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SOCIAL MEDIA'S INFLUENCE ON STUDENT WELLBEING AND ACADEMIC SUCCESS

Studies have convincingly documented that social media addiction is common among university and college students and this addiction is harmful to their mental health.

The primary focus of this study is to examine how deeply students have become addicted to the different platforms of social media. Secondly, it has explored the link between social media addiction and mental health of students. And finally, it has also looked into the connection between social media addiction and academic performance of students.

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BALANCING ECONOMIC GROWTH AND ENVIRONMENTAL SUSTAINABILITY IN INDIA

The relationship between economic growth, energy consumption, CO2 emissions, and the use of fossil fuels in India's development trajectory from 2012 to 2023 is thoroughly examined in this study. Utilising an extensive dataset that includes data on energy consumption trends, GDP growth per person, CO2 emission growth, and sectoral dynamics, the research assesses the intricate connection between environmental sustainability and economic prosperity. The results show that India's energy mix is heavily dependent on fossil fuels, especially natural gas, coal, and oil, which both promote economic growth and environmental deterioration. Even though periods of strong GDP growth per capita are frequently associated with higher energy consumption and carbon emissions, there are indications that economic development can decouple from environmental impact and lead to sustainable development. The article puts forth policy recommendations aimed at improving energy efficiency, encouraging the use of renewable energy sources, and cultivating regulatory environments that support sustainable economic growth and environmental stewardship. The study emphasises the necessity of integrated approaches to address the dual goals of economic prosperity and environmental sustainability in India, while acknowledging limitations in data availability, scope, and causality.