

Department of Education
Event Report

Name of the Event: Lecture on **Friendlessness**

Category: Extension Lecture

Date: 13.11.2025

Time: 11.30 a.m. onwards

Venue: College campus, Room no. 8

Organized by: Dept. of Education in collaboration with IQAC

Name and Designation of the Resource Person: Sanjit Sengupta, Educational Counsellor & Founder of Crisis Intervention

Number of Participants: Students: 54

Faculties: 2(Dept. of Education)

Brief Description of the Event: The Department of Education, in collaboration with IQAC organized a lecture on 13th November, 2025 on “*Friendlessness*”. The primary objective was to raise awareness about the realities of friendlessness, challenge stigma, and provide insight into its emotional, behavioural, and societal dimensions. The lecture aimed to shed light on the psychological, social, and cultural dimensions of living without close friendships. The lecture also aimed to equip attendees with strategies for supporting those experiencing social isolation.

The lecture on friendlessness explored an increasingly relevant social and psychological issue affecting individuals across age groups. The speaker highlighted how modern lifestyles, digital communication patterns, and social pressures have contributed to rising feelings of isolation, even among those who appear socially active.

The speaker described friendlessness not merely as the absence of friendships but as a perceived or experienced lack of meaningful, supportive social relationships. Several contributors to friendlessness were explored, such as,

- Social transitions such as moving cities, changing schools, or entering the workforce
- Digital dynamics, including superficial online interactions replacing deep connections
- Mental health challenges like anxiety, low self-esteem, or trauma
- Cultural and societal expectations that shape social behaviors

The lecture emphasized the emotional consequences of friendlessness, including loneliness, stress, and reduced self-worth. Long-term impacts such as increased risk of depression, poor physical health, and difficulties in communication and trust-building were also addressed.

The speaker proposed several strategies to mitigate and overcome friendlessness, such as-

- Encouraging open dialogue about loneliness to remove stigma
- Building intentional habits such as joining groups, volunteering, or pursuing community activities
- Practicing active listening and vulnerability in conversations
- Seeking professional support when friendlessness affects mental well-being

Programme Outcome: The lecture successfully highlighted friendlessness as a multi-dimensional issue deserving attention, compassion, and action. Participants left with a deeper understanding of how to support others and foster genuine social bonds in their communities.

The session was interactive. Students actively participated, sharing personal reflections and asking questions about navigating social anxiety, maintaining adult friendships, and supporting isolated peers and coping strategies. The interactive Q&A highlighted the importance of building genuine connections in academic and personal life.

The lecture successfully raised awareness about the often-overlooked issue of friendlessness. It encouraged attendees to reflect on their own social circles and commit to fostering inclusivity and compassion.

Pictures:



Ramakrishna Sarada Mission Vivekananda Vidyabhavan

Lecture on 'Friendlessness'

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in collaboration with IQAC

RKSMVV



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Sanjit Sengupta

**Educational counsellor & Founder
of
Crisis intervention**



