

One Week Mental Health Counseling at Darrang College (Autonomous), Tezpur

A **one-week Mental Health Counselling Programme** was organized by the Darrang College Counselling Centre in collaboration with the Internal Quality Assurance Cell (IQAC), Darrang College (Autonomous), Tezpur, from **15 September 2025 to 20 September 2025**. The programme commenced with a welcome address by **Dr. Palash Moni Saikia**, Principal of Darrang College, followed by **Dr. Sweta Mahanta**, IQAC Coordinator.

The resource person for the programme was **Ms. Gargi Goswami**, a Child and Adolescent Psychologist (RCI Licensed). She conducted an insightful session emphasizing the growing importance of mental health in contemporary society. Her talk highlighted key signs and symptoms of mental health issues and ways to identify them, especially among students.

During the one week counseling, **Ms. Goswami provided individual counselling to 16 students**, each of whom shared personal concerns and experiences related to trauma and emotional stress.

The event saw enthusiastic participation from students across various departments, contributing to its overall success. The primary objective of the programme was to enhance mental health awareness, encourage open dialogue, reduce stigma surrounding mental health issues, and motivate individuals to seek help and support one another.

One Week Mental Health Counselling Session

15th September 2025 - 20th September 2025

Organized by :-
Darrang College Counselling Centre in
Collaboration with IQAC, Darrang College
(Autonomous), Tezpur

Resource person :- Syangti Gohwami
(Child & Adolescent Psychologist)
RCI Licensed

Venue :- Counselling Centre, Darrang College
(Autonomous), Tezpur, Near Department
of Psychology

Time :-

Sh. No.		Name	Roll No.	Department	Contact No.
Date: 15/09/2025.					
1.		Biksha Bonah	24BD0035	Chemistry. 3rd Semester.	98648392 78
2.		Ananya Nag	24BC0024	Computer Sc. 3rd Semester	9954494 5978
Date: 16/09/2025.					
3.		Rabin Das	23AD0661	Psychology 5th Semester.	957594 3292
4.		Sun Bonah	23AD0373	Psychology. 5th Semester	91014980 64
5.		Nikunja Boro	23AD0406	Psychology 5th Semester	986484 9953.
Date: 18/09/2025.					
6.		Aditi Tamang	2DA3094	ITM - 1st Semester	6001731 973

19/09/2025

7. Debashree Ojah. 25AD0248. Economics 1st semester. 910167535.
8. Sinam He Leikna 25AD0290 Psychology 1st Sem. 7086826271
9. Pratiksha Kashyap 25AD0508 Psychology 1st semester. 9365982053.
10. Babi Bonah 25AD00431 Psychology 1st semester. 6900996035.
11. Ranash. Moni Kalita 23AD408. Hindi 5th Semester. 69004131840
12. Himav Kalita. Statistics - 3rd Semester. 7099765431
13. Momita Saha 24AD00519 Political - 3rd Semester. 9864590390.
14. Mehek Sain 24AD0819. - Community Sc. - 3rd Semester. 7002056325.

15. Sneha Banerjee 24AD0878 - Community Sci 9399
- 3rd Semester. 931509.
16. Sneha Das 24AD09291 Eng. Math 7099
- 3rd Semster. 687662.