



গড়গাঁও মহাবিদ্যালয়  
GARGAON COLLEGE  
NAAC accredited with 'B' Grade

## World Mental Health Day

WORLD  
MENTAL  
HEALTH  
DAY



**Title of the program:**

## **World Mental Health Day**

**Date: 22.10.2023**

**Background/ Significance of the day:**

Discussion on Mental health is often treated as taboo. But just as physical health, mental health is also important for shapes our lives. We as individuals need to start having discussion about our mental health. So, this programme is arranged to discuss how mental health is important to us and can we create a happier and healthier mental health.

**Resource Person (if any):**

Dr. Surajit Saikia, Assistant Professor, Economics, Gargaon College.

**About the program/Details of the Program:**

The Sociology department of Gargaon College conducted a programme on mental health day on 22nd October, 2022. The programme aimed to raise awareness and provide guidance on mental health issues among the students. The chief guest of the programme was Dr. Surajit Saikia, Assistant Professor, Economics, Gargaon College, who delivered an insightful lecture on the topic. The HoD of the Sociology department, Mrs. Mina Robidas, chaired the programme and emphasized the need for such initiatives to improve the academic performance of the students. She also appreciated the efforts of the organizers and the participants. Other speakers included Mr Mohananda Tamuli and Dr. Priyanka Tamuli, who shared their views and experiences on mental health. The programme concluded with a vote of thanks.

**Participants registered/Participants present (scanned copy of the attendance sheet):**

**DEPARTMENT OF SOCIOLOGY**  
**GARGAON COLLEGE, SIMALUGURI**  
Estd:- 1996. Email ID:- depttsociology29@gmail.com

Ref No:- \_\_\_\_\_ Date:- \_\_\_\_\_

1) Bhimab Bhyam	27) Lakshmee Bona
2) Dikshita Dutta	28) Chyamaima Saikia
3) Biswashi Gogoi	
4) Anusona Madumia	29) Ritika Dutta
5) Rajjisha Rahman	30) Dimp Rani Phukan
6) Lakshmi Bureghain	31) Dibyangi Chetta
7) Upasana Handique	32) Rimpay Handique
8) Rinki Boruah	33) Nikharani Chetta
9) Subhamoni Handique	34) Bhuyakha Dousari
10) Manalika Konwar	35) Manash Jyoti Gogoi
11) Mohima Kumari	
12) Madhumila Mahan	
13) Jahnabi Gogoi	
14) Srikhamoni Gogoi	
15) Anasga Boruah	
16) Papi Yeia	
17) Parishmita Gogoi	
18) Titluma Chitnaker	
19) Barnali Baidung Boruah	
20) Fahima Begum	
21) Kabjashree Dutta	

Head of the Department  
Sociology Department  
Gargaon College, Simaluguri  
26/11/23

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Ref No:- \_\_\_\_\_ Date:- \_\_\_\_\_

32) Titluma Chitnaker (79) (5th sem)
26) Dikshita Dutta (15) (5th sem)
27) Ganguli Gogoi (436) (5th sem)
28) Kabjashree Dutta (406) (5th sem)
29) Fahima Begum (477) (5th sem)
30) Dibyangi Chetta (974) (5th sem)
31) Paroma Madumia (203) (5th sem)
32) Biswashi Gogoi (286) (5th sem)
33) Lakshmee Bona (270) (5th sem)
34) Dimp Rani Phukan (361) (5th sem)
35) Mohima Kumari (311) (5th sem)
36) Subhamoni Handique (316) (5th sem)
37) Priyam Bureghain (465) (5th sem)
38) Rakhi Khodal (237) (5th sem)
39) Chyamaima Saikia (329) 5th Sem
40) Anshupriya Phukan (105) 3rd Sem
41) Swarnali Rajkumari (59) 3rd Sem
42) Purnima Patra (255) 3rd Sem
43) Barakha Rani (195) 3rd Sem

Head of the Department  
Sociology Department  
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## Photos of the event:

