

Report on the celebration of World Mental Health Day

Date: 10 October,2026

Venue: Bapujee College, Sarukshetri

Organised by: Mental Health Committee, Bapujee College in association with IQAC, Sarukshetri

Mental Health Committee of Bapujee College, Sarukshetri jointly organised an awareness programme to celebrate World Mental Health Day on 10 th October,2026 in association with Internal Quality Assurance Cell (IQAC) of the college.The program aimed to educate the students about emotional health, stress management and reducing the stigma surrounding mental health issues.

The programme was attended by Dr, Gitanjali Bhuyan,Head of the Department of Education,Dr.Ratul Das coordinator of IQAC , Bapujee College, faculty members and more than 100 students of the college.

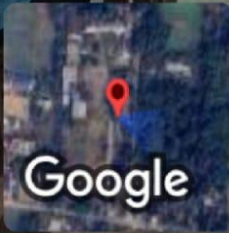
During the programme,Dr.Gitanjali Bhuyan delivered a lecture on emotional, psychological and social well being,manage stress and self care tips.

In this programme,Dr.Ratul Das coordinator of IQAC also emphasized about the different ways to support mental health, social and environmental factors that contributes mental health issues.

Outcome: The programme helped the students to understand the importance of mental well-being,seek help when needed and encouraged students to overcome the stigma associated with mental health issues.



GPS Map Camera



Sarthebari, Assam, India 🇮🇳

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Lat 26.360372° Long 91.228301°

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CELEBRATION OF WORLD
MENTAL HEALTH DAY
Organized by
INSTITUTION OF EDUCATION
IQAC
jee College, Sarukshetri
Date: 10-10-2026

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