

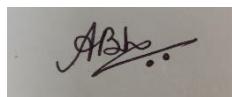
## **REPORT-1**

1. Name of the Program: Awareness Programme on “Coping with Stress, Anxiety and Academic Pressure”
2. Date of the Program: 22<sup>nd</sup> December, 2025
3. Host Institution: Wellbeing Oasis Club in collaboration with IQAC, Duliajan College.
4. Resource Person: Mrs. Juli Hatimuria, Psychologist, Counsellor, Special Educator & Proprietor of Jagriti Multispeciality Rehabilitation Centre, Duliajan
5. Program Inaugurator: Dr. Lok Bikash Gogoi, Principal, Duliajan College
6. Event Details:

Date	Topic	Resource Person	Place	Mode	Attendees
22/12/2025	Coping with Stress, Anxiety and Academic Pressure	<b>Mrs. Juli Hatimuria</b> , Psychologist, Counsellor, Special Educator & Proprietor of Jagriti Multispeciality Rehabilitation Centre, Duliajan	Duliajan College	Offline	Students of Duliajan College

7. Total Number of Teachers Present: 10

8. Total Number of Students Present: 80



(Ankita Baruah)  
Teacher In-Charge, Wellbeing Oasis Club  
Duliajan College

## Glimpses of the Awareness Programme on ‘Coping with Stress, Anxiety and Academic Pressure’



Wellbeing Oasis Club, in collaboration with IQAC,

Duliajan College,

Organised an Awareness Programme

on

## **COPING WITH STRESS, ANXIETY AND ACADEMIC PRESSURE**

*Resource Person: Mrs. Juli Hatimuria*

Psychologist, Counsellor and Special Educator

**Venue: Duliajan College**

**Date: 22/12/2025**



## অসম আদিত দুলীয়াজান মহাবিদ্যালয়ত সজাগতামূলক কার্যসূচী

বিশেষ প্রতিনিধি, দুলীয়াজান, ২২ ডিচেম্বর ১ দুলীয়াজান মহাবিদ্যালয়ৰ আই কিউ এ চি  
ৰ সহযোগত Coping with Stress, Anxiety and Academic  
Pressure শীৰ্ষিক এক সজাগতামূলক কার্যসূচী কৰায়ণ কৰে। অনুষ্ঠানৰ  
আৰজনিতে দুলীয়াজান মহাবিদ্যালয়ৰ অধ্যক্ষ ড. লোক বিকাশ গণেয়ে  
আদৰণী ভাৰণ প্ৰদান কৰি কৰ যে, ছাৱ-ছাৱীৰ মাজত বৃদ্ধি পোৱা মানসিক  
চাপ, উদ্বেগ আৰু শৈক্ষিক চাপ এতিয়া এক শুৰুতপূৰ্ণ সমস্যা হৈ উঠিছে।  
সুই শৈক্ষিক পৰিৱেশ আৰু সহায়মূলক দৃষ্টিকোণৰে এই সমস্যাৰ সঠিক  
সমাধানত সহায় কৰিব পাৰে। আনন্দতে, মনোবিজ্ঞানিক পৰামৰ্শদাতা তথা  
জাগৃতি পৰ্যায়সন কেন্দ্ৰৰ স্বত্ত্বাধিকাৰী জুলি হাতীমুণ্ডীয়াই অনুষ্ঠানটোৱ সমল  
ব্যক্তি হিচাপে ভাৰণ প্ৰদান কৰি মানসিক চাপ, উদ্বেগ আৰু শৈক্ষিক চাপৰ  
বিভিন্ন কাৰণ দৰে কিছুমান ব্যৱহাৰিক ক্ৰোশল শিকাই ছাৱ-ছাৱীসকলক  
মানসিকভাৱে শক্তিশালী হ'বলৈ উৎসাহিত কৰে। Wellbeing Oa-  
sis club ৰ শিক্ষক তত্ত্বাবধায়ক অংকিতা বৰুৱাই সমল ব্যক্তিৰ চমু  
পৰিচয় দাঙি ধৰা লগতে এনে সচেলনতা কাৰ্যসূচীয়ে ছাৱ-ছাৱীসকলৰ  
মানসিক সুস্থিতা বজাই ৰখাত সহায় কৰিব বুলি উল্লেখ কৰে। অনুষ্ঠানত  
মহাবিদ্যালয়খনৰ উপাধ্যক্ষ জ্যোতি সিং পাঠক আৰু অধ্যাপিকা ড. মনুন  
হাতীবৰুৱাই বচ্ছব প্ৰদান কৰি এনে সচেলনতামূলক কাৰ্যসূচী ছাৱ-ছাৱীসকলৰ  
সামগ্ৰিক বিকাশৰ বাবে অতাৎ প্ৰয়োজনীয় বুলি মন্তব্য কৰে। ক্লাৰৰ সদস্যা  
ছাৱী জোনমণি বচ্ছোয়ে আৰু ধৰা এই সজাগতামূলক কাৰ্যসূচীত মহাবিদ্যালয়ৰ  
শিক্ষক-শিক্ষিয়ত্বী আৰু শতাব্দিক ছাৱ-ছাৱীয়ে অংশগ্ৰহণ কৰে।

## REPORT-2

1. Name of the Programme: Exam Stress Helpline for Higher Secondary Final Year Students
2. Organizing Body: Wellbeing Oasis Club, Duliajan College
3. Target Group: Higher Secondary Final Year Students
4. Objective of the Programme:

The Exam Stress Helpline was initiated to support Higher Secondary Final Year students during their examination period by addressing stress, anxiety, and emotional challenges. The programme aimed to provide timely academic and emotional guidance, promote mental wellbeing, and encourage students to seek help without hesitation during stressful times.

5. Description of the Programme:

In view of the increasing stress and anxiety experienced by students during board examinations, the Wellbeing Oasis Club of Duliajan College introduced an Exam Stress Helpline for Higher Secondary Final Year students. An official notice was circulated listing the names and contact numbers of faculty members from various departments who volunteered to provide support and guidance.

The helpline included experienced teachers, Heads of Departments, counselors, and faculty members who extended academic as well as emotional assistance to students. Students were encouraged to reach out to the listed faculty members whenever they felt anxious, stressed, or in need of guidance. The initiative conveyed a strong message of care, empathy, and institutional support.

6. Helpline Members:

A total of 16 faculty members from different departments of Duliajan College voluntarily participated in the helpline service, ensuring accessibility and support across disciplines.

Ankita Baruah and Sunny Borah  
Teacher In-Charge, Wellbeing Oasis Club  
Duliajan College

# DULIAJAN COLLEGE

P.O. DULIAJAN – 786602 DIST. DIBRUGARH (ASSAM)

NAAC Re-Accredited (3<sup>rd</sup> Cycle) with B+ Grade

(Registered Under The Societies Registration Act. XXI of 1860)

Registration No279 of 1977-78

Under Section 2(F) and 12(B) of the UGC Act, 1956

E-mail: [duliancollege@yahoo.com](mailto:duliancollege@yahoo.com), website: [www.duliancollege.in](http://www.duliancollege.in)

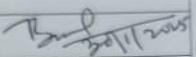
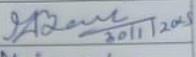
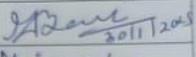
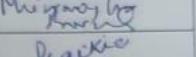
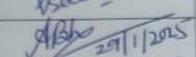
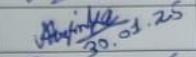
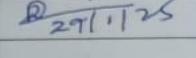
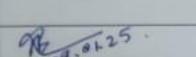
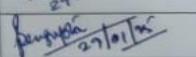
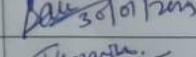
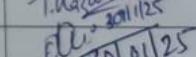
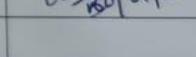
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Date: 29/01/2025

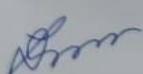
## NOTICE

### Exam Stress Helpline for Higher Secondary Final Year Students

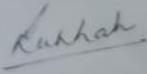
The Wellbeing Oasis Club cares about your Higher Secondary Final Examination, we understand that stress and anxiety can be overwhelming. To support you during this challenging time, we are providing the following helpline numbers.

Sl. No.	Name of the Teachers	Phone Number	Signature
1	Mrs. Jyoti Singh Pathak, V.P.	9830722599	
2	Dr. Jitumoni Borah, IQAC Coordinator	9954236079	
3	Dr. Monsoon Hatibarua, HoD, Deptt. of Education	9678008067	
4	Mr. Mrinmoy Kumar Boruah, HoD, Deptt. of Economics	7002306064	
5	Mrs. Phulajyoti Saikia, HoD Deptt. of Assamese	9435131284	
6	Mrs. Ankita Baruah, Asstt. Prof. Deptt. of Education	6000917205	
7	Mr. Nayan Jyoti Hazarika, Asstt. Prof. Deptt. of English	9954251085	
8	Mr. Rubul Khataniar, Asstt. Prof. Deptt. of History	7002375487	
9	Dr. Chitrajit Saikia, Asstt. Prof. Deptt. of Assamese	7002484522	
10	Dr. Ambalika Borthakur, Asstt. Prof. Deptt. of Education	7002533181	
11	Mr. Gaurav Sengupta, Asstt. Prof. Deptt. of English	8402926696	
12	Dr. Kalyani Rajkumari, Asstt. Prof. Deptt. of Chemistry	8638487908	
13	Ms. Siddika Banu, Asstt. Prof. Deptt. of Economics	8876414823	
14	Ms. Tinamoni Hazarika, Asstt. Prof. Deptt. of Botany	8133821600	
15	Ms. Rodali Mohan, Asstt. Prof. Deptt. of Political Science	8723844076	
16	Ms. Sunny Borah, Asstt. Prof. Deptt. of Psychology	6900930817	

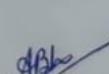
If you are feeling anxious or stressed, please do not hesitate to seek help. Feel free to contact us at any time. We are always there for you.



(Dr. Lok Bikash Gogoi)  
Principal,  
Dulian College, Dulian  
Principal  
Dulian College



(Jyoti Singh Pathak)  
H.S.2<sup>nd</sup> Year Exam,  
Centre Committee



(Ankita Baruah) (Sunny Borah)  
Convenor, Wellbeing Oasis Club  
Dulian College, Dulian

### **REPORT-3**

1. Name of the Programme: Digital Flex Making Competition on the Occasion of World Suicide Prevention Day
2. Date of the Programme: 10 September 2025
3. Host Institution: Wellbeing Oasis Club, in collaboration with IQAC, Duliajan College
4. Venue: Duliajan College (Online– Digital Submission Mode)
5. Participants: Students of Duliajan College
6. Total no of Participants: 40

**6. Objective of the Programme:**

The Digital Flex Making Competition was organized to commemorate World Suicide Prevention Day with the objective of spreading awareness about mental health, emotional wellbeing, suicide prevention, and the importance of seeking help. The programme aimed to encourage students to creatively express positive messages of hope, resilience, and life affirmation through digital designs. It sought to sensitize students towards mental health concerns and reinforce the message that every life matters, thereby contributing to the development of a supportive and aware academic environment.

Ankita Baruah and Sunny Borah  
Teacher In-Charge, Wellbeing Oasis Club  
Duliajan College

