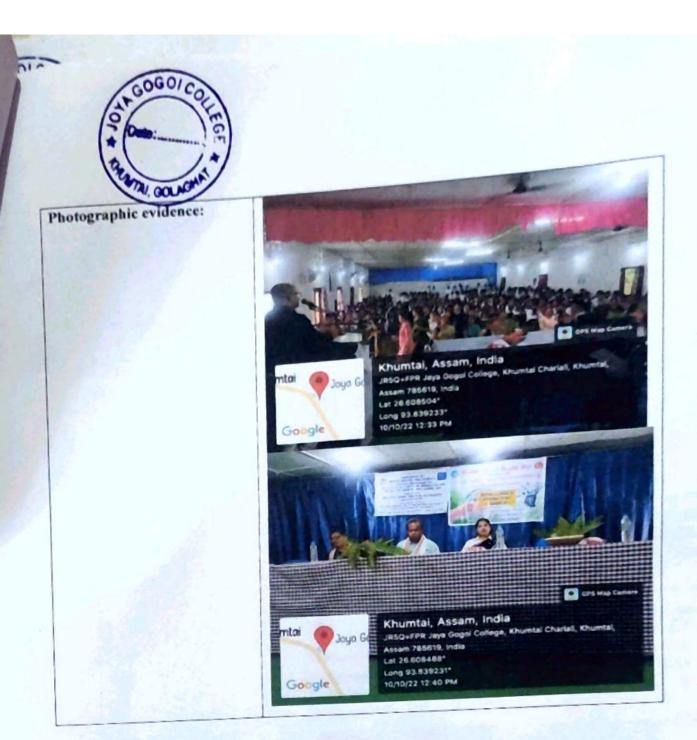
JOYA GOGOI COLLEGE, KHUMTAI
P.O.: KHUMTAI, DIST.: GOLAGHAT, PIN: 785619 (ASSAM)
Mob. No. 9854719773 Email: principal.jgc@gmail.com

Report on World Mental Health Day

MI. GOLAG

Organised by	District Legal Services Authority in association with
	College Women Cell, IQAC and Mental Stress
	Management Committee, Joya Gogpi College, Khumtai
Programme Name	World Mental Health Day
Programme date & time	10-10-22,12 am onwards
Venue	College Auditorium
No of participant	83
Resource Person	Dr. Dipok Dutta, Golaghat Civil Hospital, Golaghat.
A brief report	On 10th Oct, 2022, District Legal Services Authority is association with College Women Cell, IQAC and Mental Stress Management Committee, Joya Gogoi College Khumtai jointly organised the World Mental Health Day This programme was inaugurated by the respected Principal Dr. Amiya Kr. Das. The main aim of the programme was to create awareness about mental health and mental diseases. Another aim of the programme was to develop the ability to respond to stressful events in positive, constructive way. In this Programme resource person Dr. Dipok Dutta, Golaghat Civil Hospital, Golaghat discussed the causes of various mental diseases and it impact on our physical and mental well being. Dr. Duttalso suggested remedies of these mental issues. About 8 nos. of students actively participated in the programme.

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Principal & Secretary
Joya Gogoi College
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