



REGENT EDUCATION & RESEARCH FOUNDATION

Group of Institutions

Essay Competition

The Internal Committee of Regent Education and Research Foundation Group of Institutions organized an Essay Competition on the occasion of National Girl Child Day, centered on the theme “*Social Media, Safety, and Self-Worth: New Challenges for the Girl Child.*” The event aimed to raise awareness about the evolving challenges faced by young girls in the digital era and to encourage students to express their thoughts and perspectives on this important issue.

The competition provided a platform for participants to critically analyze the impact of social media on the safety, confidence, and overall wellbeing of the girl child. Through this initiative, the institution sought to promote sensitivity, awareness, and responsible digital behavior among students while celebrating the spirit and rights of the girl child.

Organizing Committee:

Name	Designation	Position
Dr. Nibedita Mukherjea	Professor	Chairperson
Ms. Labani Nandi	HoD (CE)	Convener
Ms. Payel Chakraborty	Assistant Professor	Member
Ms. Munmoon Chaki	Assistant Professor	Member
Ms. Ashmita Guha Chowdhury	Assistant Professor	Member
Ms. Mitali Shaw	Assistant Professor	Member
Ms. Madhabi Ghosh	Assistant Professor	Member
Mr. Mrinmay Das	Assistant Professor	Member
Mr. Ashes Rakshit	Assistant Professor	Member
Ms. Saheli Ghosh Mukhapadhyaya	Assistant Professor	Member
Ms. Samapika Sinha	Head Training and Placement Officer	Non-Teaching Member
Ms. Deblina Chatterjee	Psychological Counsellor	Non-Teaching Member
Ms. Shreya Chakraborty	Assistant Professor	External Member
Mr. Tanmay Bose	Student	Student Member
Ms. Muskan Shaw	Student	Student Member
Ms. Antima Bera	Student	Student Member

Inauguration: In the Inaugural Program, a warm welcome address was given by Ms. Labani Nandi, Convenor of IC Cell, RERFGI.

Venue: RERF

Number of Participants: 27

Campus : Regent Education & Research Foundation Group of Institutions

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Judge Details:

Ms. Dipali Kirtania



Dipali Kirtania is a dedicated educator currently serving as an Assistant Professor of English at Regent Education and Research Foundation and is pursuing her PhD. She holds an M.A. in Vocal Music (Kheyal) from Rabindra Bharati University and an M.A. in English from Calcutta University, along with a B.Ed. from WBUTTEPA.

With over five years of teaching experience in CBSE schools, she specializes in blending literature, technology, and ethical perspectives in education.

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Flyer:

**REGENT EDUCATION AND RESEARCH
FOUNDATION GROUP OF INSTITUTIONS**

**CELEBRATION OF NATIONAL
GIRL CHILD DAY**

ORGANIZED BY INTERNAL COMMITTEE

**ESSAY**

COMPETITION

**Topic : Social Media, Safety, and
Self-Worth: New Challenges for the
Girl Child**

Registration link:
<https://forms.gle/qSvy7BxBUjA58SyU7>

Submission date: 31st Jan, 2026





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Certificate:



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Social Media, Safety and Self-Worth New Challenges for the Girl Child.

Social media has become an essential part of modern society, especially for young people. It allows individuals to communicate, share ideas, and access information easily. For the girl child, social media can be a powerful tool for learning, self-expression, and empowerment. However, along with its benefits, social media also creates new challenges related to safety and self-worth, which can deeply affect the lives of young girls.

One of the positive aspects of social media is that it provides girls with opportunities to learn and grow. Educational videos, online courses, and informative pages help girls gain knowledge beyond textbooks. Social media also allows girls to express their creativity through writing, art, music, and other talents. Many girls find inspiration by following strong and successful women who motivate them to dream big and become confident. In this way, social media can support personal development and awareness.

Social media also plays an important role in building confidence and self-expression. Girls can share their thoughts, opinions, and talents with a wider audience. This helps them feel heard and valued. For girls living in conservative or restricted environments, social media can act as a space where they find support, encouragement, and awareness about their rights. In this way, social media can support personal development and empowerment.

Despite these advantages, social media also creates serious challenges for the girl child. One of the biggest concerns is online safety. Young girls are often exposed to cyberbullying, online harassment, and misuse of personal information. Fake profiles and strangers can pose serious threats. Such experiences can cause fear, anxiety, and emotional stress at a young age.

Another major issue is the impact of social media on self-worth. Constant comparison with others, unrealistic beauty standards, and negative comments can damage a girl's self-esteem. Many girls feel pressured to look perfect or gain approval through likes and followers. This can lead to insecurity, low confidence, and mental health problems. Excessive use of social media may also distract girls from studies and reduce real-life social interactions with family and friends.

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Social Media Safety, and Self-Worth: New Challenges for the Girl Child

In today's digital world, social media has become an influential part of everyday life, especially for children and adolescents. While it provides opportunities for communication, learning, and self-expression, it also presents serious challenges for the girl child. Concerns related to online safety, mental health and self-worth have grown significantly, making it essential to understand how social media affects young girls and how these challenges can be addressed.

One of the major issues faced by girls on social media is online safety. Girls are often more vulnerable to cyberbullying, online harassment, stalking and exploitation. Hurtful comments, body shaming, and threats can spread rapidly across platforms, causing emotional distress. Unlike traditional bullying online abuse is constant and difficult to escape, as it follows the victim everywhere through digital devices. This exposure can lead to fear, anxiety and a loss of trust, negatively affecting a girl's emotional and psychological well-being.

Another serious challenge is the impact of social media on self-worth. Many platforms promote unrealistic standards of beauty, popularity, and success through edited photos and carefully curated content. Young girls, who are still developing their identities, may begin to compare themselves with these unrealistic images. When they fail to match these standards, feelings of inadequacy, low self-esteem, and self-doubt can arise. The pressure to gain likes, followers and approval often makes girls measure their value through online validation rather than their personal achievements or character.

Social media can also influence how girls express themselves and view their abilities. Fear of negative reactions may prevent them from sharing opinions, participating in discussions, or exploring unique interests. Additionally, exposure to inappropriate or misleading content can distort their understanding of healthy relationships, consent, and self-respect. Without proper guidance, girls may internalize harmful messages that affect their confidence and future choices.

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