

# The Spintronics NEWS LETTER

**JB Institute of Engineering & Technology**

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## Vision

To be a guiding force enabling multifarious applications in Electronics and Communications Engineering, promote innovative research in the latest technologies to meet societal needs.

## Mission

- To provide and strengthen core competencies among the students through expert training and industry interaction.
- To promote advanced designing and modeling skills to sustain technical development and lifelong learning in ECE

## **INSIDE HIGHLIGHTS**

HOD'S MESSAGE

EVENTS

STUDENTS ACHIEVEMENT

ARTICLES



Dr. Towheed Sultana  
ME, PhD  
Principal

*"I wish all the best for the Dept. for upcoming Semester. I also thank all for their efforts for successfully completing the last semester"*



Dr. S. Ibrahim Sadhar  
HOD, ECE

*"I thank Principal and management for their efforts"*

## EVENTS

### Technical Events Conducted

- Workshop on 'MATLAB & its Applications.
- Workshop on PCB.
- BOS Meeting.

### Social & Cultural Events Conducted

- Engineers Day Celebration.
- Department POT Lunch.

## GALLERY



Workshop on MATLAB & Its Application



Engineers Day Celebration



Workshop on PCB



BOS Meeting

## ARTICLE

### Social Media

Social media platforms like Instagram and Facebook have become ingrained in the lives of countless individuals.

Social media usage in particular has increased dramatically over the last decade and continues at an incline. Few Research Center indicates that 71% of 13- to 17-year-olds use Facebook, 52% use Instagram, and 41% use Snapchat in 2015.

It offers a collaborative space for social interaction between seemingly infinite numbers of people. Several benefits have been identified in relation to the routine use of social media platforms. “The six key overarching benefits were identified as (1) increased interactions with others, (2) more available, shared, and tailored information, (3) increased accessibility and widening access to health information, (4) peer, social, emotional support, (5) public health surveillance, and (6) potential to influence health policy”.

In fact, experts worry that the social media and text messages that have become so integral to teenage life are promoting anxiety and lowering self-esteem.

The gold standard advice for helping kids build healthy self-esteem is to get them involved in something that they’re interested in. It could be sports or music or taking apart computers or volunteering—anything that sparks an interest and gives them confidence. When kids learn to feel good about what they can do instead of how they look and what they own, they’re happier and better prepared for success in real life.

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