

Report on Awareness Sessions for UHV Students

Topic: *Identity, Peer Influence & Social Media*

Organized by: Counselling Cell, Sardar Patel Institute of Technology (SPIT)

In Collaboration with: Anant Dwivedi Foundation

Target Audience: First-Year UHV Students

Resource Person: **Ms. Reena Dwivedi**, Anant Dwivedi Foundation

Report

The Counselling Cell of Sardar Patel Institute of Technology (SPIT), in collaboration with the **Anant Dwivedi Foundation**, organized two interactive awareness sessions on "**Identity, Peer Influence & Social Media**" for first-year students enrolled in the **Universal Human Values (UHV)** course.

The sessions were conducted on **9 April 2026** (12:15 PM – 1:15 PM) and **15 April 2026** (2:15 PM – 3:15 PM) at the SPIT campus. The sessions were facilitated by **Ms. Reena Dwivedi**, who engaged students through discussions, interactive activities, and real-life examples.

The programme focused on helping students understand identity formation, the influence of peers on decision-making, and the impact of social media on emotional well-being, self-esteem, and interpersonal relationships. Students were encouraged to think critically about responsible digital behaviour, managing peer pressure, maintaining a healthy online-offline balance, and making informed choices aligned with their personal values.

The sessions witnessed enthusiastic participation from the students, with active interaction during discussions and question-and-answer segments. Students appreciated the practical examples and reflective activities, making the sessions engaging and relevant to their daily lives.

The Counselling Cell expresses its sincere gratitude to **Ms. Reena Dwivedi** and the **Anant Dwivedi Foundation** for conducting these meaningful sessions. The programme successfully complemented the objectives of the **Universal Human Values (UHV)** course by promoting self-awareness, responsible behaviour, and holistic personal development among first-year engineering students.

