



গড়গাঁও মহাবিদ্যালয়
GARGAON COLLEGE

A Report on
WORLD MENTAL HEALTH DAY
Date: 22.10.2022





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GARGAON COLLEGE
NAAC accredited with 'B' Grade

Date: 22.10.2022

Resource Person

Dr. Surajit Saikia

Assistant Professor of

Department of Economics, Gargaon College

Topic: World Mental Health Day

Department of Sociology, Gargaon College

OVERVIEW OF THE PROGRAM

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A programme on mental health day was organized by Sociology department of Gargaon College on 22nd October, 2022. The Programme was presided over by HoD, Mrs. Mina Robidas. The resource person of this programme, Dr. Surajit Saikia, Assistant Professor, Economics analysed the techniques to maintain good mental health of the students. Mrs. Mina Robidas HoD department of Sociology said that such type of programme will help the students to enhance their academic performance. Mr. Mohananda Tamuli said that mental Health is more important for student's personality development. Dr. Priyanka Tamuli, Assistant professor, department of Sociology also talked about the importance of the program. The program was come to end with the vote of thanks by Mohananda Tamuli.



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SOME SNAPSHOTS OF THE EVENT





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