

A Talk on Role of Family and Educational Institutions in Mental Health

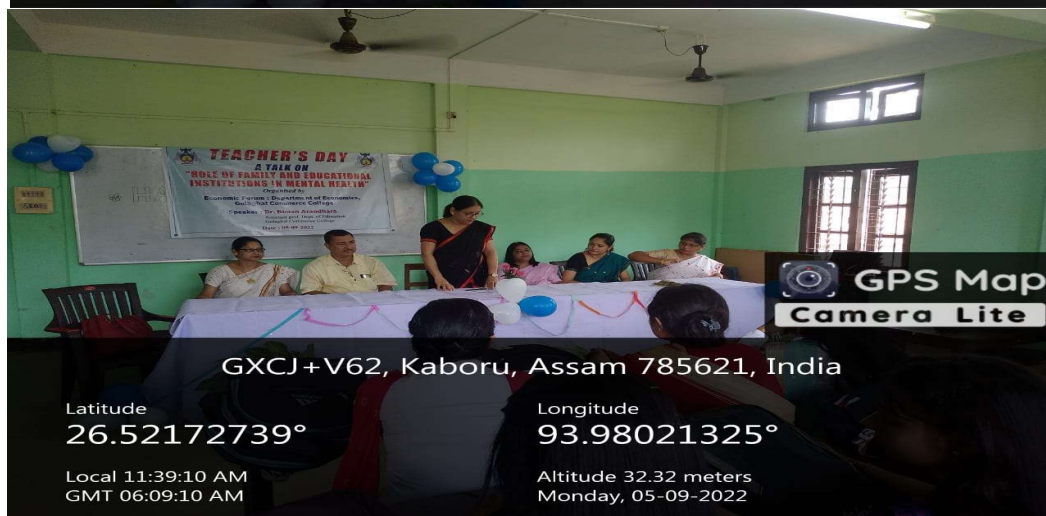
Organised by: Economic Forum, Department of Economics, Golaghat Commerce College, Golaghat

Speaker: Dr. Biman Arandhara, Asst. Prof., Department of Education, GCC, Golaghat

Date: 5th September, 2022

Venue: Room No. 25

5th September a day for acknowledging the teachers in all fields; the teachers of the department celebrated the day by organizing a talk with the support of Economic Forum, Economics Department on “Role of Family and Educational Institutions in Mental Health” to make the students aware about mental health. The session was initiated with lighting of lamp by the HOD, faculties of the department and the guest speaker. Ms Julee Dutta, Secretary of the forum welcomed the guest, all faculties and students to the session. She welcomed the guest Dr. Biman Arandhara with a token of gift and introduced him to the students.



Dr. Arandhara emphasized the significance of mental health for students in his talk. He cited the problems and situation faced by the students in different times and presented remedy to reduce such stress and deal with the situation calmly. Sharing/ Communication is the way to deal with mental sufferings. After completion of the talk, he answered to the different queries of the departmental students.

Mr. Arindam Bora and Ms. Moonmoni Baruah added to the talk their experiences about mental health and thanked Dr. Arandhara for his valuable words. He was also requested to act as counsellor for the departmental students, which he whole heartedly agreed.

In the course of concluding the session, Ms. Meghali Saikia offered vote of thanks to the organizing forum, students and specially to the guest speaker for his valuable and enriching words.