

## **Workshop on Understanding Mental Health of the Students : Coping with Stress and Building Resilience**

Title of the Program/ Event	Workshop on Understanding Mental Health of the Students : Coping with Stress and Building Resilience
Organizer	Women's Cell , Golaghat Commerce College
Resource Person	Mr. Anjan Choudhury, IIE, Guwahati
Date	24.09.2019
No. of Participants	150

Students are generally regarded as the future of nation. To boost up the mental health and strength among college going students the Women Cell, Golaghat Commerce College organized a one-day workshop at college auditorium dated 24<sup>th</sup> Sept, 2019. The theme of the workshop was “**Understanding Mental Health of the Students: Coping with stress and Building Resilience,**” For that workshop noted senior consultant, IIE, Guwahati, Mr. Anjan Chowdhury was invited as a resource person. Mr. Chaudhary stressed his speech on mental health and how to build resilience in the young minds among the students. At the end of the day secretary, Women Cell Mrs. Nandini Baruah offered her heartfelt gratitude to all students as well as teachers of the College for helping their presented in the workshop at a successful manner.

