



Report

Scroll or Stroll: Debating Social Media's Impact on Mental Health

Event Details

Date: 4th March 2025

Time: 1:30 PM

Venue: Yoga Room, K.R. Mangalam University

Event Type: Debate Competition

Mode of Activity: Offline

Target Audience: Pan-University Students and Staff

Faculty Coordinator: Dr. Manju Rani (Convenor, Chetna Society)

Organized by: Chetna Society

Student Coordinators: Ishika, Kasak

Number of Participants: 43

On 4th March 2025, the Chetna Society at K.R. Mangalam University organized an engaging and thought-provoking debate competition titled "**Scroll or Stroll: Debating Social Media's Impact on Mental Health.**" The event aimed to explore the **psychological, social, and behavioral impacts** of social media usage. With the rise of digital platforms, their influence on **mental well-being** has become a significant concern, making this debate particularly relevant for students and faculty alike. The discussion focused on both **positive and negative effects**, including how social media fosters community and awareness while also contributing to issues like **anxiety, depression, and self-esteem struggles**.

The debate competition was **structured** to allow students to present **well-researched arguments** on different aspects of social media's influence. Some participants highlighted the **benefits of digital platforms**, emphasizing their role in **communication, education, and support communities**. Others presented a more **critical perspective**, discussing the **dangers of excessive social media consumption**, such as **comparison culture, cyberbullying, and digital addiction**. The event encouraged **open discussions**, enabling participants to engage in **constructive rebuttals and counterarguments**, thereby refining their **public speaking and critical thinking skills**.

One of the most **engaging parts of the event** was the **interactive discussion session**, where audience members posed challenging questions to the debaters. Topics such as **the ethical responsibility of social media companies**, the **effectiveness of digital detox programs**, and the **impact of social media algorithms on user psychology** were widely discussed. The session provided a **dynamic learning experience**, allowing students to engage with **real-world implications** of social media while thinking of **practical solutions** to its challenges.

A key highlight of the event was an **expert talk by Dr. Manju Rani**, who provided **insightful perspectives** on how social media affects mental health. She emphasized the **importance of self-awareness** in social media consumption and the **need for balance** between virtual interactions and real-world experiences. Her talk focused on strategies for **digital mindfulness**, including **self-regulation techniques, time management, and conscious online engagement**. Her insights helped students **reflect on their own social media habits** and encouraged them to adopt a more **thoughtful approach to digital consumption**.

The debate saw **exceptional performances from the participants**, leading to the recognition of outstanding debaters. **Hradyansh (LLB 2nd Sem)** secured **1st position** and was also awarded **Best Rebuttal** for his ability to challenge opposing arguments with strong logic. **Tanvee (BSc. Forensic I Sem)** won **2nd place** and was recognized as the **Most Persuasive Speaker** for her compelling delivery. **Bharti (BPT IV Sem)** secured **3rd position** and earned the title of **Best Performer** for her well-structured arguments. Other awardees included **Lakshya for Best Counter-Argument, Jingyasa for Most Analytical Speaker, Ayushi for Best Evidence-Based Argument, and Dishita for Most Engaging Speaker**. Each participant displayed **exceptional debating skills**, making the competition a remarkable experience for both speakers and the audience.

The event was a **resounding success**, with **positive outcomes** for all attendees. Students walked away with a **deeper understanding** of how social media affects mental well-being, along with strategies to **navigate digital spaces responsibly**. The debate not only **enhanced their analytical and public speaking abilities** but also encouraged them to think critically about their **own digital consumption habits**. The discussions initiated during the event have laid the foundation for **continued awareness and conversation** around mental health in the digital age.

In conclusion, the **"Scroll or Stroll"** debate was an intellectually stimulating event that provided a platform for students to **express, challenge, and refine their perspectives** on a highly relevant issue. The **Chetna Society** remains committed to **organizing more such initiatives**, fostering **mental well-being, digital literacy, and mindful living** among students.

Glimpses from the Event



 **Photo 1:** Participants presenting their arguments in the debate.



📷 Photo 2: Audience engagement during the discussion.



📷 Photo 3: Group photo.



📷 **Photo:** Student coordinator



📷 **Photo:** Group photo with winners