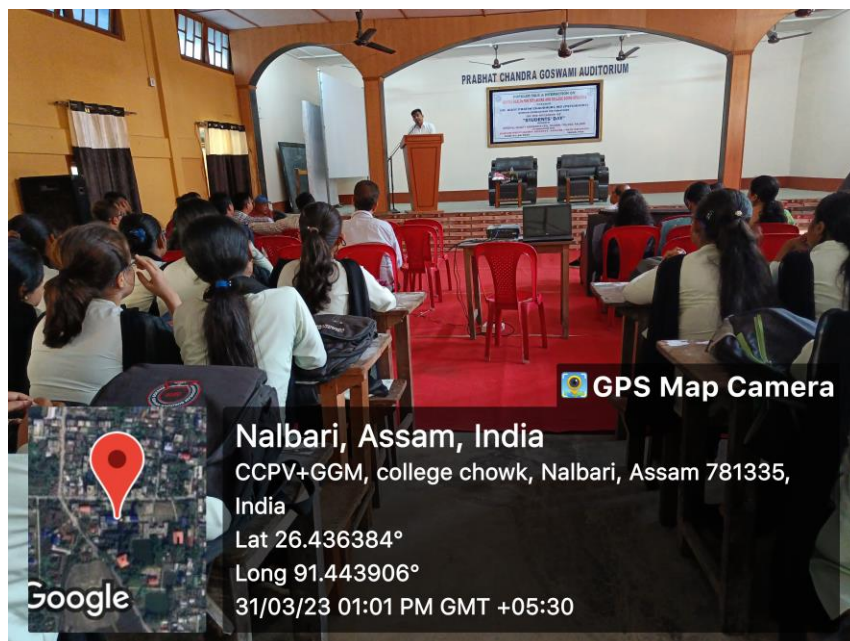


1. **Title of the event:** Mental Health for Teenagers and College going Students
2. **Venue:** Prabhat Chandra Goswami Auditorium
3. **Date:** 31<sup>st</sup> March 2023
4. **Organized by:** IQAC
5. **Faculty Coordinator:** Dr. Dhiraj Talukdar
6. **No. of Participants in details:** 130
7. **Nature of Participation:** Students & Faculty
8. **Activities Carried out / Detail Description of the event:** The event on Mental Health for Teenagers and College-going Students is a dedicated initiative to address the psychological well-being of young individuals navigating the challenges of adolescence and higher education. This event featured an engaging session led Dr. Bijoy Pratim Choudhury, MD, Senior Consultant Psychiatrist, focusing on topics such as stress management, coping strategies, emotional resilience, and seeking help. Participants gained valuable insights into recognizing mental health issues, maintaining a balanced lifestyle, and accessing support resources. By fostering an open dialogue about mental health, the event aims to reduce stigma, promote self-care, and equip students with the tools they need to thrive both academically and personally.
9. **Photographs (Maximum 5 GeoTag photographs for offline programme or screenshot for online programme including the Banner):**

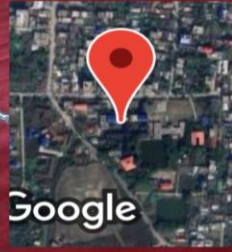








GPS Map Camera



Google

Nalbari, Assam, India

CCPV+GGM, college chowk, Nalbari, Assam 781335, India

Lat 26.436302°

Long 91.443897°

31/03/23 12:22 PM GMT +05:30

10. Signature of participants:

Event No - 25				Event No - 25			
Sl.No	Name	Designation	Signature	Sl.No	Name	Designation	Signature
1	Palak Talukdar	Associate Professor	[Signature]	06	ChanaKali Kalita	BSc 2nd Sem	[Signature]
2	Dhritabhakti Das	Assistant Professor	[Signature]	37	Pratyanka Baishya	"	[Signature]
3	Chabi Parva Devi	"	[Signature]	38	Jyoti Bhattacharyya	"	[Signature]
4	Gayatri Bhowmik	"	[Signature]	39	Diksonomi Deka	"	[Signature]
5	Pratik Saha	"	[Signature]	40	Nishita Choudhury	B.A. 4th Sem	[Signature]
6	Ashmita Mani Pathak	"	[Signature]	41	Rimlim Gogoi	"	[Signature]
7	Purnabi Sarma	"	[Signature]	42	Rashmita Kalita	"	[Signature]
8	Darselama Sarma	"	[Signature]	43	Ujjwala Baidya	B.A 2nd sem	[Signature]
9	Rishi Bani Bharti	"	[Signature]	44	Dalini Borthakur	"	[Signature]
10	Rintu Deka	Assistant Professor	[Signature]	45	Dhriti Smita Rajkangshi	"	[Signature]
11	Purnabi Talukdar	Asst. prof.	[Signature]	46	Machumita Das	B.A 2nd sem	[Signature]
12	Chabira Begum	Parttime	[Signature]	48	Puspa Kalita	B.A 2nd "	[Signature]
13	Himangshu Deka	"	[Signature]	48	Narmata Baishya	"	[Signature]
14	Rupamita Bora Baruah	Asst. Professor	[Signature]	49	Lima Kalita	BA 2nd sem	[Signature]
15	Kabanti Bora	Asst. Professor	[Signature]	50	Jitendra Kumar Das	BA 2nd sem	[Signature]
16	Nalini Bhuyan	parttime lecturer	[Signature]	51	GEAGAN KALITA	B.A 2nd sem	[Signature]
17	Rajnarain Chatterjee	Associate Professor English	[Signature]	52	Sanjay Pandit	B.A 2nd sem	[Signature]
18	Bijul K Das	Assistant Professor	[Signature]	53	Sakalabha Choudhury	BA 2nd sem	[Signature]
19	Rahil Daimary	Assistant Professor	[Signature]	57	NAYIDUL AMISH ULLAH	BA 2nd sem	[Signature]
20	Romangyoti Sarma	Librarian	[Signature]	55	Nayija Sultana	"	[Signature]
21	Dr. Heman Khatu	Assistant Professor	[Signature]	56	Hema Sarhan	"	[Signature]
22	Dr. Bishnu Bhattacharya	Asst. Prof.	[Signature]	57	Nayim Dal	"	[Signature]
23	Dr. Binay Misra	Asst. Prof.	[Signature]	58	Pooja Choudhury	B.Sc 6th sem	[Signature]
24	Dr. Indira Misra	Asst. Prof.	[Signature]	59	Pohala Poley	B.A 4th sem	[Signature]
25	Pooja Begum	Asst. Prof.	[Signature]	60	David Sarma	BS c 4th sem	[Signature]
26	Raamika Kundu	Asst. Prof.	[Signature]	61	Sri karmal Das	B.A 2nd sem	[Signature]
27	MITUPAN DEKA	Jr Assistant	[Signature]	62	Anamika Begum	BA 4th sem	[Signature]
28	Parthapratim Sarma	Library Assistant	[Signature]	63	Banani Sarma	BA 4th sem	[Signature]
29	Bibha Mishra	Student (B.Sc 4th Sem)	[Signature]	64	Narmata Brahma	M.A 2nd sem	[Signature]
30	Mulika Choudhury	Student (B.A 4th Sem)	[Signature]	65	Ashina Saha	M.A 2nd Sem	[Signature]
31	Nirjanita Borthakur	Student (B.A 2nd Sem)	[Signature]	66	Pooja Banerjee	B.A 2nd Sem	[Signature]
32	Shantanu Nath	Student (B.A 4th Sem)	[Signature]	67	Nikhil Ranjan Haloi	B.Sc 6th sem	[Signature]
33	Dipti Chakraborty	Student (B.A 4th Sem)	[Signature]	68	Bohina Ranchohet	B.A 6th sem	[Signature]
34	Surbhira Sarma	Student (B.A 4th Sem)	[Signature]	69	Dipankar Das	B.A 6th sem	[Signature]
35	Bandita Patowary	Student (B.A 6th Sem)	[Signature]	70	Jasmi Kalita	B.A 2nd Sem	[Signature]

Dutta Brothers

Dutta Brothers



S.No.	Name	Designation	Signature	S.No.	Name	Designation	Signature
71	Himansri Kalita	B.A 2nd Sem	Himansri Kalita	106	Subrat Pandey	B.Sc 6th sem	Subrat Pandey
72	Anjuma Begum	H.A 2nd Sem	Anjuma Begum	107	Abhijit Jalukelati	B.Sc 6th sem	Abhijit Jalukelati
73	Niharika Medhwin	M.A. 2nd Sem	Niharika Medhwin	108	Puja Kalita	B.A. 2nd Sem	Puja Kalita
74	Phaswati Kalita	BA 2nd sem	Phaswati Kalita	109	Mohyabin Ahmad	B.A. 2nd sem	Mohyabin Ahmad
75	Dubauti Devi	B.A 2nd Sem	Dubauti Devi	110	Papi Sultana	B.A 2nd Sem	Papi Sultana
76	Sovanika Kalita	B.A 2nd Sem	Sovanika Kalita	111	Jyotima Ghosh	B.A 2nd Sem	Jyotima Ghosh
77	Alaksh Haloi	B.Sc 2nd Sem	Alaksh Haloi	112	Jyotima Deka	B.A 2nd Sem	Jyotima Deka
78	Himansri Kalita	B.Sc 2nd Sem	Himansri Kalita	113	Dikshita Das	B.A " "	Dikshita Das
79	Chandrapal Baruah	B.Sc 2nd sem	Chandrapal Baruah	114	Nilakshi Neha Barman	B.A 2nd sem	Nilakshi Neha Barman
80	Alaksh Haloi	B.Sc 2nd Sem	Alaksh Haloi	115	Pratiksha Bhattacharya	B.A 2nd sem	Pratiksha Bhattacharya
81	Sovanika Kalita	BA 2nd Sem	Sovanika Kalita	116	Alaksh Haloi	B.Sc 4th Sem	Alaksh Haloi
82	Rakhi Barua	B.P.E.S. 2nd year	Rakhi Barua	117	Rajita Baidya	B.Sc 4th Sem	Rajita Baidya
83	Tobikar Rahman	B.Sc. 2nd Sem	Tobikar Rahman	118	Manika Deka	B.Sc 4th sem	Manika Deka
84	Kampan Haloi	" "	Kampan Haloi	119	Meghna Sarma	B.Sc 4th Sem	Meghna Sarma
85	Abhiksha Baruah	" "	Abhiksha Baruah	120	Himshikha Dutta	B.Sc. 4th Sem	Himshikha Dutta
86	Tusna Barman	B.P.E. 2nd year	Tusna Barman	121	Jupitara Bharali	B.Sc. 4th sem	Jupitara Bharali
87	Gaurabi Koch	SKT 3rd year	Gaurabi Koch	122	Jupitara Barman	B.Sc. 4th Sem	Jupitara Barman
88	Pratiksha Baruah	B.Sc. 2nd sem (2017)	Pratiksha Baruah	123	Dhanu Choudhury	B.A 6th Sem	Dhanu Choudhury
89	Brahma Kalita	B.Sc 2nd sem (2017)	Brahma Kalita	124	Suzmita Baidya	" " "	Suzmita Baidya
90	Kankana Haloi	B.Sc 2nd sem (2017)	Kankana Haloi	125	Amrita Kalita	" " "	Amrita Kalita
91	Gorima Deka	H.S. 2nd year	Gorima Deka	126	Dr. Anamika Dutta	Asst. Prof.	Dr. Anamika Dutta
92	Abhinav Bhattacharya	H.S. 2nd year	Abhinav Bhattacharya	127	Alpana Raybongshi	BA 6th Sem	Alpana Raybongshi
93	Nelina Baidya	B.Sc 2nd sem	Nelina Baidya	128	Bhabana Devi	B.A. 6th sem	Bhabana Devi
94	Pulak Bar	H.S. 1st year	Pulak Bar	129	Anamika Haloi	BA 6th sem	Anamika Haloi
95	Sania Begum	B.A. 2nd Sem.	Sania Begum	130	Ananta Raybongshi	Asst. Prof.	Ananta Raybongshi
96	Ujjwal Raybongshi	B.A. 2nd Sem.	Ujjwal Raybongshi				
97	Priyanka Bar	B.A 2nd Sem	Priyanka Bar				
98	Arushi Kalita	B.A 2nd Sem	Arushi Kalita				
99	Banajit Haloi	B.Sc. 4th Sem	Banajit Haloi				
100	Krishna Raybongshi	B.Sc. 4th Sem	Krishna Raybongshi				
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 Sarma				
104	Subrata Sarma	B.Sc 6th Sem	Subrata Sarma				
105	Rupam Baruah	" "	Rupam Baruah				

11. Feedback:

Comments & Signature of the resource person:

It is indeed a great pleasure & honour to come to Malbar College on the occasion of 'Student's Day' & interact with 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.

Dr. Bisot Pratim Choudhury, M.B.  
 P.R., Consultant Psychiatrist  
 & Honorary President, Guwahati  
 Psychiatry Society, Assam  
 Ph = 98640-60240

Dutta Brothers