extra-curricular activities. Students actively participated in debates, quizzes, art competitions and cultural performances, showcasing their talents and creativity.

1. World Environment Day - June 17, 2023:

Junior College celebrated World Environment Day with enthusiasm, organizing competitions and tree plantation drives to raise awareness about plastic pollution.

2. World International Yoga Day - June 21, 2023:

Collaborating with Shri. Ambika Yoga Kutir, Chembur, the college celebrated International Yoga Day, emphasizing the importance of yoga for physical and mental well-being.

3. World Music Day - June 21, 2023:

Students showcased their singing talents in a Solo Singing Competition, celebrating the universal language of music.

4. Seminar on Say No to Drugs - June 23, 2023:

In association with Mumbai Police, a seminar was conducted to educate students about the dangers of drug abuse and encourage them to lead a healthy life.

5. Guru Poornima - July 3, 2023:

Students paid tribute to their teachers with various activities, expressing gratitude and respect for their guidance and support.

6. Student Council Investiture Ceremony - July 3, 2023:

The investiture ceremony recognized student leaders for the academic year, fostering leadership and responsibility among students.

7. Community Service - July 8, 2023:

Visiting an old age home, students spent quality time with the elderly, spreading joy and compassion.

Annual Report

8. World Population Day - July 11, 2023:

Students participated in an essay writing competition, highlighting the importance of family planning and population control.

9. Seminar on Image Projection & Image Building - July 15, 2023:

A seminar on personality development aimed to enhance students' confidence and communication skills, preparing them for future endeavors.

10. Global Parents Day - July 23, 2023:

Students expressed gratitude to their parents with handmade greeting cards, recognizing their unconditional love and support.

11. Kargil Vijay Diwas - July 28, 2023:

Paying tribute to the courage of Indian soldiers, students commemorated Kargil Vijay Diwas with speeches and patriotic songs.

12. Friendship Day Celebration - Aug 7, 2023:

The college celebrated Friendship Day, strengthening bonds and fostering camaraderie among students.

13. Swachhta Monitor 2023 - Aug 8, 2023 - Oct 2, 2023:

Engaging in a voluntary cleanliness drive, students promoted the Swachh Bharat Abhiyan, creating awareness about the importance of cleanliness.

14. Independence Day - Aug 15, 2023:

Hosting the Independence Day celebration, students honored the sacrifices of freedom fighters and expressed patriotism through speeches and performances.

15. FYJC Orientation Function - Aug 19, 2023:

A special orientation event prepared new students for their academic journey, providing guidance and motivation.

16. Session on 'Digital Detox' - Oct 16, 2023:

Students attended an informative session on digital detox, emphasizing the importance of mindful technology consumption.

17. L-Ward Activity - November 30, 2023:

- Hosted elocution and reading competition for visiting schools.

Annual Report

18. L-Ward Competitions - December 1-14, 2023:

- Participated and achieved accolades in Handwriting, Reading, Essay Writing, Elocution, and Science Exhibition competitions.

19. Athaang 2023 Festival - December 5, 2023:

- Annual fest showcasing students' talents in various arts and literary events.

20. Annual Picnic - December 15, 2023:

- Organized a refreshing picnic for students at Aqua Imagica.

21. Farewell Party - February 5, 2024:

- Heartfelt farewell for Class XII students with an inspiring address from the Secretary.

22. Chief Minister Message Campaign - February 14, 2024:

- Engaged in the Chief Minister's Message for Students campaign.

23. Marathi Diwas Celebration - February 28, 2024:

- Celebrated Marathi Language Day with cultural performances.

24. Bunts Sangha's Annual Sports Meet - March 17, 2024:

- Active participation in the Annual Sports Meet, showcasing athleticism and unity.

This comprehensive report highlights the diverse range of events and competitions organized for the holistic development of our Junior College students at ASJC.

Seminars and Workshops:

Throughout the year, our college organized a series of seminars and workshops on diverse topics ranging from career guidance to financial literacy. Renowned experts and industry professionals were invited to share their insights and expertise, providing students with valuable learning opportunities beyond the classroom.

Achievements:

We take immense pride in the achievements of our students who have brought laurels to the college through their participation in various inter-college competitions. Whether it be cultural fests, L-Ward competitions, DSO tournaments, or sports events, our students have consistently demonstrated excellence and sportsmanship.

1. Anup Singh Ragad:

- Represented the Chembur United Academy Team in the U-17 decathlon tournament in Thane and was recognized as the competition's best player.

Annual Report

2. "Apratimotsav 2023" Highlights:

- *Debate Champions:* Aliza Ansari and Kangana Khorwal won the 1st Prize.
- *Quiz Wizards:* Kangana Khorwal and Khan Mehzaheen secured the 3rd prize.
- *Bridal Makeup Brilliance:* Sayyed Fauziya secured the 2nd prize.

3. DSO Athletics Competition 2023-24:

- **4x100 Relay Team:** Gaurav Gaikwad, Anup Singh, Khan Sahil, Avdik Hegde, Amit Pant, and Tousif Ahmed secured the 2nd place.
- **Individual Achievements:** Amit Pant, Anup Singh, Gaurav Gaikwad, Atharva Sawant, Aqib Shaikh, Advik Hegde, and Amir Ansari won various prizes in different events.

4. Inter-Collegiate District Level Softball Tournament (November 4, 2023):

- **Junior College Boys Team:** Secured the 3rd place.
- **Junior College Girls : Team:** Secured the 4th place.

5. Gold Medal in Hanging and Rope Mallakhamb Competition (November 8, 2023):

- Nishant Lokhande clinched the Gold Medal.

6. L-Ward Education Department Competitions (December):

- **Handwriting Competition:** Ms. Hamsini Selvaraj secured 2nd prize.
- **Essay Writing Competition:** Ms. Shah Iqra secured 1st Consolation prize.
- **Reading Competition:** Shaikh Zayed won 3rd Consolation prize.

7. Recognition for Swachhta Monitor 2023 Contribution:

Bunts Sangha's Arathi Shashikiran Shetty Junior College was honored as one of the top 100 schools in Maharashtra by the Maharashtra Education Department for its outstanding contribution to the Swachhta Monitor Project.

These achievements reflect the exceptional talent, dedication, and spirit of excellence among the students of Arathi Shashikiran Shetty Junior College.

Conclusion: As we conclude another successful academic year, we extend our heartfelt gratitude to all stakeholders - students, parents, faculty, staff, and alumni - for their unwavering support and dedication. Together, we have created a dynamic learning community where intellectual curiosity thrives, and dreams are realized. As we look towards the future with optimism and enthusiasm, we remain committed to nurturing the next generation of leaders and innovators who will shape a better tomorrow. I thank the Management, all the parents, teaching staff, non-teaching staff and the students for their wholehearted cooperation and sincere efforts.

Life before social media

Life Before Social Media

o Outdoor Activities



Life Before Social Media

o Studies with more Concentration:



Life Before Social Media

o Group Studies in Person:



Negative Impacts of Social Media

– Anxiety and Depression (cyber-bullying)



Negative Impacts of Social Media

– Induced fears and Phobias due to Public Opinions



Negative Impacts of Social Media

– Aggression and Violence



Students Corner

The Struggling Man



The struggling man bears heavy chains.
Through trials dark, his spirit fights,
A silent war in endless nights.
With every step, a weary tread,
Yet hope persists, not fully dead.
In verses sung, his heart unfolds,
The tale untold, in whispers, holds.
Through stormy seas of doubt and fear,
He sails alone, no harbor near.
Yet, in his soul, a flicker glows,
A resilience that steadily grows.
Beneath the weight of unseen woes,
He finds the strength that in him flows.
For struggles shape, refine the soul,
A masterpiece, yet to be whole.

Meer Mohd Ibrahim
XI C Commerce



Impacts of TV habits On Reading

In the era of streaming services and endless content options, our TV habits often compete with our reading time. It's a battle that many of us face as students, torn between the captivating allure of television and the enriching experience of getting lost in a book. However, the impact of our TV habits on reading extends beyond mere preference; it shapes our cognitive abilities and habits of mind.

Firstly, excessive TV watching can lead to a decline in our reading habits. With the convenience of on-demand entertainment at our fingertips, it's easy to fall into the trap of passively consuming content rather than actively engaging with literature. Unlike reading, which requires mental effort and imagination, TV offers instant gratification without the need for deep concentration. Consequently, our inclination to pick up a book and immerse ourselves in its pages diminishes over time.

Moreover, the fast-paced nature of television can affect our attention spans and comprehension skills. With constant visual and auditory stimulation, our brains become accustomed to quick bursts of information, making it challenging to focus on the slower, more deliberate process of reading. This shortened attention span not only affects our ability to absorb and retain information from books but also impacts our overall cognitive function in other areas of life. Therefore, striking a balance between our TV habits and reading time is essential for maintaining mental acuity and fostering a love for literature that transcends the allure of the screen.

Abdallah Adil Shaikh
XI C Commerce



Students Corner

Unplugged Social Media



Social media has become an inseparable part of everyone's life. Almost all of us are present on the different social media apps. It is very difficult to imagine our life without it, as you get many gains from it.

Social media entertains you, helps you to communicate with people, keeps you well informed and also helps to increase your business. But, there is also a negative side to it. So today, we will focus on the harmful side of social media and discuss how our life without it would be?

- When you start living your life without social media, you become very confident about yourself, your work and your personality. This is because you start living independently from other people's opinions and views regarding your lifestyle. You are least affected by what people have to say about your life choices. This helps to boost your confidence and self-belief.

- Social media can sometimes really be mentally tiring, frustrating and stressful. It does entertain you in many ways, but it also sometimes spreads negativity around you by influencing you about certain things. Life without social media would be a much happier place to live, as you will not be exposed to any kind of negativity and you can thus create a positive atmosphere around you.

Khan Sadiqa
XI C Commerce

"Life Without Social Media: A Different World"

We spend a lot of time on social media every day, but what if it didn't exist? How would that change things?

Without social media:

- 1. Happier Lives:** We wouldn't compare ourselves to others as much, so we might feel better about ourselves.
- 2. Better Sleep:** We wouldn't get upset by things we see online before bed, so we'd sleep more peacefully.
- 3. More Time:** We'd have extra time to do things we enjoy, like spending time with loved ones or learning new things.
- 4. Less Stress:** We wouldn't see as much fake news or scary stuff, so we might feel less worried and anxious.
- 5. Healthier Mindset:** Without all the health info online, we might worry less about our health.

Life without social media might bring more happiness, better sleep, and less stress. It could be a refreshing change, giving us a chance to enjoy life without the pressures of the online world.

Khan Danish
XI C Commerce



Students Corner

Social Media - A Trap

Everything seems to revolve around Social media . When I meet new people, the first thing they ask after small talk is "What's your snap?" or " What's your Instagram name?" It always come as a surprise when I tell them that I do not have any sort of social media. They look at me in disbelief for a few seconds, then ask if I can give them my phone number. When I agree, I rarely ever hear back from them, making my experience in finding new friends difficult.



All the friends that I have are the ones that I made in high school, where we first met in a mutual day after lunch to talk like me, they also prioritize face-to-face conversations, and even though most of them do have social media, they understand and respect my decision as to why I don't have it.

In class, I can see students sending meaningless snaps to their friends, some where only the top of their head is showing, others of a fragment of the desle they are using or just a picture of the plan ceiling. Then I can see smiles when they receive those types of Snaps back. It is baffling, to say the least. Part of the reason I do not have social media is so that when I communicate with my friends, we can see each other's facial expressions and body language and ease into meaningful conversations, such as what we thing the meaning of life is or what our goals are - topics we spend hours on.

Khan Nuzhat Saeed
XI C Commerce

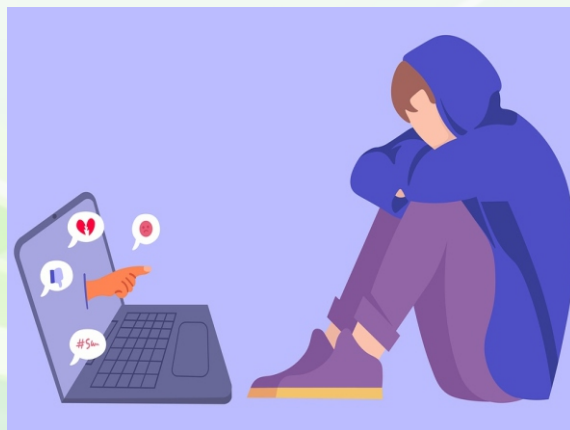
Reality of Social Media:

The 21st century in a era greatly influenced by" Reality television" If we're not trying to keep up with the Kardashians we're watching Big brother bachelors /Bachelorette and flavor of love . This is a contrast from the 20Th century . Which was the era of the silver screen the era of cinema. Rather than having letter to the imagination like television today the film of this time era pushed the boundaries of our imagination and fulfilled and captured our wildest dreams. Two of the greatest movie of this time were a trip to the moon directed by Georges Melies (1902) and the great train robbery directed by Edwin Portor (1903) .

In his movie A trip to the Moon Georges Melies is an early example of narrative firm his introduction firm editing and help distinguish narrative film and how the they Were seen in comparison of music, books, and theater although his edits Simple for example people disappearing win a cloud of smoke, meaning he would make smoke build in front of the actors, stop filming the scene, Move the actors out of the frame, and start recording again thus making the audience believe that the actors instantly disappeared in front of their eyes.

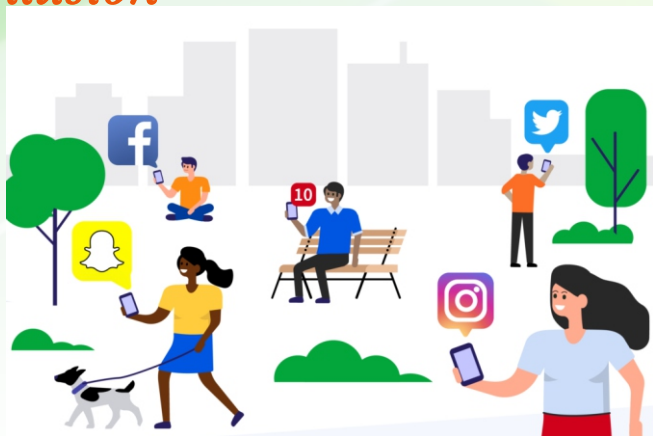
This brought a new dimension into film and introduction film editing to the world. He shot his films at 14 frames per second, his shots always remained stationery What made these scenes amazing with the amazing sets designs Hand painted backgrounds and his in camera effects.

Shaikh Muskan
XI C Commerce



Students Corner

Social Media - A Trap of Illusion



In today's digitally connected world, social media has become an integral part of our daily lives. From sharing moments with friends to staying updated on current events, platforms like Facebook, Instagram, and Twitter offer endless opportunities for connection and communication. However, beneath the surface lies a trap of illusion that can often lead us down a path of comparison, distraction, and even addiction.

Firstly, social media presents a curated version of reality that can distort our perceptions and breed feelings of inadequacy. As we scroll through carefully crafted posts and filtered photos, it's easy to fall into the trap of comparison, measuring our own lives against the highlight reels of others. This constant exposure to idealized versions of reality can erode our self-esteem and fuel a sense of dissatisfaction with our own lives, perpetuating a cycle of insecurity and anxiety.

Moreover, social media serves as a constant source of distraction, pulling us away from meaningful interactions and experiences in the real world. With notifications constantly vying for our attention, we find ourselves tethered to our devices, mindlessly scrolling through feeds and wasting precious hours on trivial content.

This addiction to social media not only detracts from our productivity and focus but also detracts from our ability to form genuine connections and engage fully with the world around us.

In conclusion, while social media offers the promise of connection and community, it's essential to recognize the traps that lurk beneath the surface. By being mindful of the ways in which social media can distort our perceptions and detract from our lived experiences, we can reclaim control over our digital lives and foster deeper connections with ourselves and others. Let's strive to use social media as a tool for genuine connection and self-expression, rather than falling prey to the illusion of perfection and comparison it often perpetuates.

Rav Sushil
XI C Commerce



Students Corner

Side-Effects of Social Media

Most people believe that social messaging is more of a benefit than a consequence, but using social media can actually be harmful. Social media is something most kids, teens, and even some adults are using all the time. It has become a part of our generation's lives. Having people on their phones all day long is not only disappointing, but also damaging. Instead of talking to someone face-to-face and hanging out, people prefer just texting or going on a social network. For some people understanding a life without social media is near impossible. Using social media can have some adverse effects such as: it causes cyberbullying, it can compromise education, and it could have an effect on social skills.

A second factor, social media could also have a huge effect on education. The use of social networks such as facebook and twitter are very well known, especially by most college students. Gewirtz warned most students to monitor what they are posting online. He says “ You could be a teenager today who is 15 and say inappropriate things, and then as an adult looking for a job as a CEO.”

Mohammed Hassan Salim Ansari
XI C Commerce

A break from Social Media:



Social media has become a big part of our lives, so it's important to explore both the positives and negatives.

When it comes to advantages, social media allows us to connect with friends and family from all over the world. It helps us stay updated on their lives and share our own experiences. We can also find communities of people who share similar interests and hobbies, which can be really cool!

However, there are also some downsides to social media. It can be addictive and time-consuming. Sometimes, we spend so much time scrolling through feeds that we forget to live in the present moment. It can also lead to feelings of comparison and low self-esteem, as we often see carefully curated versions of other people's lives.

Personally, I've had both positive and negative experiences with social media. It's been great for staying connected with friends who live far away, but I've also found myself getting caught up in the pressure to constantly post and seek validation. Taking breaks from social media has helped me find a better balance and focus on real-life experiences.

Arman Sayyad Asif
XI C Commerce



Students Corner

Social Media - Boons or Curse

The impact of social media is complex and can vary depending on individual experiences and perspectives. It's neither purely a boon nor strictly a curse; rather, it has both positive and negative aspects:

Boon (Positive Aspects):

- 1. Connection:** Social media allows people to connect with friends, family, and acquaintances across the globe, fostering relationships that might otherwise be challenging to maintain.
- 2. Information Sharing:** It serves as a platform for sharing news, information, and updates quickly, allowing for real-time communication.
- 3. Awareness and Activism:** Social media has facilitated the spread of awareness about social issues, helping movements gain momentum and making information more accessible.
- 4. Education and Learning:** It offers a wealth of educational content, tutorials, and resources that can aid in learning and skill development.
- 5. Entrepreneurship and Networking:** Social media provides a platform for businesses, creators, and entrepreneurs to showcase their work and reach a global audience.

Curse (Negative Aspects)

- 1. Privacy Concerns:** There are concerns about data privacy and how personal information is collected, used, and potentially exploited by social media platforms.
- 2. Cyberbullying and Harassment:** Social media can be a breeding ground for cyberbullying and online harassment, affecting mental health and well-being.
- 3. Mental Health Impact:** Excessive use of social media has been linked to increased feelings of anxiety, depression, and loneliness.
- 4. Addiction:** The addictive nature of social media can lead to reduced productivity, time management issues, and even digital addiction.
- 5. Misinformation and Fake News:**

Khan Noor Fatima
XII C Commerce

Life with out Mobile Phone

Imagine waking up in the morning and not reaching for your phone to check messages, social media, or the latest news. Instead, you would have more time to focus on yourself, your surroundings, and the people around you. You could start your day with a peaceful mind, free from the distractions and notifications that often consume us.

Without a mobile phone, you might find yourself engaging in more face-to-face conversations. You could have deeper connections with your friends and family, as you wouldn't be constantly interrupted by the buzzing of your phone. You could go out and explore the world without the need to document every moment for social media. It would be liberating to live in the present moment and truly experience life without the pressure of capturing and sharing it online.

On the other hand, life without a mobile phone could also present some challenges. We've become so reliant on our devices for communication, information, and entertainment. Without a phone, staying connected with people might require more effort, like meeting up in person or using alternative methods of communication. Accessing information would also require seeking it out through other means, like books or computers.

Overall, life without a mobile phone would be a different experience. It could be a chance to reconnect with ourselves and the world around us. It might have its ups and downs, but it's intriguing to think about how life would be without this constant companion in our pockets. What do you think, ? How do you imagine life without a mobile phone?

Prince Jha

XI C Commerce



Life is like social media, here also there are people with fake profiles and diplomatic answers, here also people will like you just for formality, here also they will follow you just to get a follow back, not because they care about you or wanna know you, here also you will have thousands of friends but only few of them will really care about you only few will be always available for you....

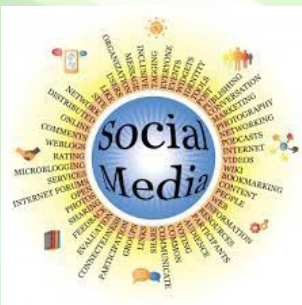
I'm naturally shy, so the social media thing is new to me. I haven't really figured out how my voice sounds on social media you know I don't want to tweet every day just for the sake of tweeting I want to make sure whatever I do there is honest. social media can very quickly get fake and I don't want to be that guy.

Shaikh Adiba

However, social media has its drawbacks. Excessive use can negatively impact mental health leading to feelings of inadequacy. It can also contribute to addictive behaviors and a lack of real-life social interaction.

Moreover, its platforms have become hotspots for the rapid spread of misinformation and fake news. This can significantly impact public opinion and decision-making.

In conclusion, social media offers advantages such as information sharing, and networking opportunities. However, it also presents disadvantages, including negative effects on mental health, the spread of misinformation. users must be mindful of their usage, and take steps to protect their privacy.



Sahibole Zahara
Xi C Commerce



Students Corner

Life Without Social Media

Life without social media

In a world without social media,
Where likes and follows take a leave,
We'd find beauty in simplicity,
And let our true selves freely breathe.

No more scrolling through endless feeds,
No more seeking validation's tease,
Instead, we'd cherish face-to-face,
And let genuine connections increase.

We'd wander through nature's embrace,
Unplugged from virtual space,
Embracing moments, big and small,
And savoring life's graceful pace.



Handwritten letters would find their way,
To express feelings we want to convey,
Scrapbooks filled with memories bright,
To hold onto, day and night.

In this social media-free zone,
We'd rediscover what truly makes us whole,
Our passions ignited, our hearts set free,
Living life with authenticity.

So let's imagine this world anew,
Where social media bids adieu,
And let's embrace the beauty we find,
In a life without screens, but filled with kind..

Tejas Nayak
XI C Commerce

Life with out Mobile Phone

Life without social media can be a refreshing change .
Instead of scrolling through feeds we can focus on real -
life interactions , hobbies, self- improvement. We can
capture the amazing sunset without capturing it for
others but for ourselves through our eyes . We can spend
more time with our family and friends, have deeper
conversations and create lasting memories. Instead of
constantly checking our phones and compering
ourselves to other we can focus on our own personal
growth and happiness. We can have real meaningful
conversations with people without the distraction of
notifications. It's a chance to rediscover ourselves and
the beauty that exists beyond our screens. So let's
embrace the digital detox and enjoy the simple pleasures
of life .

Sayyed Aliza
XI C Commerce



Students Corner

Life without Social Media

Life without social media,
Is like a bird without a tree,
A ship without a sail,
A lock without a key.

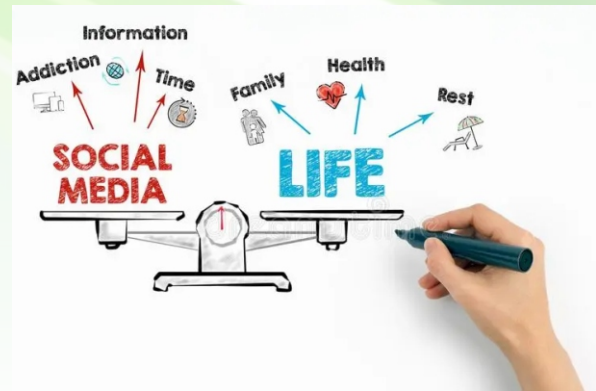
It's a world without a voice,
A song without a beat,
A dance without a rhythm,
A heart without a beat.



But life without social media,
Is a chance to find yourself,
To explore the world around you,
And to be your truest self.

Rai Shravan
XI C Commerce

Once upon a time



became cherished keepsakes that could be passed down through generations.

In this social media-free world, people had more time for self-reflection, personal growth, and pursuing their passions. They read more books, played instruments, and learned new skills.

Though they missed out on the convenience of instant communication, they valued the depth and authenticity of their relationships. They met new friends through interests, community events, and local gatherings.

Life without social media was different, but it had its own beauty. It allowed people to their well-being, embrace meaningful connections, and appreciate the magic of the present moment

Once upon a time

Once upon a time, in a world without social media, people lived in a different kind of digital landscape. There were no scrolling feeds or viral videos to distract them from the present moment. Instead, they embraced the simple joys of life.

In this world, friends gathered in person to share stories, laughter, and delicious meals. They would spend evenings playing board games, exploring nature, and having heartfelt conversations.

Without the pressure of capturing picture-perfect moments, people were free to fully immerse themselves in experiences. They savored the taste of homemade cookies, felt the sand between their toes at the beach, and danced like nobody was watching. While they couldn't instantly share their adventures with the world, they found joy in creating scrapbooks and handwritten letters to cherish their memories. These tangible treasures

Advik Hegde
XI C Commerce



Students Corner

Social Media- Boon or Curse

Life without social media no more daily uploading pictures of you or how your day is being carried out....

A world with social media will allow you to meet new people.

Of course your phone won't be first thing you look for in the morning or the last thing at night. It pervasive touching every aspect our being, how we live to how we work, play, communicate and even find love.

We literally can't live without social media. Social media is now an important part of many people's lives....

To stay in touch with loved ones is the most beautiful things in our lives and social media has done its influence in doing this thing positively, so can you start and run a business without social media? Some people may say No but the truth is YES.

Some business may actually do much better with this method than they would with social media

Without social media



Life would INEVITABLE TO VARY USE
THE INTERNET YOUR DAILY LIFE,
NOT REPLACE TO REPLACE IT....

Siddiqui Falak
XI C Commerce

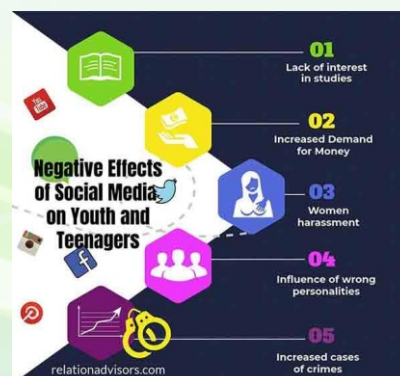
Without Social Media life...?

Without social media life would be very interesting and interactive with someone and that would have to be a person. In our life there will be least internet surfing or using social networking and we will spend more time on our real and private life. social media life can never be real the expression, emotions are fake we cannot feel that thing social media is full of distractions. In 21st century people have forgot what is personal life mean the definition of personal life is somewhere lost. If our life will be without social media, we can enjoy our own life with our favorite peoples. People has forgot how to spend time with their family the only thing they remember is socializing.

You know we don't need to take pictures to post on social platforms if we wore nice outfits but only if our life is private, we don't need to capture those Fake "Happy" moments we don't need to click pictures with your friends and family for memories

Don't you think our heart is enough to keep those memories in our hearts for forever You know what people does now a days if they want more followers or whatever they stay connected to those people who aren't important in their life. If they aren't important, we can cut them down from our life We don't need fake connections the one who is real is everything for you. For content we just throw big parties for just birthday. Why can't we just celebrate with our people. Why can't you don't feed those who is needy. Or you are just happy because one year of your life is decreased. People has distanced themselves from their GOD their Creator you know why because of social media. Make your life private for Real "Happy" moments.

Sania Waknis
XI C Commerce



Students Corner

Life Without Social Media:

Nowadays social media has become a mandatory part of every teenage and adults too. If we imagine life without social media, we might be able to improve in our social life. Just imagine if we give up on social media how our life would be????just...

How a son is incomplete without his mother, the same situation is very much relatable to our today's generation about social media platforms. Many of them are addicted so much to social media that they can't stay away from it for a minute also. They don't have idea but the addiction towards social media can be worse. Social media gives us knowledge too, but also useless and senseless content which can lead to a bad addiction. But today it is impossible to imagine life without social media. But we should try to minimize the habit towards social media platforms.

Riya Yadav
XI C Commerce



World before Social Media:



Take a moment and imagine your life without social media. Ever wondered why most of the people need or at least think why they need social media. It's because we are addicted to social media we are attached to social media.

Just because social media we do not know the value of private life we see nowadays there are many problems in social media just because they share everything in that I just want you all to take a look in the 21st century is an era greatly influenced by "television". In those days we're watching most peaceful and lovely shows that teach us a good thing. Nowadays I am sure we all have seen that the people who capture every single detail about a stranger with their smart phones we're not on speaking terms with and we see many things which were not meant for the kids in social media people just don't get exhausted off these things.

We just need to get off to giving importance to social media we just have to give importance to our parent's studies one more thing I have to tell if we have to simply interpret the more and more on social media, we must say that it is like the universe who are getting sometimes wrong information and sometimes right so please try to get off from social media because all they have shown has not been real.

Thank-you

Shaikh Qasba
XI C Commerce

Students Corner

World Without Social-Media

Living in a world untethered from the constant buzz of social media could offer a transformative experience. Imagine waking up without the habitual scroll through feeds, devoid of the allure of likes and comments. It's a departure from the digital connectivity we've grown accustomed to—a chance to rediscover a more deliberate and mindful existence.

Without social media, communication would regain its authenticity. Conversations would thrive on genuine connections rather than truncated text or curated images. Face-to-face interactions and heartfelt conversations would become the norm, fostering deeper relationships and understanding.

Distraction-free living would likely become more prevalent. With no notifications to beckon our attention, focus and concentration would improve. Productivity might soar as the incessant pull to check an update diminishes, allowing for dedicated, undisturbed work periods.

The absence of social media might cultivate a greater appreciation for privacy. Without oversharing our lives online, boundaries would be respected, preserving personal moments and reducing the pressure to constantly perform for an audience. Mental health could benefit significantly, as comparisons and the relentless pursuit of validation take a backseat.

However, the lack of social media could also bring challenges. Information dissemination might slow down, affecting the rapid spread of news and ideas. Businesses would need to adapt their marketing strategies, finding alternative ways to reach audiences. Social movements might require different tactics to mobilize support and awareness.

Nevertheless, without the noise of curated lifestyles and algorithms determining what we see, we might rediscover the joy of genuine discovery. Reading books, engaging in hobbies, exploring the world—these activities could regain prominence in our lives.

In essence, a life without social media could offer a return to authenticity, fostering deeper connections, heightened privacy, and improved mental well-being. While challenges might arise, the trade-off could lead to a more deliberate, meaningful existence—one where our attention is reclaimed, and our lives are lived more intentionally.

Nitin Gupta
XII B Commerce



Students Corner

Life Without Social Media:

It's difficult to stay without social media in this generation, earlier there were no smartphones or internet or social media so it wasn't easy for us to communicate but now it's very easy and handy for everyone. For employees who work for company like 'TCS' that time they don't have jobs they can't make website, apps etc. People who have skill like coding, python, Java etc. cannot find work.

Life without social media is too good genuinely in this generation people can't live without social media that's was too bad. Everyone is on social media they don't have time to talk with their family.

According to me life is too good when we don't know anything about social media. When we don't know about social media that time, we meet each other, we play physical games etc. Genuinely dude life is too good that time we are physically & mentally fit. Actually 2015 to 19 was the best year. That time we lived luxurious life with friends.

Mohammed Rehan
XI A Commerce



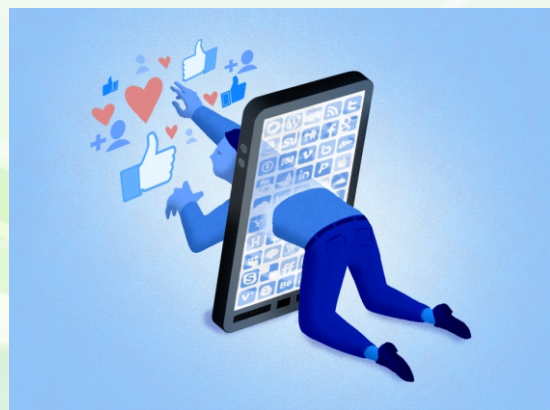
Stepping to new world...

You know, living without social media, it's like stepping into a whole new world. One thing you'll notice right away is how your privacy gets a massive boost. No more sharing every little detail of your life with the whole world. It's like closing the curtains on your personal space – suddenly, your life is just that, YOURS. No more worrying about data breaches or trolls lurking around the corner. It's a breath of fresh air, really.

But the best part? Real connections. Without the constant social media buzz, you've got more time for face-to-face chats and hangouts with your buddies. No more of that endless scrolling or those pesky notifications that used to distract you from real, meaningful conversations. It's like going back to the good old days when people actually talked to each other, you know? Your friendships become deeper, and you'll cherish those moments even more.

Your mental health might just give you a high-five too. Social media often feels like a comparison game, right? Everyone posting their highlight reels, and it's so easy to feel like you're falling behind. But without it, you can focus on your own growth and happiness. No more FOMO weighing you down. And, oh, the productivity boost is real! No more hours lost to mindless scrolling. Without social media, you can actually finish your tasks faster and maybe even dive headfirst into your passions and hobbies with more gusto. So yeah, life without social media – it's a mixed bag, but it's all about what matters most to you!

Khan Fardeen
XII B Commerce



Students Corner

Life without Social Media – A Boon

Introduction: Social media has become an integral part of our life. People of all ages and all walks of life are using social media. The influence of social media is such that some people think that it is almost impossible to live without social media. But it is quite possible to live without social media and that too one can live more happily without social media. It is now well established fact that social media has lot of drawbacks – it reduces our attention span and focus, results into waste of valuable time, increases stress and anxiety and adversely affect our sleeping pattern. So keeping aside social media (such as Facebook, Instagram, and WhatsApp) helps people in several ways. First and foremost, thing is that you will get adequate time for doing creative things. The valuable time that would otherwise be wasted on social media can now be used for activities like cooking new recipes, developing new hobbies such as painting, music and dance. Thus, the new hobbies that you develop in absence of social media will make your personality more robust and also immensely help your mental health.

Once you come out of social media, you can really explore the beauty and wonders of our nature. Going with friends for adventures trips, trekking and picnics certainly make you enjoy your life. Such events not only provide you healthy entertainment but also build strong bonds of friendship and trust. Social virtues of kindness, helping others can be seen more in offline relations than online. Offline recreational activities also help you in acquiring life-skills that are quite important for leading a happy and successful life.

Meeting people offline and interacting with them over a cup of tea has more therapeutic value than the likes that you get for your posts on social media. Visiting to relatives and friends and sharing ideas over lunch or dinner are important social events that build strong social bonds and widen the horizon of our social network.

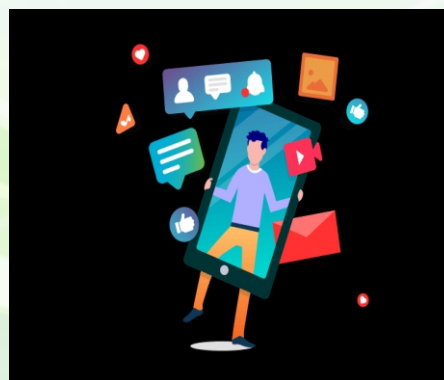


Keep aside social media helps you to focus on yoga, meditation and other healthier activities. Practicing yoga and meditation helps you to enhance your

attention span and focus which will help in your studies. The more and more use of social media makes us more vulnerable – mentally and physically. To get rid of the toxic environment of social media, we should start going for walking and jogging. Walking and jogging will help in connecting us with nature. The more you are connected with nature, the happier life you can lead.

Conclusion: It is not only possible to live without social media but one can live quite happily without social media. Excessive use of social media has created a toxic environment around us. Social media affects our health, mental health and also affect our studies. We are nothing to lose if we come out of the clutches of the social media. The valuable time that we regain by keeping aside social media can help us in developing new hobbies that make our personality more robust and dynamic.

**Sutar Ananya
XI A Science**



Students Corner

Beauty of Life:

In today's fast-paced digital age, social media has become an integral part of our lives. From the moment we wake up until we go to bed, many of us find ourselves immersed in a virtual world filled with constant updates, likes, and comments. However, there exists an alternative path that is often overlooked—the path of life without social media. By stepping away from the virtual realm, individuals can discover a newfound sense of serenity and rediscover the joys of authentic human connections and genuine experiences. In this article, we will explore the benefits of embracing a life without social media and how it can lead to a more balanced and fulfilling existence.

1. Mental Well-being:

One of the most significant advantages of living without social media is the positive impact on mental well-being. Studies have shown that excessive use of social media can lead to feelings of anxiety, depression, and loneliness. Constantly comparing ourselves to carefully curated online personas can breed insecurities and perpetuate a fear of missing out (FOMO). By disengaging from social media, individuals can break free from this cycle of self-comparison and focus on their real-life achievements and relationships.

2. Authentic Human Connections:

In the absence of virtual interactions, people are more likely to engage in face-to-face conversations and form deeper, more meaningful connections. Without the distraction of constantly checking notifications or scrolling through news feeds, individuals can be fully present in their interactions, fostering empathy and understanding. In this digital detox, we have the opportunity to rediscover the joy of spending quality time with friends and family, strengthening the bonds that matter most.

3. Enhanced Productivity:

Social media can be a time sink, often leading to decreased productivity and increased procrastination. By eliminating this digital distraction, individuals can channel their energy and focus into more fulfilling endeavors. Whether it's pursuing a hobby, learning a new skill, or advancing in one's career, a life without social media can provide ample time for personal growth and achievement.

4. Improved Sleep:

The blue light emitted by screens can disrupt our sleep patterns, leading to insomnia and reduced overall sleep quality. Many people use social media just before bedtime, unknowingly impacting their ability to unwind and get a good night's rest. By breaking the habit of late-night scrolling, individuals can reclaim their sleep and wake up feeling more refreshed and energized.

5. Privacy and Security:

In the age of data breaches and privacy concerns, leaving social media can provide a sense of relief and enhanced security. Without sharing personal information on public platforms, individuals reduce their vulnerability to identity theft and protect their privacy more effectively.

6. Freedom from Constant Validation:

Social media often encourages a culture of seeking external validation through likes and comments. Living without this constant need for validation can free individuals from seeking approval from others and empower them to find confidence and self-worth from within.

Living a life without social media may seem like a daunting prospect at first, but it opens the door to a myriad of benefits that promote overall well-being. By embracing this digital detox, individuals can experience enhanced mental health, genuine human connections, increased productivity, and improved sleep patterns. Furthermore, they can reclaim their privacy and break free from the relentless pursuit of external validation.

While social media has its advantages and can be a powerful tool when used mindfully, it's essential to recognize the importance of striking a healthy balance between the virtual world and the real world. Ultimately, the decision to embrace life without social media is a personal one, and each individual must weigh the benefits against the conveniences it offers. Embracing serenity and rediscovering the joys of life without social media can lead to a more fulfilling and authentic existence.

Kaneez Fatima

XII B Com

Students Corner

Life without Social Media

In today's world, it seems like everyone is connected through social media. Facebook, Instagram, Twitter, and many others have become a part of our daily lives. But have you ever wondered what life would be like without social media? Let's explore that idea and see how it might actually make our lives simpler and more connected.

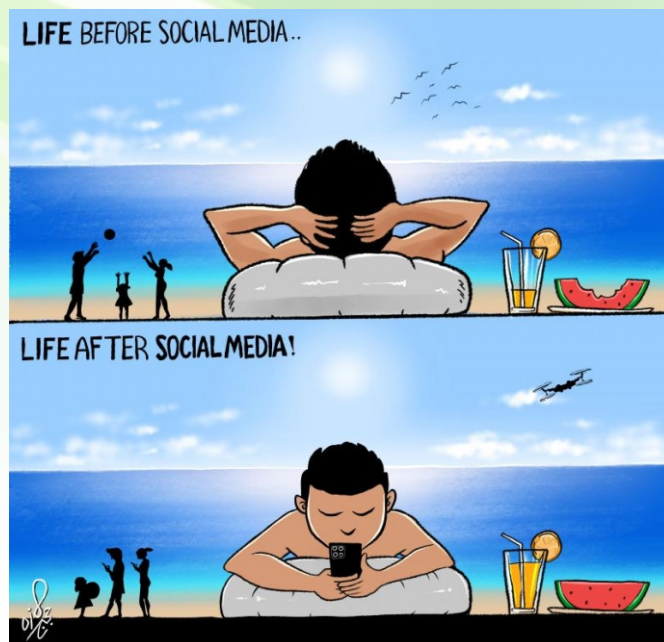
Firstly, life without social media would mean fewer distractions. Nowadays, we often find ourselves scrolling through our feeds for hours, checking notifications, and getting lost in a world of likes and comments. Without these distractions, we could focus more on our real-life interactions, hobbies, and tasks. Imagine having more time to read a book, go for a walk, or have a face-to-face conversation with a friend without constantly glancing at your phone.

Without social media, our relationships might become more genuine and meaningful. Instead of sending a quick message or liking a post to maintain a friendship, we would make an effort to meet in person or have a heartfelt conversation over the phone. We would truly connect with our loved ones, hearing their voices and seeing their expressions, which can be much more satisfying than a simple like on a photo.

Moreover, without social media, our self-esteem might improve. It's no secret that many people compare their lives to the seemingly perfect ones portrayed on social media. This constant comparison can lead to feelings of inadequacy and low self-esteem. Without social media, we wouldn't be bombarded with filtered images and carefully curated posts, allowing us to focus on being ourselves and finding contentment in our own lives.

Privacy would also be better protected without the constant tracking and data collection associated with social media. We would have more control over our personal information, and our online activities wouldn't be constantly monitored and used for targeted advertising. This would give us a sense of security and peace of mind that our digital footprints are not constantly being analyzed and exploited.

In a world without social media, we would rediscover the joy of living in the moment. Instead of trying to capture



every experience for the sake of sharing it online, we would immerse ourselves fully in those experiences. We would watch a concert without holding up our phones to record every song and savour a delicious meal without snapping pictures for our followers. This would lead to more prosperous, more authentic experiences that are meant to be enjoyed, not just documented.

Furthermore, without the constant pressure to maintain a certain online image, we would become more authentic to ourselves. We would no longer feel the need to filter our lives or pretend to be someone we're not for the sake of likes and followers. This authenticity would not only benefit our mental well-being but also foster more genuine connections with others.

In summary, life without social media may seem daunting at first, but it offers a simpler, more connected way of living. We would have fewer distractions, more meaningful relationships, improved self-esteem, better privacy, and a greater appreciation for the present moment. While social media has its benefits, it's important to remember that there is a world beyond our screens waiting to be explored, and sometimes, disconnecting can lead to a more fulfilling and authentic life.

Awesh Siraj Ahmed Choudhary
XI A Science

Students Corner

Embracing Life Without Social Media: A Journey to Authentic Connection

In an age dominated by digital screens and constant connectivity, the notion of living life without social media may seem unconventional, even radical. However, there is a growing movement of individuals who have chosen to disconnect from the virtual realm and embark on a journey toward a life without the constant presence of social media. What does life without social media look like, and what are the benefits and challenges that come with this decision?

The Decision to Disconnect:

For many, the decision to abandon social media is not made lightly. It often arises from a desire to regain control over one's time and mental well-being. The constant stream of notifications, curated images, and the pressure to maintain a certain online persona can be overwhelming. Thus, those who choose to disconnect seek an alternative path to a more meaningful and authentic existence.

Reclaiming Time and Productivity:

One of the most immediate benefits of life without social media is the reclamation of time. The hours once spent scrolling through news feeds or checking for updates can be redirected toward more productive and fulfilling activities. Individuals often find themselves rediscovering hobbies, reading more, and pursuing personal goals they had long neglected.

Improved Mental Health:

Numerous studies have linked the excessive use of social media to increased levels of anxiety, depression, and loneliness. By disconnecting, individuals can experience significant improvements in their mental health. They are no longer subjected to the relentless comparison to others or the fear of missing out (FOMO), allowing them to focus on their own well-being and personal growth.

Strengthening Authentic Relationships

Without the filter of social media, people tend to engage more deeply in face-to-face interactions. They rediscover the value of genuine, authentic relationships with friends and family. Instead of relying on superficial online interactions, they invest time and effort in building and maintaining meaningful connections with loved ones.

Challenges and Adjustments

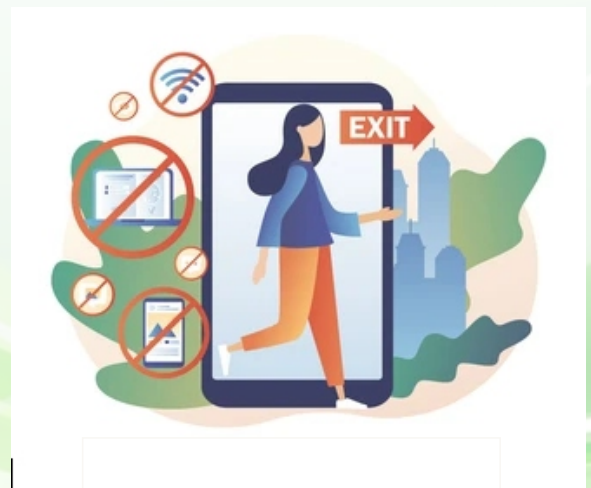
Living without social media is not without its challenges. In a world where digital communication is the norm, those who disconnect may feel isolated at times. They must find alternative ways to stay informed and connected with the world, which may involve more intentional efforts, such as subscribing to newsletters or attending events in person.

Conclusion

Choosing to live life without social media is a personal decision that challenges the status quo of our digitally connected society. While it may not be for everyone, those who make this choice often find themselves on a path toward a more intentional, fulfilling, and authentic existence. It's a reminder that life's most meaningful moments often occur beyond the confines of a screen, in the real world where genuine connections and experiences await.

Shaikh Zayed

XI A Com



Students Corner

Rediscovering Life: What Social Media is taking away from us

In a world where social media dominates our every waking moment, it's easy to lose sight of the beauty that lies beyond the screen. As we scroll endlessly through feeds and double-tap our way through life, we inadvertently sacrifice precious moments and experiences that make life truly meaningful. The theme of this magazine, "Life Without Social Media," prompts us to pause and reflect on the multitude of beautiful aspects of life that we have started to lose sight of in our digital age.

First and foremost, social media is taking away our ability to fully engage with the present moment. Instead of savoring the simple joys of a leisurely walk in the park or a heartfelt conversation with a loved one, we find ourselves constantly reaching for our phones, eager to capture and share every moment with our online followers. In doing so, we sacrifice the depth and authenticity of our experiences, trading genuine connection for fleeting likes and comments.

Furthermore, social media is robbing us of our sense of self-worth and contentment. As we scroll through perfectly curated feeds filled with carefully edited photos and polished personas, we can't help but compare ourselves to the highlight reels of others. This incessant comparison leads to feelings of inadequacy and self-doubt, overshadowing our own unique strengths and accomplishments. Instead of embracing our individuality and celebrating our own journey, we fall prey to the illusion of perfection that social media perpetuates.

But perhaps most importantly, social media is taking away our sense of community and belonging. While it promises to connect us with friends and loved ones across the globe, it often leaves us feeling more isolated and disconnected than ever before. We mistake likes and comments for genuine connection, neglecting the deep bonds that are formed through face-to-face interactions and shared experiences. In our quest for online validation, we lose sight of the rich tapestry of relationships that give meaning and purpose to our lives.



In essence, life without social media is an opportunity to reclaim what truly matters: authentic connection, genuine experiences, and a deep sense of belonging. As we step away from the screen and immerse ourselves in the beauty of the world around us, we rediscover the joy of living fully and embracing each moment with open arms. Let us cherish these beautiful aspects of life that social media has taken away from us, and let them guide us on a journey of self-discovery and fulfillment.

Vishwakarma Poonam
XI C Commerce



TEACHER'S ARTICLES



The difference between a stumbling block and a stepping stone is how high you raise your foot. - Benny Lewis, author

Teacher's Corner

The Struggling Man

In a world without the digital glare,
Where faces meet and hearts declare.
No tweets or likes, just moments shared,
Life unfolds, intimately bared.
No scrolling through a virtual sea,
But conversations, real and free.
In the quietude, connections grow,
Unplugged moments, a gentle flow.
No status updates to define,
Yet the essence of life intertwine.
Nature's posts in skies so wide,
Unfiltered joy, nowhere to hide.
In the silence, the soul does roam,
A life uncurated, finding its own home.
Embracing simplicity, free from the media's sway,
In this unplugged existence, we find our way.

Mrs. Mamta Shetty
Commerce Department



"Let's unplug to reconnect"

Away from the constant digital stream,
Where reality fades into a distant dream.
No status updates, no filters to wear,
Just the simplicity of the open air.
Faces not framed by a pixelated screen,
But real emotions, genuine and keen.
No need for emojis to express the heart,
Just conversations, where words are an art.
No hashtags to define our worth,
A life without social media, a rebirth.
No comparison in a filtered lens,
Just the beauty of imperfect friends.
So let's unplug, disconnect, and see,
The beauty of a life without the me



In the simplicity of genuine strife,
We rediscover the 'True essence of life.'

Mrs. Jui Gaikar
Commerce Department

Teacher's Corner

Life Without Social Media

Living without social media may sound radical in a world where digital connections rule, but it offers up a world of real connections and real experiences. Regaining time, mental health, and the appreciation of life outside screens are all possible when people step away from the virtual world.

Being in the present moment can bring comfort when there is no continual onslaught of notifications and carefully constructed online personas. Disconnecting from social media encourages closer relationships with friends and family in person because in-person conversations take precedence over likes and comments on the internet.

People frequently find new interests and activities outside of screens. When people have more free time, they do things. Without the constant barrage of notifications and curated online personas, one can find solace in being present in the moment. Unplugging from social media fosters deeper connections with real-life friends and family, as face-to-face interactions regain significance over virtual likes and comments.

Beyond the screen, individuals often discover newfound hobbies and passions. With more time on them and, they engage in activities that bring joy and fulfillment, whether it's reading a book, exploring nature, or honing a creative skill. The absence of social media noise allows for self-discovery and personal growth.

Moreover, a life without social media reduces the pressure to conform to societal standards. The constant comparison and fear of missing out fade away, leading to improved mental health and increased self-esteem. Authenticity becomes the cornerstone of relationships, as people connect based on shared interests and genuine connections.

While the digital age has its merits, embracing a social media-free existence offers a refreshing perspective on life. It's about regaining control, fostering meaningful connections, and savoring the beauty of the unplugged, unfiltered reality that lies beyond the glowing screens.

Mrs. Kiran Rajbhar
Chemistry Department



DO YOU KNOW:

Question 1: What is the term for the fear of missing out on something happening on social media?

Answer: FOMO (Fear of Missing Out)

Question 2: Which social media platform is known for its short-form videos and was launched in 2016?

Answer: TikTok

Question 3: What is the largest social media platform in terms of monthly active users?

Answer: Facebook

Question 4: Which social media platform is characterized by its 280-character limit per post?

Answer: Twitter

Teacher's Corner

Life is Fun

Social Media is fun
Social media is fun
But without social media
life is fun

whatsapp ke Message
Instagram ki reels
and
twitter ki information.

Now all is part of life
But
Dosto se milna julna
aur jadu ki zappi
is Art of life.

Mrs. Surekha Sonawane
Hindi Department



नवभारत साक्षरता
नवभारत साक्षरता

चला घालवूया असाक्षरता
चला घालवूया असाक्षरता

काम आहे महत्वाचे
स्वयंस्फूर्तीने पूर्ण करायचे

अनुभवाने साक्षर व्यक्तिना
अक्षराने साक्षर करायचे

सहज सोपे भासते
पण दिसते तसे नसते

नकार मिळेल पुन्हा-पुन्हा कारण त्यांची निर्मिती फार मोठी
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तरिही प्रयत्न करूया
असाक्षरता घालवूया "
चला हात हाती घेऊया
असाक्षरता घालवूया..

औपचारिक चौकटीच्या बाहेर पडून
त्यांच्याच अनुभवांशी साँगड घालून
जीवन कौशल्याच गणित शिकवूया
चला असाक्षरता घालवूया उजेडीची आस दाखवत उजास'
प्रवेशिका घेवूया
साक्षरतेची आस ध्यानी-मनी रुजवूया. ॥
चला असाक्षरता घालवूया



सौ सोनावणे सुरेखा

Teacher's Corner

Rediscovering Life: The Liberation of Living Without Social Media

In today's hyper-connected world, social media has become an integral part of our daily lives. From scrolling through feeds to liking, commenting, and sharing, it's easy to get lost in the virtual realm. However, amidst the constant notifications and curated profiles lies a profound question: What if we were to step away from the digital noise and embrace life without social media? Imagine waking up to the sound of birds chirping instead of the buzz of notifications.

Without the urge to check likes or followers, mornings become moments of serene solitude. With no need to present a polished online persona, authenticity flourishes, and genuine connections take precedence. Without the pressure to showcase every moment, experiences become more personal and meaningful. Instead of documenting every meal or outing for likes, we savor the taste of food and the company of loved ones without interruption. Life's moments regain their intrinsic value, untainted by the pursuit of online validation.

Stepping away from social media offers a chance to reclaim our time and focus on activities that truly enrich our lives. Whether it's pursuing a hobby, spending quality time with family, or simply enjoying the present moment, the absence of digital distractions allows us to fully immerse ourselves in the here and now. Moreover, the mental health benefits of disconnecting from social media are undeniable.

Studies have shown that excessive use of social media can lead to increased feelings of anxiety, depression, and loneliness. By stepping back, we create space for introspection, mindfulness, and genuine self-care.

Without the constant comparison to others' highlight reels, self-esteem flourishes, and confidence grows. Freed from the pressure to conform to societal standards of beauty or success, we embrace our uniqueness and celebrate our individuality.

In a world where likes and followers have become currency, choosing to live without social media is a radical act of self-preservation. It's a conscious decision to prioritize real-life connections, personal growth, and mental well-being over virtual validation.

Of course, the decision to disconnect from social media is not without its challenges. It requires breaking the habit of reaching for our phones reflexively and resisting the fear of missing out. Yet, the rewards far outweigh the temporary discomfort. In embracing life without social media, we embark on a journey of self-discovery and liberation.

We reclaim our autonomy, redefine our priorities, and rediscover the simple joys of being truly present in the moment. So, dare to unplug, and embrace the beauty of life beyond the screen.

Mr. Jaikrishna Singh
Commerce Department

Life Without Social Media

In the real beyond screens, life unfolds gracefully,
A dance of moments, untouched by virtual reality.

No likes to chase, no followers to count,
Just the rhythm of existence, a serene amount.

In the absence of pixels, connections are real,
Heartfelt conversations, emotions to feel.

Nature's poetry, whispered in the wind,
A life less filtered, where authenticity is pinned.

Unplugged from the noise, rediscovering the quiet,
The essence of being, a timeless delight.

Embrace the offline, let the soul breathe,
In a world less virtual, where dreams can seethe.

Life without social media, a canvas so vast,
Painted with moments, each destined to last.

Mrs. Chetna Kurmi
IT Department

Teacher's Corner

Rediscovering Life: The Liberation of Living Without Social Media

As a teacher, I often observe the impacts of social media on my students' lives. The constant need to check notifications, maintain a curated online presence, and participate in virtual social circles can be overwhelming and often takes precedence over real-world interactions. However, have you ever considered what life would be like without social media?

In this modern age, many of us have grown dependent on social media platforms for communication, entertainment, and information. From Facebook to Instagram, Twitter, Snapchat, and beyond, these platforms have undeniably shaped the way we connect with others and perceive the world around us. Yet, it is important to recognize that a life without social media can offer its own set of valuable experiences and benefits.

First and foremost, disconnecting from social media can provide a much-needed break from the pressures of maintaining an online persona. Without the constant need to update profiles and accrue likes and followers, individuals can focus on cultivating authentic, in-person relationships. An evening spent engaged in meaningful conversations with friends or family, uninterrupted by the glow of a screen, can be a refreshing change from the often superficial interactions facilitated by social media.

Moreover, without the distractions of social media, individuals may find themselves with more time and mental space to pursue their passions and hobbies. Reading a book, practicing a musical instrument, or engaging in physical activities can become prominent features of one's daily routine, leading to a more enriching and balanced lifestyle. When we disconnect from the digital realm, we can reconnect with our personal aspirations and creative pursuits.

Furthermore, life without social media can foster a greater sense of privacy and mental well-being. It is no secret that excessive use of social media has been linked to heightened feelings of anxiety and low self-esteem, often stemming from the relentless comparison of one's life to the carefully

curated portrayal of others'. By distancing ourselves from this virtual realm, we can reclaim our sense of individuality and self-worth, free from the pressures of online validation.

When we consider the absence of social media, it is important to acknowledge the impact on our communication habits. Without the crutch of instant messaging and constant updates on others' lives, we may find ourselves immersed in more thoughtful, face-to-face conversations. The art of truly listening and engaging with others can thrive in a social media-free environment, leading to deeper connections and a heightened sense of empathy.

However, it is essential to recognize that social media has its merits as well. It allows for the global exchange of ideas, the formation of communities, and serves as a platform for awareness and activism. Nevertheless, the allure and addictive nature of social media warrant us to consider the virtues of a life without it.

In conclusion, envisioning a life without social media prompts us to reflect on the value of genuine human connection, personal growth, and mental well-being. It encourages us to embrace silence, introspection, and the beauty of living in the moment. As students navigating the complexities of the digital age, it is imperative to strike a balance between the benefits of social media and the virtues of disconnecting from it. Embracing a life without social media, even if only for a brief hiatus, can open doors to a world of profound experiences, providing invaluable insights into our own lives and the world around us.

Mrs. Ancita Milton Jose

IT Department



Teacher's Corner

Statistical figures & facts about Social Media

1. Global Social Media Users (2021):

- As of January 2021, there were approximately 4.20 billion social media users worldwide, which is about 53.6% of the global population.

2. Most Popular Social Media Platforms (2021):

- Facebook remains one of the largest social media platforms with over 2.8 billion monthly active users.
 - YouTube has around 2.3 billion logged-in monthly users.
 - WhatsApp and Instagram both have over 1 billion monthly active users.

3. Social Media Penetration by Region (2021):

- North America has the highest social media penetration rate, with around 78% of the population using social media.
 - Western Europe follows with a penetration rate of about 67%.

4. Mobile vs. Desktop Usage (2021):

- Around 98.5% of social media users access platforms via mobile devices.
 - This emphasizes the mobile-first nature of social media consumption.

5. Daily Social Media Usage (2021):

- The average global user spends around 2 hours and 25 minutes per day on social media networks.

6. User Demographics (2021):

- Instagram is particularly popular among users aged 18 to 34, with 71% of adults aged 18 to 24 using the platform.
 - Pinterest's user base is predominantly female, with around 77% of global users being women.

7. E-Commerce and Social Media (2021):

- Social media significantly influences purchasing decisions, with 54% of users using social media to research products.

- About 33% of consumers have made a purchase directly through a social media platform.



8. Influencer Marketing (2021):

- Influencer marketing continues to grow, with businesses investing heavily in influencers to reach their target audience.
 - Around 73% of marketers consider influencer marketing effective for their brand.

9. Video Content (2021):

- Video content remains a dominant format, with YouTube being the second-largest search engine after Google.
 - TikTok gained immense popularity with over 2 billion downloads.

10. Privacy and Security Concerns (2021):

- Around 68% of social media users are concerned about how their personal data is used by social media platforms.
 - Data breaches and privacy scandals have led to increased scrutiny on social media platforms' data handling practices.

Mrs. Ancita Milton Jose
IT Department

Teacher's Corner

Some figures & facts about the uses & effects of Social Media on Teenagers & Youth:

1. Usage Statistics:

- As of my last update in September 2021, around 81% of teens aged 13 to 17 in the India use social media platforms.
- Instagram, Snapchat, and TikTok are popular among teenagers, while platforms like Facebook are less used by this demographic.

2. Time Spent:

- Teenagers spend an average of about 2-3 hours per day on social media platforms.
- Excessive social media use can lead to decreased face-to-face interactions, which might impact social skills.

3. Positive Effects:

- Social media allows teens to connect with friends and family, share their interests, and express themselves creatively.
- It can also be a source of emotional support and a platform for raising awareness about social issues.

4. Negative Effects:

- Excessive social media use has been associated with increased feelings of loneliness, depression, and anxiety in some teenagers.
- Cyberbullying is a concern, as social media provides a platform for negative interactions.

5. Body Image and Self-Esteem:

- Comparing oneself to unrealistic standards on social media can negatively affect body image and self-esteem.
- Filters and editing tools can contribute to distorted self-perception.

6. Academic Impact:

- Excessive use of social media can lead to decreased focus on academics and reduced study time.

7. Privacy Concerns:

- Many teenagers share personal information on social media without fully understanding the potential risks.
- This can lead to privacy breaches, identity theft, and other online dangers.

8. FOMO (Fear of Missing Out):

- Teens often experience FOMO when they see peers having fun on social media, which can lead to feelings of inadequacy.

9. Sleep Disruption:

- The use of screens before bedtime, including social media, can disrupt sleep patterns and lead to sleep deprivation.

It's important to note that the impact of social media can vary widely among individuals. While some teenagers might benefit from positive interactions and connections, others may face challenges and negative effects.

Mrs. Ancita Milton Jose
IT Department



Teacher's Corner

The Perils of Social Media: A Cautionary Tale

In recent years, social media has transformed the way we communicate, connect, and share information. While it has brought about many positive changes, it has also been the catalyst for numerous incidents that have had far-reaching consequences for students worldwide. These incidents serve as a stark reminder of the power of social media and the importance of using it responsibly.

One such incident occurred when a group of students posted derogatory comments and images about their classmates on social media platforms. What started as a joke quickly escalated into cyber-bullying, with hurtful messages spreading rapidly across the internet. The victims, unaware of the extent of the harassment, suffered in silence, feeling isolated and helpless.

As the posts gained traction, they attracted the attention of school administrators, parents, and law enforcement. The perpetrators faced disciplinary action, while the victims struggled to cope with the emotional toll of the cyber-bullying. The incident not only tarnished the reputation of the school but also left a lasting impact on the lives of those involved.

In another incident, students were caught sharing exam questions and answers on social media before the scheduled test date. What seemed like a harmless act of cheating quickly spiralled into a full-blown scandal, leading to the invalidation of the exam results and disciplinary action against the students involved. The consequences of their actions extended beyond academic penalties, affecting their future opportunities and career prospects.

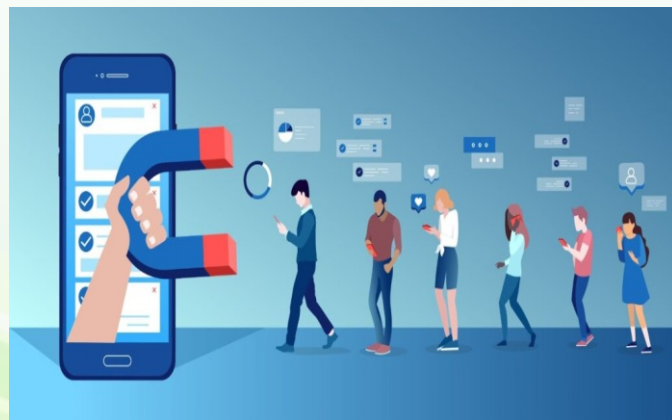
These incidents serve as sobering reminders of the potential dangers of social media when used irresponsibly. The anonymity and immediacy of online platforms can embolden individuals to engage in behaviour they would never consider in real life. What may seem like a harmless joke or momentary lapse in judgment can have devastating consequences for oneself and others.

As students, it's crucial to recognize the power and influence of social media and to use it responsibly. Before posting or sharing content online, consider the potential impact it may have on others and on your own reputation. Think twice before engaging in cyberbullying, spreading rumors, or sharing sensitive information.

Remember that once something is posted online, it can be virtually impossible to erase it entirely. The internet has a long memory, and even deleted posts can resurface years later, causing harm and embarrassment. Be mindful of your digital footprint and the legacy you leave behind.

In conclusion, social media is a powerful tool that can be used for both good and harm. It is up to each of us to wield this weapon responsibly and ethically. Let's strive to create a positive and inclusive online environment where kindness, empathy, and respect prevail. Together, we can harness the potential of social media to build connections, foster understanding, and make a positive impact on the world.

Mrs. Ancita Milton Jose
IT Department





Life Without Social Media

Social media has become an inseparable part of everyone's life. Almost all of us are present on the different social media apps. It is difficult to imagine our life without it, as you get many gains from

Social media entertains you, help you to communicate with people, keeps you well informed and also helps to increase your business. But there is also a negative side to it. So today, we will focus on the harmful side of social media and discuss how our life without it would be?

Social media takes us away from our dear ones. Absence of social media in our life would help us to realize the value of people who are close to us in our real life. In this scenario, we would start spending more time with our friends and family, interact with them and have fun with them.

When your start living your life without social media, you become very confident about yourself, your work and your personality. This is because you start living independently from other people's opinions and view regarding your lifestyle. You are least affected by what people have to say about your life choices, this helps to boost your confidence and self-belief. you will find more time for yourself and you can utilize this time wisely on your betterment so as to bring an improvement in yourself. You become your own friend and start enjoying your own company.

Social media can sometime really be mentally tiring frustrating and stressful. It does entertain you in many ways, but it also sometimes spreads negativity around you by influencing you about certain things.

When you don't have access to social media, you try finding innovative ways to entertain yourself. one such new way of spending your time in the absence of social media would be by living to mother nature.

Thus we get that there are many beneficial things which we fail to loo at, due to social media. Hence each one of us shall try to take a break from the virtual world and live in the real world happily and peacefully.

Ms. Tina Uchil
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Dear Readers,

As we come to the end of this year's edition of our college magazine, we want to express our sincere gratitude to each and every one of you for your support and participation. This year's theme, 'Life without Social Media,' has prompted us to reflect deeply on the impact of technology on our lives and the importance of fostering meaningful connections beyond the digital realm. Your contributions, whether through articles, artwork, or personal reflections, have enriched our exploration of this topic and sparked valuable conversations within our community.

As you turn the final page and venture back into the world, we encourage you to embrace the lessons learned and strive for a balanced approach to technology and human connection. May you find fulfillment in authentic relationships, meaningful experiences, and moments of genuine presence. Here's to a future filled with meaningful connections, deep conversations, and a renewed appreciation for the beauty of life offline. Thank you once again for being a part of this journey with us. Wishing you all the best in your endeavors.





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