

OFFICE OF THE PRINCIPAL

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TINSUKIA COLLEGE



TINSUKIA - 786 125 (ASSAM)

Established : 1956

Accredited by NAAC with B⁺ Grade

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Ref. No.

Date: 09/12/2022

A report on Mental Health Awareness Programme

organized by

CWSD, Tinsukia College, Tinsukia

On 25/06/2022, Cell for Women's Studies and Development, Tinsukia College organized a Mental Health Awareness Programme for the students of the college in the library conference hall, Tinsukia College. Dr. Dipanjali Phukan, Consultant Psychiatrist, was the invited speaker for the programme. Dr. Phukan began her lecture defining the term mental health and explained why it is important to promote mental well being for individuals. In her speech she mentioned that mental health problems significantly increase the risk of physical health problems and vice versa. According to her mental health is as important as physical health for everyone. Dr. Phukan, from her experience of treating mental health issues for more than three decades, describes the various reasons which deteriorate the state of mental health and discuss the ways to cope with the several challenges faced by the students of present generation. A total of about 200 students and teachers attended the programme. A good number of students inspired by her talk interacted with the speaker on their personal problems and Dr. Dipanjali Phukan after hearing them sincerely tried to show the appropriate path to overcome their problems with ease. The programme ended with a great success with the active participation of the audience. Resource person also thanked CWSD for organizing a programme on such an important topic.

(Dr. Surjya Chutia)



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MENTAL HEALTH AWARENESS PROGRAMME
for
STUDENTS
Organised by:
CELL FOR WOMEN'S STUDIES & DEVELOPMENT
TINSUKIA COLLEGE

*Invited Speaker : **Dr. Dipanjali Phukan***
Consultant Psychiatrist

Date : 25-06-2022 Time : 11:00 a.m. *Venue : Library Conference Hall*
Tinsukia College.

Banner



Speech by Dr. D.Phukan (25.06.2022)



Interaction with students (25.06.2022)



Section of the Audience (25.06.2022)



Section of the Audience (25.06.2022)

Mental Health Awareness Programme for Students
Organised by CWSD

Date 25/06/2022

Signature of the people present in the programme:

- 1) Madhusmita Mohanta
- 2) Ankita Chhetry
- 3) Sangita Behera
- 4) Ankita Baidya
- 5) Archana Sarkar
- 6) Karishma Kumari
- 7) Kajal K. Sah.
- 8) Ayotika Borowal.
- 9) Ela Bhanjali
- 10) Panti Sikha Gohain.
- 11) Sikha Barikaty
- 12) Anurkha Kozarika
- 13) Sandeep Saha
- 14) Anshu Das
- 15) Shubham T Shrivati
- 16) Vikrama Mahato
- 17) Tuluf Gohain
- 18) Pshikha Mishra
- 19) Sahil Kumar Sah.
20. Rabikanit Giri
21. Kibham Sah
22. Rahmet Ali Ansari
23. Amit K. Singh
24. Pankaj Goswami
25. Bagmala Das
26. Chitra Khenikar
27. Aniket K. Shah
28. Aqil Furaid Ahmed
29. Faizan Ansari
30. Midhrashi Gogoi
31. Pratyasha Borborah



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32. Ankit Das
33. Dhruv Ka Ram
34. Sonu K-91 Roy
35. Aashutosh Das
36. Raj Kumar Prasad.
37. Chandan Subedi
38. Sameer Kumar.
39. Rohit Sahani.
40. Saurabhjyoti Buragohain
41. Paragpal Boruah
42. Manish Ahoni
43. Piyush Das.
44. Khushbu Tanti
45. Anjali Kumari Sharma.
46. Anjum Neeth.
47. Pallabi Wang
48. Nishita Pathak
49. Anjali Manki
50. Pranayjyoti Gogoi
51. Devapratim Lahon.
52. Mehan Kumbang
53. Pradyul Pasang
54. Punton Sonowal.
55. Prandeep Nag.
56. Simi Dehuria.
57. Chinmay Das
58. Abhoy Das
59. Karan Sutraadhar
60. Bhargab Jyoti Kashyap
61. Dipankar Mupla
62. Sunil Singh
63. Bishal Choudhury
64. Hiran Choudhary



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- 65) Rohan Monan
- 66) Shivam Sharma.
- 67) Arpita Das
- 68) Lucky Borsaikia
- 69) Sanjama Roy
- 70) Alisha Chawrick
- 71) Mukesh Saha
- 72) Anuk Sharma.
- 73) Purnabi Boruah
- 74) Sila Uzaug
- 75) Barasha Neog
- 76) Niki Das
- 77) Anjana Doley.
- 78) Gutika Gogoi
- 79) Jankami Gogoi
- 80) Amee Baruah
- 81) Jyostna Gogoi
- 82) Pujan Singh
- 83) Purnima Thapa
- 84) Kashmiri Moran
- 85) Urbashi Chutia
- 86) Barasha Chutia
- 87) Ananya Handique
- 88) Ujani Saikia
- 89) Parshwajit Debn
- 90) Urmita Tayal
- 91) Jannoni Hazarika.
- 92) Tuskar Das
- 93) Abhigyan Saikia
- 94) Subhankar Das
- 95) Tarun Syafi Duarah
- 96) Prasenjit Kar
- 97) Ritaparna Chutia



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(98) Muskan Kumari

99. Kabita Kumari Rai

(100) Sweety Kumari

(101) Sorali Kumari Patwa

(102) Soni Kumari Rajak

(103) Kashish Patwa

(104) Anchal Kumari Srivastav

(105) Haxmi Kumari Rai

(106) Krishna Yadav

(107) Akash Yadav

(108) ~~Aman Verma~~

(108) Aman Kumari Verma

(109) Neha Rajbhar

(110) Diya Chetraj

(111) Manisha Kumari Rai

(112) BhumiKa Thapa

(113) Bisakha Sharma

(114) Sabana Sheikh

(115) Kajal Yadav



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116) Nisha Verma

117) Ladysdon (Dolly Sah)

118) Anati Kumari Sahani

119) Neha Upadhyay

120) Neha Dey

121) Jasmeen Khatun

122) Pragati Parit

123) Riyashee Natibamuals

124) Priya Kumari

125) Priya Patel

126) Tisha Seal

127) Shikhamoni Saikia

128) Aditi Mishra

129) Dkriti Bhawati Phukan

130) Anamika Dohuria

131) Divya Upadhyay

132) Mitali Sonowal

133) Deepshikha Borah

134) Bhagyalaxhi Moran

135) Payel Ghosh

136) Chayanika Gogoi

137) Liza Bhakagohain

138) Bhagyashree Thapa

139) Srishty Dutta

140) Srueta Kumari

141) Tijasa Sahoo

142) Rishika Chouhan



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143) Upasana Dev

144) Nang Kungita Thaman

145) Bithika Bhuyan.

146) Pranamika Borkhain

147) Nang Rumita Thaman

148) Lauini Deori

149) Priyanka Hazarika.

150) Mukesh Chauhan

Teachers:

① Manika Das

② Rasmita Borkhokuy.

③ Jali Ljumanii kalita

④ Minu Chetry

⑤ Anoma Hazarika.

⑥ Rashi Jute (Date 24.06.22)

⑦ Julika Das

⑧ Ruma Payeng B

⑨ Deepika Sensua A. Sensua

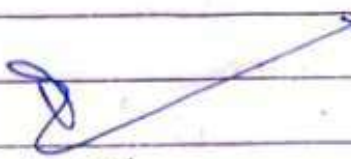
⑩ Manika Devi Dev

⑪ Mayurini Sharma Baruah MB

⑫ Sanghamitra Sarma 25/6/22

⑬ Deepika Bhatia Charyo 25/6/22




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