



National Service Scheme

Group Discussion Report on

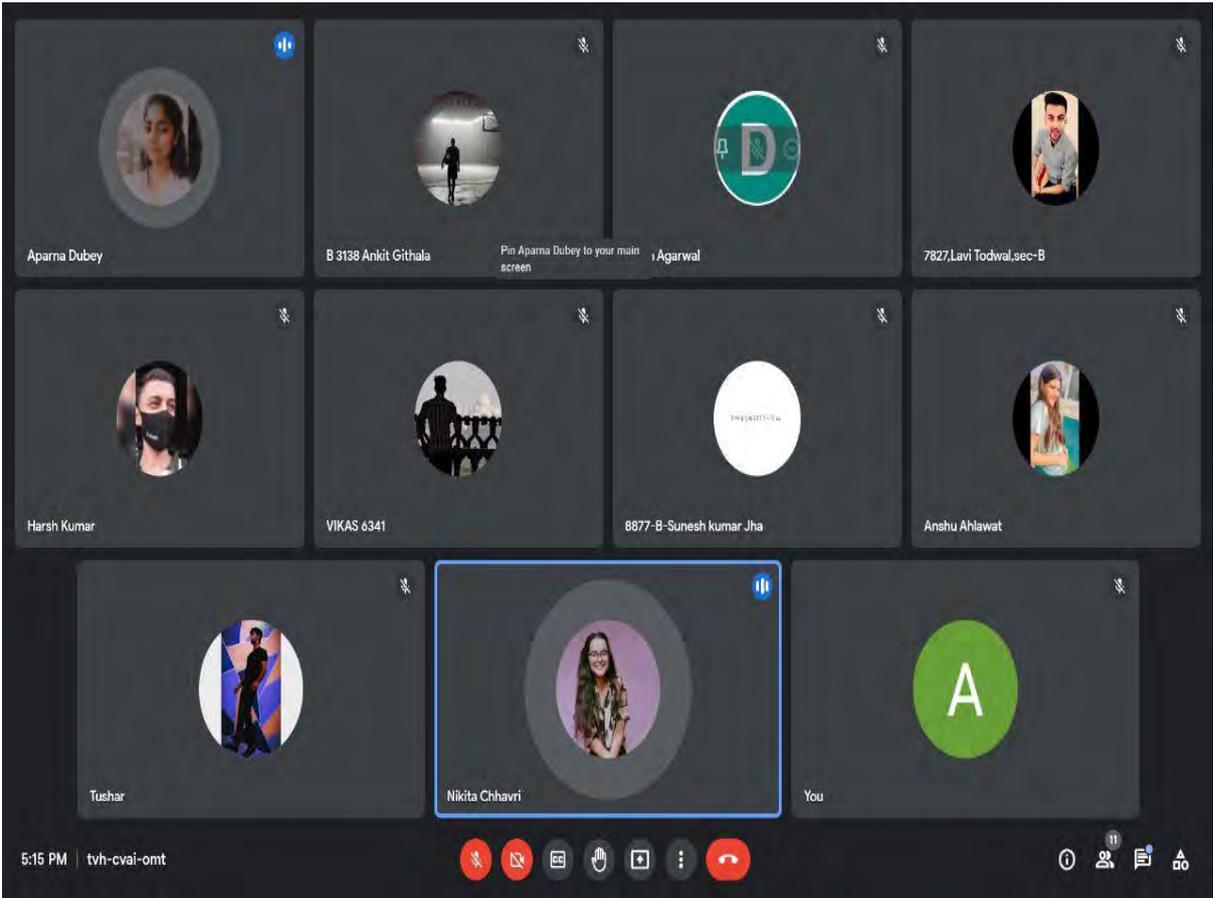
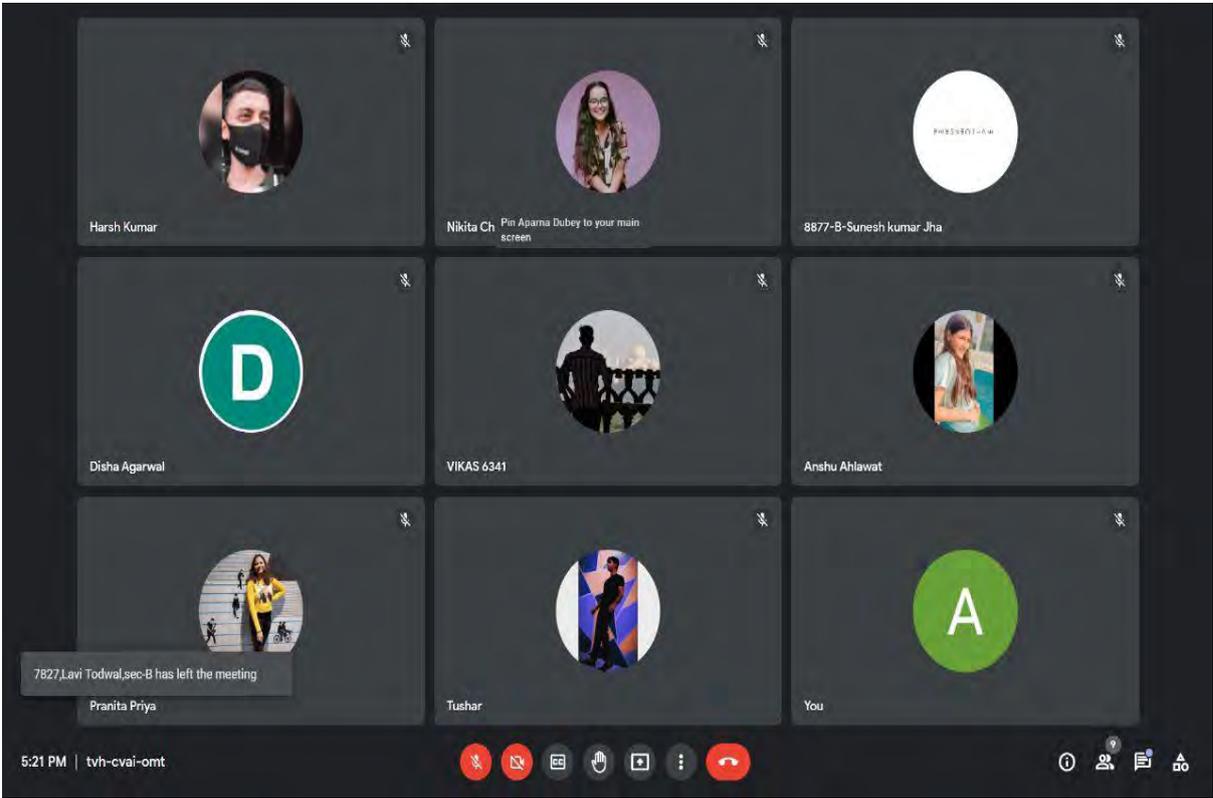
“Social Media And Mental Health”

10th October, 2022

The National Service Scheme unit of SLC organised an Online Group Discussion on 10th October, 2022 on the occasion of World Mental Health Day 2022. The group discussion took place on Google Meet at 5:00 pm. The Theme of the Group Discussion was **“Social Media And Mental Health”**. More than 10 students participated in group discussion.

The motive of the discussion was to conduct group discussions among the students to spread awareness about **'How Social Media Affect our Mental Health'**. The discussion starts with an emphasis on the impact of Social Media on our mind and how in today's world many of us rely on Social Media platforms such as Facebook, Twitter, Snapchat, Instagram & You Tube to find and connect with each other.

Furthermore, the session focused on the importance of real human bond which can not be taken as a replacement with digital human bond. The group discussion concluded with an emphasis that excessive use of social media can weaken the mental health and therefore, to maintain the mental peace we must learn how to handle social media with sensibility and proper care.





SLC (University Of Delhi)
SHYAM LAL COLLEGE
NATIONAL SERVICE SCHEME

Organises

GROUP DISCUSSION

(on the occasion of World Mental Health day 2022)

On

**Social Media and
Mental Health**

 10th October, 2022

 Google Meet

 5:00 P.M.

Dr. Prabhat Sharma
(Programme Officer, NSS)

Prof. Rabi Narayan Kar
(Principal, SLC)



NSS_SLC



National Service Scheme, Shyam Lal College, DU



NSS_SLC

