



**DCT'S  
DHEMPE COLLEGE OF ARTS AND SCIENCE  
MIRAMAR PANAJI GOA  
2023-2024**



**COUNSELLING CELL**

**SESSION ON SOCIAL MEDIA ADDICTION**

In the age of digital connectivity, social media platforms have become ubiquitous, and with them, the concerning rise of social media addiction. This report provides an overview of a dedicated session on social media addiction, aiming to investigate its causes, impact, and potential solutions. The session was conducted on 17th October 2023, at 12:30 pm in the AV Room.

**Objectives:**

The primary goals of this session were to delve into the multifaceted issue of social media addiction, understand the psychological and behavioural drivers behind it, and equip participants with strategies to mitigate the adverse effects and foster a healthier online presence.

**Participants' Profile:**

The session attracted 34 students from various classrooms. Some participants acknowledged significant disruptions to their daily routines and personal relationships due to excessive social media engagement.

**Proceedings:**

The session unfolded as an informative and interactive platform where participants engaged in a multifaceted exploration of social media addiction. The resource person Ms. Aafreen Khan shed light on psychological mechanisms underpinning addictive behaviours, offering insights into the factors contributing to excessive screen time. These discussions were followed by dynamic group interactions, where participants candidly shared their personal experiences, triggers, and challenges related to their online presence. The session provided practical guidance on initiating a digital detox, adopting mindful online practices, and managing screen time effectively. Overall, the proceedings fostered an environment of self-awareness, understanding, and empowerment, equipping participants with tools and knowledge to address their social media addiction and lead a more balanced digital life.

## Outcomes:

The session illuminated the intricate nature of social media addiction, helping participants gain a deeper understanding of the emotional and behavioural aspects contributing to their dependency. The strategies and tools shared throughout the session aimed at empowering individuals to regain control over their online interactions and prioritise their mental well-being. Many participants left with a renewed commitment to moderating their social media consumption, adopting healthier digital habits, and seeking support when required, marking a significant step toward recovery and an improved overall quality of life.



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