

**REPORT**  
**ACADEMIC EXTENSION LECTURE ON “COUNSELLING: WHAT, WHEN, WHY,  
AND HOW?”**  
**2020-2021**

The third session of the series “The Mind Matters” was held on 17<sup>th</sup> July 2020 from 5 pm onwards. Dr. Anindya Sen, Assistant Professor and Head, Department of English, Bangabasi Morning College, Kolkata, and a Mental Health Awareness worker was our esteemed speaker.



Amidst all the talk of mental health issues that people of all age groups are up against, particularly trying from their own respective positions to overcome the coronavirus crisis, it's pertinent to look scientifically at the harmful effects of stress in general and the vital role that Counselling can potentially play to restore and enhance our well-being.

The session will focus distinctly on the dynamics of psychological counselling, i.e. when one needs professional help, what a counselor does and doesn't, and what the counselling process aims to achieve.



DEPARTMENT of SOCIOLOGY  
presents

Web Lecture Series on  
**"THE MIND MATTERS"**

**Lecture 3 :**  
*Counselling:*  
*What, When, Why and How?*



**Prof. Anindya Sen**

DEPARTMENT OF ENGLISH, BANGABASGI  
HORMING COLLEGE, KOLHATA.  
MENTAL HEALTH AWARENESS WORKER.

**17TH JULY 2020**