



## **REPORT ON**

### ***GROUP DISCUSSION AND QUIZ CLUB EVENT***

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**Date:** Saturday, 02 August 2025

**Venue:** Auditorium, Sarojini Naidu Vanita Pharmacy Maha Vidyalaya

**Coordinator:** Dr. Koppala R.V.S. Chaitanya, Associate Professor, Department of Pharmacology,

**Student Coordinators:** Ms. Bhanu Deepika M.Pharmacy II Semester; Ms. Bathula Jayasri M.Pharmacy II Semester

**Organized by:** Group Discussion and Quiz Club

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#### **EVENT OVERVIEW**

On 02 August 2025, the Group Discussion and Quiz Club of Sarojini Naidu Vanita Pharmacy Maha Vidyalaya organized a skill-development session in the college auditorium. The event was coordinated by **Dr. Koppala R.V.S. Chaitanya**, Associate Professor, Department of Pharmacology.

The coordinator began by welcoming participants and **explaining the scope of Group Discussion (GD)** in academic, professional, and competitive scenarios. He noted that GDs are widely used in corporate recruitment, campus placements, public policy debates, and collaborative decision-making.

He then outlined the **rules for an effective GD**:

1. Speak clearly and confidently.
2. Listen attentively without interrupting.
3. Support arguments with facts, examples, and logical reasoning.
4. Respect differing opinions and maintain politeness.
5. Keep correct posture, eye contact, and time management.



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### Applications in Real Life:

Dr. Chaitanya emphasized that GD skills enhance teamwork, leadership, critical thinking, and communication qualities essential for pharmacists in healthcare discussions, pharmaceutical industry meetings, and public awareness programs.



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# GROUP DISCUSSION & QUIZ CLUB SESSION

**ORGANIZED BY: GROUP DISCUSSION AND  
QUIZ CLUB**

We invite you to the Group Discussion and Quiz Club session with a promise of engaging and intellectually stimulating experience, where you can showcase your knowledge, critical thinking, and communication skills. We encourage all interested students to participate and make the most of this opportunity.

**02 AUGUST 2025  
03:00 PM - 04:00 PM**

**Topics for GD:**

1. Should Artificial Intelligence Replace Human Workers in Certain Industries?
2. The Impact of Social Media on Mental Health: Is it a Net Positive or Negative?


**PRESIDED BY  
DR. B. PRABHA SHANKAR  
CHAIRMAN, SNVPMV**

**DR. B. HAARIKA  
VICE-PRINCIPAL  
SNVPMV**

**DR. T. MAMATHA  
PRINCIPAL  
SNVPMV**

**DR. N. SRINIVAS  
DIRECTOR  
SNVPMV**

**SRI B. HANUMANTHA RAO  
HON. SECRETARY  
SNVPMV**





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### Topics Given in Advance

1. *Should Artificial Intelligence Replace Human Workers in Certain Industries?*
2. *The Impact of Social Media on Mental Health: Is it a Net Positive or Negative?*

A team of ten students selected the second topic and were given **10 minutes to prepare** before beginning the discussion.

S. No.	Name	Class & Section
1	Ayesha	II B.Pharmacy (B)
2	Vedamukhi	III B.Pharmacy (B)
3	Nikitha	II B.Pharmacy (A)
4	Haarika	II B.Pharmacy (A)
5	Nandini	I B.Pharmacy (A)
6	Vasanthi	II B.Pharmacy (A)
7	Mithili	III B.Pharmacy (A)
8	Jyothi	III B.Pharmacy (A)
9	Veenila	II B.Pharmacy (A)
10	Niharika	III B.Pharmacy (B)

### DETAILED DISCUSSION TRANSCRIPT

**Topic:** *The Impact of Social Media on Mental Health: Is it a Net Positive or Negative?*

**Number of Participants:** 10

**Time Allotted:** 10 minutes preparation + 15 minutes discussion

**Ayesha (Initiator):**

*"Good morning everyone. Social media has changed the way we communicate. We can now talk to people across the globe in seconds. But along with these benefits, we can't ignore the mental health concerns — anxiety, depression, reduced attention span — especially among young people like us. I believe we should discuss both the positives and negatives before deciding whether the impact is net positive or negative."*

**Vedamukhi:**

*"I agree with Ayesha that both sides must be considered. On the positive side, social media has become an amazing tool for education, career networking, and awareness campaigns. I've personally learned a lot about mental health because of online awareness posts. But, yes,*



*it also causes unhealthy comparisons and sometimes cyberbullying, which can deeply affect mental health."*

**Nikitha:**

*"For me, the negative side stands out more. Many students, including myself at times, end up scrolling endlessly without realizing the time lost. And what's worse is we compare our real lives with the highlight reels others post — that can lead to feelings of inadequacy and low self-esteem."*

**Haarika:**

*"Nikitha makes a good point, but I think the effect depends on how the individual uses it. If we set time limits, follow meaningful content, and avoid toxic accounts, social media can actually improve our knowledge and mood. So, self-control is the key."*

**Nandini:**

*"I'd like to add that research shows prolonged screen time can disrupt sleep cycles and increase feelings of loneliness. Even with hundreds of online friends, people can still feel isolated because digital connection can't fully replace real-life interaction."*

**Vasanthi:**

*"True, Nandini, but let's not forget the benefits during emergencies. During the pandemic, social media helped families find oxygen cylinders, hospital beds, and medicines. It's a powerful tool for rapid information sharing in crisis situations."*

**Mithili:**

*"That's valid, Vasanthi, but the same platforms also spread misinformation. We've all seen false remedies and exaggerated news causing panic. This misinformation can lead to stress, especially when it's about health or safety."*

**Jyothi:**

*"As pharmacy students, we can actually use these platforms for good — sharing verified drug information, health tips, and awareness campaigns. Unfortunately, many of us end up wasting hours on memes and unrelated entertainment instead."*

**Veenila:**

*"I agree with Jyothi. Ultimately, the platform itself isn't bad. It's like a knife — useful if used correctly, harmful if misused. If users are disciplined and aware, the benefits will outweigh the risks."*

**Niharika (Concluder):**



*"From all the points we discussed, it's clear that social media is a double-edged sword. Its impact on mental health depends on how consciously we use it. With self-regulation, digital literacy, and fact-checking, it can be a net positive. Without these, it can easily turn into a mental health burden."*

### **Summary of Discussion**

The participants evaluated social media's role from multiple perspectives:

- **Positives:** enhanced connectivity, educational resources, career networking, awareness campaigns, and effective emergency communication.
- **Negatives:** addiction, low self-esteem, cyberbullying, misinformation, disrupted sleep, and loneliness. The group agreed that personal discipline, content selection, and awareness are essential to make social media a positive influence.

### **Observation on Discussion Flow:**

- **Initiator (Ayesha)** set a balanced and open tone.
- Participants naturally built upon each other's points, showing agreement or counterpoints respectfully.
- **Positive points:** connectivity, awareness, education, crisis communication.
- **Negative points:** addiction, low self-esteem, misinformation, loneliness, disrupted sleep.
- **Concluder (Niharika)** tied together the discussion with a solution-oriented summary.

### **Outcome of the Event**

The discussion fostered analytical thinking, respectful communication, and teamwork. Students confidently expressed ideas, supported their statements with reasoning, and acknowledged opposing views.

The coordinator praised their preparation and encouraged them to use GD skills in academic discussions, industry interviews, and public health programs. He reiterated that effective communication is a vital skill for future pharmacists, especially in patient counseling, interdisciplinary collaboration, and health education campaigns.





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*Students actively participating in Group Discussion in Auditorium at SNVPMV*





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