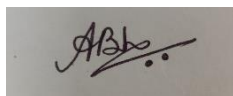


REPORT-1

1. Name of the Program: Awareness Programme on “Coping with Stress, Anxiety and Academic Pressure”
2. Date of the Program: 22nd 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	Mrs. Juli Hatimuria , 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



Duliajan, Assam, India 🇮🇳
88w7+23x, Duliajan, Assam 786602, India
Lat 27.344809° Long 95.313261°
Monday, 22/12/2025 12:25 PM GMT +05:30



Duliajan, Assam, India 🇮🇳
88w7+23x, Duliajan, Assam 786602, India
Lat 27.344773° Long 95.313348°
Monday, 22/12/2025 12:25 PM GMT +05:30



Duliajan, Assam, India 🇮🇳
88w7+23x, Duliajan, Assam 786602, India
Lat 27.344848° Long 95.313292°
Monday, 22/12/2025 01:40 PM GMT +05:30

অসম আদিত

দুলীয়াজান মহাবিদ্যালয়ত সজাগতামূলক কাৰ্যসূচী

বিশেষ প্ৰতিনিধি, দুলীয়াজান, ২২ ডিচেম্বৰ : দুলীয়াজান মহাবিদ্যালয়ৰ Wellbeing Oasis club য়ে আজি মহাবিদ্যালয়ৰ আই কিউ এ চি ব সহযোগত Coping with Stress, Anxiety and Academic Pressure শীৰ্ষক এক সজাগতামূলক কাৰ্যসূচী কৰণ কৰে। অনুষ্ঠানৰ আৰম্ভণিতে দুলীয়াজান মহাবিদ্যালয়ৰ অধ্যক্ষ ড॰ লোক বিকাশ গগৈয়ে আদৰ্শী ভাষণ প্ৰদান কৰি কয় যে, ছাত্ৰ-ছাত্ৰীৰ মাজত বুদ্ধি পোৱা মানসিক চাপ, উদ্বেগ আৰু শৈক্ষিক চাপ এতিয়া এক গুৰুত্বপূৰ্ণ সমস্যা হৈ উঠিছে। সুস্থ শৈক্ষিক পৰিবেশ আৰু সহায়মূলক দৃষ্টিভঙ্গীয়ে এই সমস্যাৰ সঠিক সমাধানত সহায় কৰিব পাৰে। আনহাতে, মনোবৈজ্ঞানিক পৰামৰ্শদাতা তথা জাগৃতি পুনৰ্বাসন কেন্দ্ৰৰ স্বত্বাধিকাৰী জুলি হাতীমুৰীয়াই অনুষ্ঠানটোৰ সমল ব্যক্তি হিচাপে ভাষণ প্ৰদান কৰি মানসিক চাপ, উদ্বেগ আৰু শৈক্ষিক চাপৰ বিভিন্ন কাৰণ আৰু ইয়াৰ প্ৰভাৱৰ বিষয়ে বিস্তৃতভাৱে আলোকপাত কৰে। তেওঁ সময় ব্যৱস্থাপনা, ইতিবাচক চিন্তাধাৰা, শ্বাস-প্ৰশ্বাস অনুশীলন আৰু আয়-যত্নৰ দৰে কিছুমান ব্যৱহাৰিক কৌশল শিকাই ছাত্ৰ-ছাত্ৰীসকলক মানসিকভাৱে শক্তিশালী হ'বলৈ উৎসাহিত কৰে। Wellbeing Oasis club ৰ শিক্ষক তত্ত্বাবধায়ক অংকিতা বৰুৱাই সমল ব্যক্তিৰ চমু পৰিচয় দাঙি ধৰা লগতে এনে সচেতনতা কাৰ্যসূচীয়ে ছাত্ৰ-ছাত্ৰীসকলৰ মানসিক সুস্থতা বজাই ৰখাত সহায় কৰিব বুলি উল্লেখ কৰে। অনুষ্ঠানত মহাবিদ্যালয়খনৰ উপাধ্যক্ষা জ্যোতি সিং পাঠক আৰু অধ্যাপিকা ড॰ মনচুন হাতীবৰুৱাই বক্তব্য প্ৰদান কৰি এনে সচেতনতামূলক কাৰ্যসূচী ছাত্ৰ-ছাত্ৰীসকলৰ সামগ্ৰিক বিকাশৰ বাবে অত্যন্ত প্ৰয়োজনীয় বুলি মন্তব্য কৰে। ক্লাবৰ সদস্যা ছাত্ৰী জোনমণি বড়োয়ে আঁত ধৰা এই সজাগতামূলক কাৰ্যসূচীত মহাবিদ্যালয়ৰ শিক্ষক-শিক্ষয়িত্ৰী আৰু শতাধিক ছাত্ৰ-ছাত্ৰীয়ে 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 (3rd Cycle) with B+ Grade

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

Registration No. 279 of 1977-78

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

E-mail: duliajancollege@yahoo.com, website: www.duliajancollege.in

Ref. No.: DL/PO/MSC/HS-R/2025/030

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	<i>J. Borah</i> 20/1/2025
3	Dr. Monsoon Hatibaruah, HoD, Deptt. of Education	9678008067	<i>M. Hatibaruah</i> 20/1/2025
4	Mr. Mrinmoy Kumar Boruah, HoD, Deptt. of Economics	7002306064	<i>M. K. Boruah</i>
5	Mrs. Phulajyoti Saikia, HoD Deptt. of Assamese	9435131284	<i>P. Saikia</i>
6	Mrs. Ankita Baruah, Asstt. Prof. Deptt. of Education	6000917205	<i>A. Baruah</i> 29/1/2025
7	Mr. Nayan Jyoti Hazarika, Asstt. Prof. Deptt. of English	9954251085	<i>N. Hazarika</i> 30.01.25
8	Mr. Rubul Khataniar, Asstt. Prof. Deptt. of History	7002375487	<i>R. Khataniar</i> 29/1/25
9	Dr. Chitrajit Saikia, Asstt. Prof. Deptt. of Assamese	7002484522	
10	Dr. Ambalika Borthakur, Asstt. Prof. Deptt. of Education	7002533181	<i>A. Borthakur</i> 29.01.25
11	Mr. Gaurav Sengupta, Asstt. Prof. Deptt. of English	8402926696	<i>G. Sengupta</i> 29/01/25
12	Dr. Kalyani Rajkumari, Asstt. Prof. Deptt. of Chemistry	8638487908	
13	Ms. Siddika Banu, Asstt. Prof. Deptt. of Economics	8876414823	<i>S. Banu</i> 30/01/2025
14	Ms. Tinamoni Hazarika, Asstt. Prof. Deptt. of Botany	8133821600	<i>T. Hazarika</i> 30/1/25
15	Ms. Rodali Mohan, Asstt. Prof. Deptt. of Political Science	8723844076	<i>R. Mohan</i> 30/01/25
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.

(Signature)
(Dr. Lok Bikash Gogoi)
Principal,
Duliajan College, Duliajan
Principal
Duliajan College

(Signature)
(Jyoti Singh Pathak)
H.S.2nd Year Exam,
Centre Committee

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

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

DEPT. OF GEO & PSYCH

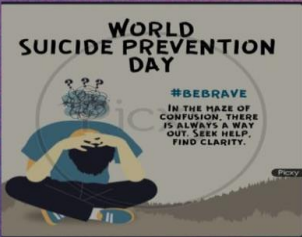
"WORLD SUICIDE PREVENTION DAY"

"HOPE ANCHORS THE SOUL"



THEME:- WORKING TOGETHER TO PREVENT SUICIDE

"BREAK THE SILENCE, SAVE A LIFE"



PRESENTED BY :
ASTHA BARUAH
& PUNAM KUMARI
SINGH

Helpline no. -Tele
Manas
18008914416

DEPARTMENT OF PSYCHOLOGY

CHANGING THE NARRATIVE ON SUICIDE



Your story isn't over yet. You matter more than you know. The world is brighter because you're in it. Still chapters fill with hope, feeling and joy waiting for you.

DONT MAKE PERMANENT DECISION TO COPE WITH TEMPORARY FEELINGS




SUICIDE DOESN'T END THE PAIN. IT PASSES IT ON TO SOMEONE ELSE

BY AMISHA AND DIMPI

TELE MANAS -
18008914416




"IT'S OK NOT TO BE OK"



EVEN IN THE TOUGHEST MOMENTS, SUPPORT AND UNDERSTANDING JUST A CONVERSATION AWAY - PLEASE REACH OUT FOR HELP.

problem, stress, tension, mind, crisis, depression, stuck, worry



DON'T BE AFRAID TO ASK FOR HELP ...

TELE MANAS
18008914416

Department of psychology
By: Amisha and Dimpri

Sept 10th 2025

Duliajan college
WORLD
SUICIDE
PREVENTION
DAY

Dept of psychology
Himank.J.Saikia

Tele Manas:
1-800-891-4416