



The Effect Of Social Media On Mental Health

The Science and Humanities Department of MBC CET, Peermada conducted a Debate competition on Theme ***"The Effect Of Social Media On Mental Health"*** on 4th October, 2023 at the college mini auditorium, from 1.00 PM to 1.30 PM in cooperating the first year students of all the departments. The event was organized by Prof. Akhila Ashok.

The aim of organizing debate competition was to hone the public speaking skills of the students and teach them to be articulate while expressing their thoughts and opinions. The session was the kaleidoscope of opinions, thoughts and perspective that enhanced the knowledge and understanding about how social media now a day affects the teenagers.

To begin with, each participant spoke their mind on the rationale for, ***The Effect of Social Media On Mental Health***. Unsurprisingly, this led to a wide spectrum of contrasting views – from being heralded as an inevitable future.

Points presented were accepted by the spectators with cheers and claps. Some of the points even made us think about the facts. There was so much talent in the room. Arguments were made and roved. The competition was so interesting with the exchange of student's perspective by equally stating the merits and demerits of Social Media.

The event was judged by Pro. Renjitha m Thomas – Hod, Science and Humanities Department and Prof. Aleyamma Varghese.

There were 12 students from various departments who participated in this event with great enthusiasm. The winners of this competition were the team who projected the idea that Social media affects the mental health negatively. The members of the winning team are;

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| 1. | Bilal | EEE |
| 2. | Musthafa | EEE |
| 3. | Jittu Biju | CSE B |
| 4. | Fahad | ME |
| 5. | Annleya | ECE |
| 6. | Alphy Abhraham | CSE A |





