



**OFFICE OF THE  
INTERNAL QUALITY ASSURANCE CELL  
ARYA VIDYAPEETH COLLEGE (Autonomous)**

**Arya Nagar, Guwahati-16**

**No. AVC(A)/IQAC/2023/07**

**Date: 24-04-2023**



**ARYA VIDYAPEETH COLLEGE (Autonomous)  
Guwahati-16**

**Activity organized by Department/ Cell/Club**

**Details of Activity**

**Activity Title:** Popular Talk

**Organized by:** Academic & Personal Counselling Cell in Collaboration with IQAC, Arya Vidyapeeth College (A)

**Resource Person:** Mrs. Nimi Borgohain, Chief Clinical Psychologist, GNRC Hospital, Dispur, Guwahati

**Date:** 30.03.2023

**Abstract/ Summary of the activity program:** A Talk was organised by the Academic and Personal Counselling cell , Arya Vidyapeeth college (Autonomous) in Collaboration with IQAC, Arya Vidyapeeth college(Autonomous) held on 30<sup>th</sup> March, 2023, on the topic “MENTAL HEALTH AND WELL BEING OF STUDENTS” and it was delivered by invited Speaker Mrs. Nimi Borgohain, Chief Clinical Psychologist, GNRC Hospital, Dispur, Guwahati. The programme was started with a welcome address by Dr. Anita Talukdar, Vice Principal, Arya Vidyapeeth College (Autonomous) and a brief introduction of the speaker is done by Dr. Anuradha Baroowa, Convenor, Academic and Personal Counselling cell , Arya Vidyapeeth College (Autonomous). The speaker and the other guest were felicitated by a “Phulam Gamocha” by students.

The speaker started her deliberation with the importance of Mental Health of our life. The Speaker also suggested students to take balanced and healthy diet, physical exercises, yoga etc. The Programme was ended by the vote of thanks which was offered by Mr. Bappan Debnath, Member, Academic and Personal Counselling cell, Arya Vidyapeeth College (Autonomous).

**Digital Photograph (Geotag photographs preferably):**

