

SUMMARY OF CLASS 11

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Topic: Social Media

1. Negative impacts:

We discussed in the class that how social media affects our life. We are slowly becoming slaves of social media. They are controlling our mind and taking our lots of time. We saw the ted talks in which a person tells that he felt very relaxed and free after leaving social media.

2. Positive impacts:

Source of information and helps in interacting with different people.

3. Can we live without social media?

Yes, it's possible. As we saw the ted talks, we found out that it's possible to live without social media and it feels free and better to live without social media.

4. Difference between in-person connection v/s social media connection

Meeting people is always better than talking them online. You get to work with them, spend time with them and learn.

Audit of my social media use:

I feel very good when I am away from social media.

Social media causes headache and wastes time.

Unfortunately I can't leave social media fully because every thing is informed through email or facebook pages.