

Awareness programme on Mental Health and Self Care

Date: 02/03/2024

Venue: conference room

An awareness programme on the topic 'Mental Health & Self care' has been organised by the minority cell on 02/03/2024 for minority students community. The main objective of the programme → for mental well being, encouraging them to cope with cultural adjustment, build academic confidence and create a safe and inclusive environment.

Ms. Shifa Tabassum, resource person of the event delivered lecture focussing on relevant issues and challenges faced by students and also ways to overcome mental stress etc. The program ended successfully.

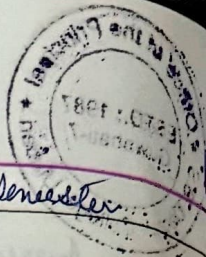
Ms. S. Chompan delivered vote of thanks and the program ended in good note.

Signature of members

- 1) Mogeul Hussan
- 2) Sajideen Rahman
- 3) Shifa Tabassum
- 4) S. Chompan

Signature of Students

S.No.	Name of student	Department	Semester
1	Kenedy Hengulien Lienthang	Political Science	3 rd SEMESTER
2	Jemuel Nampui	Regular	5 th Semester
3	Greecy Mazak	Regular	3 rd Sem
4	Enny Balkamchi . Momin	Regular	3



S.No	Name of student	Department	Semester
5.	Dina Daimary	BBC 5 th sem	
6	Francis Simte	"	
7	Selgo Hau	"	
8	Japhet Ramroung Hmar	"	
9	Josia Lalpienglien	"	
10	Azunabh	"	
11	Zalmamud Ali	" 3 rd sem	
12	Nargish Akhtar	"	
13	Hamnam Ali Sheikh	B.Sc., Botany Major	
14	Anos Tiqqa	B.Sc., Botany	
15	Chingamang H'm Hnoup	B.Sc., Botany	
16	Rumant Hceku	B.Sc. 3 rd Sem	
17	Chenama R. Sangma	B.Sc. 3 rd sem	
18	Fatema Begum	B.Sc Regular	
19	Sarbina Yamin Magunder	B.Sc 3 rd Sem.	
20	Harina Sultana	B.Sc Regular	
21	Agjok Tekon	B.Sc Bot (H)	
22	Lathriel Khawbung	B.Sc ZOO (H)	
23	Lihwan Wangsacha	B.A 5 th Sem	
24	Suroj Kumar Golchha	B.A 5 th SEM	
25	Lucy Chauruntherg Sirgson	BA 4 th semester Political Science (H)	