

National Webinar on **Positive Mental Health for the Career Ahead**

A National webinar was organized by the department of Geography, Nanda Nath Saikia College on 07th July 2020 on the topic “Positive Mental Health for the Career Ahead”. Mr. Dipankar Bhattacharjya, Deputy Director, Training and Placement Division was invited as the resource person to address the participants. Honorable Principal of the college, Dr. Litoool Baruah inaugurated the webinar and Mr. Jayanta Kumar Sarmah, the HoD of the department of Geography welcomed the participants as well as the Resource Person. The webinar was conducted in Google Meet platform. As the target group of the participants was students, the speech of the resource person helped them to relieve their mental stress during the Covid-19 situations. About 240 participants across the count

Participants from different parts of the country participated in this webinar and interacted with the Resource Person. Dr. Jonali Saikia Borkakoty, Associate Professor of the department offered vote of thanks to all the participants, college authority, the Resource Person and to the entire Nanda Nath Saikia College family for their valuable suggestions and cooperation.

The poster is a green rectangular graphic with white and red text. At the top, it reads 'National Webinar On POSITIVE MENTAL HEALTH FOR THE CAREER AHEAD'. Below this, it specifies the date as 07/07/2020 and the time as 11.00 AM-12.00 PM. A small circular logo is centered below the text. The organizing body is listed as 'Geographical Forum, Department of Geography, Nanda Nath Saikia College, Titabar, District: Jorhat, Assam'. Two photographs are included: one of the college's main entrance archway and another of the department's building. The poster identifies the Inaugurator as Dr. Litoool Baruah, Principal of Nanda Nath Saikia College, and the Resource Person as Mr. Deepankar Bhattacharjya, Deputy Director of Training & Placement Division at the University of Science & Technology, Meghalaya. A registration link is provided: <https://forms.gle/oTuhSDSgEmKBaynF9>. The Organizers are listed as Mr. Jayanta Kumar Sarmah (HoD and President), Mrs. Sangeeta Saikia (Secretary), Dr. Jonali Saikia Borkakoty (Coordinator), and Dr. Navamallika Sharma (Asstt. Coordinator). A note at the bottom states that E-Certificates will be provided to all participants. Contact details for Dr. Navamallika Sharma are also provided.

National Webinar
On
POSITIVE MENTAL HEALTH FOR THE CAREER AHEAD
Date: 07/07/2020 Time: 11.00 AM-12.00 PM

Organized by
Geographical Forum, Department of Geography
Nanda Nath Saikia College, Titabar, District: Jorhat, Assam

Inaugurator
Dr. Litoool Baruah
Principal
Nanda Nath Saikia College, Titabar

Resource Person
Mr. Deepankar Bhattacharjya
Deputy Director, Training & Placement Division
University of Science & Technology, Meghalaya

For Registration fill in the Google Form:
<https://forms.gle/oTuhSDSgEmKBaynF9>

Organizers
Mr. Jayanta Kumar Sarmah
HoD and President
Mrs. Sangeeta Saikia
Secretary
Geographical Forum
Nanda Nath Saikia College, Titabar

Dr. Jonali Saikia Borkakoty
Coordinator
Dr. Navamallika Sharma
Asstt. Coordinator
Webinar Organizing Committee

E-Certificates will be provided to all the participants who will attend the session

Contact details:
Email: navamallikasharma@gmail.com
Mobile No.: 8638973966, 9859422109