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## Use Of Social Media And Its Impact On Mental Health: Stress And Anxiety Among +2 Students In Kathmandu Valley

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### Biography

/[u Wœ ŸÀ E µ%o v U W•Ç Z}•} ] o }µv• o}œ Á}œI]vP š W/ ^ E W >X / Z À }u%o š major and am now pursuing my master's degree in counseling psychology. It's been 5 years that I've worked as a mental health Counselor in }œP v]î Ÿ}vX /[u ]vš v• oÇ ]vš œ •š ]v u vš o Z ošZ œ • œ Z v %oµ o] Ÿ}vX / o}À uÇ • }v Æ%o œ] v L œ µ ]U hv]š ^š š • }( œ U • %o œŸ ]%o vš ]v v /vš œv %oŸvP uÇ •šœ šX %oœ ŸÀ >%o] •v %o o>