



JOYA GOGOI COLLEGE, KHUMTAI  
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### Report on World Mental Health Day

<b>Organised by</b>	District Legal Services Authority in association with College Women Cell, IQAC and Mental Stress Management Committee, Joya Gogoi College, Khumtai
<b>Programme Name</b>	World Mental Health Day
<b>Programme date &amp; time</b>	10-10-22, 12 am onwards
<b>Venue</b>	College Auditorium
<b>No of participant</b>	83
<b>Resource Person</b>	Dr. Dipok Dutta, Golaghat Civil Hospital, Golaghat.
<b>A brief report</b>	<p>On 10<sup>th</sup> Oct, 2022, District Legal Services Authority in 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 a positive, constructive way. In this Programme resource person Dr. Dipok Dutta, Golaghat Civil Hospital, Golaghat discussed the causes of various mental diseases and its impact on our physical and mental well being. Dr. Dutta also suggested remedies of these mental issues. About 83 nos. of students actively participated in the programme.</p>

  
Principal & Secretary  
Joya Gogoi College  
Khumtai



Photographic evidence:



*[Signature]*  
Principal & Secretary  
Joya Gogoi College  
Khumtai