



MANIKPUR ANCHALIK COLLEGE MANIKPUR

P.O. - Manikpur :: Dist. Bongaigaon (Assam)

Pin - 783392

Ph. 03664-296505

Date..19/06/2026

Letter No.

Ref.

To
The Sub-Divisional Medical Officer (SDMO)
Office of the SDMO, Manikpur Block PHE

Subject: Request for Providing a Resource Person for an Awareness Programme on Social and Health issues in the College.

Respected Sir/Madam,

With due respect, I would like to inform you that Deptt. of Education and Political Science of Manikpur Anchalik College is organizing an Awareness Programme on Social and Health Issues on 27/06/2026 at our college premises.

In this regard, we kindly request you to provide a competent resource person from your department to deliver an informative session on health awareness, including topics such as hygiene, nutrition, prevention of communicable diseases, vaccination, and other relevant public health issues.

Your support and cooperation will greatly benefit our students and contribute to spreading awareness among the youth. We shall be highly grateful if you kindly depute a resource person for the programme.

Thanking you in anticipation.

Yours faithfully,

Bodiud Zaman Ahmed *B.Z.*

19/06/2026
Head of the Department
Deptt. of Education
Manikpur Anchalik College
Manikpur

Tulshi Chandra Dey *TCD*

19/06/2026
H. O. D.
Deptt. of Political Science
Manikpur Anchalik College
Manikpur

Approved.
SK
19/06/2026

Received
19/06/2026





MANIKPUR ANCHALIK COLLEGE MANIKPUR

P.O. - Manikpur :: Dist. Bongaigaon (Assam)

Pin - 783392

Ph. 03664-296505

Letter No.

Date...19/06/2026

Ref.

To
The Joint Director
DHS, Bongaigaon, Assam

Subject: Request for Providing a Resource Person for an Awareness Programme on Social and Health issues in the College.

Respected Sir/Madam,

With due respect, I would like to inform you that Deptt. of Education and Political Science in collaboration with IQAC of Manikpur Anchalik College and Manikpur Block PHE is organizing an Awareness Programme on Social and Health Issues on 27/06/2026 at our college premises.

In this regard, we kindly request you to provide a competent resource person from your department to deliver an informative session on health awareness, including topics such as mental health, hygiene, nutrition, prevention of communicable diseases and other relevant public health issues.

Your support and cooperation will greatly benefit our students and contribute to spreading awareness among the youth. We shall be highly grateful if you kindly depute a resource person for the programme.

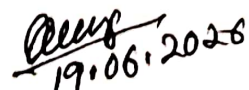
Thanking you in anticipation.

Yours faithfully,

Bodiud Zaman Ahmed 

19.06.2026

In-charge of the Department
Dept. of Education


19.06.2026

Tulshi Chandra Dey

H. O. D.
Deptt. of Political Science



NOTICE

Date: 24/06/2026

Awareness Programme on Mental Health and Emotional Well-being among Youth

This is to inform all the students and faculty members that the Department of Education and Department of Political Science, in collaboration with the Internal Quality Assurance Cell (IQAC), Manikpur Anchalik College and Block PHE, Manikpur, are organizing an Awareness Programme on "Mental Health and Emotional Well-being among Youth."

The programme aims to create awareness about mental health, emotional well-being, stress management, and the importance of maintaining a healthy lifestyle among young people.

Date: 27/06/2026

Time: 11.00AM

Venue: H-4, Manikpur Anchalik College

All students are requested to attend the programme and actively participate to make the event successful.



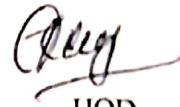
Counter Signature
Principal
Manikpur Anchalik College
Manikpur

Principal
Manikpur Anchalik College
Manikpur

HOD 

Department of Education
Manikpur Anchalik College
Manikpur

Dept. of Education
Manikpur Anchalik College
Manikpur



HOD
Department of Political Science
Manikpur Anchalik College
Manikpur

H. O. D.
Deptt. of Political Science
Manikpur Anchalik College
Manikpur





MANIKPUR ANCHALIK COLLEGE

Awareness Programme on

“Mental Health and Emotional Well-being among Youth”



Organized by: Department of Education and Political Science,
in collaboration with IQAC, Manikpur Anchalik College & Block PHC, Manikpur



Resource Person:

Nazneen Sultana,

Psychiatric Social Worker,
Bongaigaon



Date:
27-06-2026



Time:
11:00 AM



Venue:
H4, Manikpur
Anchalik College



Take care
of your mind.
Live a better life.



OFFICE OF THE PRINCIPAL
MANIKPUR ANCHALIK COLLEGE

P.O.- MANIKPUR :: DIST.- BONGAIGAON (ASSAM)

PIN- 783392

Accredited by NAAC with Grade 'B'

From,

Dr. Rabinjyoti Khataniar, MA, Ph.D.

Principal

Manikpur Anchalik College

Mobile : 6003292597

Phone : 03664-296505 (0)

E-mail : manikpuranchalikcollege@gmail.com

Website: www.manikpuranchalikcollege.ac.in

Affiliated to Gauhati University and Recognised under Section 2(f) and 12 (b) of UGC Act 1956.

Ref. No. MAC/

Date:

27

06

2026

REPORT ON AWARENESS PROGRAM ON MENTAL HEALTH AND EMOTIONAL WELL-BEING OF YOUTH

Title: Awareness Program on Mental Health and Emotional Well-being of Youth

Organized by: Department of Education and Political Science in collaboration with IQAC, Manikpur Anchalik College and Block PHC, Manikpur

Date: 27/06/2026

Venue: Manikpur Anchalik College

Time: 11.00 AM

The Department of Education and Political Science, in collaboration with IQAC, Manikpur Anchalik College and Block PHC, Manikpur, organized an Awareness Program on Mental Health and Emotional Well-being of Youth on 27/06/2026 at the college premises. The programme aimed to create awareness among students regarding mental health, emotional well-being, stress management, and the importance of seeking help when facing emotional difficulties.

The programme commenced with a welcome address by the HoD, Education Department of the college, who highlighted the significance of mental health in the overall development of young people. The resource person discussed various mental health issues commonly faced by youth, such as stress, anxiety, depression, peer pressure, and emotional challenges. The Resource Person also emphasized the importance of positive thinking, healthy lifestyles, self-care practices, and open communication.

Interactive sessions were conducted where students shared their experiences and concerns regarding academic pressure, social relationships, and emotional problems. The resource person encouraged students to seek support from family members, teachers, and counsellors whenever necessary and stressed that mental health issues should not be stigmatized. Educational materials and practical tips on maintaining emotional well-being were also provided.

The programme witnessed the active participation of students, teachers, and staff members. The participants found the session informative and beneficial in understanding the importance of mental health and emotional resilience. The programme concluded with a vote of thanks, expressing gratitude to the resource person, organizers, and participants for making the event successful.



OFFICE OF THE PRINCIPAL
MANIKPUR ANCHALIK COLLEGE

P.O.- MANIKPUR :: DIST.- BONGAIGAON (ASSAM)

PIN- 783392

Accredited by NAAC with Grade 'B'

From,

Dr. Rabinjyoti Khataniar, MA, Ph.D.

Principal

Manikpur Anchalik College

Mobile : 6003292597

Phone : 03664-296505 (0)

E-mail : manikpuranchalikcollege@gmail.com

Website: www.manikpuranchalikcollege.ac.in

Affiliated to Gauhati University and Recognised under Section 2(f) and 12 (b) of UGC Act 1956.

Ref. No. MAC/

Date:

27

06

2026

Outcome of the Programme:

1. Increased awareness about mental health and emotional well-being among students.
2. Reduced stigma associated with mental health issues.
3. Enhanced understanding of stress management and coping strategies.
4. Encouraged students to seek help and support when facing emotional challenges.
5. Promoted positive mental health practices and emotional resilience among youth

Principal
Manikpur Anchalik College
Manikpur

**Principal
Manikpur Anchalik College
Manikpur**

27/06/2026

"Awareness Program on Mental Health and Emotional Well-being among youth."

A awareness program on Mental Health and emotional well-being among youth of Department of Education and Department of Political Science in collaboration with the IQAC, Manikpur Anchalik College and Block PHE, Manikpur is held today at Manikpur Anchalik College, Manikpur

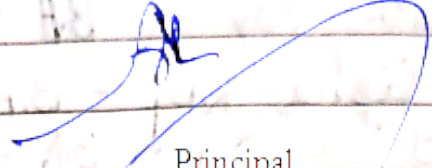
Signature -

1. Gautam Kr. Roy
2. Nazreen Sultana, ISW D.M.H. Dept.
3. Arunima Fouzdar, CN, DMHP, Bhub.
4. Badi-ud-Zaman Ahmed, HOD & Asst. Prof. Ed. Dept.
5. Biplab Kr. Das, Block pharmacist, Manikpur BHE
6. Dipika Chakraborty - 4th sem - 7636831128
7. Manika Mandal - 4th sem - 8453122192
8. Deepa Rajbongshi - 4th sem - 9954726467
9. Runu Sarker - 4th sem - 8638749246
10. Anjuma Begum - 2nd sem - 8811802149
11. Pratima Rajbongshi - 2nd sem - 9864542826
12. Arujina Khatoon - 2nd sem - 6900707957
13. Feruja Khatun - 1st year - 7063740832
14. Dimpri Patgiri - 4th sem - 8486129576
15. Kiranmoni Ray - 4th Sem - 7099472927
16. Roshmi Rekha Das - 4th Sem - 6901391060
17. Simpi Ray - 4th sem - 8753926709
18. Lipsita Kalita - HS 1st year - 6000493305
19. Nikita Jowandan - HS 1st year - 8011265516

20. Pinki Pandit - H.S 1st year - 84039295
21. Hija Paul - H.S 1st year - 9864163901
22. Anjina Khatun - H.S 1st year - 9181931031
23. Puspa Rabidas - H.S 1st year - 789692453
24. Inara Begum - H.S 1st year - 7896751796
25. Fulaonukhatun
26. Karima Begum
27. Soridul Islam
28. Riyazul Islam
29. Zamila Khatun
- 30/ Jiliga Khatun
- 31/ Bikram Das - H.S 1st year - 9394492685
- 32/ Narattam Sarkar - H.S 1st year - 939521388
- 33/ Debashish Das - H.S. 1st year - 84728742
- 34/ Ismail Hussain - H.S. 1st year - 9952129117
- 35/ Nabasit Kalita - H.S. 1st year - 7636956962
- 36/ Prasant Das - H.
- 36/ Deepzayal Ray - H.S. 2nd year - 9707460986
- 37/ Prasant Ray - 2nd sem - 6000496451
- 38/ Baharul Islam Goswami - H.S. 1st - 93652271279
- 39/ Mirajul Hoque - H.S. 1st - 9394465400
- 40/ Anisul Farooq - H.S. 1st - 7896242815
- 41/ Asraf ul Haque - H.S. 1st - 9181561282
- 42/ Sofikul Haque - H.S. 1st - 9101709171
- 43/ Abdulla Ali - H.S. 1st - 9869509443
- 44/ Achraful Islam - H.S. 1st - 9707369886
- 45/ Saharur Alam - H.S. 1st - 7404595426
- 46/ Fajra Ali - H.S. 1st - 8134898416
- 47/ Mehtaj Islam - H.S. 1st - 6000868042
- 48/ Ramej Ali - H.S. 1st - 8011074029
- 49/ Intaz Ali - H.S. 1st - 8453693214
- 50/ Ashraful Islam - H.S. 1st - 9181897862
- 51/ Monirul Ali - BA. 4th - 9678114565
- 52/ Preeti Ray - BA. 4th sem - 9395747376
53. Pitya Paul - BA 4th sem - 6003385714

- 54/ Nobonita Ray - B.A 4th sem - 9678630915
- 55/ Alisha Ray - B.A 4th Sem - 8453926820
- 56/ Chandrika Ray - B.A 4th Semester - 7896277834
- 57/ Munmi Das - B.A 4th Semester - 9678906293
- 58/ Dharamoni Ray - B.A 4th sem - 8811973709
- 59/ Parismita Ray - B.A 4th Semester - 8039426300
- 60/ Dipamoni Ray - B.A 4th sem - 9387320744
- 61/ Mesileena Ray - B.A. 4th Semester - 8039383058
- 62/ Teuti Rekha Ray - B.A. 4th Semester - 9613033708
- 63/ Sewali Ray - B.A 4th sem - 8453121087
- 64/ Pooja Das - First year - 8099901514
- 65/ Dinkar Basumatary
- 66/ Mangalson Barman
- 67/ Boikuntha Ray
- 68/ Dhiraj Ray
- 69/ Abinash Ray
- 70/ Tanishk Tiwari
- 71/ Gismait Barman
- 72/ Harshojit Das
73. Titul Hoque
- 74/ Insan - Ali
- 75/ Krishna Das
- 76/ Panikaj Mandal
- 77/ Yousin Ali
- 78/ Slaimuddin Ali
- 79/ Piyari Khatun
- 80/ Shehima Begum
- 81/ Mehjina Azad Mandal
- 82/ Mumukuddin Sheikh
- 83/ Farzeta Ahmed
- 84/ Musjerul Islam
- 85/ Asiyo Khatun
- 86/ Jupitara Ray
- 87/ Bhaniita Ray
- 88/ Anima Bala Ray

89/ BhumiKa Das
90/ Fajaluz Rahman
91/ Hafidul Islam,



Principal
Manikpur Anchalik College
Manikpur

Principal
Manikpur Anchalik College
Manikpur

Badiul Zaman Ahmad,
HOD & Asstt. Professor
Deptt. of Education,
27-06-2026

Deptt. of Education
Manikpur Anchalik College
Manikpur

