



**Jayaraj Annapackiam College for Women
(Autonomous), Periyakulam**

Accredited with 'A⁺' Grade in (Cycle 4) by NAAC

(Counselling Cell)

(21st January 2026)

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| 1. Title of the Programme | : Awareness of Social Media Addiction |
| 2. Name of the Co-ordinator/s | : Dr. Sr. A. Scarlet |
| 3. Date | : 21.01.2026 |
| 4. Number of participants | : Students |
| 5. Resource Person/s | : Rev. Fr. A. Chinnasamy Yesuraj |
| 6. Brief description of the event | : Enclosed |
| 7. Circular / Brochure of the event | : Enclosed |
| 8. Photos (Minimum 2geotagged to
be attached) | : Enclosed |
| 9. List of participants | : 1500 |

Report on Guest Lecture on “Awareness of Social Media Addiction” Held on 21.01.2026

The Counselling Cell and JACSAFA of Jayaraj Annapackiam College (Autonomous) jointly organised a guest lecture on **21 January 2026** on the topic “**Awareness of Social Media Addiction**” for all students of the college. The programme was conducted with the objective of creating awareness about the responsible and balanced use of social media.

The session was led by **Rev. Fr. A. Chinnasamy Yesuraj**, Director, *Thedal Institute of Spirituality*, Kodairoad who served as the resource person for the programme.

The programme commenced with a prayer invoking God’s blessings, followed by a warm welcome address delivered by **Dr. A. D. Padmasree**, Associate Professor of History and Coordinator of JACSAFA. The chief guest was then formally honoured by **Rev. Sr. Dr. A. Scarlet**, Vice Principal and Coordinator of the Counselling Cell, by presenting a shawl as a mark of respect.

In his lecture, the speaker explained the concept of social media and highlighted its rapid growth in recent years. He elaborated on the various social media platforms commonly used by students and discussed both the positive and negative impacts of social media. While emphasizing its usefulness in education and communication, he also cautioned against excessive usage, drawing attention to issues such as mental health challenges, time mismanagement, and reduced real-life interaction.

The speaker shared practical strategies to overcome social media addiction and encouraged students to maintain a healthy balance between online engagement and real-life activities. The session was highly interactive, with students actively participating and seeking clarification on their doubts.

All students assembled at the venue at the scheduled time, and their attentive participation contributed to the success of the programme. The guest lecture proved to be informative and thought-provoking, leaving a positive impact on the students.

The programme concluded with a vote of thanks proposed by **Dr. P. K. Santhi**, Head, Department of Mathematics and Member of the Counselling Cell.

JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN



(AUTONOMOUS)

(Government - Aided College)

A unit of the Sisters of St. Anne of Tiruchirappalli

DST - FIST Supported College Since 2016

Accredited with 'A' Grade in 4th Cycle by NAAC

Affiliated to Mother Teresa Women's University, Kodaikanal.

PERIYAKULAM - 625601, THENI DT.

COUNSELLING CELL

&

Jayaraj Annapackiam College St. Anne's Federal Assembly (JACSAFA)

Jointly Organizes a Guest Lecture

on

Title: *Social Media: The Good, The Bad & The ugly -
Shaping your Personality in the Digital Age.*

DATE: 21.01.2026

VENUE: St. Anne's Indoor Auditorium

Resource Persons



Rev. Fr. A. Chinnasamy Yesuraj

Director, Thedal Institute of Spirituality
Kodairoad.

Patrons



Rev. Sr. Dr. S. Iruthaya Kalai Selvam

Principal



Rev. Sr. Dr. M. Rajeenal

Mother Superior



Rev. Sr. Dr. R. Shantha Mary Joshitta

Secretary

Organizers

Sr. Dr. A. Scarlet

Vice principal &
Counselling Cell Coordinator

Dr. A. D. Padmasree

Associate Professor &
JACSAFA Co - ordinator.



