



Do you find yourself sitting down to study or eat, but end up spending hours simply scrolling through your news feed checking out videos, messaging friends and sharing memes?

Been there, right? We're digital natives after all and it's not always possible to avoid something that's so important in today's era but here's what we need to ask ourselves - is social media our friend or a foe?

Studies have shown that addictive use of social media has a negative association with self-esteem and it's excessive or misuse is detrimental to well-being.

"So how do we ensure that we access social media in the right manner?" You might ask, and that's why, we bring you a fun and interactive session on -

"Social Media: A friend or a foe"

By Ms. Puroitree Majumdar, Senior Clinical Psychologist

When: Thursday, 15th April | 05:00 PM

Where: [Zoom](#) | **Meeting ID:** 839 5016 4133

Got questions for our expert? Register below.

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If you have any further doubts, concerns, queries, or simply want to say hi, drop us a mail at campus@yourdost.com.

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Team YourDOST**
