

REPORT OF PSYCHOLOGICAL COUNSELLING CELL (2021-2022)M.D.K.G.COLLEGE, DIBRUGARH

The Psychological Counselling Cell was formed on 23.11.2021 as per decision of the meeting called by IQAC M.D.K.G. College .

Tenure: One year

Members:

- 1.Dr. Rupali Majumder (Co-ordinator)
- 2.Dr.Mandira Borthakur Saikia (member)
- 3.Dr. Sangita Saikia (member)
- 4.Dr. Malina Basumatary (member)
- 5.Jadavjyoti Saikia(member)
- 6.Dr. SukanyaB. Chaliha (member)
- 7.Mrs.Poly Saikia (till 26th September)

Activities:

1.A motivational program '*SETBACK*' was organized for students by Psychological Counselling Cell of M.D.K.G. College on 15.12. 2021.at conference room of campus ii (science block), M.D.K.G. College.

Resource Person of the program wasDr. Pranjal Buragohain,

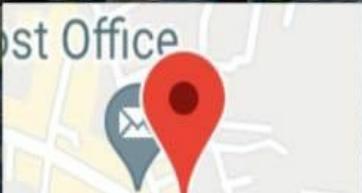
Assistant Professor of department of Education of Dibrugarh University and an expert on Positive Psychology. Co-ordinator of the cell Dr. Rupali Majumder welcomed all with a brief welcome address.Honourable principal Dr. Nibedita Phukan inaugurated the program by delivering few words on significant concern of mental health in the context of covid 19 pandemic and lockdown situation. Co-ordinator of IQAC,Dr. Utpal Sut spoke few words on emerging concern of mental health of young generation.

Dr.Pranjal Buragohain spoke on 'how to remain emotionally balance in different situation of life'. While speaking on mental health,he elaborated some rigorous mental belief which can lead to mental depression. He emphasized on 'reset one's own mind' with alternative beliefs for soundness of mental health. Almost 110 students participated in the program. It was a successful program as students participated actively and interacted with the resource person addressing issues related to their mental health.The program ended with vote of thanks by Dr.Madira Borthakur Saikia, member of the cell.



MEMBERS OF PSYCHOLOGICAL COUNSELLING CELL WITH RESOURCE PERSON OF THE PROGRAMME





Dibrugarh, Assam, India

FWJ8+2H6, Khaliamari, Dibrugarh, Assam

SOME OF STUDENTS WITH RESOURCE PERSON OF THE PROGRAMME



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FWJ8+2H6, Khaliyamari, Dibrugarh, Assam

PARTICIPANTS OF THE PROGRAMME



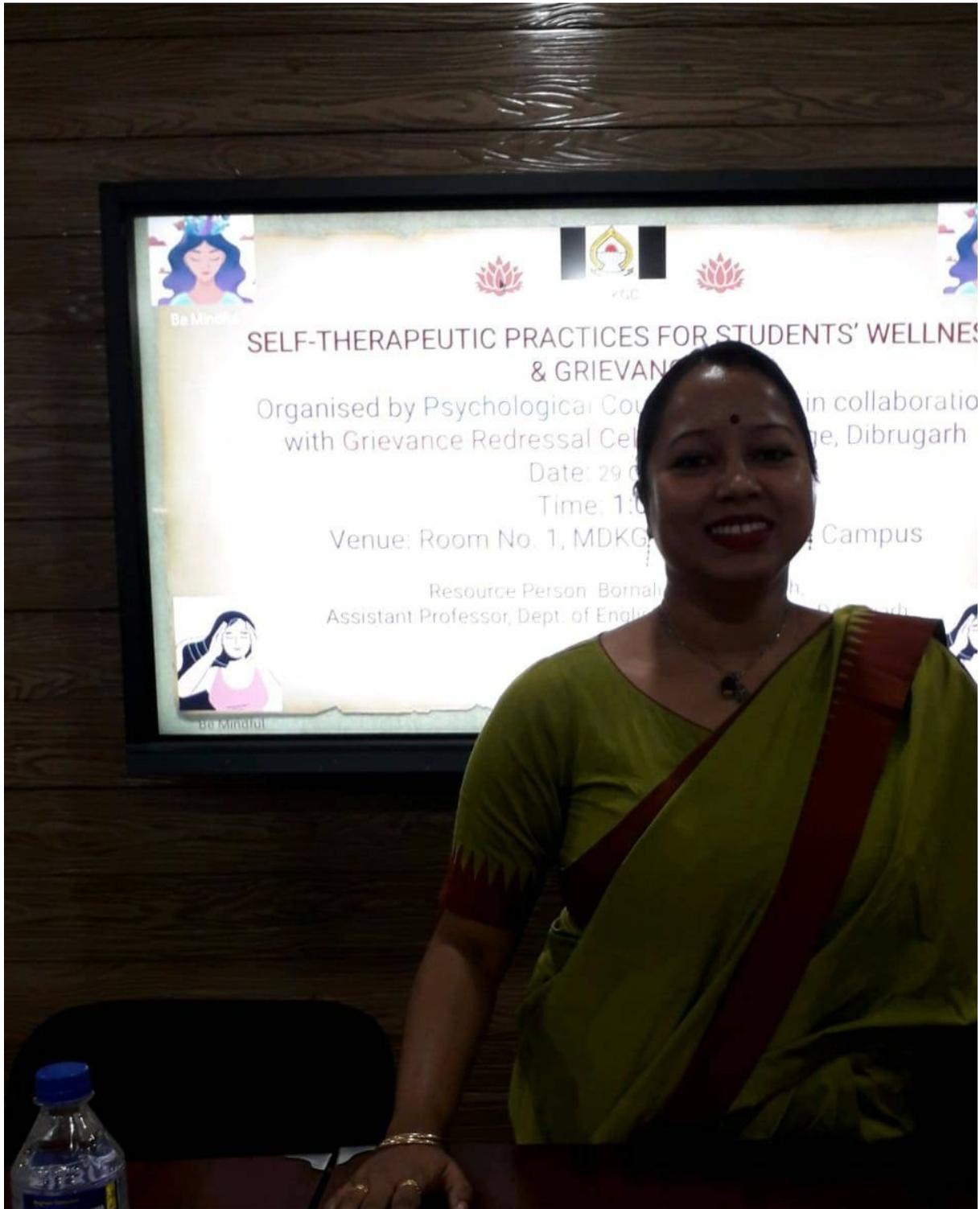
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2.A program on 'Self Therapeutic Practices for Students' Psychological Wellness and Grievances' was organized by Psychological Counselling Cell in collaboration with Grievances Redressal Cell of M.D.K.G. College on 29.10. 2022.Resource Person for the program was Bornali Nath Dowerah, Assistant Professor of Department of English, M.D.K.G. College and Positive Psychiatry and student counselling Practitioner.

The Resource person propounded the ideas of enhancing general psychological well-being, by following the individual's hobbies and other activities the individual likes to engage in for long duration which build-up mental comfort and ease. She further elaborated that the negative thoughts or feelings of a person is normal and learning to recognize the pattern and accepting them, will help to alter that state of negative effect of the particular stimulus. She provided solutions which included undertaking random, periodic steps like participating in a particular sport, watching a film, spending time with friends and family, and various measures. These measures help in exposure of the individual to external positive stimulus which help to alter the negative regressions of the individual and they are filled with an overall sense of fulfilment by eliminating the negative consequential effects. It is not always necessary to seek help of a counsellor but rather some of these self-therapeutic practices might have the same desired effect as expected from a therapist.

45 numbers of students actively participated in the program and the program followed with interaction with the Resource Person.



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THE RESOURCE PERSON OF THE PROGRAMME BORNALI NATH DOWERAH



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PARTICIPANTS OF THE PROGRAMME

This report is prepared by Dr. Rupali Majumder, Co-ordinator of Psychological Counselling Cell (2021-2022) of M.D.K.G.College,Dibrugarh.