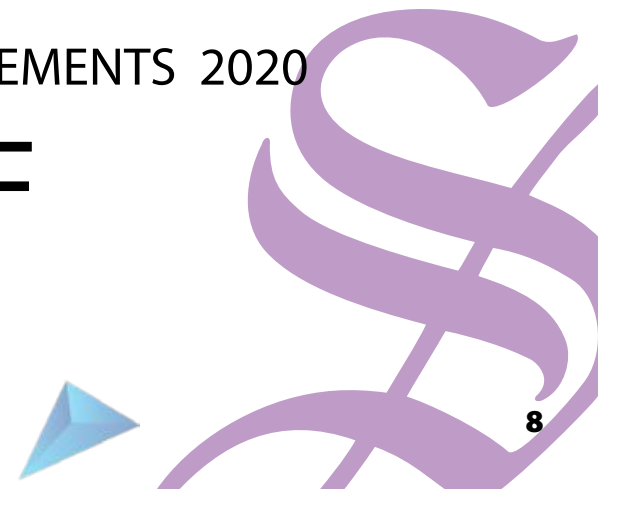




# THE YOUTH IN THE ERA OF DIGITALISATION

DHAKA THURSDAY FEBRUARY 20, 2020, FALGUN 7, 1426 BS



## The story of an anxious generation growing up in a fast-changing world

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"It's not possible to come up with one solution that fits all. Rather, we should focus on training and developing the pool of mental health service providers," he explains.

While it is important to monitor and sometimes even purge the internet, many have luckily found ways to cope with this issue. Nasifa, 25, a freelance film critic and a full-time marketer, says she has slowly learned how to deal with the excess of information. She now uses the various platforms to engage with other film aficionados and to discuss cinema, art and theatre.

"I use social media to keep in touch with other professionals in my field, who I genuinely connect with, for news updates

I don't follow people that I don't like, and I mute people whose posts bother me," Nasifa adds. "I am also very comfortable blocking toxic individuals from my social media, and I regularly maintain offline periods when I deactivate some of my social media accounts.

and intellectual discussions and to just communicate with the film and cinema community. I don't follow people that I don't like, and I mute people whose posts bother me," she adds. "I am also very comfortable blocking toxic individuals from my social media, and I regularly maintain offline periods when I deactivate some of my social media accounts."

Similarly, Raha feels that social media is a necessary tool for the greater good. "Nobody should have to filter out their posts because of how I feel. There are ways to adjust your settings— unfollow people and hide some posts," she says. "I unfollowed 500 people at once. Also, memes act as life savers for me. I get relatable and inspirational content and

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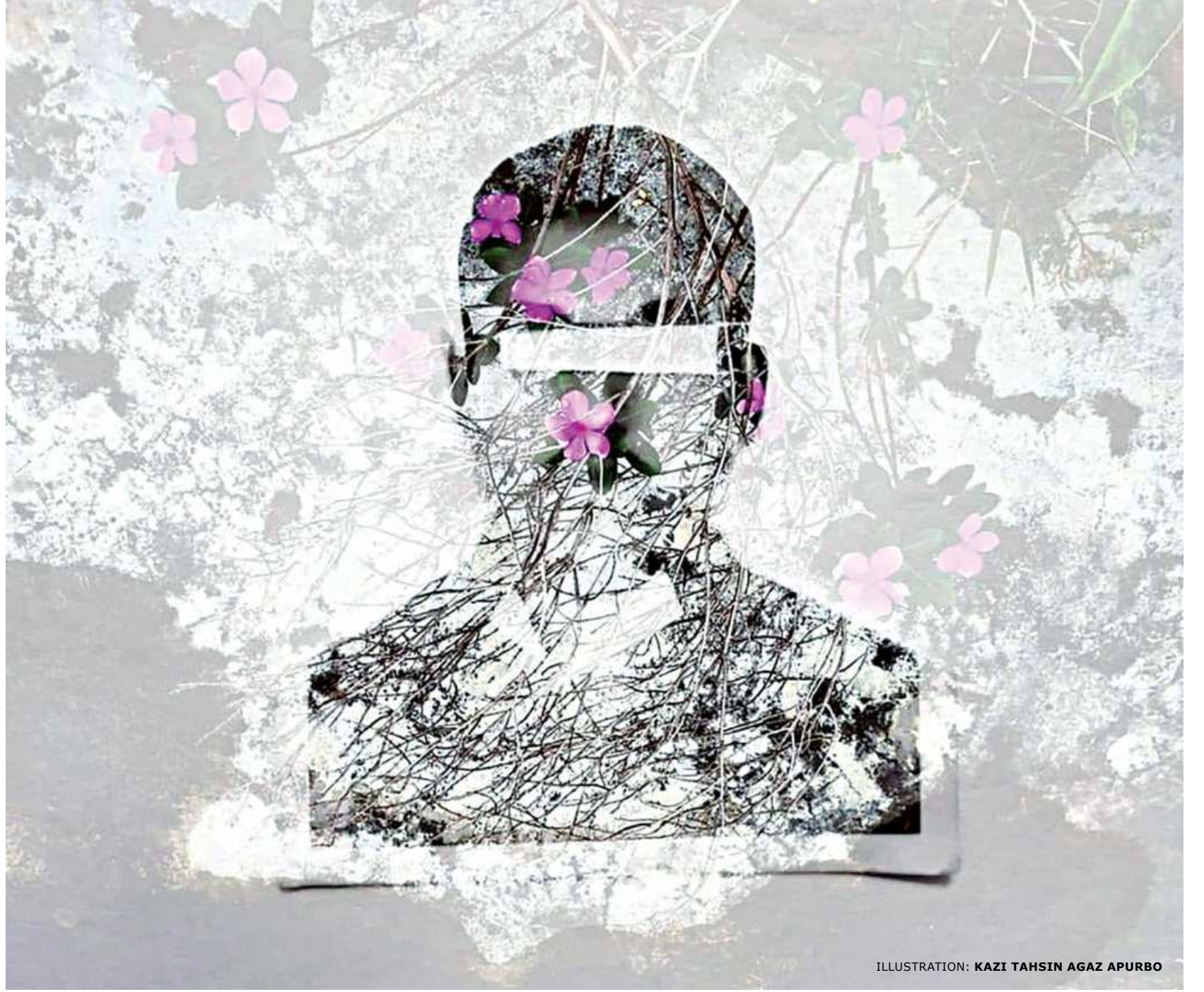


ILLUSTRATION: KAZI TAHSIN AGAZ APURBO

**"EXCELLENCE IS A CONTINUOUS PROCESS AND NOT AN ACCIDENT"**

A. P. J. Abdul Kalam