

**Report
on
Orientation Programme on Mental Health and Well-Being**

Dated:06/02/2026

An Orientation Programme on Mental Health and Well-Being was successfully conducted by Mental Health Cell, PDUAM, Dalgaon in collaboration with the Internal Quality Assurance Cell (IQAC) on 06/02/2026 at Gallery 4. The programme was organized for the teaching and non-teaching staff of the college with the objective of creating awareness about mental health issues and promoting emotional well-being in the workplace.

The programme was hosted by Dr. Renuprava Sonowal, Coordinator, Mental Health Cell, PDUAM, Dalgaon. The programme was commenced with a welcome address by Dr. Lakhi Prasad Hazarika, Principal, who highlighted the importance of mental health in both personal and professional life. This was followed by an introductory note on the objectives of the programme and the role of IQAC in organizing quality-oriented academic and well-being initiatives.

The resource person Mr. Puspa Kalita, Clinical Psychologist, Dept. of Psychiatry, Mangaldai Civil Hospital was formally introduced to the gathering and felicitated him by Dr. Tamrapali Rajkonwar, Assistant Professor, Dept. of Assamese, as a mark of respect and appreciation. The resource person delivered an insightful talk on various mental health problems, their causes, and common symptoms. Several real-life cases were discussed to help participants understand mental health challenges faced by individuals in day-to-day life, especially in academic and professional environments.

The session also focused on preventive and corrective measures to maintain good mental health. The resource person emphasized stress management techniques, work-life balance, positive coping strategies, and the importance of seeking professional help when required. Practical suggestions such as mindfulness, healthy communication, and emotional resilience were also shared with the participants.

The programme included an interactive question-and-answer session, where participants actively shared their concerns and experiences. The resource person addressed these queries with clarity and sensitivity, making the session engaging and informative.



The programme concluded with a vote of thanks by Dr. Riju Devi, Assistant Professor, Dept. of Sociology expressing gratitude to the resource person, IQAC members, organizing committee, and all participants for their active involvement. Overall, the orientation programme was highly informative and beneficial, contributing to enhanced awareness and understanding of mental health and well-being among the teaching and non-teaching staff.



Dr. Renuprava Sonowal

Coordinator

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Dr. Lakhi Prasad Hazarika

Principal

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