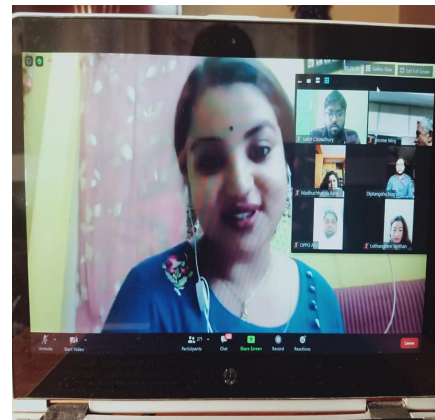
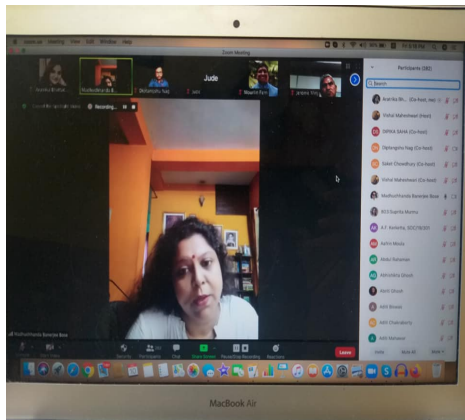


REPORT
ACADEMIC EXTENSION LECTURE ON "AM I GOOD ENOUGH?" CHASING
EXPECTATIONS AND COPING WITH PEER AND SOCIETAL PRESSURE:
2020-2021

In the second lecture of our series, "The Mind Matters", which was held on 10th July 2020 from 5 pm the panellist- Madhuchhanda Banerjee Bose, Psychotherapist, Communications and Behavioural trainer, and Entrepreneur addressed the various issues about societal/peer pressure. She will also shed some light on how certain expectations influence and moulds our decision-making processes in life. She will also suggest a few corrective measures to deal with this.



The very process of birth initiates a lifelong quest for perfection and fulfilling expectations. We constantly try to conform and cope with these incessant expectations associated with the various roles played by us at different stages in our everyday lives. The unending struggle to keep up with societal and peer group expectations exerts an unhealthy amount of pressure on our minds. This societal or peer pressure often leaves us in a very brittle and vulnerable mental state. It is also the breeding ground for self-doubt and lack of self-esteem. This constant struggle to meet the societal standards, fulfil its expectations, and out-perform the others, often leads one to ponder about the question, "Am I good enough?" The speaker addressed all the issues and provided various solutions to the students in this session.



DEPARTMENT of SOCIOLOGY
presents

Web Lecture Series on
"THE MIND MATTERS"

Lecture 2 :

'Am I good enough?'

*Chasing expectations and coping with
peer and societal pressure.*



Madhuchhanda Banerjee Bose

PSYCHOTHERAPIST, COMMUNICATIONS
AND BEHAVIOURAL PSYCHOLOGY TRAINER,
ENTREPRENEUR .

10TH JULY 2020