

OFFICE OF THE PRINCIPAL

TINSUKIA COLLEGE

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TINSUKIA - 786 125 (ASSAM)
Established : 1956

Accredited by NAAC with B⁺ Grade
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Ref. No.

Date: 07/10/2023

AWARENESS PROGRAMME ON STUDENTS' MENTAL & PHYSICAL HEALTH

Tinsukia College, 7th Oct 2023: An awareness programme on *Students' Mental and Physical Health* was organised by Internal Quality Assurance Cell (IQAC) Tinsukia College in collaboration with Ellora Vigyan Mancha, Tinsukia on 7th October 2023. The programme was venued at Library Conference Hall of the College from 12 noon onwards. The programme started with felicitation to the dignitaries and resource persons. The programme was presided by Dr. Surjya Chutia, Principal, Tinsukia College. Invited Resource persons are Dr. Hem Chandra Kalita, HoD, Cardiology, Assam Medical College, Dr. Dhrubajyoti Bhuyan, HoD, Psychiatry, Assam Medical College and Dr. (Mrs) Rina Ahmed (Retired), Maternity and Gynecology, Assam Medical College. In his speech Dr. Kalita highlighted the pros and cons of consumption of salts and good cardiac health. Dr. Bhuyan delivered a speech on mental and physical health emphasizing on students. In the second half of the session, Dr. Ahmed discuss on health issues related to female. All the resource persons have responded to the queries raised by the students and teachers. A total of 120 plus students and 35 plus teachers attended the programme. The programme was moderated by Dr. Pankaj Saikia, Assistant Professor, Department Chemistry. The programme ended with vote of thanks.


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(Dr. Surjya Chutia)
Principal
Tinsukia College

AWARENESS PROGRAMME ON "STUDENTS" MENTAL & PHYSICAL HEALTH"

Date: 07/10/2023 (Saturday)

Sl. No	Name	Department	Signature
1.	Milisar Brahma	Economics (Arts)	Milisar Brahma
2.	Bedanta Neog	Political science	Bedanta
3/	Chinmay Goswami	History	Chinmay
4/	Rishamoni Baruah	History	R Baruah
5/	Ujjwala Buragohain	Assamese	UJ Buragohain
6/	Hema Gupta	science (H.S 2nd year)	Hema Gupta
7/	Siddhant Kuntaha	H.S 2nd year (Science)	Siddhant
8/	Komal Kumari Sah	H.S 2nd year (Science)	K Sah
9/	Palak Kahar	H.S 2nd year (Science)	Palak Kahar
10/	Sumania Gungung	H.S 2nd year (Science)	Sumania
11/	Saniya Ara	H.S 2nd year (Science)	S...
12/	Chanchal Sharma	BBA 1st sem	Chanchal
13/	Khusku Sharma	BBA 1st sem	K Sharma
14/	Karishma Moran	H.S 2nd year (Science)	K Moran
15/	Priya Talukdar	H.S 2nd year (Science)	P. Talukdar
16/	Sapna Singh	H.S 2nd year (Science)	S. Singh
17/	Tarali Hazarika	philosophy	Tarali Hazarika
18/	Amridita Bora	Botany	Amridita Bora
19/	Anuska Hazarika	Political Science	Anuska Hazarika
20/	Priyanki Saikia	H.S 2nd year (Science)	Priyanki Saikia
21/	Laineswari Narah	H.S 2nd year (Science)	Laineswari Narah
22/	Sima Moran	H.S 1st year (Arts)	Sima Moran
23/	Tanushree Gogoi	H.S 1st year (Arts)	Tanushree Gogoi
24/	Gayatri Buragohain	H.S 1st year (Arts)	Gayatri Buragohain
25/	Arita Kumbang	H.S 1st year (Arts)	Arita Kumbang
26/	Azmi Hekha Rai	H.S 1st year (Arts)	Azmi Rai
27/	Madhumeoni Duarah	Economics (ARTS)	Madhumeoni Duarah
28/	Prastuti Moran	Geography (Arts)	Prastuti
29/	Tharuna Sonowal	Assamese (Arts)	Tharuna
30/	Tanya Sonowal	Chemistry (Sci)	Tanya
31/	Karabi Sonowal	BA 3rd sem (Philosophy)	Karabi
32/	Dhavitri Sonowal	BSC 1st Sem (zoology)	Dhavitri
33/	Swapnali Mog	H.S. 2nd year (Science)	Swapnali

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Sl. No.	Name	Department	Signature
34/	Gitanjali Moran	H.S 2 nd year (Science)	Gitanjali
35/	Gayatri Phukan	H.S 2 nd year (Science)	Gayatri
36/	Minakhi Gogoi	H.S 2 nd year (Science)	Minakhi
37/	Bonti Mahanta	H.S 1 st year (Science)	Bonti
38/	Sumi Hoog	H.S 1 st year (Science)	Sumi M
39/	Sona Sarkar	H.S 4 th year (Science)	Sona
40/	Metali Tamang	B.A 5 th sem (English)	Metali
41/	Afrieza Rahman	BCA (3 rd sem)	
42/	Panchi Priya Lohon	B.A (Hindi) 3 rd sem	Panchi
43/	Pari Bawthara	B.A (Hindi) 3 rd sem	PB
44/	Supriya Gogoi	Assamese (3 rd sem)	Supriya
45/	Depika Moran	History BA-3 rd sem	Depika
46/	Hira Chutia	B.Sc 3 rd sem (Botany)	Hira
47/	Khusi Singh	H.S 1 st year (Science)	Khusi
48/	Anchona Kumari	H.S 1 st year (Science)	Anchona
49/	Sikhamoni Dohutia	H.S 1 st year (Science)	S. dohutia
50/	Bhagya Moran	BA 5 th sem (Geography)	B. Moran
51/	Bihela Phuyan	BA 5 th sem (History)	B. Bhep
52/	Semi Bawthara	BA 5 th sem (Geo)	S. Baw
53/	Yampi Handique	BA 5 th sem (Eng)	Yampi
54/	Anamika Dohutia	Bsc 5 th sem (Math)	Anamika
55/	Divya Upadhyay	Bsc 5 th sem (Math)	Divya
56/	Bhagyashree Thapa	Bsc 5 th sem (Math)	Bharye
57/	Monalisha Moran	H.S. 2 nd year (Assamese)	Monalisha
58/	Babymoni Sonowal	B.A 1 st sem (Assamese)	Babymoni
59/	Niha Sonowal	B.A 1 st sem (History)	Niha
60/	Bonti Sonowal	BA 1 st sem (Assamese)	Bonti
61/	Sunomi chutia	B.A 1 st sem (pol science)	Sunomi
62/	Dimpri Deka	B.A 3 rd sem (Assamese)	Dimpri
63/	Lakshmi Sonowal	B.A 1 st sem (History)	Lakshmi
64/	Nargis Jaha Kouson	H.S 1 st year (Science)	Nargis
65/	Katyani Kumari	H.S 1 st year (Science)	Katyani Kumari
66/	Hafshah Khanam	H.S 2 nd year (Science)	Hafshah
67/	Pooja Kumari Verma	H.S. 1 st yr (Science)	Pooja

Sl. No	Name	Department	Signature
68	Tanmayee Sonowal	H.S. 2nd year (Arts)	Tanmayee
67	Jyostna Gogoi	B.A 5th sem	Jyostna
68	Urmila Taya	B.A. 5th Sem	Urmila
69	Prियom Paul	B.Sc. 1st Sem	Paul
70	Saunyojit Dev	B.Sc. 1st Sem	Saunyojit Dev
71	Palash Nath	B.Sc. 1st Sem	Palash
72	Angelica Gogoi	B.Sc 1st Sem	Agogoi
73	Pratishkanta Ghosh	B.Sc 1st Sem	Pratishkanta Ghosh
74	Manashi Roy Jaisat	B.Sc 1st Sem	Manashi Roy Jaisat
75	Ashinash Mazumder	B.Sc 1st Sem	Ashinash
76	Nivedita Nayak	B.Sc 1st Sem	Nayak
77	Suraj Tamuli	B.Sc 1st Sem	Suraj Tamuli
78	Razibul Hoque	B.Sc 1st Sem	Razibul
79	Sujeet Mahanta	B.A 1st sem	Smaanta
80	Sarewali Gupta	B.Sc 1st sem	Sarewali
81	Basu Bhattachari	H.S 2nd year	Basu
82	Karan Das	"	Das
83	Satoku Gogoi	"	Gogoi
84	Parishma Gogoi	H.S. 1st Year	Gogoi
85	Dipsikha Moran	B.Sc 1st semester	Dipsikha Moran
86	Monika Talukdar	B.Sc 1st Sem (Botany)	Monika Talukdar
87	Prियakhi Bora	B.Sc 1st Sem (Zoology)	Prियakhi
88	Rulipriya Sonowal	B.Sc 1st Sem (Maths)	Rulipriya
89	Rimpi Naran.	B.Sc 1st sem (zoology)	Rimpi
90	Payel Ghosh	B.Sc 1st Sem (Zoology)	Payel
91	Prathana Gogoi	H.S. 2nd year (Commerce)	Prathana
92	Sikha Saikia	B.S.C 1st Sem (zoology)	Sikha
93	Monisha Sonowal	B.Sc. 1st sem (Zoology)	Monisha Sonowal
94	Kajal K. Sah.	B.Com 1st Sem (Commerce)	Kajal
95	Manashree Das	B.Com 1st Sem (Commerce)	Manashree Das
96	Anjani Nath	B.Com 1st Sem (Commerce)	Anjani
97	Priya Tamang	B.Com 1st sem (Commerce)	Priya Tamang
98	Rohit Dey	B.Sc 1st sem (Science)	Rohit Dey
99	Suprahim Chowdhury.	B.Sc. 1st sem (Science)	Suprahim

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Sl. No.	Name	Department	Signature	Sl. No.
100	Shatwari Pandit	Bsc. 1 st sem (chemistry)	Shatwari Pandit.	
101	Pritam Mahato	Bsc. 1 st sem (Chemistry)	Pritam	
102	Hanmandeep Singh	BA. 1 st Sem (Economics)	Hanmandeep	
103	Anshuman Chakravorty	Bsc. 3 rd Sem (Botany)	Anshuman	
104	Rohit Kumar Sharma	Bsc 3 rd sem (Zoo)	Rohit Kumar Sharma	
105	Akhyajyoti Hazarika	HS 2 nd year	Akhyajyoti	
106	Prasan Prasad	B.A 3 rd Sem (Hist)	Prasan	
107	Lok Bahadur Thapa	B.A 3 rd (Economics)	Lok Bahadur	
108	Karan Verma	H.S 2 nd Year (Science)	Karan Verma	
109	Amrita Tiwari	H.S 2 nd Year (Science)	Amrita	
110	Iditya Kumar Sah	H.S 2 nd year (Science)	Iditya	
111	Rahul Kr Sahani	HS 2 nd Year (Sci)	Rahul Sahani	
(112)	Selrook Kumar Ray	HS 2 nd year sci	Selrook	
(113)	Mohanjyoti Moran	HS 2 nd year sci	Mohanjyoti	
114	Rohit Prasad Yadav	H.S 2 nd year sci	Rohit	
115	Ankit Singh	HS 2 nd year sci	Ankit	
116	Prabin Prasad	HS 2 nd year (Sci)	Prabin Prasad	
117	Krish Kumar Prasad	HS 2 nd year (Sci)	Krish Kumar Prasad	
116	Biswajit Mohanty	HS 2 nd year (Sci)	Biswajit Mohanty	
117	Chandeshwar Sah	HS 2 nd year (Sci)	Chandeshwar Sah	
118	Roshan Kr Thakur	"	Roshan	
119	Dwakar Choubey	"	Dwakar	
120	Mayuri Routt	B.sc 3 rd sem	Mayuri Routt	
121	Arti Das	B.A 3 rd sem	Arti Das	
122	Akangsha Chakravorty	B.Sc 3 rd sem	Akangsha.c	

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Signature of other Dignatories present in the meeting.
 Date: 07/10/2023

Sl.No	Name	Signature.
	Bilal Gupta	Bilal
	Indira Bosech.	Bah.
	Monika Sen.	Moh
	Deepika Bhatnagar	Shank
	Mayuri Sharma Baruah	07/10/23
	Roshni Dutta	07/10/23
	Ankit Sen	07/10/23
	Usha Baragokain	07/10/23
	Prorana Doley	07/10
	Nandita Roy	07/10
	Rijumani Kalita	07/10
	Posnita Dutta.	P.Dutta 07/10/23.
	Mehnaz Begum	07/10/23
	Debakanta Biregolei	07/10/23
	Rhituposna Saikia	07/10/23
	Biswadeep Doley	07/10/23
	Satyajit Barua	
	Rasmita Borhokotony	RBK
	Longki Englung	Englung
	Pankaj Saikia	
	Biplab Barik	Biplab Barik
	Dr. Samal Barua.	07/10/23
	Anjali Baruah	07/10/23
	Ruma Payong	07/10/23
	Julika Das	07/10/23
	Saswati Phukan	07/10/23
	Ruby Baruah	07/10
	Minaldi Chamma	07/10/23
	Langli Baruah	07/10/23
	Jyoti Prasad Chaliha	07/10/23
	Dr. Dipak Baruah	07/10/23

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7.10.23

Anjana Gowami
Achyut Borkar
Purna Kakaty
Hima Hazarika Don
Sesankha Das

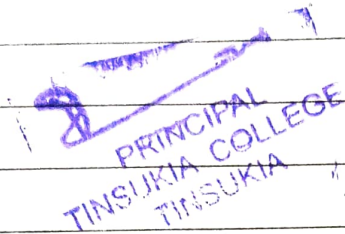
Chowani

Joshi

Makate 7/10/23

HHJ 7/10/23




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**AWARENESS PROGRAMME
ON
STUDENTS' MENTAL & PHYSICAL HEALTH**

ORGANISED BY:
IQAC, TINSUKIA COLLEGE
&
ELLORA VIGYAN MANCHA, TINSUKIA

RESOURCE PERSONS
DR. (MRS) RINA AHMED, Retd. HoD, M&G, AMC
DR. HEM CHANDRA KALITA, HoD, CARDIOLOGY, AMC
DR. DHRUBAJYOTI BHUYAN, HoD, PSYCHIATRY, AMC

DATE: 07/10/2023 TIME: 12 NOON VENUE: LIBRARY CONFERENCE HALL



Photographs of Awareness Programme on Students' Mental and Physical Health on 7th October 2023

Huge quantity of drugs recovered

A CORRESPONDENT

GOLAGHAT, Oct 9: Golaghat Police recovered a huge quantity of drugs from Golaghat town on Sunday. According to the report, following secret information, Golaghat police carried out an operation and recovered 12.30 g of heroin in the house of Mrinal Bora located at College Tiniali, Golaghat town.

In this connection, Golaghat police apprehended Mrinal Bora and Md. Ali, alias Fosou. During the raid, one Tata Safari, one Santro Xing, one Maruti Omni Van, one Mahindra Bolero pickup, and one Star City bike were seized. On the other hand, in an operation led by Additional SP (HQ), Golaghat with OC, Chungajan PS, and staff in the Chungajan PS area, 13 soap cases concealed with suspected heroin weighing 155 gm have been seized from two people along with a bolero vehicle. The accused are identified as Merajul Hussain and Nurshed Ali, both from Rongajan Halmoratup under the Golaghat police station. During this raid operation, one Bolero vehicle and a Royal Endfield vehicle were seized.

Workshop on mental health organized

OUR CORRESPONDENT

TINSUKIA, Oct 9: A workshop on physical and mental health was held at Tinsukia College with the joint collaboration of the college's IQAC and Ellora Vidyayan Manch on Saturday, aiming to create awareness on various health issues and their remedies, particularly among girl students. Three eminent physicians of Assam Medical College, namely Dr. Reena Ahmed, retired head of the Department of Gynaecology, Dr. Hem Chandra Kalita of the Cardiology Department, and Dr. Dhruvajyoti Bhuyan, head of the Department of Psychiatry, deliberated on their respective fields. They also interacted with the students and responded to their queries. The programme was chaired by Dr. Surjya Chutia, principal of Tinsukia College.

Road mishap: One dies and two seriously injured

A CORRESPONDENT

DEMOW, Oct 9: A road accident was reported in Bhulukaguri at NH-37 Road on Sunday night, leading to the

deaths of one and two seriously injured. According to sources, the motorcycle bearing registration AS 06 P 9379 where the three were travelling was coming at a high speed from Demow and heading towards Moran hit a dumper from behind. The three youths on the motorcycle were identified as Ajay Majhi (23), Ajay Tanti (22) and Nathu Majhi (23); among the three, Nathu Majhi died.

Memorandum submitted

A CORRESPONDENT

DEMOW, Oct 9: The AASAA Athabari Unit Committee submitted a memorandum to the Demow Circle Officer on Monday. In the memorandum, they stated that on October 3, Headmaster Rajkapur Panika, a resident of Rajmai Pakhimuri, was demanded money for which he was mentally disturbed and committed suicide. In the memorandum, they alleged that, till date, the Demow Police have not been able to apprehend the main accused, CRCC Deba Kakoty. They had demanded to apprehend Deba Kakoty as soon as possible. A copy of the memorandum has also been submitted to the Demow Police Station and the Superintendent of Police of Sivasagar District.

মাস্তুঃজাৰন আৰু বাহ্যিক জাৰন
বিপূৰ্ণতাৰ বাবে অতি প্ৰয়োজন বুলি তেওঁ উল্লেখ কৰে।

তিনিচুকীয়া মহাবিদ্যালয়ত স্বাস্থ্য সম্পৰ্কীয় আলোচনা-চক্ৰ

**বিজেপি যোৰহাট
জিলা কাৰ্যালয়ত মন্ত্ৰী
অশোক সিংঘাল**

যোৰহাট, ৯ অক্টোবৰ : কেইবাটাও
কাৰ্যসূচীৰে যোৰহাট ভ্ৰমণলৈ
হা অসম চৰকাৰৰ গৃহ নিৰ্মাণ, নগৰ
বিকাশ আৰু জলসিঞ্চন বিভাগৰ
কমিটী মন্ত্ৰী অশোক সিংঘালে আজি
বিজেপিৰ যোৰহাট জিলা
কাৰ্যালয়ত উপস্থিত হৈ দলৰ

‘আমাৰ অসম’ৰ তিনিচুকীয়াৰ ষ্টাফ ৰিপ’ৰ্টাৰ, ৯ অক্টোবৰ : তিনিচুকীয়া
মহাবিদ্যালয়ৰ আভ্যন্তৰীণ মান নিৰূপণ কোষ আৰু ইলোৰা বিজ্ঞান মঞ্চৰ যৌথ
উদ্যোগত শনিবাৰে ছাত্ৰ-ছাত্ৰীসকল শাৰীৰিক আৰু মানসিক স্বাস্থ্যৰ লগতে বিশেষকৈ
ছাত্ৰীসকলৰ বিভিন্ন স্বাস্থ্যজনিত সমস্যা আৰু তাৰ পৰিভ্ৰাণৰ বিষয়ে এক আলোচনা
চক্ৰ অনুষ্ঠিত কৰা হয়। এই আলোচনাত অংশগ্ৰহণ কৰে অসম চিকিৎসা মহাবিদ্যালয়ৰ
স্ত্ৰীৰোগ বিভাগৰ অৱসৰপ্ৰাপ্ত মুৰব্বী অধ্যাপক ডাঃ বীণা আহমেদ, হৃদৰোগ বিভাগৰ
মুৰব্বী অধ্যাপক ডাঃ হেমচন্দ্ৰ কলিতা আৰু মানসিক বোগ বিভাগৰ মুৰব্বী অধ্যাপক
ডাঃ ধ্ৰুবজ্যোতি ভূঞাই। আলোচক কেইজনে ক্ৰমে ছাত্ৰীসকলৰ বিভিন্ন স্বাস্থ্য
সম্পৰ্কীয় সমস্যা, ছাত্ৰ-ছাত্ৰীসকলক হৃদৰোগৰ পৰা মুক্ত হৈ থকাৰ বাবে প্ৰয়োজনীয়
উপায় আৰু মানসিক স্বাস্থ্য আৰু সমস্যাৰ বিষয়ে বিস্তৃত আলোচনা কৰাৰ লগতে
ছাত্ৰ-ছাত্ৰীসকলৰ বিভিন্ন প্ৰশ্নৰ উত্তৰ দিয়ে। সভাত সভাপতিত্ব কৰে মহাবিদ্যালয়খনৰ
অধ্যক্ষ ড° সূৰ্য চুতীয়াই।

Photos: News Paper Coverage of the Awareness programme on Students' Mental and Physical Health