

OFFICE OF THE PRINCIPAL
GOALPARA COLLEGE, GOALPARA



An ISO 9001:2015 Certified Institution

Affiliated to Gauhati University, Guwahati, Assam

The College is covered under Section 2(f) and 12(B) of the UGC Act, 1956

P.O. : Goalpara, Dist. : Goalpara, (Assam) Pin : 783101

Dr. Subhash Barman, M.A. Ph.D
Principal & Secretary
Goalpara College, Assam

Phone No : 03663-240046
Mobile No. : 7399002231
E-mail : goalparacollege55@gmail.com
Website : www.goalparacollege.ac.in

No : GC/

Date :

Add on course on “Mental Health”
Organised by: Department of Education
Goalpara College
From 12 December 2021 to 28 December 2021
Summary of the course

An add on course on mental health was started on 12th December 2021 at 12 pm in the college auditorium hall followed by a grand induction program under the chairman ship of Dr Chintamayee Sarangi, HOD Education. In the meeting Dr. Subhash Barman, Principal Goalpara College attended as chief speaker, along with him Dr. Upomoy Nath Psychiatrist Goalpara Civil Hospital, Dr. Dulal Chandra Boruah, IQAC Coordinator, Goalpara College, Dr. Sontosh Kumar Misra, Associate Professor, Dept. of English, Goalpara College, Mr. Gobinda C Das, Assistant Professor, Dept. of Education, Goalpara College and Akbar Ali Sheikh, Assistant Professor, Dept. of Education, Goalpara College attended as Guest of Honour.

The main objectives of the course were-

To develop the awareness about the significance of mental health in personality developments among the students.

To make them aware of facing different adjustment crisis during various situations of life.

To develop the awareness about importance of yoga and Pranayama to deal with mental fitness or wellness.

The chief speaker Dr. S. Barman extended his valuable speech regarding the importance of maintaining mental health among the youth. The Chief Guest Dr. Upamoy Nath extended his speech by highlighting the significance, problems and remedial steps to be taken in terms of medical point of view. All other dignitaries present in the meeting also delivered their opinion regarding the importance of mental health.

Some of the student participants also expressed their expectations towards the newly introduced ADD-ON COURSE. At last, after the concluding speech delivered by the chairperson Dr. C. Sarangi and a brief vote of thank s offered by the Akbar Ali Sheikh the meeting was ended.

On 13 Dec. The course was started formally with two classes per day up to 28 Dec 2021. The course was structured into five chapters with sub topics and allotted to the faculties of the Departments for classes. For some topics related to pure psychology, special psychological counsellor of the town, Miss Farhana Sultana was invited. The course has been structured for 30 hours classes and had taken 17 days for completion.

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On 28th Dec at 06:00 am a "Yoga and Pranayama" programme was conducted for the participants at the college open field by course organiser. Mr. Gobinda Ch. Das (Yoga Master) led the yoga programme and all the students as well as teachers were participated actively. At 12pm the valedictory ceremony was started under the chairmanship of Dr. C. Sarangi (Head of the Department) the chief speaker was invited for the session was Dr. Hrishikesh Kalita, psychiatrist, Goalpara Civil hospital. He extended his valuable speech on the, "youth and Mental Health in today's society- problems, causes and remedies" his words were very much informative, encouraging and helpful to the participants of the programme. Dr. Bhanu Bezborra, HoD Assamese and Prof. Loni Barua, HoD English also delivered their valuable speech regarding importance of mental health.

The programme was ended with distributions of course completion certificate to the participants who has completed the course successfully. Thus, the programme was come to an end.

Course Outcomes

After Completion of the course, participants will be able to

1. Define 'normal' behaviour
2. Describe various neurotic and psychotic behavioural tendencies
3. Discuss stress management techniques
4. Lay out types of depression
5. Highlight the most common precipitating factors of violence

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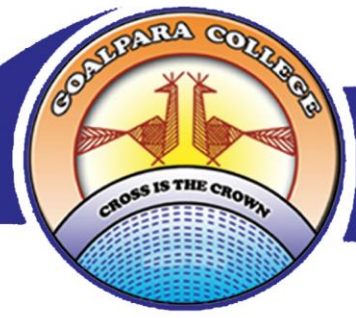
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Glimpses From the Course



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Banner of the course

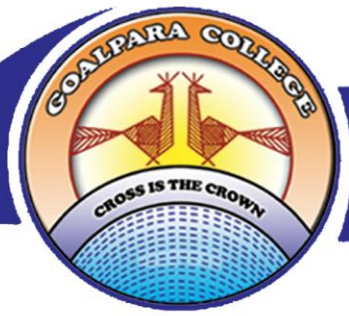
Add on Course on

MENTAL HEALTH

Organised by :
Department of Education
Goalpara College, Goalpara

Vunue : NB-5 Date : 12-12-2021

Certificate will be provided after completion of the course



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Add-on Course

On

MENTAL HEALTH

From 12 Dec -29th Dec 2021

Organized by Department of Education

You are cordially invited for the
VALEDICTORY SESSION

Chief Guest: Dr. Hrishikesh Kalita

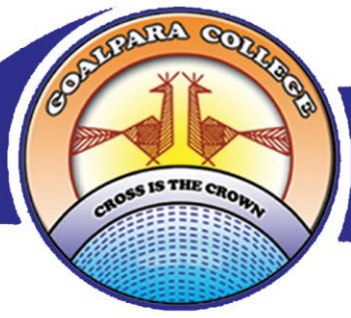
Psychiatrist, Goalpara Civil Hospital

Date: 29 Dec, 2021

Venue: Room No. NB5

Time: 11 am





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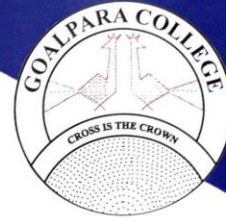
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Certificate of the Course



CERTIFICATE OF COMPLETION



This is to certify that

has successfully completed 30 hour Add-on

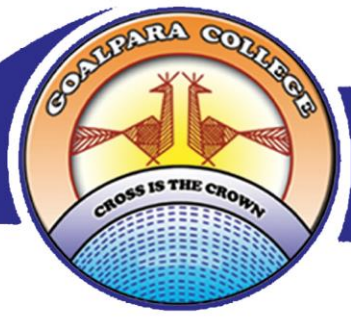
*Certificate Course on **MENTAL HEALTH** from 12th Dec. to 29th Dec. 2021,
organized by Department of Education, Goalpara College.*

Dr. Subhash Barman
Principal
Goalpara College, Goalpara

Mr. Gobinda Chandra Das
Course Co-ordinator
Asstt. Prof. Dept. of Education
Goalpara College

Mrs. Rupjyoti Das
Course Co-ordinator
Asstt. Prof. Dept. of Education
Goalpara College

Dr. Chintamayee Sarangi
Head, Dept. of Education
Goalpara College



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