



JOYA GOGOI COLLEGE, KHUMTAI
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A Detailed Report on World Mental Health Day

Organised by	Women Cell , IQAC and Mental Stress Management Cell Joya Gogoi College, Khumtai
Programme Name	Observation of World Mental Health Day -2023
Programme date & time	10-10- 2023 , 1 PM-2:30PM
Venue	Digital Classroom, Joya Gogoi College, Khumtai
No of participant	50
Resource Person	Mrs. Progoti Borthakur Baruah, Associate Professor, Department of Education, Joya Gogoi College.
A brief report	<p>On 10th October 2023, Women Cell, IQAC and Mental Stress Management Cell Joya Gogoi College, Khumtai jointly organized World Mental Health Day -2023. The main aim of the programme was to cultivate awareness about the importance of mental health and mental health problems.</p> <p>A lecture was delivered by Prof. Progoti Borthakur on "Mental Health Problems Associated with Youth" to generate awareness about mental health and its associated problems and signs & symptoms related to mental health issues among the College students. The lecture has followed by an interactive session to address the questions of Students and faculties. The programme was inaugurated by Principal Dr. Amiya Kr. Das. 50 students actively participated in the programme.</p>


Principal & Secretary
Joya Gogoi College
Khumtai



Photographic evidence



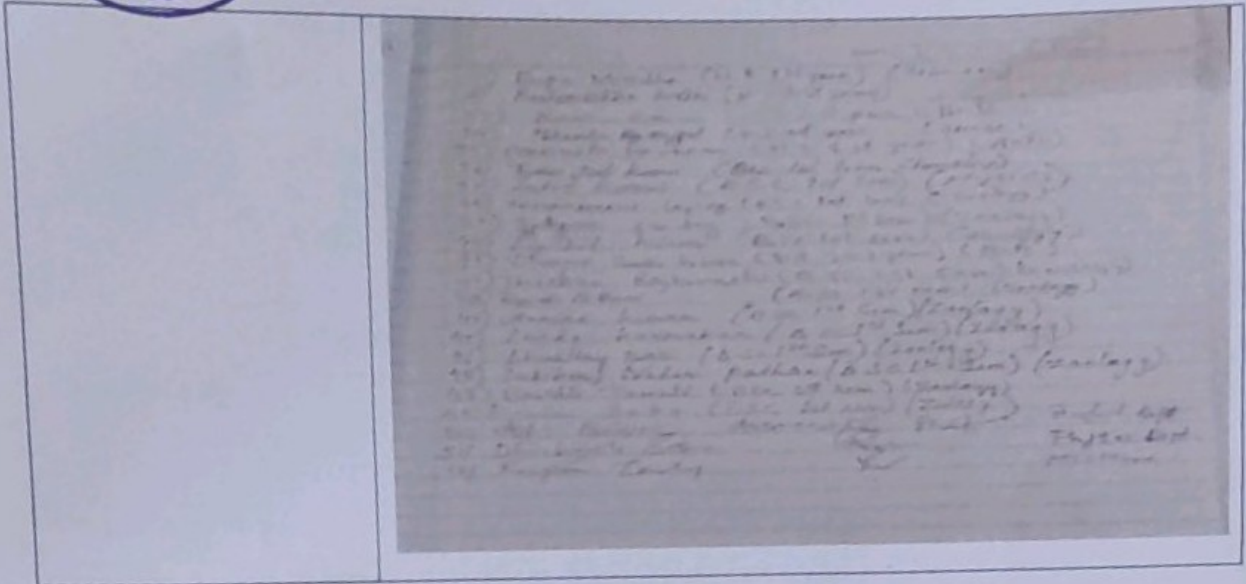
Attendance Sheet


WORLDLY MENTAL HEALTH DAY

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Principal & Secretary
Joya Gogoi College
Khumtai




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