

# Delhi School of Professional Studies and Research

Affiliated to G.G.S Indraprastha University

(NAAC Accredited "A" Grade Institution)

## Guest Lecture on Effects of Social Media on our Mental Health

*Held On*


19<sup>th</sup> September, 2020

<b>Title</b>	Effects of Social Media on our Mental Health
<b>Date and Time</b>	19 <sup>th</sup> September, 2020
<b>Venue</b>	Virtual Platform (Zoom)
<b>Resource Person/Facilitator</b>	Ms. Ambika Monga
<b>No. of Participants</b>	250
<b>Summary</b>	A Guest lecture on "Effects of Social Media on our Mental Health" was organized by DSPSR on 19th September, 2020. The resource person for the session was Ms. Ambika Monga, Digital Content Writer. The lecture was organized by the Placement Cell of DSPSR for the students of B.COM (H) & BBA (G) and a total of 250 students participated in the same.
<b>Winners</b>	NA


*Ambika Monga*

Photographs of the event:


## SOCIAL MEDIA APPS THAT WE USE EVERYDAY




Instagram




WhatsApp



Snapchat



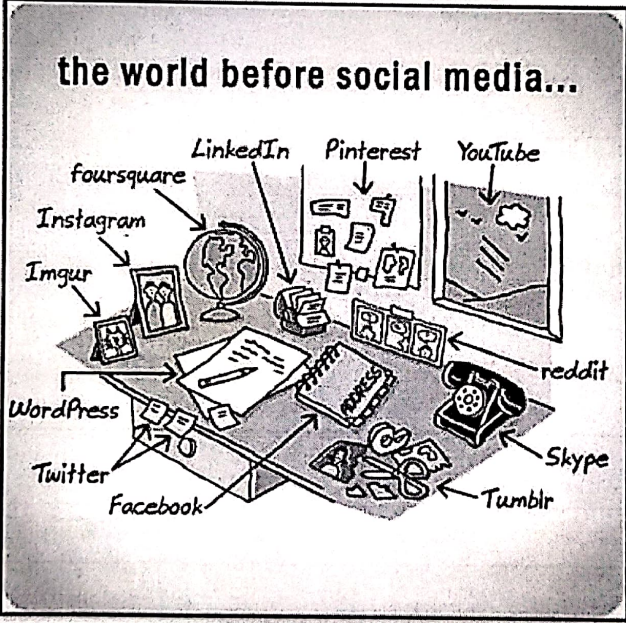
Facebook



Twitter

Ambika Mong...  
zoom

### the world before social media...



Ambika Mong...  
zoom

ambika