

1. Name of the Programme : Mental Health for Teenagers and College going Students
2. Date : 31/03/2023
3. Organized by : IQAC, Nalbari College
4. Name of Resource persons : Dr. Bijoy Pratim Chaudhuri, MD (Psychiatry), Senior Consultant Psychiatrist & Hony. President India Psychiatry Society, Assam State Branch
5. Number of participants : 130
6. A brief write up of the programme:

The Internal Quality Assurance Cell, Nalbari College, Nalbari in association with India Psychiatry Society, Assam State Branch celebrated the Students' Day by organizing a Popular talk on "Mental Health for Teenagers and College going Students" on 31<sup>st</sup> March, 2023 to sensitise the students about mental health. The programme was begun with a welcome speech by Dipak Kalita, Vice Principal, Nalbari College, Nalbari. Dr. Bijoy Pratim Chaudhuri, MD (Psychiatry), Senior Consultant Psychiatrist & Hony. President India Psychiatry Society, Assam State Branch acted as resource persons in the programme. He delivered a detailed presentation on the different aspects of mental health. He appealed students not to hesitate to discuss on mental health and to overcome the stigma prevailing in our society on mental illness. He said that proper medication and counseling can cure mental illness. The students interacted with the resource person and Dr. Chaudhuri answered their queries very well. The total numbers of students and teachers participated in the event was 130. The Programme was anchored by Kumud Chandra Rabha, Assistant Professor of Zoology and coordinated by Dr. Dhiraj Talukdar, co-ordinator, IQAC, Nalbari College.

### Few Photographs



*Signature of Attendance*

Sl. No.	Name	Designation	Signature
1	Dilak Talukdar	Associate Professor	
2	Dhritashree Das	Assistant Professor	
3	Chabi Prava Adari	"	
4	Gayatri Lalitamba Choudhury	"	
5	Shanti Som	"	
6	Shravya Mani Patra	"	
7	Parvati Sarmah	"	
8	Saralana Sarmah	"	
9	Rini Anant Das	"	
10	Kirtu Deek	Assistant Professor	
11	Purabi Talukdar	Asst. prof.	
12	Chaitan Beegun	Parttime	
13	Himanghara Dha	"	
14	Rupanta Bagbaruah	Asst. Professor	
15	Kabir Das	Asst. Professor	
16	Nalaki Bhuyan	parttime lecturer	
17	Ranjana Bhattacharyya	Associate Professor English	
18	Bijal K. Das	Assistant Professor	
19	Rahil Daimary	Assistant Professor	
20	Ranjajyoti Sarmah	Librarian	
21	D. Hemant Kikati	Assistant Professor	
22	Dr. Bishnu Bhattacharya	Asst. Prof.	
23	Dr. Binay Misra	Asst. Prof.	
24	Jayakrishna Kalita	Asst. Prof.	
25	Pooja Beegun	Asst. Prof.	
26	Rasnak Kundu	Asst. Prof.	
27	MITOPAN DEKA	Jr Assistant	
28	Parthapratiim Sarma	Library Assistant	
29	Bidda Miltra	Student (B.Sc 4th Sem)	
30	Malatika Shandana	Student (B.A. 4th Sem)	
31	meenamol Rahman	" (B.A. 2nd Sem)	
32	Chandamita Nath.	Student (B.A. 6th Sem)	
33	Rita Shagabati	Student (B.A. 6th Sem)	
34	Sulochana Sarma	Student (B.A. 6th Sem)	
35	Bandita Patowary	Student (B.A. 6th Sem)	

Sl. No.	Name	Designation	Signature
36	Chinakshi Kakali	B.Sc 2nd Sem	
37	Pratyanka Baishya	"	
38	Juni Bhattacharyya	"	
39	Dishamani Deka	"	
40	Nishita Choudhury	B.A. 4th Sem	
41	Rimlim Gosewami	"	
42	Rashmi Kalita	"	
43	Upasana Baishya	B.A 2nd Sem	
44	Dalimi Baidhya	"	
45	Dhritesmita Rajbongshi	"	
46	Madhusmita Das	B.A 2nd sem	
47	Puja Kalita	B.A 2nd "	
48	Narmita Baishya	"	
49	Limakalita	BA 2nd sem	
50	Jitendra Kumar Das.	BA 2nd sem	
51	GEAGAN KALITA	B.A 2nd Sem	
52	Sanjay Pandit	BA 2nd sem	
53	Sahabul Hoque Choudhury	BA 2nd Sem	
54	NAYIDUL ANISH ULLAH	BA 2nd Sem	
55	Najiya Sultana	"	
56	Hema Sankar	"	
57	Nayem Das	"	
58	Palash Choudhury	B.Sc 6th sem	
59	Bhaili Palay	B.A 4th sem	
60	David Sarma	B.Sc 4th Sem	
61	Sri kamal Das	B.A 2nd sem	
62	Anomko Bayam	BA 4th sem	
63	Banani Sarma	BA 4th sem	
64	Narmada Brahma	M.A 2nd Sem	
65	Ashna Sebastian wahid	M.A 2nd Sem	
66	Pooja Sharmma	B.A. 2nd Sem	
67	Nihar Ranjan Haloi	B.Sc 6th sem	
68	Gobinda Ramchoudhary	BA 6th sem	
69	Dipankar Das	B.A 6th sem	
70	Jonali kalita	B.A. 2nd Sem	

3/10/23

Event No-25

S.No.	Name	Designation	Signature
71	Himansri Kalita	B.A 2nd Sem	Himansri Kalita
72	Anjuma Begum	M.A 2nd Sem	Anjuma Begum
73	Niharika Meherlin	M.A. 2nd Sem	Niharika Meherlin
74	Bhaskari Kalita	BA 2nd sem	Bhaskari Kalita
75	Dubaru Devi	BA 2nd Sem	Dubaru Devi
76	Somari Kalita	B.A 2nd Sem	Somari
77	Alpesh Haloi	B.Sc 2nd Sem	Alpesh Haloi
78	Thiruthiyan Sany	B.Sc 2nd Sem	Thiruthiyan Sany
79	Chandrapal Baruah	B.Sc 2nd sem	Chandrapal
80	Akash Acharyya	B.Sc 2nd Sem	Akash Acharyya
81	Sourav Das	BA 2nd Sem	Sourav Das
82	Ratikanta Saria	B.P.L S. 2nd year	Ratikanta
83	Tabikar Rahman	B.Sc 2nd Sem	Tabikar Rahman
84	Kangkan Haloi	"	K.P.
85	Ahliabala Kanyagi	"	Ahliabala
86	Tusna Barman	B.P.E 3rd year	Tusna
87	Gourab Koch	SKT 3rd year	G.K.
88	Wahana Baisya	B.Sc 2nd Sem (GAY)	Wahana
89	Banata Kalita	B.Sc 2nd Sem (GAY)	Banata
90	Kankana Haloi	B.Sc 2nd sem (GAY)	Kankana
91	Gorima Deka	H.S 2nd year	Gorima Deka
92	Abhimata Bharadwaj	H.S. 2nd year	Abhimata Bharadwaj
93	Wahana Baisya	B.Sc 2nd sem	Wahana Baisya
94	Alex Bar	H.S. 1st year	Alex
95	Sania Begum	B.A. 2nd Sem.	Sania Begum
96	Chaitanya Rajbongshi	BA 2nd Sem.	Chaitanya
97	Pratiksha Das	B.A 2nd Sem	Pratiksha
98	Hemshree Kalita	B.A 2nd Sem	Hemshree
99	Banajit Haloi	B.Sc. 4th Sem	Banajit Haloi
100	Krishna Rajbongshi	B.Sc 4th Sem.	Krishna Rajbongshi
101	Rajib Sarma	B.Sc 4th Sem	Rajib Sarma
102	RICKY SARANIA	B.Sc 4th sem	Ricky Sarania
103	TANMOY SARMA	B.Sc 4th sem	Tanmoy
104	Subrata Sarkar	B.Sc 8th Sem	Subrata Sarkar
105	Payal Baruah	"	Payal Baruah

Dutta Brothers

106.	Subrat Pandit	B.Sc 6th sem	Subrat Pandit
107	Abhijit Jalukdar	B.Sc 6th sem	Abhijit Jalukdar
108	Puja Kalita	BA. 2nd Sem	Puja Kalita
109.	Mehjabin Ahmed	B.A. 2nd Sem	Mehjabin Ahmed
110.	Pobi Sultana	B.A 2nd Sem	Pobi Sultana
111.	Joishna goshwami	B.A 2nd Sem	Joishna goshwami
112.	Jyotirma Deka	B.A 2nd Sem	Jyotirma Deka
113	Dikshita Das	BA " "	Dikshita Das
114.	Nilakshi Neha Barman	BA " "	Nilakshi Neha Barman
115.	Pratiksha Bharadwaj	B.A. 2nd sem	Pratiksha Bharadwaj
116.	Kaishy Haloi	B.Sc 4th Sem	Kaishy Haloi
117.	Dayu Baisya	B.Sc 4th sem	Dayu Baisya
118.	Manika Deka	B.Sc 4th sem	Manika Deka
119.	Meghna Sarma	B.Sc 4th Sem	Meghna Sarma
120.	Himshikha Dutta	B.Sc. 4th Sem	Himshikha Dutta
121.	Jupitara Phorati	B.Sc 4th sem	Jupitara Phorati
122	Jupitara Barman	B.Sc. 4th Sem	J. Barman
123.	Dhanu Choudhury	BA 6th Sem	Dhanu
124.	Susmita Baisya	"	Susmita
125	Aradara Kalita	" " "	Aradara
126)	Dr. Anamika Dutta	Asst Prof	Anamika
127/	Alpana Rajbongshi	BA 6th Sem	Alpana Rajbongshi
128/.	Bhabana Devi	B.A. 6th sem	Bhabana Devi
129/	Anamika Haloi	BA 6th sem	Anamika
130/	Aranta Rajbongshi	Asst Prof	Aranta

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## Popular Talk & Interaction on "Mental Health for Teenagers and College going Students"

Organized by

IQAC, Nalbari College, Nalbari in Association with

Indian Psychiatry Society, Assam State Branch

Resource person:

Venue: PGTA

1. Dr. Bijoy Pratim Chaudhuri, MD (Psychiatry)  
Senior Consultant Psychiatrist

Comments & Signature of the resource person:

It is was indeed a great pleasure & honour to come to Nalbari College on the occasion of 'Student's Day' & interact with the the students & Faculty on the subject of Adolescent / College Student's Mental health. This kind of programmes should be conducted in the College premises on a regular basis for Good Mental Health of all.

*(Signature)*  
 (DR BIJOY PRATIM CHAUDHURI)  
 SR. CONSULTANT PSYCHIATRIST  
 & HON. President, India  
 Psychiatry Society, Assam  
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