



BVRIT HYDERABAD College of Engineering for Women

(UGC Autonomous Institution | Approved by AICTE | Affiliated to JNTUH)
(NAAC Accredited – A Grade | NBA Accredited B. Tech. (EEE, ECE, CSE and IT))
Bachupally, Hyderabad - 500 090

Name of the Event: Fake Relationships & Social Media Addiction

Name of the Resource Person: Dr. Anitha Are, Clinical Psychologist.

Date (s) of Conduction: 15-02-2024 & 16-02-2024

Name of the Co-Ordinators: Dr.K. Kavitha

Organized by: : Department of Basic Sciences and Humanities , BVRIT HYDERABAD
College of Engineering for Women.

No. of Participants: 120 Faculty members

About the Event:

. The Speaker, Dr. Anitha Are, Professional Counselor ,(Clinical Psychologist) handled the session energetically with an emphasis on Fake Relationships & Social Media Addiction . She also motivated the students to create their own identity and leave their mark wherever they are student The information about today's generation and thoughts and How the tips to avoid them. How to maintaining good relationship with parents and useful tips to avoid social media addiction .

Tips for how to avoid Fake Relationships :

1. Don't compromise on your self-respect.
2. Focus on your physical and mental well-being.
3. Involve in spiritual activity on a daily basis.
4. You will automatically come out of fake relationship if you follow above steps.
5. If you try to forcefully come out of such relationship, it leads to irritation and you can harm yourself.

Tips for how to avoid Social Media Addiction :

1. Break the habit of automatically checking your phone. ...
2. Disable notifications. ...
3. Uninstall social media. ...
4. Digital fasting once a week. ...
5. Don't mix work and entertainment. ...
6. 'No-phone' rules. ...
7. Replace digital with physical activities.



K. kavitha

Dr.K.Kavita
Associate. Professor

Dr. KVN Sunitha
Principal

