

**REPORT**  
**ACADEMIC EXTENSION LECTURE ON AN IDLE MIND IA A DEVIL'S**  
**WORKSHOP": OVER-VIEWING MENTAL PROCESSES AND BEHAVIOR IN THE**  
**ERA OF THE "NEW NORMAL":**  
**2020-2021**

As we all struggle to get accustomed to the "New Normal" of life, a lingering thought must have passed through our mind, " Am I utilizing my time properly?" Time is and it will continue to be a valuable commodity but we tend to have it in abundance in this new reality. In the Inaugural session of the webinar series, 'The Mind Matters, we had with us Sahely Gangopadhyay, Consultant Clinical Psychologist, AMRI Hospitals, Kolkata. The event was organized on 6th July 2020 from 5pm to 6:30 pm online. Nearly, 300 registered participants attended the event.



While some of us have reaped the benefits of the abundance of time by engaging in various constructive activities, others have struggled to combat idleness and loneliness. In the Inaugural session of the webinar series, 'The Mind Matters', the Panellist explored various mental health-related issues induced by the lockdown. She will also suggest a few ameliorative measures in the form of various productive activities following a collaborative approach that will enhance one's resilience.



DEPARTMENT of SOCIOLOGY  
presents

Web Lecture Series on

## "THE MIND MATTERS"

Lecture I:

*'An idle mind is a devil's workshop':  
Overviewing mental processes  
and behaviour in the era of the  
'New Normal'.*



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**6TH JULY 2020**