



**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: "Creating Hope Through action. "

On the occasion of World Suicide Prevention Week(10/9/23-16/9/23)

Organized by: Academic and Personal Counselling Cell

Resource Person: Hemanga Thakuria,Psychologist

Department of Psychiatry

District Hospital ,Sonapur.Kamrup (M)

Date: 13/9/23

Abstract/ Summery of the activity program: Academic and Personal Counselling Cell,Arya Vidyapeeth College organized a talk on "Creating Hope through Action". Resource person was Mr.Hemanga Thakuria.

As convenor of the cell Dr.Anuradha baroowa welcome the gathering followed by felicitation of guest with a sapling by Saurabh Pran Sarma.

After that talk was started where Resource Person explained different symptoms of mental ill health which leads to depression, anxiety and at last committing suicide. He also asked students to focus on the positive aspect of life and should always think of oneself as worthwhile.He interacted with students and provided one online mental health support address where anyone can dial and seek help.Overall the preventive measures for committing suicide were made clear to all the students .

In the program there were a large number of students along with faculty members.At the end Dr.Saurabh Pran Sarma offered Vote Of Thanks.

Digital Photograph (Geotag photographs preferably):



