

# LECTURE SESSION

ON

## PSYCHOLOGICAL COUNSELLING THROUGH MINDFULNESS

Organized By  
English Dept. Society  
In Collaboration With  
IQAC, Sibsagar Girls' College



Date: 15 th May, 2021 (Saturday)  
Time: 7 Pm

Target Group:  
English Honours Students  
Sibsagar Girls' College



Resource Person  
**Aisang Chetia Phukan**  
Ex-student, English Department  
Sibsagar Girls' College  
And  
Certified Practitioner Of Mindfulness



Lecture Platform: Google Meet  
Meeting Id : <https://meet.google.com/ymo-hqkw-doi>