

Maharashtra Education Society's  
**MES Night College of Arts and Commerce**  
Karve Road, Pune

## **No Mobile Day**

Date: July 11, 2019

Venue: College Campus

Guest Speaker: Mrs. Medha Kulkarni

MES Night College of Arts and Commerce took a bold step towards promoting digital detox and fostering real-world connections by organizing a "No Mobile Day" on July 11, 2019. The initiative aimed to encourage students and staff to disconnect from their mobile devices for a day and engage in face-to-face interactions, emphasizing the importance of human connections in the digital age.

The guest speaker Smt. Medha Kulkarni explained to the students the advantages and disadvantages of using mobile phones and the consequences. The aim was to create awareness about moderate use of mobile phones.

On the designated day, the campus buzzed with a different energy as students and faculty willingly surrendered their mobile devices upon entering the college premises. The initiative aimed not only to reduce screen time but also to create a conducive environment for meaningful conversations, collaboration, and personal interactions.

The No Mobile Day at MES Night College of Arts and Commerce was a success, leaving an impact on the college community. The event served as a reminder to prioritize real-world connections and to consciously manage screen time for a healthier and more fu

Photo:



**Guest Speaker Mrs. Medha Kulkarni explaining the importance of No Mobile Day**