

31ST CLINICAL NEUROSCIENCE AND NEUROGENETICS CONFERENCE: MOBILIZING NEURONS TO REHABILITATE

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Social media - The antisocial media, it's challenges and impact on mental health

Well we live in a dynamic world of Social media. The world is divided into two Paradoxes , Real world and Online which is now declared a domain. We know the advantages of Social Media , how connected we are, how easy it is to communicate however what we disregard is the unknown dark realm of the Social Media with a dynamic interface which is very engaging and addictive in nature. With the expansion of Social Media and advent of smart phones, our universe is in our hands and just a touch away. Screen time has increased considerably, real time has decreased substantially, there is a false perception of anonymity, closeness, proximity and security. This leads to a lot of deviant behaviours. Outdoor activities has been replaced with Gaming consoles, VR Gismos and ever engaging Social Media. Social isolation is on the rise, there has been an increase in the mental health disorders amongst children, adolescents and adults. Social Media is now deemed as an addiction. There is a significant withdrawal, craving and dependence on Social Media, working on Rewards, surges, highs and pleasure system. The conundrum is to counter this addiction which impacts the young, impacting not only the social values but institutions affecting skill sets and endangers the societal fabric. Amongst teenagers there has been an increase in mental health disorders by 75% in the past 2 decades. There has been relapses of bipolar illness and Psychotic disorder due to social Isolation instigated by Cyberworld that includes gadgets , gaming , social media etc Stalking has never been easy , instead of one there are multiple targets , paranoia and delusional word has become more elaborated fed by the addictive enchanting and enthralling world of Social media.

Biography

A highly professional, driven and resourceful Consultant Psychiatrist with a wealth of experience in Public Health Services, CAMHSS and Mental Health Services through to research and development of resources and services development, promotion of both educational and health development within the mental health sector. An inspirational leader and multilingual communicator with the ability to engage and empower individuals from all cultures, sectors and at all levels promoting awareness and improved health care and clinical leadership; naturally curious and driven by ideas with an exceptional ability to explore and debate multiple perspectives whilst maintaining a diagnostician's practical focus on problem-solving, planning and focusing on maximising clinical excellence as well as business objectives.

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