



**LIAQUAT UNIVERSITY
OF MEDICAL & HEALTH SCIENCES
JAMSHORO**

**POST
EVENT REPORT**

**PARTICIPATION OF LUMHS IN DIALOGUES TO
DEVELOP POLICY AND PLAN STRATEGIES TO
DEAL WITH MENTAL HEALTH ISSUES.**

YEAR - 2023

PARTICIPATION OF LUMHS IN DIALOGUES TO DEVELOP POLICY AND PLAN STRATEGIES TO DEAL WITH MENTAL HEALTH ISSUES.

Objective and Overview

LUMHS faculty recently participated in a significant roundtable dialogue on "Impact of Social Media on Mental Health," organized by the Sindh Mental Health Authority. This crucial event brought together esteemed individuals, to tackle the growing concerns surrounding mental health in the digital age which is affecting overall health and wellbeing dominantly to the mental health of overall community.

The event was hosted by Senator Karim Khuwaja and attended by a diverse group of stakeholders, comprising the Chief Secretary Sindh, Minister IT, academia, doctors, psychiatrists, and representatives from civil society. This gathering aimed to foster dialogue on developing policies and strategies to address the impending mental health challenges in Sindh.

Program details:

- Date: 18th July 2023
- Venue: Auditorium of Sindh Mental Health Authority

Key Objectives:

- Discuss the impact of social media on mental health, particularly among adolescents and young adults
- Develop policies to mitigate the negative effects of social media on mental well-being
- Create strategies for promoting healthy social media usage and digital literacy

Expert Insights:

The discussion likely drew from research highlighting the profound risks social media poses to teens, including increased rates of depression, anxiety, and poor sleep quality ¹. Experts probably emphasized the need for parents, educators, and policymakers to work together in promoting responsible social media use and providing support systems for vulnerable individuals.





