

A motivational program 'SETBACK'

Organized by Psychological Counselling Cell of M.D.K.G. College

Date: 15-12-2021

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 was Dr. Pranjal Buragohain, Assistant Professor of department of Education of Dibrugarh University and an expert on Positive Psychology. The 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 a few words on significant concerns of mental health in the context of the COVID-19 pandemic and lockdown situation. The Co-ordinator of IQAC, Dr. Utpal Sut spoke a few words on the emerging concern of mental health of the young generation. Dr. Pranjal Buragohain spoke on 'how to remain emotionally balanced in different situations of life'. While speaking on mental health, he elaborated on some rigorous mental beliefs that can lead to mental depression. He emphasized 'resetting one's 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 a vote of thanks by Dr. Madira Borthakur Saikia, a member of the cell.



MEMBERS OF PSYCHOLOGICAL COUNSELLING CELL WITH RESOURCE PERSON OF THE PROGRAM

