



JOYA GOGOI COLLEGE, KHUMTAI  
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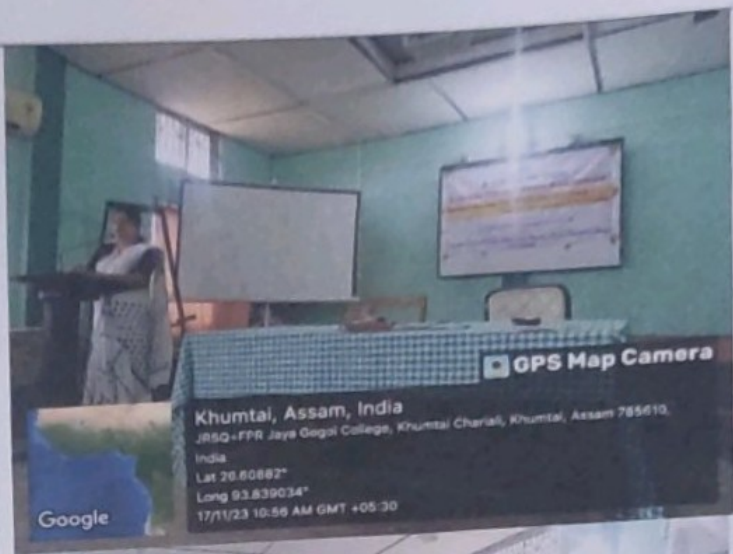
**Report of Talk on Lifestyle, Diet and Stress Management**

<b>Organised by</b>	Mental Stress Management Cell in association with Department of Education and IQAC, Joya Gogoi College, Khumtai.
<b>Programme Name</b>	Lifestyle, Diet and Stress Management
<b>Programme date &amp; time</b>	17-11-2023, 11 am to 12 am.
<b>Venue</b>	Digital Room Joya Gogoi College, Khumtai
<b>No of participant</b>	41
<b>Resource Person</b>	Ms. Mridusmita Borthakur, Subject Matter Specialist, KVK, Golaghat, Khumtai.
<b>A brief report</b>	<p>On 17<sup>th</sup> November, 2023, Mental Stress Management Cell in association with Department of Education and IQAC jointly organized a talk on Lifestyle, Diet and Stress Management. The main aim of the programme was to raise awareness among the students as well as teaching and non-teaching staff of the college about the benefits of a proper lifestyle and diet and the ways of reducing stress. One of the aims of the programme was to address the ways of reducing the amount of stress faced by everyone in today's world. The programme was inaugurated by Principal Dr. Amiya Kr. Das. About 40 nos. of students actively participated in the programme. In this programme, resource person Ms. Mridusmita Borthakur discussed the various techniques of Stress Management related to our physical and mental health and shared her experiences among the students.</p>

  
Principal & Secretary  
Joya Gogoi College  
Khumtai



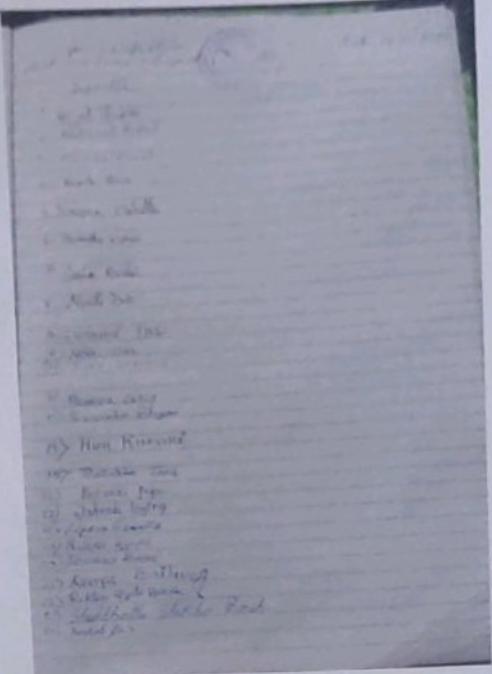
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Principal & Secretary  
Joya Gogoi College  
Khumtai



Attendance Sheets

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