

## THE SOCIAL MEDIA DILEMMA



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

**10<sup>TH</sup> OCT, 2021 | 4:00 PM IST**

**#LET'S TALK ABOUT CONVERSATIONS THAT MATTER!**



## **Report of the Program on The Social Media Dilemma**

Organised by YGPT, Maitribodh Parivar, Maharashtra in association with  
Counselling and Guidance Cell, University Of Lucknow

Topic: Can't leave it; Can't live with it.

Date-10 October, Sunday

Time-4:00 PM

Kindly register for the zoom session:

<https://us02web.zoom.us/meeting/register/tZcof-mgqTIsHtKlOOUw0ZTQhKd8n8F0UTBk>

Main Points covered:

- In today's world, many of us rely on social media platforms to find and connect with each other. While each has its benefits it also has a negative impact on our mental health.
- Find out how social media influences our mental health and lots more.
- False self esteem is built up and how to check it.

## **Feedback from Department of Medieval Indian History and Geography**

Thanks Madhurima ji for organising the wonderful programme on mental health in collaboration with Maitribhodh Parivar on 10th October 2021.

Attendance

Teaching Faculty of the Department of Medieval and Modern History: 04: Geography 02

Students :27

Feedback : Excellent Programme

I am posting 2 comments from the students

1. I thought this course was incredibly good . The tutor was very competent in her field and as such was able to provide live examples and discuss with great knowledge ... one of the best course s I have attended would like to attend such more courses in future as well . Thank you 🙏

Swechcha Dubey (MIH)

2.Special thanks for such a knowledgeable session...

Sujit Singh (MIH)

3. Astha Singj, Nancy Tripathi and Shruti patel, MA sem 3 from geography

The program was very nice and useful for students.