



St. Vincent College
(Affiliated to Savitribai Phule Pune University)
Pune -411037

Title of the Event	Guest Lecture on Social Media and Mental Health		
Date of the Event	14th November 2024	Place of the event	St. Vincent College, Pune
Objectives of the Event	To raise awareness about the issue of mental health		
Name/s of the Resource Persons	Ms. Simran Pawar from the Maharashtra Institute of Mental Health, Pune		

A short narration of the program

The guest lecture aimed to explore the relationship between social media usage and mental health among youngsters, focusing on the benefits and challenges of the digital age and offering practical strategies for maintaining a balanced and healthy mental state.

Key Highlights

1. Introduction to the Lecture Topic

The resource person began by acknowledging the pervasive role of social media in young people's lives. It was described as a "double-edged sword" that facilitates connectivity, creativity, and information sharing but also contributes to mental health challenges such as anxiety, depression, and emotional exhaustion.

2. Positive Impacts of Social Media

- **Building Connections:** Social media enables global interactions, fostering friendships and cultural exchange across boundaries.
- **Creative Expression:** Platforms like Instagram, YouTube, and TikTok provide avenues for showcasing talents and hobbies, promoting a sense of achievement.
- **Awareness and Advocacy:** It serves as a space for raising awareness on social, environmental, and mental health issues, encouraging collective action.

3. Negative Impacts of Social Media on Mental Health

- **Excessive Usage:** The lecture addressed how addiction to social platforms leads to procrastination, neglect of real-world relationships, and poor academic performance.
- **Comparison Culture:** Social media often glorifies curated lifestyles, fostering unhealthy comparisons and feelings of inadequacy.
- **Cyberbullying:** The prevalence of online harassment and its emotional toll on young users were emphasized.



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- **Sleep Disruption:** The constant availability of social media disrupts circadian rhythms, leading to insomnia and fatigue.

4. Scientific Insights and Data

- Studies were presented showing links between high social media engagement and increased levels of anxiety and depression.
- Psychological mechanisms, such as dopamine release through likes, shares, and comments, were explained as contributors to habitual scrolling and its mental health repercussions.

5. Practical Strategies for Healthy Social Media Usage

- **Digital Detox:** Allocating specific times of the day for digital-free activities and encouraging offline hobbies.
- **Mindful Scrolling:** Engaging with content that is educational or uplifting rather than consuming toxic or negative posts.
- **Establishing Boundaries:** Turning off notifications, setting screen time limits, and avoiding excessive late-night usage.
- **Seeking Support:** Students were encouraged to speak with counselors or trusted individuals if social media was causing distress.

6. Interactive Q&A Session

The session included active participation from students who shared personal challenges related to social media.

- Some students highlighted the pressure of maintaining an online persona, while others mentioned anxiety from constant notifications.
- The resource person provided tailored advice and emphasized the importance of self-awareness and professional guidance when required.

The lecture concluded with a powerful message: social media is a tool that can either empower or harm, depending on how it is used. The resource person urged students to take control of their digital habits and prioritize their mental health.

Name of the Collaborating Agency	Maharashtra Institute of Mental Health, Pune
Learning Outcomes of the	The students were able to related their life experiences relating to social media and how it has an impact on their mental health



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Event for the Participants	
Learning Outcomes for the Organizing team	The expert was successfully able to demonstrate the connections between social media and mental health
No. of Participants	Students of St. Vincent College
Faculty in Charge	Dr. Gilbi John
Documents Attached	1. Photographs



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 **GPS Map Camera**

Pune, Maharashtra, India

10 B, Jamunabai R Joshi Marg, Mira Society, Vrindavan
Society, Guru Nanak Nagar, Pune, Maharashtra 411037, India

Lat 18.49936° Long 73.871338°

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