



Ref. AC/IQAC/Notice/2023/04/05

Date: 10-10-2023

Notice

This is for the information of all the students and faculties of Abhayapuri College that the Department of Geography, Abhayapuri College in association with Internal Quality Assurance Cell, Abhayapuri College have organized a Students' Workshop on "Mental Wellbeing and Motivation" on 16th of October, 2023. In this regard, all the students of the college are requested to join the program on the aforesaid date in the Purna Ch. Seal Seminar Hall at 11 am.

All the faculty members are requested to ensure that students are informed and encouraged to participate in the workshop, aiming for its success.

Resource Person: Mourovi Singh, Psychologist and Cognitive Hypnotic Psychotherapist, Address: Guwahati, Assam

Significance of the workshop: This workshop on mental wellbeing and motivation is crucial as it empower students with coping skills, resilience, and a positive mindset, improving their ability to handle academic challenges and life stressors.

Who may join? All the students of the college are eligible for participating as per the availability of seat.

(Dr. Sadananda Nath)
Principal
Abhayapuri College
Principal
Abhayapuri College
Abhayapuri

(Dr. Santanu Konwar)
Coordinator, IQAC
Abhayapuri College
Coordinator
IQAC
Abhayapuri College

(Mr. Dharmendra Das)
Head of Dept. Geography
Department of Geography
Abhayapuri College

(Ankanksha S. Bhargava)
Convenor & Asst. Prof.
Department of Geography
Abhayapuri College

Report on One-Day Workshop on Mental Wellbeing and Motivation

Date: 16th October 2023

Organized by:

Department of Geography, in collaboration with Internal Quality Assurance Cell (IQAC), Abhayapuri College

A one-day workshop on "Mental Wellbeing and Motivation" was organized by the Department of Geography in collaboration with IQAC on 16th October 2023. The event was graced by the Principal, Vice Principal, IQAC Coordinator, HoD, and faculty members from various departments of the college, who supported the initiative and motivated the students.

The workshop, attended by 56 students, was inaugurated by Ms. Aakanksha S. Bhargava, Assistant Professor and coordinator, who outlined the objectives of the workshop. Ms. Mourovi Singh, the guest speaker and trainer, conducted insightful sessions on mental health awareness, stress management, and memory enhancement. She shared practical tips and techniques like visualization and association, which the students found highly useful.

Interactive mindful games encouraged critical thinking and collaboration, followed by an open discussion where students shared experiences and posed queries.

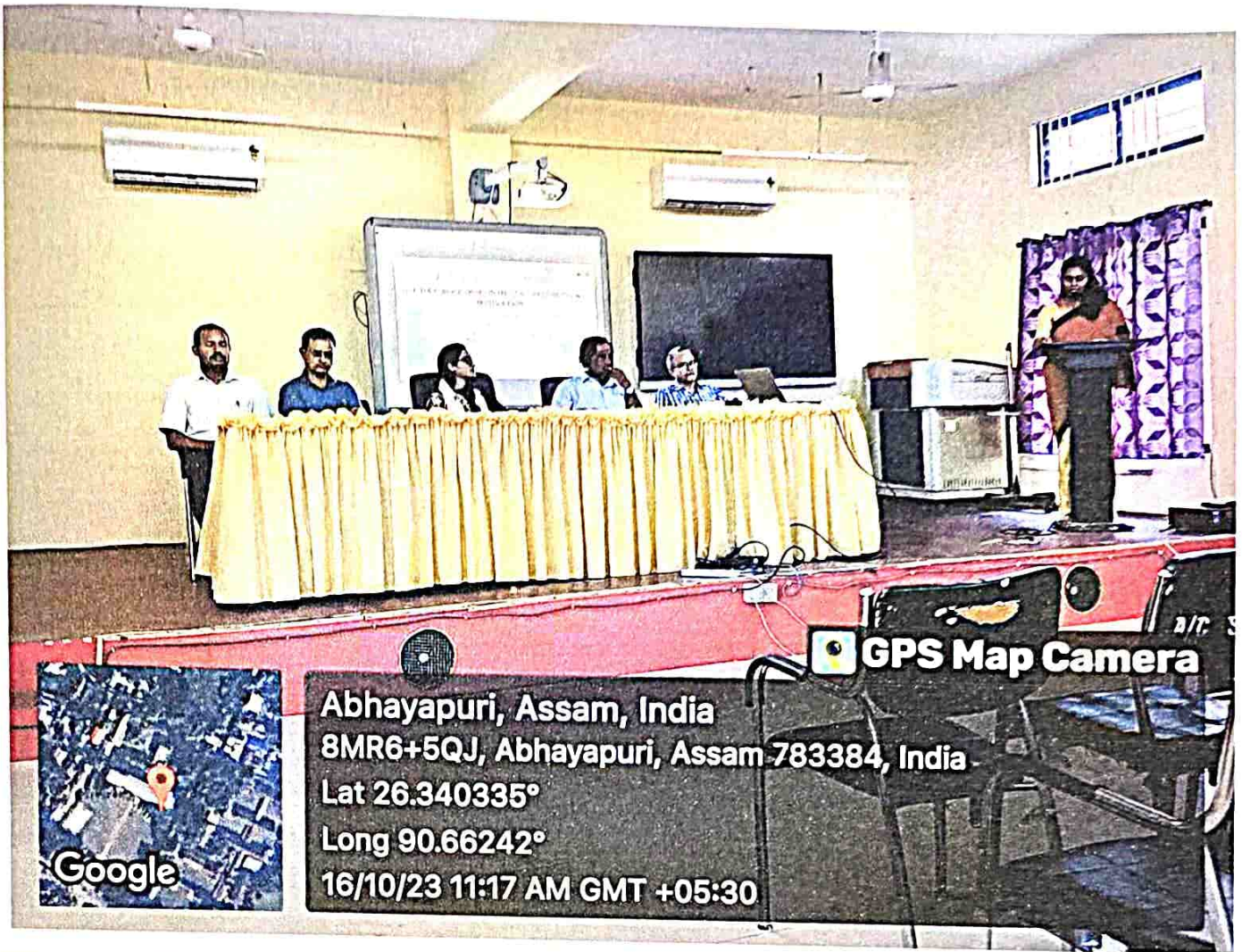
The workshop concluded with a vote of thanks by Mr. Dhoromsing Ingti Kathar, Assistant Professor, who appreciated the efforts of all participants and organizers.

Outcome:

The event successfully raised awareness about mental wellbeing, equipping students with strategies to manage stress and improve focus, marking a step toward holistic student development. The feedback acquired after the programme highlighted the need and urgency to raise and discuss such issues amongst college students.


16/10/23
Department of Geography,
Abhayapuri College
HoD, Geography
Abhayapuri College

Photos of Mental Wellbeing and Motivation



One - Day Workshop on Mental Wellbeing and Motivation

Date: 16/10/2023

Today on 16th of October, 2023, the Department of Geography in collaboration with the Internal Quality Assurance Cell (IQAC), Abhayapuri College conducted a one-day workshop on "Mental Wellbeing and Motivation". The venue for the programme is Purna Ch. Lect. Seminar Hall of Abhayapuri College. The workshop was conducted by the guest speaker and trainer Mr. Manmori Singh, a Cognitive Hypnotic Psychotherapist based in Guwahati, Assam.

Reserve Person (Signature) :-

1. Mr. Manmori Singh. Manmori Singh.

Faculties Present :-

1. Wazed Ali, 16/10/23.
2. Dr. Kulswar Singh.
3. Dhoresingh Singh Khatun.
4. Sakshi S. Bhargava Abhayapuri
5. Dharmendra Das 16/10/2023
- 6.

Students Present :-

1. Bismita Talukdar
2. Umme Kulsum
3. Bidant Adhikary 16/10/23
4. Nigisha Deka
5. Nikumoni - Rajbongshi
6. Satabdi Nath
7. Upasana Sharma 16/10/23
8. Nadia Parbin
9. Barakha Ray. 16/10/23
10. Nikumoni Rajbongshi
11. Nazmin Sultana 16/10/23
12. Monisha Paul. 16/10/23

- 13) Tarjia Hussain
- 14) Bisbal Das
- 15) Lipa Subhadhar
- 16) Barsha Kashyap 16/10/23
- 17) Raj Barman
- 18) Deep Saha
- 19) Billkis BOK-tijan
- 20) Himami Saha 16/10/23
- 21) Sismita Anya
- 22) Kajol Buraguhai
- 23) Dhammoni Ray
- 24) pratistha 16-10-23
- 25) Raj Barman
- 26) Namonjuma Khadum
- 27) Priyanka Malo
- 28) Masuda Yesmin
- 29) Chitrangit Mandal
- 30) Dhanjit Barman
- 31) Karjoti Nath
- 32) Debojit Ray 16/10/23
- 33) Hirumoni Ray
- 34) Kuntel Ray
- 35) Niyar Das
- 36) Sangita Barman
- 37) Kamal Marzoty
- 38) Dhanjit Patwary 16/10/23
- 39) Nikumoni Ray
- 40) Muktar Hussain Sarkar 16-10-23
- 41) Nidoushona Ray
- 42) Jeemoni Pathak 16/10/23
- 43) Momina Khatoon 16-10-2023
- 44) Hriday dey
- 45) Phritima chandhury
- 46) Noyal Lehman
- 47) Rabina Sultana

- 46 Dishaa Paul
- 47 Mrinal Mazumdar
- 48 Tammana Ahmed
- 49 Tammaye Nath
- 50 Sahanaaz Rahman
- 51 Delea Mazumdar
- 52 Preyoshi Nath
- 53 Kashmita Samkar
- 54 Effika Rahman
- 55 Aisha Akter
- 56 Anup Kumar Ray 16/10/23
- 57 Sabina Khafun
- 58 Chandika Rabhan
- 59 Sangeta Singha

Wazed Ali

HoD, Geography
Abhayapuri College