



*Public Relations and Media Centre*

October 12, 2022

**IUST webinar series on World Mental Health day: Addresses the effect of Social Media on Mental Health**

**Awantipora 12<sup>th</sup> October:** As a part of its Mental Health Awareness campaign and in continuation to the World Mental Health Day, Dean of Students, Islamic University of Science and Technology, conducted another Webinar on “Social Media sleep patterns and psychosocial stressors among youth” today.

Dr. Harshdeep Joshi, a renowned doctor and Associate Professor, Department of Community Medicine, Maharishi Markendeshwar Medical College and Hospital, was the main speaker for the event. Dr. Zahida Rasool, Medical officer, Health Centre IUST, moderated the session and spoke about how mental health has always been a priority at the IUST.

Speaking on the theme, Dr. Harshdeep Joshi talked about how reckless use social media has become a cause for rise in mental illness amongst youngsters. She further highlighted how the rise in number of suicide cases, self-harm and depression are a result of constant social media use.

Dr. Joshi talked about how social media has become an inseparable part of our lives leading to change in our sleep patterns and behavioral changes and emphasized on limiting the social media usage especially amongst kids while encouraging them to engage in outdoor activities.

The webinar saw the presence of number of students, scholars and faculty members from the university. The event concluded with a question and answer session, followed by a vote of thanks by Dr. Zahida Rasool.