



THE SOCIAL MEDIA DILEMMA

CAN'T
LEAVE IT
CAN'T
LIVE WITH IT!



While many of us enjoy staying connected on social media, excessive use can fuel feelings of;
Anxiety, Depression, FOMO

FIND OUT HOW TO HANDLE SOCIAL MEDIA POSITIVELY IN OUR LIFE.



Maitreyi Gayatri
Panelist



Priti Roy
Panelist



Rigved Sawant
Anchor

10TH OCT, 2021 | 4:00 PM IST

#LET'S TALK ABOUT CONVERSATIONS THAT MATTER!



Report

To celebrate World Mental Health day 2021, Youth for Global Peace and Transformation in association with Counseling & Guidance Cell, University of Lucknow organized an on line program on “ The social media Dilemma”: Can’t leave it Can’t live with it.

In today’s world, many of us rely on social media platforms to find and connect with each other. While each has its unique benefits, it also has a negative impact on mental health of students. It may create a false sense of self – esteem which may be quite harmful for future development and adult role taking behaviors. This false sense of self may leave a student with feelings of loneliness, anxiety and depression. The panelists were Maitroyi Gayatri, Priti Roy and Rigved Sawant. Who discussed how social media can influence our mental health and how we can check an over dependence on social media and safeguard our mental health and relationships. The program was attended by 200 participants out of which 47 students were from University of Lucknow and many were the followers of Maitribodh Parivar across India. Many students asked questions with the panelists and satisfied their quires.

