

An Awareness Programme On Mental Health and Counselling at Darrang College

An awareness programme on *Mental Health and Counselling* was organized by the Internal Quality Assurance Cell (IQAC) of Darrang College (Autonomous), Tezpur, on **13th June 2025**. The event began with a welcome address by Dr. Palash Moni Saikia, Principal of Darrang College, along with Dr. Sweta Mahanta, the IQAC Coordinator.

The resource person for the programme was Miss Gargi Goswami, a Child and Adolescent Psychologist (RCI Licensed). She delivered an insightful session on the growing importance of mental health in today's society. Her talk focused on identifying signs and symptoms of mental health issues and understanding how to recognize them, particularly among students.

Miss Goswami emphasized the need to create awareness and provide support to those struggling with mental health challenges. As part of an interactive session, she engaged students with an activity where they were asked to list five good and five bad habits of their friends, encouraging self-reflection and peer observation.

The programme witnessed active participation from over 40 students across various departments, along with enthusiastic involvement from faculty members. Their collective engagement made the event a grand success.

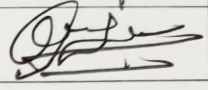

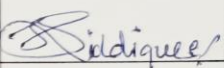
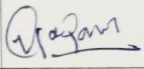
The primary objective of the programme was to raise awareness about mental health, promote open conversations, break the stigma surrounding mental health issues, and encourage individuals to seek help and support one another.





DARRANG COLLEGE (AUTONOMOUS), TEZPUR
AWARENESS PROGRAMME ON MENTALHEALTH AND COUNSELLING
ORGANIZED BY
IQAC DARRANG COLLEGE, TEZPUR
DATE: 13TH JUNE, 2025
VENUE: NAB CONFERENCE HALL
TIME: 1:30 P.M
RESOURCE PERSON: GARGI GOSWAMI

SL. NO.	NAME	DESIGNATION	UID NUMBER	SIGNATURE
1	Dr. Palashmoni Chaitin	Principal		<i>Palashmoni</i>
2	Dr. Sweta Mahanta	Asst. Prof.		<i>Sweta</i>
3	Gargi Goswami	Child & Adolescent Psychologist		<i>Gargi Goswami</i>
4	Himamni Boudoi	"		<i>H.B</i>
5	CHULAP SONOWAL	"		<i>Chulap</i>
6	Dr. Pallabika Sarmah	Asst. Prof.		<i>Pallabika</i>
7	Dr. Rajib Kr. Basumatary	Asst. Prof.		<i>Rajib</i>
8	Preeti Sharma	Student	24CD0004	<i>Preeti</i>
9	Rohan Singh	Student	24CD0012	<i>Rsingh</i>
10	Dipak Rai	Student	24CD0166	<i>Dipak Rai</i>
11	Bishan Dasgupta	Student	24CD0220	<i>Bishan Dasgupta</i>
12	Barashia Talukdar	Student	24CD0001	<i>Barashia Talukdar</i>
13	Jayanta Acharya	Student	22CD0123	<i>Jayanta</i>
14	Bhumika Sapkota	Student	24AD0518	<i>Bhumika</i>
15	Chandana Borah	Student	25AH0286	<i>Chandana Borah</i>
16	Parismita Das	Student	25AH0204	<i>Parismita Das</i>
17	Mayeni Deka	Student	25CH0133	<i>Mayeni</i>
18	Tulika Jaisika	Student	25BH0165	<i>Tulika</i>
19	Bhagyashree Das.	Student	25AH0193	<i>Bhagyashree Das.</i>
20	Lubna Asif Islam	Student	24AH0095	<i>Lubna Asif</i>

21	Rashmita Mandal	Student	24AH0131	Rashmita Mandal
22	Ridhi Debnath	Student	24AH0026	Ridhi Debnath
23	Riya K. Borah	Student	24AD0527	Riya K. Borah
24	Pratyashi Goswami	Student	24AD0409	P. Goswami
25	Ankita Deka	Student	24AD0751	Ankita Deka
26	Salini Gupta	student	24AD0700	Salini Gupta
27	Dorjee Rinchin	Student	PG240004	
28	Sipam Das	Student	PG240008	
29	Migom Ayengia	Student	PG240007	Migom Ayengia
30	Kastuni Phukan	Student	PG240005	Kastuni Phukan
31	Salma, S. Siddiquee	Student	PG240021	
32	Violina Gayan	Student	PG240006	
33	Khusbu Kashyap	Student	PG240016	K. Kashyap
34	Punam Nath	Student	PG240011	P. Nath
35	Sumon Tamang	Student	PG240022	S. Tamang
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