

# 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

Photographs of the event:

## SOCIAL MEDIA APPS THAT WE USE EVERYDAY



Instagram

WhatsApp



Snapchat

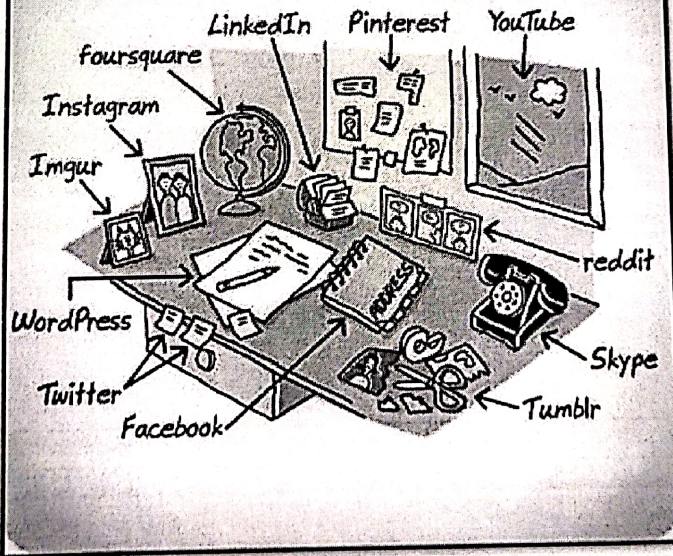
Facebook



Twitter

zoom

## the world before social media...



zoom