



Established. 1971

Morigaon College, Morigaon, Assam

Date: 24/04/23

To,
The Principal,
Morigaon College,

Sub: Application for permission to organize workshop.

Sir,

Most respectfully we have the honour to inform you that the Department of Education Morigaon College is going to organize one workshop on the topic "Mental Health and Stress Management" on 26/04/23. Therefore we request you to give us permission to organize the workshop on that day.

This is for your kind information and necessary action.

Allowed
[Signature]
24/04/23
PRINCIPAL
MORIGAON COLLEGE
DATE:-----

Your's faithfully

[Signature]
24.4.23
HOD

Department of Education.

H. O. D.
Dept. of Education
Morigaon
Morigaon: Assam



DEPARTMENT OF EDUCATION

Established. 1971

Morigaon college:: Morigaon, Assam

PIN:782105 P.O MORIGAON

Date: 24.4.23

NOTICE

It is hereby informed to all the students and Teachers that the Department of Education is conducting a Workshop on “Mental health and stress management” on 26/04/23. Therefore, all the students and Teachers are hereby informed to attend the workshop at 11: 30 Am.

 24.4.23

HOD

Department of Education

Morigaon College

Morigaon, Assam

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Date: 24.4.23

To,

Rafiqua Islam

Associate Professor

Department of Education

Moirabari College, Assam

Subject: **Letter of Invitation as a Resource person for the workshop on "Mental Health and Stress Management"**

Dear Sir/Madame,

It gives immense pleasure to invite you as a Resource Person for the Workshop on "**Mental Health and Stress Management**" to be conducted at our college. The said workshop is scheduled to be organized on 26 April 2023 at 11:30 Am.

Therefore, I the undersigned humbly expect your participation as a Resource person in the workshop and it will make a grand success.


24.4.23

HOD

Department of Education

Morigaon College

Morigaon, Assam



EDUCATION DEPARTMENT

Established. 1971

Morigaon college:: Morigaon, Assam

PIN:782105 P.O MORIGAON

WORKSHOP ON Mental Health and Stress Management

Date: 26/4/2023

Venue: Room No-30

Time: 11.30

Resource Person:

- i. Mr. Rafiqul Islam. Assot. Professor, Dept of Education, Moirbari College,

Objective:

- i. To provide some tips to our students to keep mental health.
- ii. To provide some tips for stress management.

Number of participant: 94

Report: A one day workshop program me was organized by the Dept. of Education in “Mental health and stress Management” in collaboration with Dept. of Education Charibahi College. As the resource person Mr. Rafiqul Islam , Associate Professor, Moirabori College had delivered his valuable speech. The resource person had also explained how to keep mental health.

Outcome: The workshop is benefited the students for keeping their mental health.

Mental Health and Stress Management

Date - 26/4/2023

Time - 11:30 Am

Place - Room No. 30, Morugaon College

Organized by - Dept. of Education
Morugaon College

Resource person - Rafiqueul Islam
Associate Professor
Moirabari College

Nature of Resource person - Prof. Rafiqueul Islam,
Moirabari College.

Today dated the 26th April 2023 a workshop on "Mental health and Stress Management" have been organized by the Dept. of Education in collaboration with Charaibahi College Dept. of Education. An attendance record of the workshop have been recorded. The record are as mentioned below:-

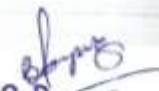
SEMES

SL.NO	NAME	ROLLNO	DESG/NA
10	Zafkir Ansary	532	student
11	Taslima Begum	339 339	"
12	Bidisha Devi	485	"
13	Rim Fongshu	428	"
14	Junmoni Das	311	"
15	Barasha Devi	556	"
16	Depanjali Devi	307	"
17	Lipika Patra	373	1st
18	Barasha Dewri	408	1st
19	Angita Konwan	457	" (2nd)
20	Lishita Patra	330	" (2nd)
21.	Sunita Das	557	2nd
22.	Tina Barah	484	2nd
23.	Susmita Patra	324	2nd
24.	Dimpi Das	399	2nd
25/	Depanjali Das	511	"
26/	Mitrobinda Borkdolo	390	2nd
27/	Suhana Akhara	478	2nd
28/	madu moni madu	193	2nd
29/	Mukminul Ali	26	2nd
30/	Armin Sultana	07	2nd
31/	Nasim Sultana	09	2nd
32/	Mushtahid Hashan	= 273,	2nd
33/	Dimple Kuman Nath	= 155,	2nd
34/	Chumpi Kalita	= 370,	2nd
35/	Babita Patra	= 384,	2nd
36/	Nayanmoni Dewri	48	2nd
37/	Sangeeta Biswas	285	2nd
38/	Puja Bhuyan	211	2nd
39/	Uma Sankar	62	2nd
40/	Krishna Prasad Hazarika	192	2nd
41/	Mousomee Bisaya	452	2nd

	01	5th SEM.
66/ Bikmoni Bardoloi	455	2nd Sem.
67/ Dipanjali Das	326	2nd Sem.
68/ Priya Karmakar	323	2nd Sem.
69/ Nayanmoni Hasarika	529	2nd Sem.
70/ Sunia Engti	376	2nd Sem.
71/ Ankita Patra	359	2nd Sem.
72/ Kumkum Barikati	1577	2nd Sem.
73/ Dipanjali Deka	470	2nd Sem.
74/ Nikhita Patra	207	2nd Sem.
75/ Suchittra Patra	85	4th Sem.
76/ Sima Das	267	4th Sem.
77/ Niba Daimary	244	4th Sem.
78/ Pallavi Phukan	302	4th Sem.
79/ Rashmita Patra	183	6th Sem.
80/ Jnanumoni Mazumdar	252	6th Sem.
81/ Debashree Deka	254	6th Sem.
82/ Anita Shaul	198	6th Sem.
83/ Nikita Rangpy	176	4th Sem.
84/ Deepshikha Devi	55	4th Sem.
85/ Arunika Engtipi	293	"
86/ Murchana Deka	103	6th Sem.
87/ Sabrina Ahmed	34	6th Sem.
88/ Samita Samapati	22	6th Sem.
89/ Rashmi Das	132	6th Sem.
90/ Minakshi Devi	149	6th Sem.
91/ Jyotishona Saikia	276	6th Sem.
92/ Bidisha Bora	277	6th Sem.
93/ Dr. Bisal Kr. Panyang	—	Teacher
94/ Angila Konwar	457	2nd Sem.
95/ Nayanmoni Hasarika	529	"
96/ Nika Moni Haeklu	509	"
97/ Sakshi Devi	556	"
98/ Sima Begum	196	"
99/ Dipanjali Devi	309	"

85.	Urmila Bora		
86.	Bidyabharati Bora		
87.	Itacha Devi		
88.	Bidesing Mader		
89.	Jummai Das	311	2nd sem
90.	Pam Fangshu	428)
91.	Bidisha Devi	485)
92.	Atindu Kousare	456	2nd Sem.
93.	Prati Sarkar		
94.	Luikarmahua	323	

Dep. of Education
Morigaon College
Morigaon : Assam


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