



গড়গাঁও মহাবিদ্যালয়  
GARGAON COLLEGE

**WEBINAR ON YOUTH, MENTAL HEALTH AND SUICIDE**

Date: 10/07/2020

*Organized by*  
**IQAC, Gargaon College**



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GARGAON COLLEGE

**DATE: 10/07/2020**

**RESOURCE PERSON**

Dr. Sandipan Sharma, M D

**Topic: Youth, Mental Health and Suicide**

Flyer

**WEBINAR ON**

**YOUTH MENTAL HEALTH AND *SUICIDE***

**RESOURCE PERSON**

**DR. SANDIPAN SARMAH, MD**

**DATE: 10/07/2020**

**TIME: 7.15 PM to 8 PM**

**ORGANIZING COMMITTEE**

**Chair Person:**  
Dr. Sabyasachi Mahanta  
Principal, Gargaon College

**Coordinators:**  
Mr. Nilutpal Chutia  
Dr. Surajit Saikia

**Members:**  
Dr. K.J. Handique (IQAC, Coordinator)  
Dr. Pankaj Kumar Nath  
Dr. Dimbeswar Das  
Dr. Arandao Narzary  
Mr. Harekrishna Mili

**FOR REGISTRATION:**  
**Link:** <https://forms.gle/GkZRRS5LPGuKfvqg8>  
**Email:** [lecturegargaon@gmail.com](mailto:lecturegargaon@gmail.com)  
Webinar link will be provided to the registered participants via email.

**ORGANISED BY**  
**GARGAON COLLEGE**  
SIMALUGURI-785686  
SIVASAGAR, ASSAM



### **Rationality of the Programme**

Suicide is closely linked with mental health. The causes of suicidal tendencies among youth are increasing day by day. Suicidal thoughts are common among teens and young adults and the number of such cases is frightening. The present situation is not encouraging at all. Mental crisis, uncertainty of future, economic crisis are some of the common reasons for which the youths suffer from stress and anxiety. Proper counseling and motivation can go a long way in building up the mental well being of the youths to face the challenge of time.

### **Brief Description of the Programme**

A National webinar was organized on the topic of Youth, Mental Health and Suicide on 10th July 2020. The Resource person invited on the occasion was Dr. Sandipan Sharma. MD. Dr. Sabyasachi Mahanta an eminent academic and Principal of Gargaon College in his inaugural address spoke about the stress and anxiety of the youths in the global pandemic situation. He said that youth is an important phase of the formative period and it has a major impact on the future. It is the formative period that care has to be taken in building various factors like psychological, mental, and physical well-being. In the process of climbing the ladder of success, some become unsuccessful and they suffer from anxiety and stress. When they fear to tackle their problem, they commit suicide. Suicide, Dr. Mahanta said has been increasing day by day. The present situation is not encouraging at all he added. He urged the students to become Physically active and to build up the mental well-being to face the challenge of the present situation.

Dr. Sandipan Sharma started his deliberation by referring to WHO and said that health is a complete state of complete physical, mental and social well being. He focused on why mental health is important for all. Mr. Sharma said that suicidal thought and tendencies mostly occurs from depression and frustration. Such tendencies should be consulted from Psychiatrist and clinical psychologist. Stable mentality and mind capacity can keep the mental well being of a person. He also suggested some measures for overcoming such suicidal tendencies and up building mental well being. He said that yoga and meditation can help in bringing mental stability. He further pointed that proper counseling and positive mind approach can helps in overcoming this serious menace. Dr. Surajit Saikia, IQAC Coordinator and Assistant Professor of Economics Department offered the vote of thanks to all concerned.



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GARGAON COLLEGE

## Photographs



## Video Link





**Participants List**

SL No	Name of the Participants	SL No	Name of the Participants
1	Murchana Arandhara	36	Anisha Borah
2	Bhoirab Konwar	37	Puja Gogoi
3	Bijit Panging	38	Jugen Bawri
4	Hong Kong Baruah	39	Shazad Monsori
5	Chiranjiv Saikia	40	Deepjyoti Kalita
6	Roktim Raj Gogoi	41	Smit Bornali Gogoi
7	Samprity Bhuyan	42	Smti Dipali Devi
8	Ashif Hussain	43	Dadu Gogoi
9	Akash Gorait	44	Monju Konyak
10	Hiffaz Sami Arif	45	Gyan Jyoti Changmai
11	Hemanta Boruah	46	Ankur Hazarika
12	Lukumoni Gogoi	47	Gautam Konwar
13	Partha Jit Konwar	48	Prachurjyadip Gogoi
14	Sunit Singha	49	Trideesha Buragohain
15	Nilotpai Chetia	50	Gargee Phukon
16	Lakhya Jyoti Borah	51	Parishmita Gogoi
17	Debwasish Gogoi	52	Ashish Gogoi
18	Neha Gogoi	53	Sundeep Mech
19	Hirakjyoti Gogoi	54	Himanshu Saikia
20	Zubin Kukurachowa	55	Kalyani Boruah
21	Bitupan Mech	56	Atanu Gogoi
22	Samujjal Kar	57	Kaustav Chetia
23	Grecy Dehingia	58	Abhilash Gogoi
24	Komal Sharma	59	Khirusmoni Mohan
25	Sangeeta Chetia	60	Aradhana Borah
26	Nikhilekh Gogoi	61	Pranjal Gogoi
27	Karishmita Hazarika	62	Prastootee Das
28	Niharika Phukon	63	Prastuti Gogoi
29	Pronami Gogoi	64	Prasurjya Plabon Gogoi
30	Wasfikur Rohman	65	Pratibha Chetia
31	Karabi Gogoi	66	Pratiksha Das
32	Monmoyuri Bailung Boruah	67	Pratyashee Mohan
33	Bedangajit Gogoi	68	Princy Gogoi
34	Rekhamoni Gogoi	69	Pritishmrita Gogoi
35	Pranjal Dhadumia	70	Priya Boudhara



SL No	Name of the Participants	SL No	Name of the Participants
71	Priya Dey	106	Nikhita Gogoi
72	Nilotpal Chetia	107	Ananya Nath
73	Lakhya Jyoti Borah	108	Rupam Rajkhowa
74	Pallavi Tasha	109	Ankuman Khanikor
75	Partha Hatimuria	110	Sumuraja Gogoi
76	Abhinob Borah	111	Bhaswati Bharadwaj
77	Bishmoy Sonowal	112	Dimpy Gogoi
78	Sajidur Rohman	113	Bishal Gogoi
79	Urbasi Chetia	114	Abhigyan Samrat Chetia Pator
80	Priyanka Borgohain	115	Usha Rani Doley
81	Lakhya Jit Gogoi	116	Riya Devi
82	Nishita Gogoi	117	Miss Reepablika Gogoi
83	Kajal Saikia	118	Geetashree Borboruah
84	Sahil Hussain	119	Yashira Ahmed
85	Abinash Gogoi	120	Murchana Arandhara
86	Jyotimoy Das	121	Bhoirab Konwar
87	Protyasha Borkotoky	122	Bijit Panging
88	Chemsan Gogoi	123	Hong Kong Baruah
89	Supriya Gogoi	124	Chiranjiv Saikia
90	Gourango Mech	125	Roktim Raj Gogoi
91	Arnab Dutta	126	Samprity Bhuyan
92	Bhagyashree Rajkumari	127	Ashif Hussain
93	Rita Chetia	128	Akash Gorait
94	Gayatri Dowari	129	Hiffaz Sami Arif
95	Saurabh Dowari	130	Hemanta Boruah
96	Nibedita Borgohain	131	Lukumoni Gogoi
97	Mousumi Khanikor	132	Partha Jit Konwar
98	Songita Dowari	133	Juri Mahatu
99	Hasibul Hussain	134	Jyotika Gogoi
100	Monikha Handique	135	Smit Bornali Gogoi
101	Picxy Konwar	136	Smti Dipali Devi
102	Deep Borgohain	137	Dadu Gogoi
103	Raktima Handique	138	Monju Konyak
104	Aimatchi Boruah	139	Parweez Rahman Hazarika
105	Chimpu Konyak	140	Perana Gogoi