

## FIRST CYCLE NAAC ACCREDITATION



**NONOI COLLEGE  
NONOI, NAGAON (ASSAM)  
ASSAM – 782101**

### **CRITERION -VII**

#### **Institutional Values and Best Practices**

**7.2.1: Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual.**

*Submitted to*



**THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL**

## FIRST CYCLE NAAC ACCREDITATION



**NONOI COLLEGE  
NONOI, NAGAON (ASSAM)  
ASSAM – 782101**

### **CRITERION -VII**

**Institutional Values and Best Practices**

**Best Practice: 1**

**Shaping Mental Health Fitness for the Future**

*Submitted to*



**THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL**



## **Mental Health Camp Report:**

The focus of the mental health camp was to conduct Mental Health Assessment, spread Mental Health Awareness and provide Mental Health Counselling to enhance perception of mental health state and increase access to healthcare for those who need it. The camp is conducted twice a session.

### **Material and Methods:**

A one day free mental health screening, referral and counselling camp was organized in Nonoi College Campus. The camp was divided in to two sessions. The camp was conducted with due permission from the Principal with a prior notice to the President of Nonoi College. Standardized inventories for anxiety, and stress were administered. After interpretation of scores, those in need of counselling were given one to one counselling, and further referrals, if required, were done by the faculty members of the psychology department as well as the mental health professionals. A huge numbers of people walked in the camp and some of the participants were given spot counselling and referral as required. The results from inventories were later analysed and reported.


Openly programme was inaugurated by Principal of Nonoi College and HOD of psychology department. This programme was organized under the leadership of Dr. Sukanya Bora, Asst. Professor of psychology department of Nonoi College who is also a trained psychologist and coordinated by Dr. Kabita Devi Kusre, Asst. professor psychology department, Nonoi College. Banajyoti Gayon, Asst. professor Psychology Department, Nonoi College, also a psychologist was the third counsellor in this event.

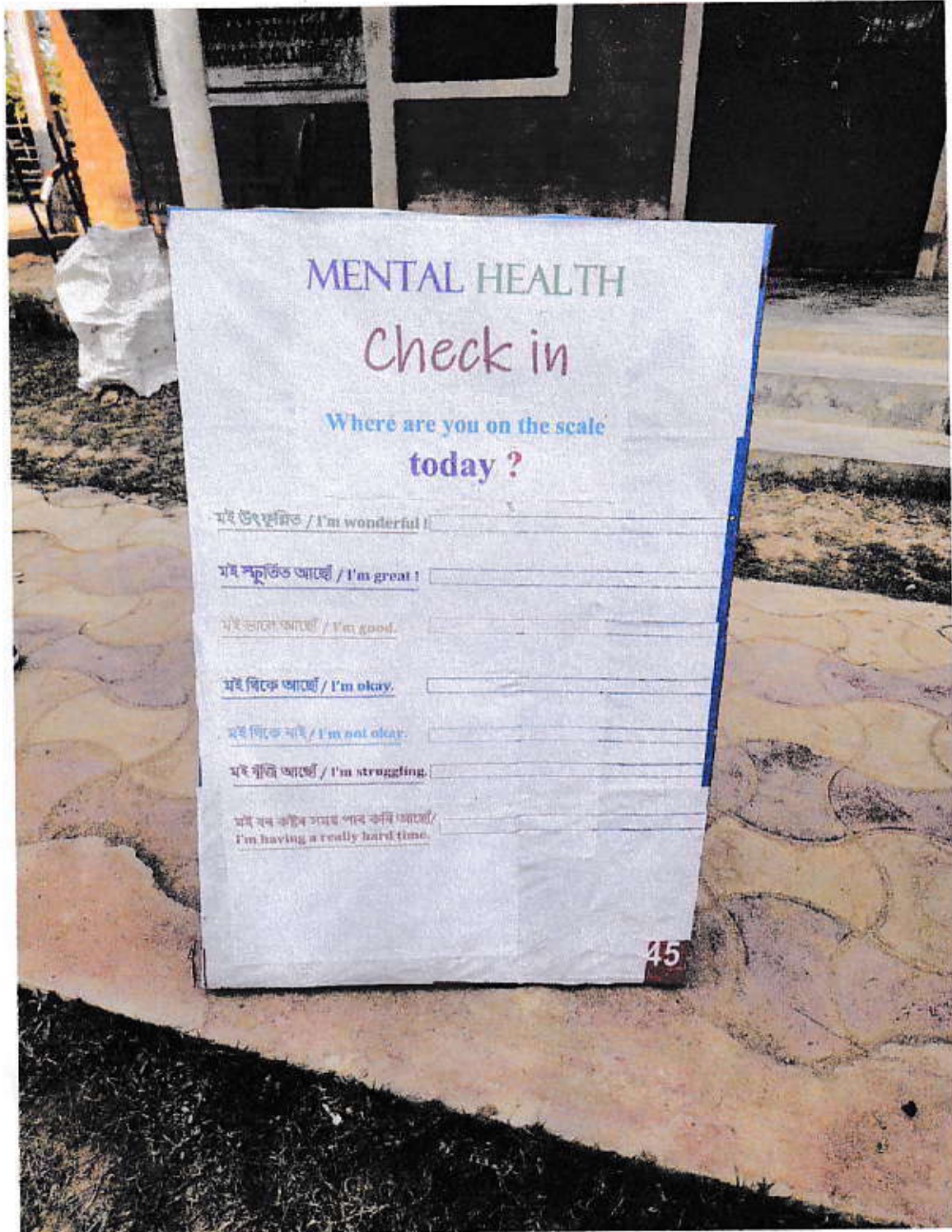
### **Team comprised of**

- Banajyoti Gayon, Assistant professor ,HOD, Department of Psychology, Nonoi College as a Psychologist
- Dr. Kabita Devi Kusre, Assistant Professor, Department of Psychology, Nonoi College as a counsellor
- Dr Sukanya Bora ,Assistant professor, Department of Psychology, Nonoi College as a Educational Counsellor

### **The programme included the following activities:**

- Check your Mental Health– A check in mental health today activity where the students check their mental health using scale on the chart.

  
Principal, I/c  
Nonoi College  
Nagaoan (Assam)



## MENTAL HEALTH

### Check in

Where are you on the scale  
today ?

মই উৎসাহিত / I'm wonderful ! \_\_\_\_\_

মই সফল আছোঁ / I'm great ! \_\_\_\_\_

মই ভাল আছোঁ / I'm good. \_\_\_\_\_

মই বিকে আছোঁ / I'm okay. \_\_\_\_\_

মই কিছুকৈ মই / I'm not okay. \_\_\_\_\_

মই যুঁজি আছোঁ / I'm struggling. \_\_\_\_\_

মই বৰ কঠিন সময় পাৰ কৰি আছোঁ /  
I'm having a really hard time. \_\_\_\_\_

45

**Mental Health Check in**

*Prakash*  
Principal, I/c  
Nonoi College  
Nagaon (Assam)

● **Stress Screening Test – A Questionnaire to identify the stress level of the test takers.**

**Perceived Stress Scale**

A more precise measure of personal stress can be determined by using a variety of instruments that have been designed to help measure individual stress levels. The first of these is called the Perceived Stress Scale.

The Perceived Stress Scale (PSS) is a basic stress assessment instrument. The test, which originally developed in 1983, remains a popular choice for helping to understand how different situations affect our feelings and our perceived stress. The questions in this scale ask about your beliefs and thoughts during the last month. In each case, you will be asked to indicate how often you felt or thought a certain way. Although some of the questions are similar, there are differences between them and you should treat one item as a separate question. The best approach is to answer fairly quickly. That is, don't try to count up the number of times you felt a particular way; rather indicate the alternative that seems like a reasonable estimate.

For each question choose from the following alternatives:

0 - never    1 - almost never    2 - sometimes    3 - fairly often    4 - very often

- \_\_\_\_\_ 1. In the last month, how often have you been upset because of something that happened unexpectedly?
- \_\_\_\_\_ 2. In the last month, how often have you felt that you were unable to control the important things in your life?
- \_\_\_\_\_ 3. In the last month, how often have you felt nervous and stressed?
- \_\_\_\_\_ 4. In the last month, how often have you felt confident about your ability to handle your personal problems?
- \_\_\_\_\_ 5. In the last month, how often have you felt that things were going your way?
- \_\_\_\_\_ 6. In the last month, how often have you found that you could not cope with all the things that you had to do?
- \_\_\_\_\_ 7. In the last month, how often have you been able to control irritations in your life?
- \_\_\_\_\_ 8. In the last month, how often have you felt that you were on top of things?
- \_\_\_\_\_ 9. In the last month, how often have you been angered because of things that happened that were outside of your control?
- \_\_\_\_\_ 10. In the last month, how often have you felt difficulties were piling up so high that you could not even cope with them?

**Figuring Your PSS Score**

You can determine your PSS score by following these directions:

- First, reverse your scores for questions 4, 5, 7, and 8. On these 4 questions change the scores like this:
  - 0 = 4, 1 = 3, 2 = 2, 3 = 1, 4 = 0.
- Now add up your scores for each item to get a total. My total score is \_\_\_\_\_.
- Individual scores on the PSS can range from 0 to 40 with higher scores indicating higher perceived stress.
  - Scores ranging from 0-13 would be considered low stress.
  - Scores ranging from 14-26 would be considered moderate stress.
  - Scores ranging from 27-40 would be considered high perceived stress.

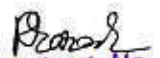
The Perceived Stress Scale is a necessary and important because your perception of what is happening in your life is most important. Consider the idea that two individuals could have the exact same events and experience in their lives for the past month. Depending on their perceptions, total scores could put one of those individuals in the low stress category and the total score could put the second person in the high stress category.

Disclaimer: The scores on the following self-assessment do not reflect any particular diagnosis or course of treatment. They are meant as a tool to help assess your level of stress. If you have any further concerns about your personal well-being, you may contact EAP and all confidential information will be kept private.

State of New Hampshire  
Employee Assistance Program



**Perceived Stress Scale**

  
**Principal, ITC**  
**Nonoi College**  
**Nagaon (Assam)**



নামঃ.....

বয়সঃ..... লিঙ্গঃ.....

স্থানঃ..... দূৰত্বঃ.....

**প্ৰশ্নমালা**

(প্ৰতিটো প্ৰশ্নৰ বাবে নিম্নলিখিত বিকল্পবোৰ বাচনি কৰিব।)

- ১) হোৱা মাহত আপুনি আশা নকৰা কিবা ঘটনাৰ বাবে কিমানবাৰ বিচলিত হৈছে ?  
০. কেতিয়াও নহয় ১.নহয় ২. কোনোবা দিনা ৩. প্ৰায় কেতিয়াবা ৪. প্ৰায়ে
- ২) হোৱা মাহত আপুনি সঘনাই আপোনাৰ প্ৰয়োজনীয় বস্তুসমূহ নিয়ন্ত্ৰণ কৰিব নোৱাৰা বুলি অনুভৱ কৰিছে নেকি ?  
০. কেতিয়াও নহয় ১.নহয় ২. কোনোবা দিনা ৩. প্ৰায় কেতিয়াবা ৪. প্ৰায়ে
- ৩) হোৱা মাহত আপুনি কিমান ক্ষিপ্ৰতাৰে আপোনাৰ মানসিক চাপ আৰু উদ্বেগতাৰ সম্মুখীন হৈছে ?  
০. কেতিয়াও নহয় ১.নহয় ২. কোনোবা দিনা ৩. প্ৰায় কেতিয়াবা ৪. প্ৰায়ে
- ৪) আপোনাৰ ব্যক্তিগত সমস্যা সমাধান কৰিব নোৱাৰাৰ বাবে আপুনি কিমান সঘনাই নিজকে খঙাল যেন অনুভৱ কৰিছে ?  
০. কেতিয়াও নহয় ১.নহয় ২. কোনোবা দিনা ৩. প্ৰায় কেতিয়াবা ৪. প্ৰায়ে
- ৫) হোৱা মাহত আপুনি আপোনাৰ ব্যক্তিগত সমস্যা সমাধানৰ বাবে কিমান আত্মবিশ্বাসেৰে যোগ্যতা প্ৰকাশ কৰিছে বুলি ভাবে ?  
০. কেতিয়াও নহয় ১.নহয় ২. কোনোবা দিনা ৩. প্ৰায় কেতিয়াবা ৪. প্ৰায়ে
- ৬) হোৱা মাহত আপোনাৰ কাৰ্যসমূহ নিজে ভাবি থকা মতে হোৱা বুলি কিমান গভীৰ ভাবে অনুভৱ কৰিছে ?  
০. কেতিয়াও নহয় ১.নহয় ২. কোনোবা দিনা ৩. প্ৰায় কেতিয়াবা ৪. প্ৰায়ে
- ৭) হোৱা মাহত আপোনাৰ দ্বায়িত্বত থকা কাৰ্যসমূহক উপযুক্তভাৱে পৰিচালনা কৰিব পৰা নাই বুলি কেতিয়াবা অনুভৱ কৰিছে নেকি ?  
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- ৮) হোৱা মাহত কিমান পৰিমাণে আপোনাৰ জীৱনত হোৱা খিংখিঙিয়া অভ্যাস চম্ভালিব পাৰিছে বুলি অনুভৱ কৰিছে ?  
০. কেতিয়াও নহয় ১.নহয় ২. কোনোবা দিনা ৩. প্ৰায় কেতিয়াবা ৪. প্ৰায়ে
- ৯) হোৱা মাহত কিমান সঘনাই আপোনাৰ কাৰ্য বা বস্তুবোৰৰ শীৰ্ষত আছে বুলি অনুভৱ কৰিছে ?  
০. কেতিয়াও নহয় ১.নহয় ২. কোনোবা দিনা ৩. প্ৰায় কেতিয়াবা ৪. প্ৰায়ে
- ১০) আপোনাৰ ব্যক্তিগত সমস্যা সমাধান কৰিব নোৱাৰাৰ বাবে আপুনি কিমান সঘনাই নিজকে খঙাল যেন অনুভৱ কৰিছে ?  
০. কেতিয়াও নহয় ১.নহয় ২. কোনোবা দিনা ৩. প্ৰায় কেতিয়াবা ৪. প্ৰায়ে
- ১১) আপোনাৰ ব্যক্তিগত সমস্যা সমাধান কৰিব নোৱাৰাৰ বাবে আপুনি কিমান সঘনাই নিজকে খঙাল যেন অনুভৱ কৰিছে ?  
০. কেতিয়াও নহয় ১.নহয় ২. কোনোবা দিনা ৩. প্ৰায় কেতিয়াবা ৪. প্ৰায়ে

N:B: Questionnaire was translated by reliable expert translator in to mother tongue.

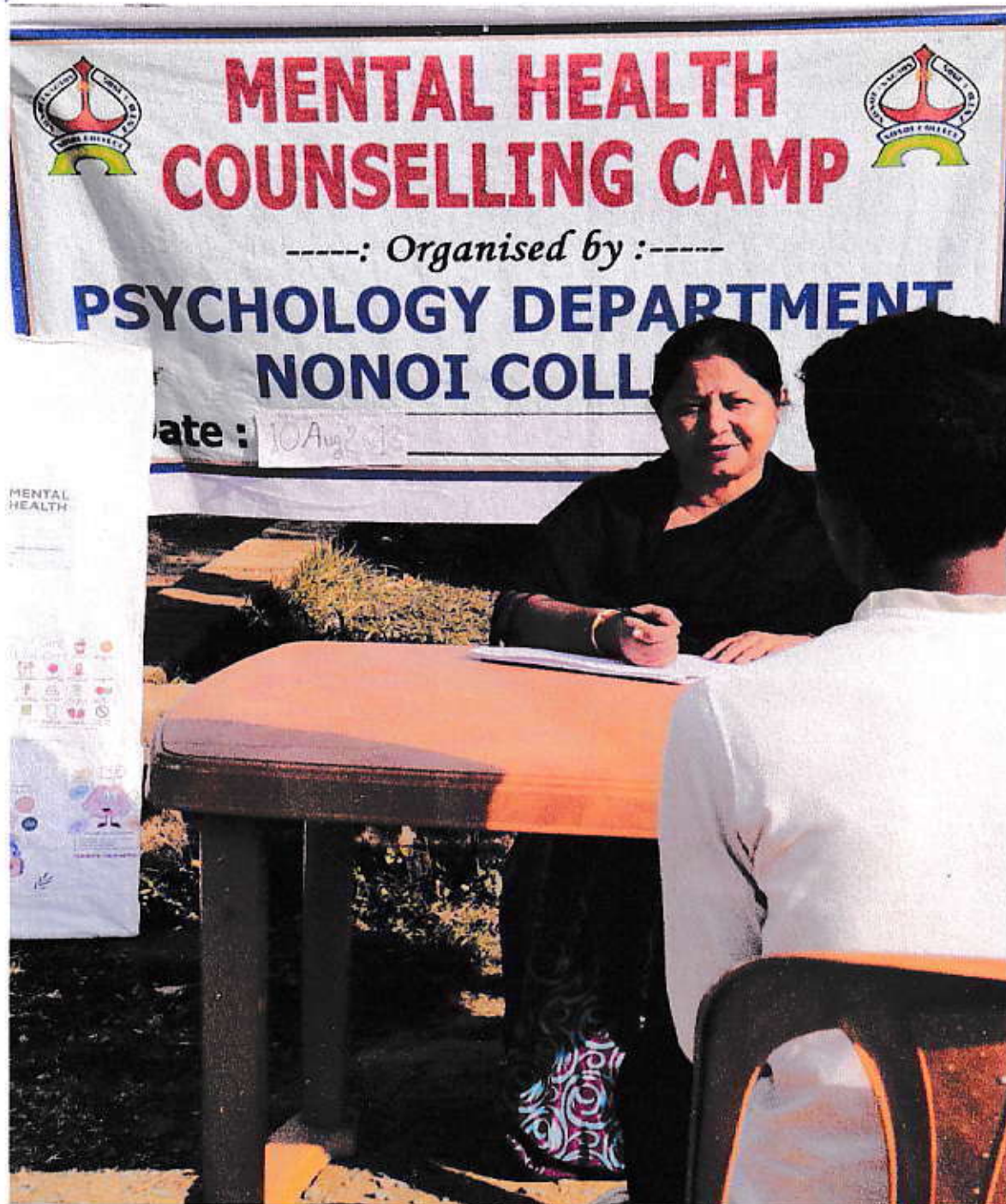
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**Perceived Stress Scale (Translation in local language)**

*Principal*  
Principal, I/c  
Nonoi College  
Nagaon (Assam)



- Counselling Sessions – Based on the above stress screening the students referred for further counselling sessions in the counselling camp (present there) or other counselling clinics.




Counselling Camp

*Pras*  
Principal, I/c  
Nenoi College  
Nagaon (Assam)



- Distributing kit-Distributing kits based on the information on mental health in the local language.

  
**মানসিক স্বাস্থ্য সমাজসেৱামূলক সেৱাৰি  
মনোবিজ্ঞান বিভাগ  
নৰৈ মহাবিদ্যালয়, নৰৈ, অসম**

মানসিক স্বাস্থ্য হৈছে কোনো কোনো আত্মাৰ পৰা মানসিকভাৱে মুক্ত হৈ থকা এটা বিশেষ আৱস্থা। মানসিক স্বাস্থ্যৰ দ্বাৰা প্ৰভাৱিত ব্যক্তিৰ সেৱাৰ আধাৰ আৱশ্যকীয় মানসিক সেৱাৰ কৰণকে বুজোৱা হয়। আনহাতে, জীৱনত বিভিন্ন পৰিৱেশ কৰ্মতলাপৰ মুখামুখি হোৱাৰ সময়ত মানসিকভাৱে স্বাস্থ্যবান লোক এনে কোনো আৱশ্যকিত প্ৰদৰ্শন নকৰে। এনে লোকসকল ব্যক্তিৰ সমাজেৰে কোনো গুৰুতৰ সমস্যাৰ দ্বাৰা আক্ৰান্ত নহয়।

মানসিক স্বাস্থ্যবিজ্ঞানৰ মূল কাম হৈছে মানসিক অসুস্থতা, ব্যক্তিৰ বিকাশ আৰু সমাজেৰে সমস্যাসমূহ নিৰাৰণ কৰা। মানসিক স্বাস্থ্যবিজ্ঞানে মানৱ শিশুৰ মানসিক অসুস্থতাৰ কাৰণবোৰ, ব্যক্তিৰ বিকাশ আৰু সমাজেৰে সমস্যাসমূহৰ বিষয়ে বৃত্তি পোতাৰ ক্ষেত্ৰত সহায় আগবঢ়োৱা। উপযুক্ত শক্তিসাধন কিশোৰ কিশোৰীসকলৰ বাবে পূৰ্বৱৰ্তী শিক্ষাৰ ব্যৱস্থা কৰা আৱেগিক আৰু সামাজিক প্ৰয়োজনীয়তা বিকাশ ঘটোৱা বৃত্তীয় সমাজেৰে আদি মানসিক বিকাশৰ প্ৰতিবেদন কিছুমান উপায় উল্লেখ কৰা। উপযুক্তভাৱে জীৱন নিৰ্বাহৰ পদ্ধতিৰ বিষয়ে প্ৰশিক্ষণ প্ৰদানো এই প্ৰতিবেদনৰ অন্তৰ্গত।

বিত্তীয় সমস্যা মানসিক স্বাস্থ্যবিজ্ঞান সম্পৰ্কে বহু মনোবিজ্ঞানীয়ে বিভিন্ন সংজ্ঞা আগবঢ়াইছে। তাৰ ভিতৰত, জে. আৰু জে. মতে মানসিক স্বাস্থ্যবিজ্ঞান হৈছে এনে এটা বিজ্ঞান যিয়ে মানৱ কলাপৰ সৈতে জড়িত আৰু মানুহৰ সম্পৰ্কৰ সকলো ক্ষেত্ৰকে সামৰি লয়। হেলিন্ডৰ মতে মানসিক স্বাস্থ্য বিজ্ঞান মানসিক স্বাস্থ্যৰ ৰক্ষা কৰা আৰু মানসিক বিকাশ নিৰাৰণ কৰা প্ৰক্ৰিয়াৰ সৈতে জড়িত বিজ্ঞান।

মানসিক স্বাস্থ্যৰ দুটা গুৰুত্বপূৰ্ণ বৈশিষ্ট্য হৈছে:

- ১) এৰ্গলোক শাৰীৰিক ব্যক্তিৰ অধিকাৰী।
- ২) এৰ্গলোক শাৰীৰিকভাৱে সমল সফলত্ব।

মানসিক স্বাস্থ্য মনৰ লগত জড়িত। মানসিক স্বাস্থ্যৰ নীতিসমূহ মূলত এটা ভাল জীৱন যাপনৰ বাবে শাৰীৰিকভাৱে যোগ্য কৰি ৰখাৰ কাৰণে প্ৰয়োজনীয় নীতি নিয়ম মনি চলা আৰু অনুশাসন বজাই ৰখাৰ প্ৰক্ৰিয়াৰ লগত জড়িত। মানসিক স্বাস্থ্য আৰু মৌখিক স্বাস্থ্যৰ নিবিড় সম্বন্ধ আছে। কিয়নো শাৰীৰিক সুস্থতাৰ ওপৰত ব্যক্তিৰ

স্বপ্না,মি

মানসিক সুস্থতা বহুদিন নিৰ্ভৰ কৰে। আনহাতে দাৰ্শনিক এৰিষ্টটলৰ মতে সুস্থ দেহতহে সুস্থ মনৰ সৃষ্টি হ'ব পাৰে। যদিহে এজন ব্যক্তি শাৰীৰিকভাৱে দুৰ্বল হয় তেন্তিহলে তেওঁ মানসিকভাৱেও দুৰ্বল হৈ পৰে। মুঠতে আমি ক'ব পাৰো যে মানসিক স্বাস্থ্য আৰু মৌখিক স্বাস্থ্য হ'টোৰ লগত সিটোৰ নিবিড় সম্পৰ্ক আছে।

সকলো ব্যক্তিৰ বাবে মানসিক স্বাস্থ্যবিজ্ঞানৰ বিশেষ প্ৰয়োজন আছে। সুস্থ মানসিক স্বাস্থ্য অবিহনে কোনো মানুহেই শান্তিপূৰ্ণ আৰু সুখী-জীৱন যাপন কৰিব নোৱাৰে। গতিকে মানসিক স্বাস্থ্য বিজ্ঞানত গুৰুত্ব উপলব্ধি কৰাৰ বাবে মানসিক স্বাস্থ্য বিজ্ঞানৰ জ্ঞান আমাৰ সকলোৰে বাবে প্ৰয়োজন।

সুস্থ মানসিক স্বাস্থ্যৰ অধিকাৰী নোহোৱাকৈ আমি কেতিয়াও শান্তিপূৰ্ণ জীৱন অতিবাহিত কৰিব নোৱাৰো। গতিকে বিদ্যালয়সমূহে আমাৰ সমাজৰ ভবিষ্যতৰ নাগৰিকসকলৰ স্বাস্থ্যৰ ওপৰত বিশেষ গুৰুত্ব দিয়া উচিত। মানসিক ৰোগৰ পৰা মুক্তি পোতাৰ বাবে স্বাস্থ্য আৰু স্বাস্থ্য বিজ্ঞানৰ প্ৰশাসনিক জ্ঞানৰ প্ৰয়োজন অধিক। স্বাস্থ্য আৰু স্বাস্থ্য বিজ্ঞানৰ জ্ঞানে মানসিক ৰোগ নিৰাময় কৰাৰ বাবে ল'বলগীয়া উপায়সমূহ জ্ঞান দিয়ে।

**শিক্ষা আৰু মানসিক স্বাস্থ্যবিজ্ঞানৰ দুটা সম্পৰ্ক হল**

- ১) শিক্ষাই সুস্থ মানসিক স্বাস্থ্যৰ মূল্য উপলব্ধিত সহায় কৰে।
- ২) শিক্ষাই ব্যক্তিৰ গুণাৱলী আৰু শক্তিৰ সামৰ্থৰ বিকাশত সহায় কৰে।

মানসিক স্বাস্থ্য মনৰ লগত জড়িত। মানসিক স্বাস্থ্যৰ নীতিসমূহ মূলত এটা ভাল জীৱন যাপনৰ বাবে শাৰীৰিকভাৱে যোগ্য কৰি ৰখাৰ কাৰণে প্ৰয়োজনীয় নীতি নিয়ম মনি চলা আৰু অনুশাসন বজাই ৰখাৰ প্ৰক্ৰিয়াৰ লগত জড়িত। মানসিক স্বাস্থ্য আৰু মৌখিক স্বাস্থ্যৰ নিবিড় সম্বন্ধ আছে। কিয়নো শাৰীৰিক সুস্থতাৰ ওপৰত ব্যক্তিৰ মানসিক সুস্থতা বহুদিন নিৰ্ভৰ কৰে। আনহাতে দাৰ্শনিক এৰিষ্টটলৰ মতে সুস্থ দেহতহে সুস্থ মনৰ সৃষ্টি হ'ব পাৰে। যদিহে এজন ব্যক্তি শাৰীৰিকভাৱে দুৰ্বল হয় তেন্তিহলে তেওঁ মানসিকভাৱেও দুৰ্বল হৈ পৰে। মুঠতে আমি ক'ব পাৰো যে মানসিক স্বাস্থ্য আৰু মৌখিক স্বাস্থ্য হ'টোৰ লগত সিটোৰ নিবিড় সম্পৰ্ক আছে।

\*\*\*\*

### Kit on Mental Health

  
Principal, I/c  
Nonoi College  
Nagaon (Assam)



- Spreading Awareness – spreading the significance of mental health and reducing the stigma associated with mental ailments through display of various posters.



**Awareness Poster**

*Beal's*  
Principal, I/c  
Nonoi College  
Nagaon (Assam)



**Camp conducted on 11th August 2016**

Centre - Tubuki Gaon

No. of participants - 30

**Main Concerns:**

- 1) Lack of Concentration
- 2) Low Self Esteem and low Confidence
- 3) Irritability
- 4) Stress related to academics and family
- 5) Loss of Loved one
- 6) Hygiene problems
- 7) Anger Management Issues

**Mode of Conduction**

- Rapport Formation by interacting
- Administer Self-Assessment questionnaire
- Face to Face counselling sessions for Assessment and Counselling

**Procedure:**

**Step 1**

In the beginning of the mental health camp rapport was established with the students. They were told regarding the objectives of the study and assured that full confidentiality would be maintained. They were requested to give their responses honestly, freely and frankly without any hesitation. The instructions were given about their role in the study in their local language.

**Step 2**

Check your Mental Health- A check in Mental health today activity where the students check their mental health using scale on the chart.

**Step3**


Distributing kit- Distributing kits based on the information on mental health in the local language.

**Step 4**

The respondents were handed over the questionnaire with a request to answer all the questions of the Questionnaire serially and sequentially.

**Step 5**

Once they had filled up the questionnaire, they were collected and for this act they were offered thanks.

  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**

**Step 6**

Students were allowed to talk freely and were encouraged to share any difficulty they were facing pertaining to academics, physical health, concentration in studies, family problems or anything else they wanted to share.

**Step 7**

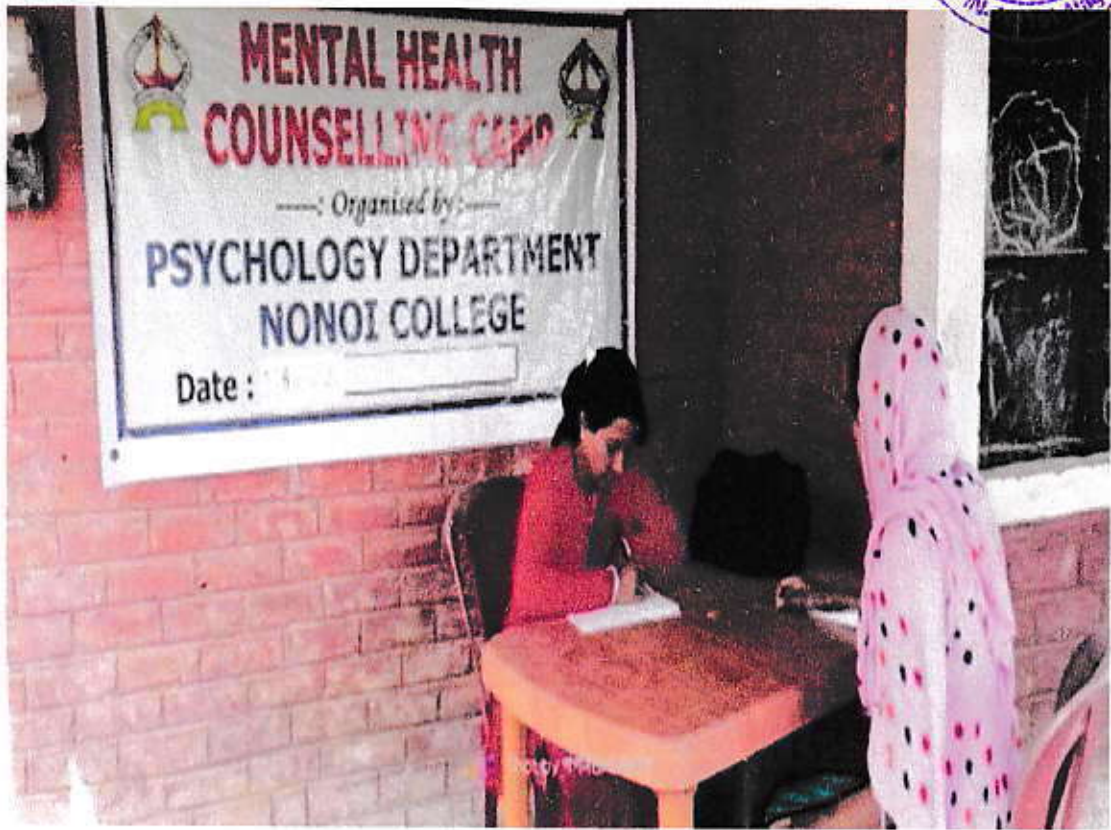
On an individual basis, students walk for counselling. In accordance with the predicaments faced by them, constructive counselling was provided to the students, to assist them to deal with their complication more effectively.

This constructive counselling included the active interventions made by the counsellors and the session summary, case progress, interventions made for each case was meticulously recorded. Based on these recordings the counsellors chalked out the action that could be taken in the future to check on and facilitate the progress of the participants.

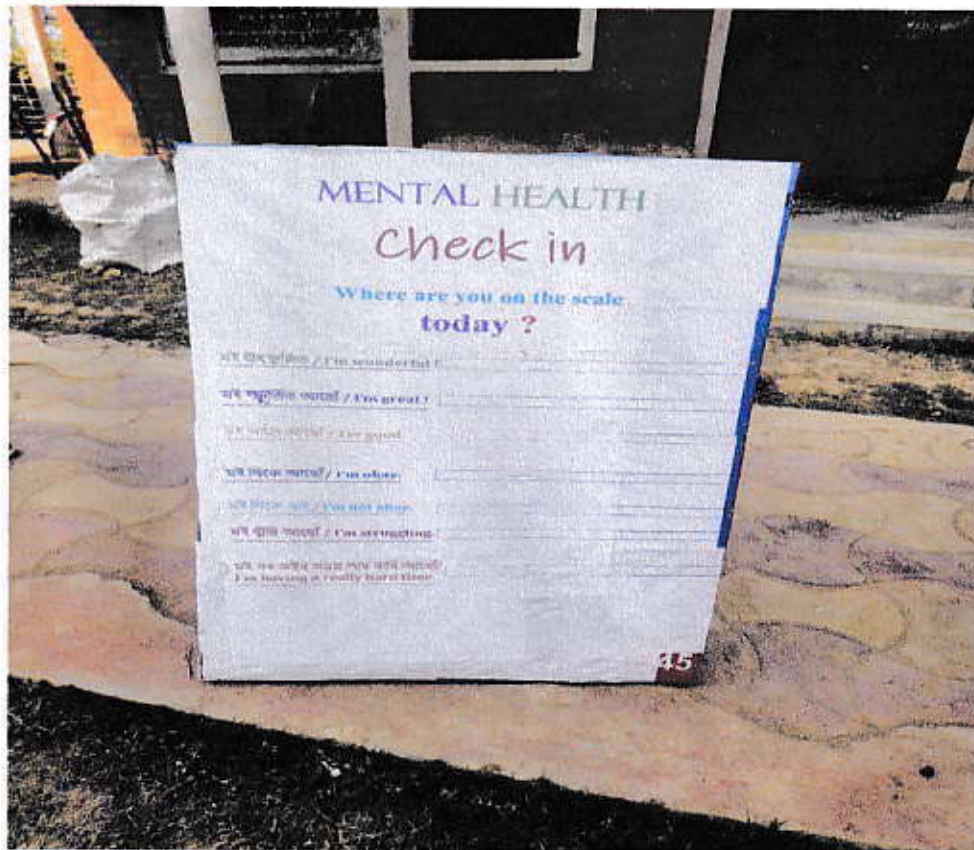


**Free Mental Health Camp**

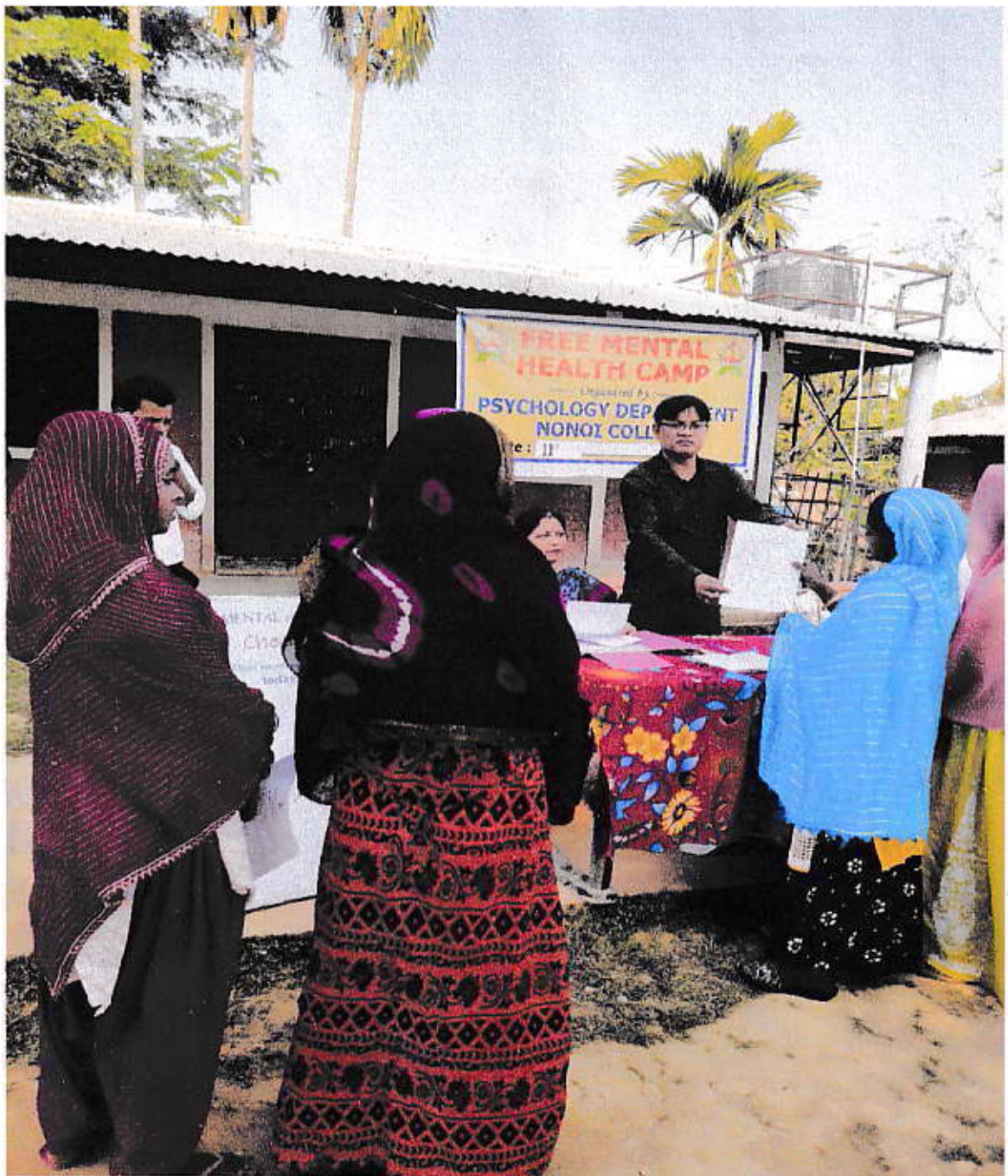
*Prank*  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**



**Free Mental Health Camp**



*Beant*  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**



**Mental Health counselling camp**

*Prak*  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**



**Date Conducted: 2nd November 2016**

Centre - Rangaloo Sengmara.

No. of Participant - 35

The Psychology department of Nonoi College in its effort to raise awareness among students as well as Community about the mental health continuum, conducted a Mental Health Camp in Rangaloo Sengmara village in the month of November 2016.

**AIM:**

The focus of the Mental health camp was to conduct Mental Health Assessment, spread Mental Health Awareness and provide Mental Health Counselling to enhance perception of mental health state and increase access to healthcare for those who need it.

**Main Concerns:**

- 1) Anger issues related to stubbornness and irritability
- 2) Academic problems
- 3) Personal hygiene
- 4) Under nutrition which has lead to calcium deficiency and retarded growth
- 5) Hyperactivity
- 6) Body image issues
- 7) Mental retardation

**Modus of conduction:**

- Rapport Formation by interacting
- Administer Self-Assessment questionnaire
- Face to Face counselling sessions for Assessment and Counselling


A rapport was formed with each student as one-on-one sessions started. The students were encouraged to talk freely and share the concerns and problems that they were facing. The problems that the trainers, came across were related to general issues like anger, stubbornness, body image concerns amongst adolescence, mental retardation and the like. Issues related to personal hygiene and under nutrition were also identified.

In accordance with the predicaments faced by them constructive counselling was provided to the kids to help them tackle their problems more effectively.

The intervention provided to the students was in the form of information, suggestions, problem solving skills and techniques given to the students to overcome their issues.

Constructive Counselling included the active interventions made by the counsellors in each case and the session summary, case progress, interventions made for each child was meticulously recorded.

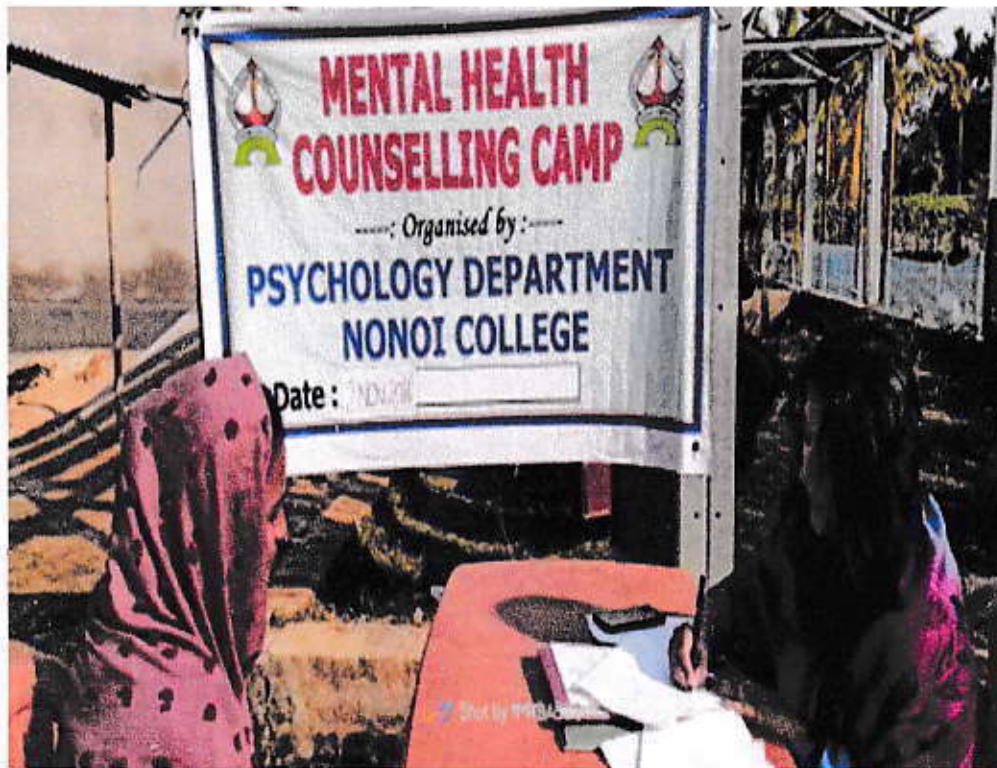
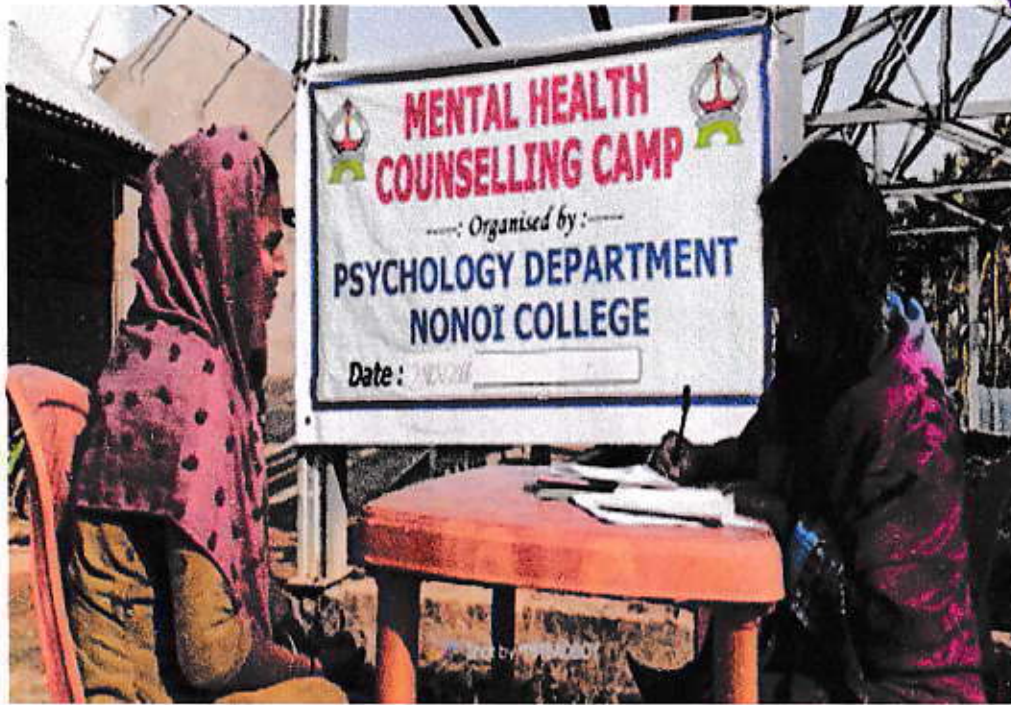
Based on these recordings the counsellors chalked out the action that could be taken in the future to check on and facilitate the progress of the children.

  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**



**Mental Health Camp**

*Beas*  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**



**Mental Health Counselling**

*Prasanna*  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**





### **Camp held on 6th August 2017**

Centre 1- Rangaloo SutarGaon

No. of Participants- 24

Nonoi College which focus toraise awareness on students as well as Community about the mental health continuum,, conducted an on-going Mental Health Camp in Rangaloo Sutar Gaon on psychological development initiated in the month of August 2017.

### **AIM**

The focus of the Mental health camp was to conduct Mental Health Assessment, spread Mental Health Awareness and provide Mental Health Counselling to enhance perception of mental health state and increase access to healthcare for those who need it.

### **Main Concerns:**

1. Pain, especially headache
2. Concentration and Memory Problem
3. Issues with time management
4. Behavioural Issues
5. Certain Phobias
6. Physiological issues (Height, weight, menstrual)
7. Feeling tired very easily
8. Feeling Disturbed and tensed


### **Modus of Conduction**

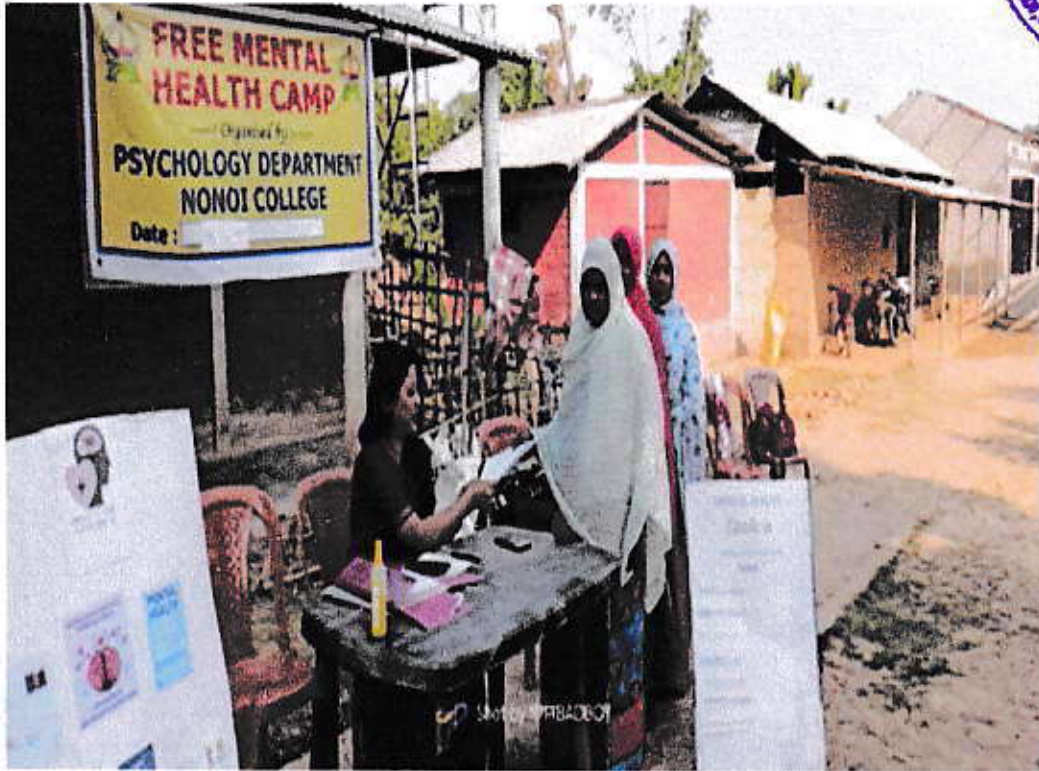
- Rapport Formation by interacting
- Administer Self-Assessment questionnaire
- Face to Face counselling sessions for Assessment and Counselling

The children were asked to discuss their problems freely. They were encouraged to share any difficulty they had relating to anxiety, physical health, concentration in studies, family problems, certain phobias to name few.

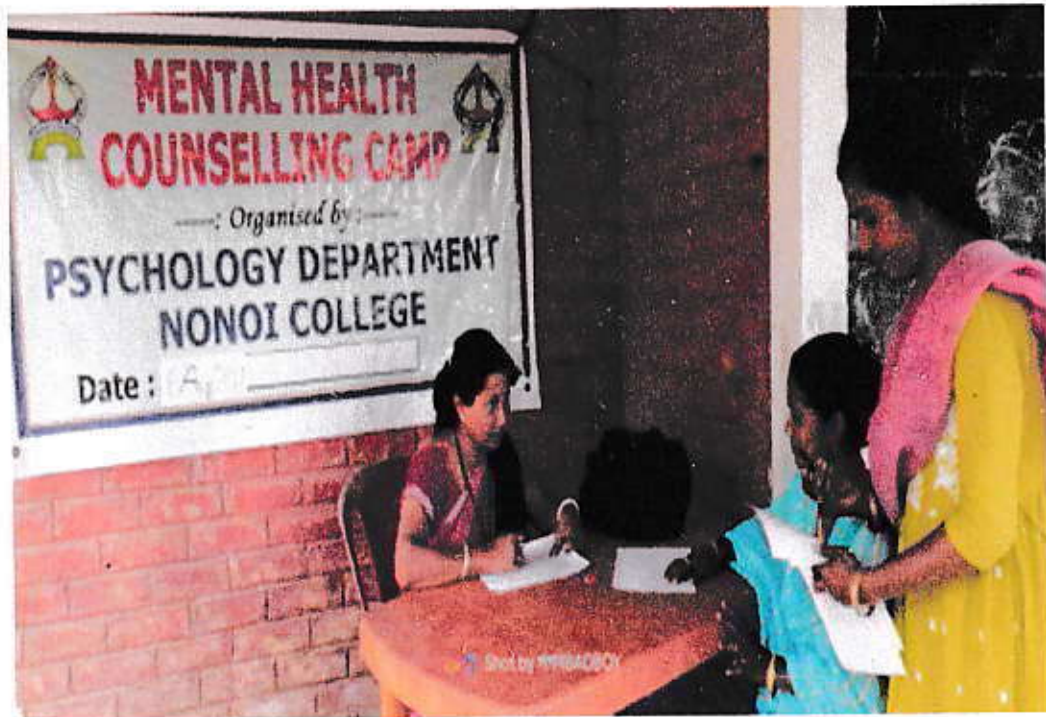
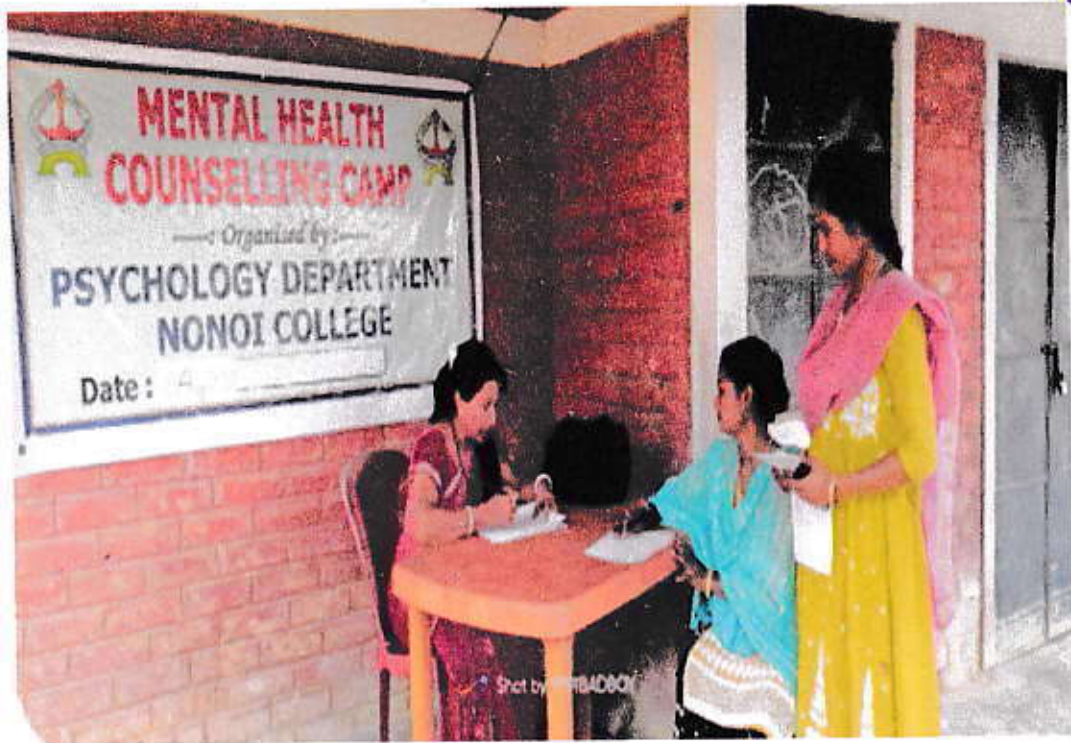
In the beginning of the camp the interactive introductory session was conducted in order to build the rapport with the students. The session ended with distributions of kits based on the mental health information which children are aware about mental health.

The mental health counselling camps served the purpose of empowering the students with adequate facts along with problem solving skills with regards to the stress and problems challenged by them. In addition the objective of community emotional maturity upon the students through a sense of control, sense of right and wrong and indulgence in well thought out actions was fulfilled in the company of the assist of the counseling sessions profitably.

  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**



**Free Mental Health Camp**



**Mental Health Counselling**

*Beach*  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**



## **Camp held on 3rd November 2017**

Centre-Jhumarmur, Kathiatoli

No. of Participant – 30

Nonoi College which focus to raise awareness on students as well as Community about the mental health continuum, conducted an on-going Mental Health Camp in Rangaloo Sutar Gaon on psychological development initiated in the month of November 2017.

### **AIM:**

The focus of the mental health camp was to conduct Mental Health Assessment, spread Mental Health Awareness and provide Mental Health Counselling to enhance perception of mental health state and increase access to healthcare for those who need it.

### **Main Concerns:**

- 1) Sleeplessness
- 2) Anxiety
- 3) Alcoholic father effecting children's mental state
- 4) Stress related to academics and family
- 5) Sexual abuse

### **Modus of Conduction**


- Rapport Formation by interacting
- Administer Self-Assessment questionnaire
- Face to Face counselling sessions for Assessment and Counselling

Students talked freely as well as openly and discussed their issues which complicated their day to day lives. They were facing a lot of complications such as stress, anxiety, alcoholic parents, physical changes (in adolescence), lack of concentration in studies, family problems.

Constructive counselling was provided to the students one by one, by one of the faculty member of the psychology department of our college in order to assist them to deal with their difficulties more effectively.

A Stress questionnaire was given to the students and their stress level was diagnosed.

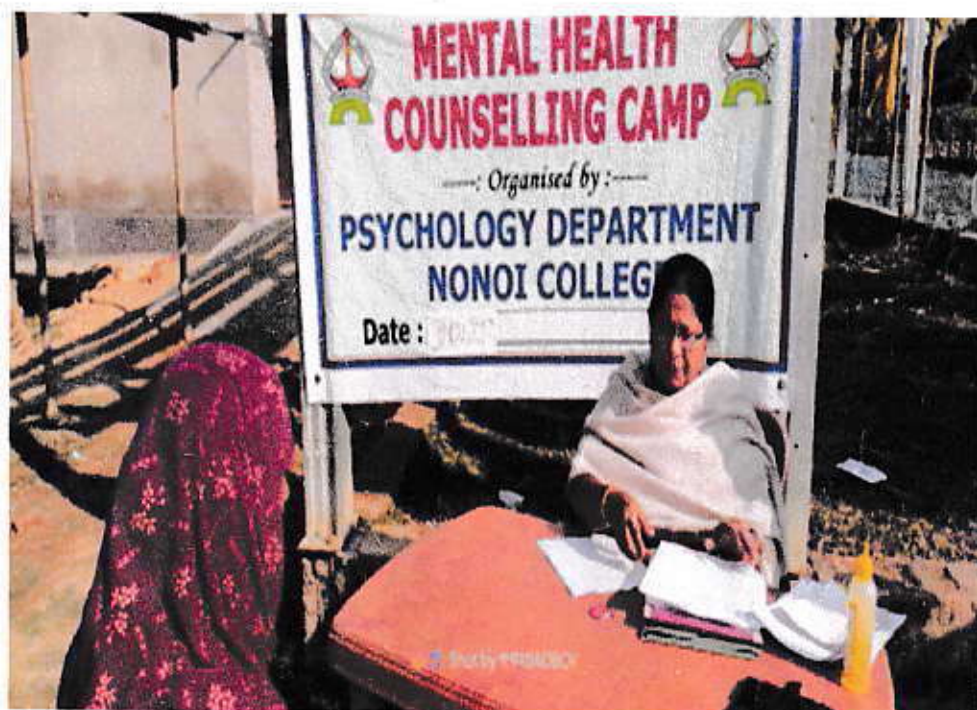
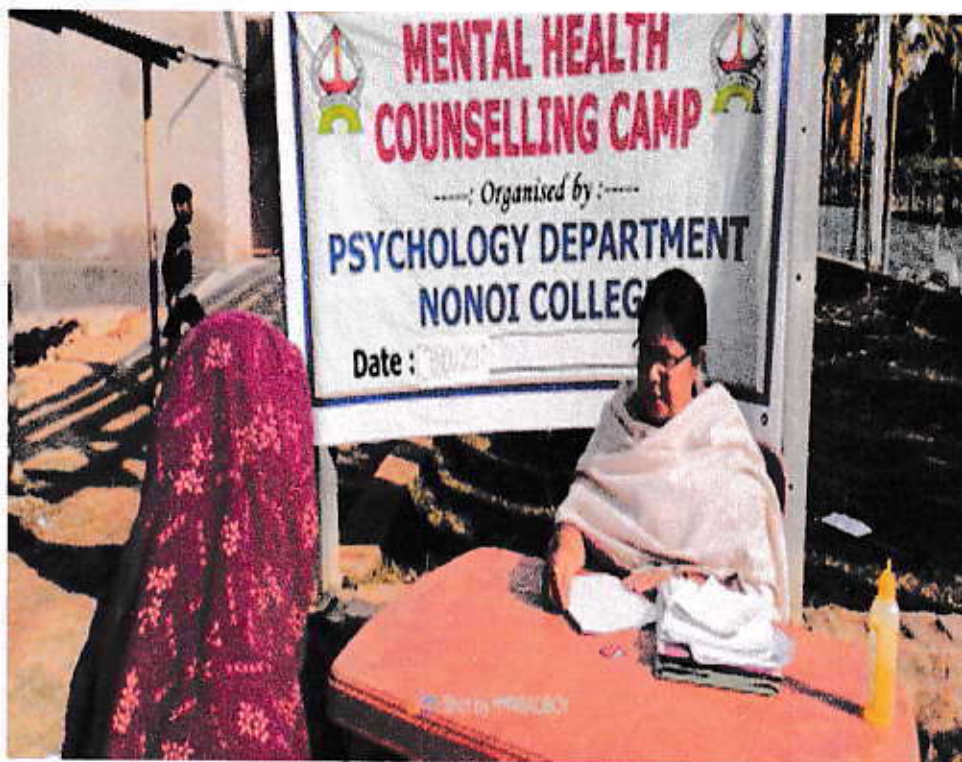
Psychologists also discussed their daily routine and diet, present complications and provided possible solutions.

  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**



Free Mental Health Camp

*Prasad*  
Principal, I/c  
Nonoi College  
Nagaon (Assam)



Free mental Health Camp

*Pras*  
Principal, I/c  
Nonoi College  
Nagaon (Assam)



## **Camp held on 10th August 2018**

Centre -Rengbeng,Kathiatoli

Nonoi College which focus to raise awareness on students as well as Community about the mental health continuum, conducted an on-going Mental Health Camp in Jhumarmur, Kathiatoli on psychological development initiated in the month of August 2018.

### **AIM:**

The focus of the mental health camp was to conduct Mental Health Assessment, spread Mental Health Awareness and provide Mental Health Counselling to enhance perception of mental health state and increase access to healthcare for those who need it.

### **Main Concerns:**

1. Sleeplessness
2. Pain, especially headache
3. Concentration problems
4. Issues with time management
5. Irritability

### **Modus of Conduction:**

- Rapport Formation by interacting
- Administer Self-Assessment questionnaire
- Face to Face counselling sessions for Assessment and Counselling

The students were encouraged to share their feelings freely and shared their difficulty they had relating to stress, anxiety, health, concentration in studies, peer problems, etc.

Constructive counselling was provided to the students one by one, by one of the faculty member of the psychology department of our college in order to assist them to deal with their difficulties more effectively.

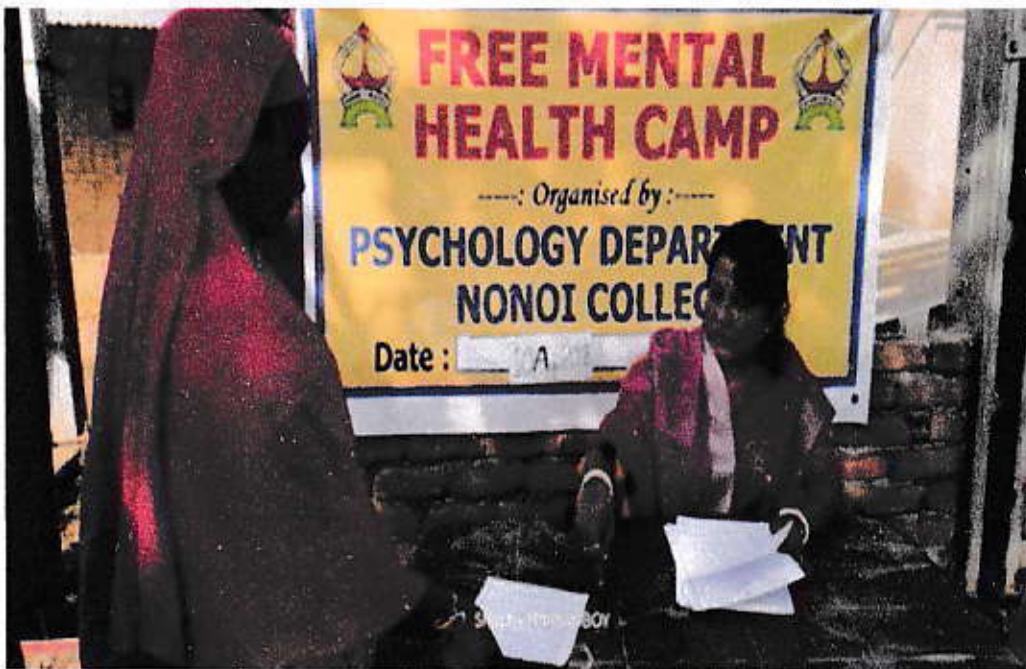
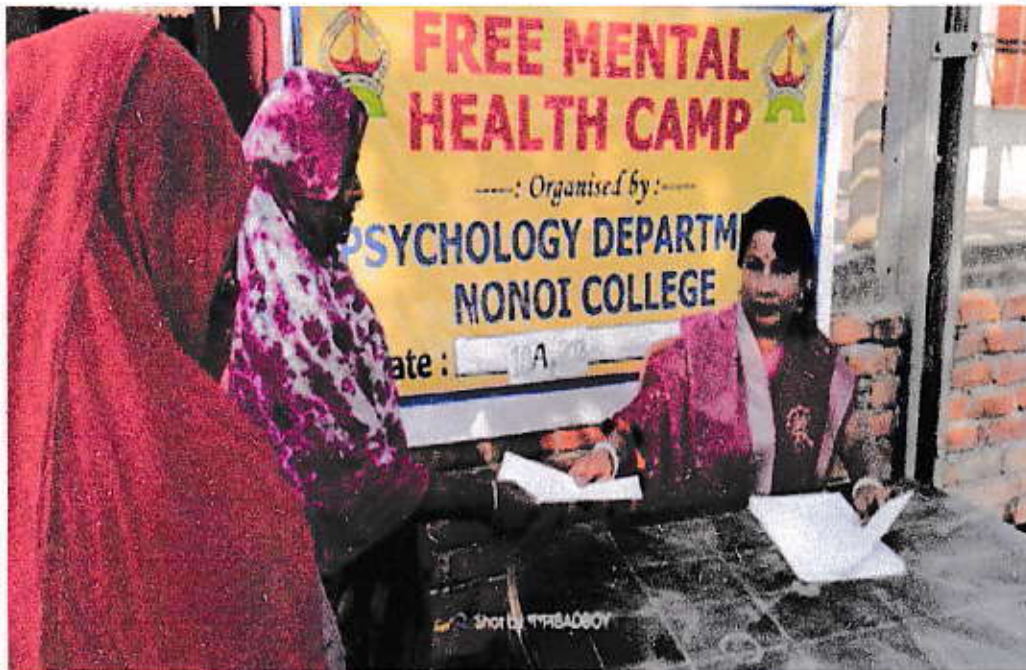
A Stress questionnaire was given to the students and their stress level was diagnosed.

Psychologists also discussed their daily routine and diet, present complications and provided possible solutions.

A constructive counselling camp was arranged for them to deal with their complication more efficiently.

Each and every session ended with distribution of kits and posters display, which spreading awareness on mental health,

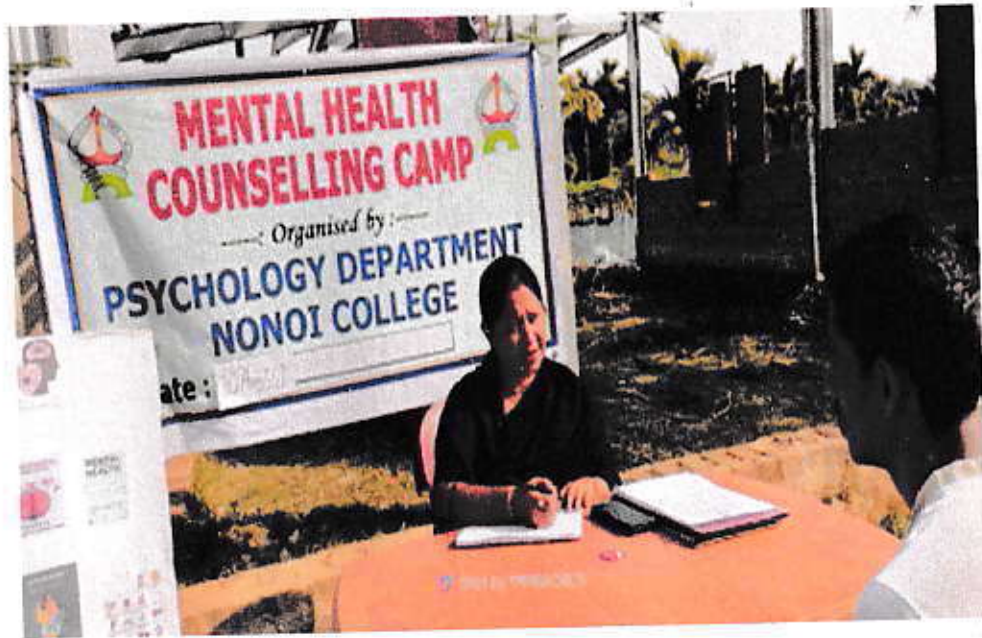
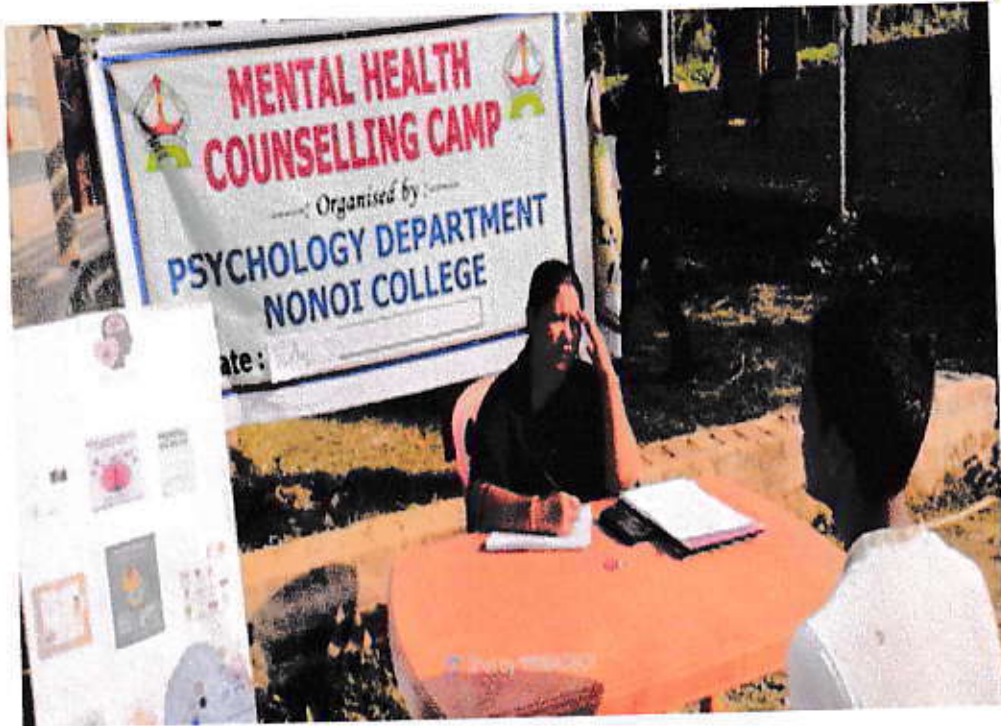
*Barak*  
**Principal, T/c  
Nonoi College  
Nagaon (Assam)**



**Free Mental Health Camp**

*Prasad*  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**





**Mental Health Counselling Camp**

*Ranash*  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**



## **Camp held on 12th November 2018**

Centre – Gamariati, Solmari

No. of participants – 70

### **Main Concerns:**

- 1) Lack of Concentration
- 2) Low Self Esteem and low Confidence
- 3) Irritability
- 4) Stress related to academics and family
- 5) Loss of Loved one
- 6) Hygiene problems
- 7) Under Nutrition (Bad Eating Habits)
- 8) Anger Management Issues

### **Modus of Conduction:**

- Rapport Formation by interacting
- Administer Self-Assessment questionnaire
- Face to Face counselling sessions for Assessment and Counselling

### **Procedure:**

#### **Step 1**

In the beginning of the mental health camp rapport was established with the students. They were told regarding the objectives of the study and assured that full confidentiality would be maintained. They were requested to give their responses honestly, freely and frankly without any hesitation. The instructions were given about their role in the study in their local language.

#### **Step2**

Check your Mental Health- A check in Mental health today activity where the students check their mental health using scale on the chart.

#### **Step3**

Distributing kit-Distributing kits based on the information on mental health in the local language.

  
**Principal, T/c  
Nonoi College  
Nagaon (Assam)**

#### Step 4

The respondents were handed over the questionnaire with a request to answer all the questions of the Questionnaire serially and sequentially.

#### Step 5

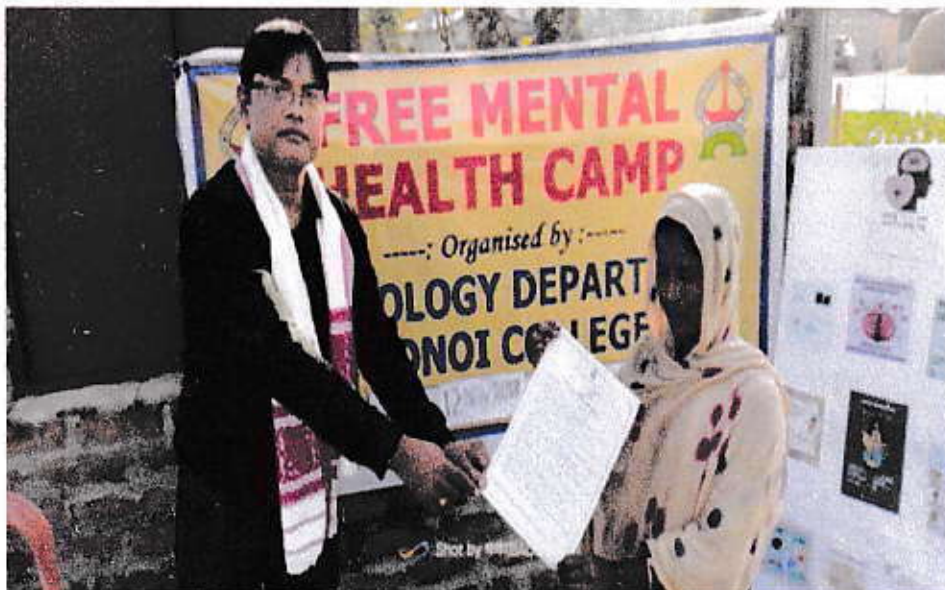
Once they had filled up the questionnaire, they were collected and for this act they were offered thanks.

#### Step 6

Students were allowed to talk freely and were encouraged to share any difficulty they were facing pertaining to academics, physical health, concentration in studies, family problems or anything else they wanted to share.

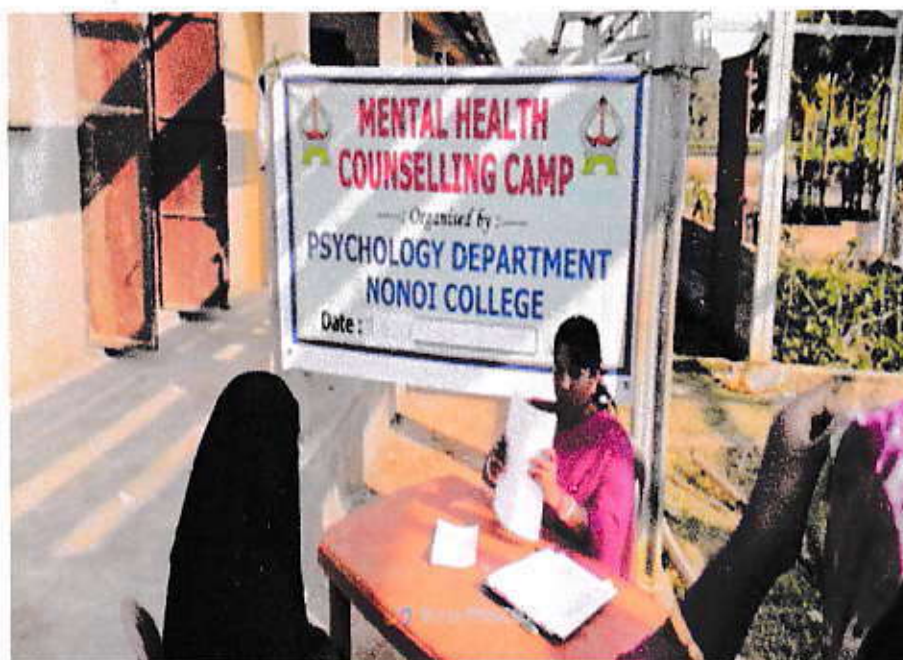
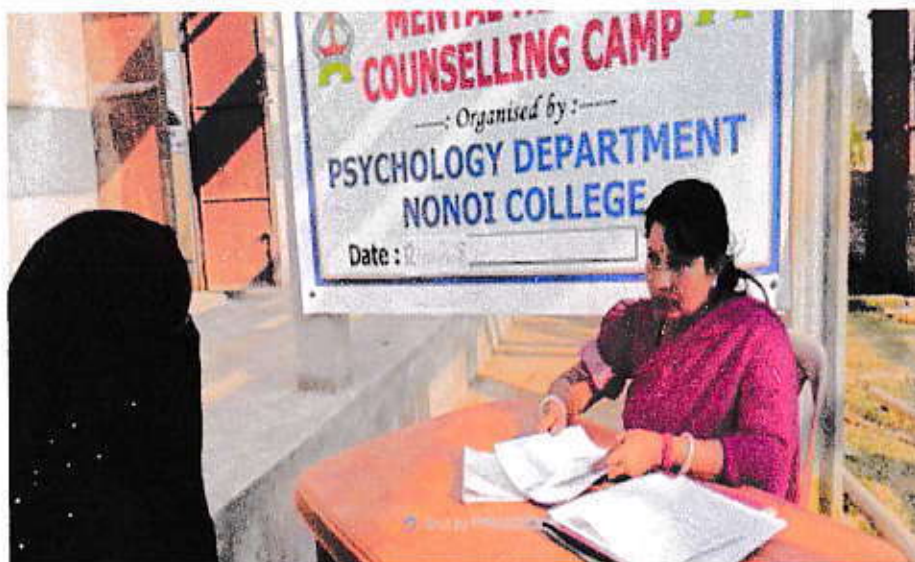
#### Step 7

On an individual basis, students walk for counselling. In accordance with the predicaments faced by them, constructive counselling was provided to the students, to assist them to deal with their complication more effectively. The active interventions in each case and the session summary, case progress, interventions made for each participants was meticulously recorded in this constructive counselling. Based on these recordings the counsellors chalked out the action that could be taken in the future to check on and facilitate the progress of the participants.



**Free Mental Health Camp**

*Barab*  
Principal, I/c  
Nonoi College  
Nagaon (Assam)



**Mental Health Counselling Camp**

*Rozal*  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**



## **Camp held on 13th August 2019**

Centre – Panikhati

No. of participants – 70

### **Main Concerns:**

- 1) Lack of Concentration
- 2) Low Self Esteem and low Confidence
- 3) Irritability
- 4) Stress related to academics and family
- 5) Loss of Loved one
- 6) Hygiene problems
- 7) Under Nutrition (Bad Eating Habits)
- 8) Anger Management Issues

### **Modus of Conduction:**

- Rapport Formation by interacting
- Administer Self-Assessment questionnaire
- Face to Face counselling sessions for Assessment and Counselling

### **Procedure:**

#### **Step 1**


In the beginning of the mental health camp rapport was established with the students. They were told regarding the objectives of the study and assured that full confidentiality would be maintained. They were requested to give their responses honestly, freely and frankly without any hesitation. The instructions were given about their role in the study in their local language.

#### **Step2**

Check your Mental Health- A check in Mental health today activity where the students check their mental health using scale on the chart.

#### **Step3**

Distributing kit-Distributing kits based on the information on mental health in the local language.

  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**



#### Step 4

The respondents were handed over the questionnaire with a request to answer all the questions of the Questionnaire serially and sequentially.

#### Step 5

Once they had filled up the questionnaire, they were collected and for this act they were offered thanks.

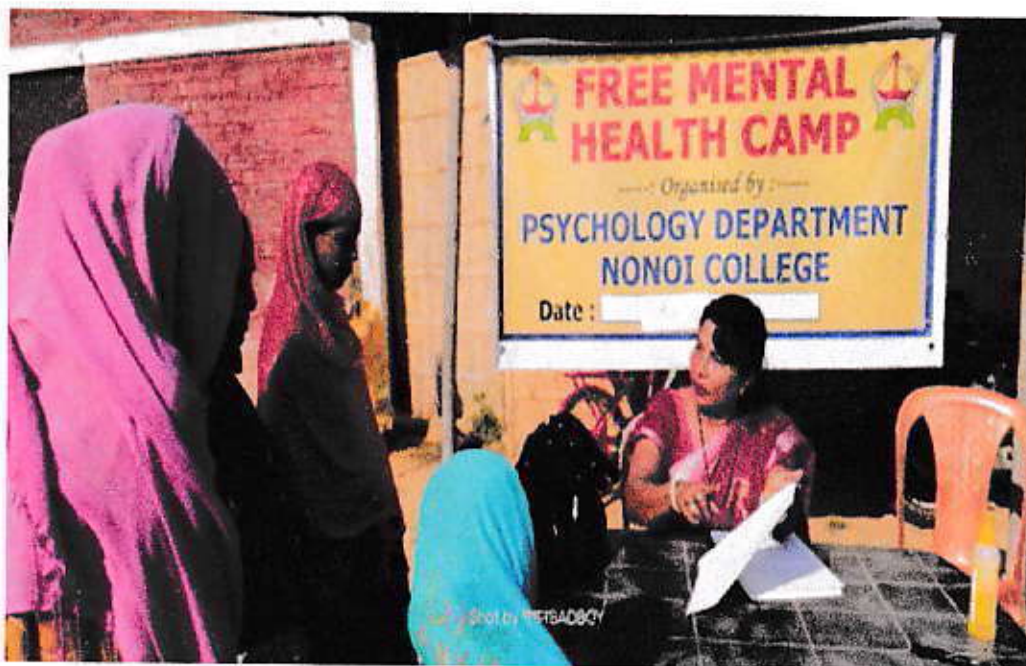
#### Step 6

Students were allowed to talk freely and were encouraged to share any difficulty they were facing pertaining to academics, physical health, concentration in studies, family problems or anything else they wanted to share.

#### Step 7

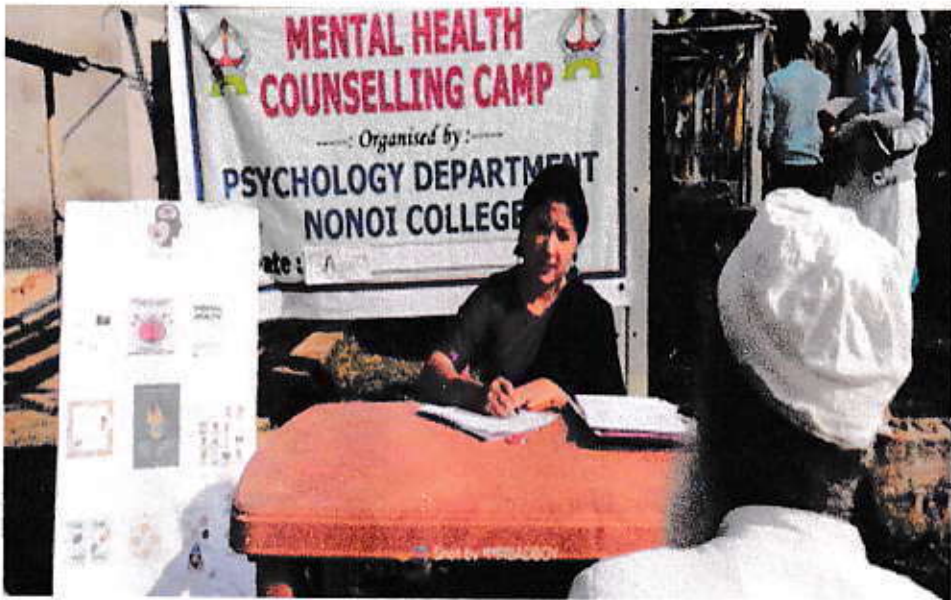
On an individual basis, students walk for counselling. In accordance with the predicaments faced by them, constructive counselling was provided to the students, to assist them to deal with their complication more effectively.

Taking all relevant recordings the counsellors chalked out the action that could be taken in the future to check on and facilitate the progress of the participants.



**Mental Health Camp**

*Prasad*  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**



Free Mental Health Camp

*Prasanta*  
Principal, I/c  
Nonoi College  
Nagaon (Assam)



## **Camp held on 2nd November 2019**

Centre - 1No Jalah, Pathari

No. of participants - 60

### **Main Concerns:**

- 1) Lack of Concentration
- 2) Low Self Esteem and low Confidence
- 3) Irritability
- 4) Stress related to academics and family
- 5) Loss of Loved one
- 6) Hygiene problems
- 7) Under Nutrition (Bad Eating Habits)
- 8) Anger Management Issues

### **Modus of Conduction:**

- Rapport Formation by interacting
- Administer Self-Assessment questionnaire
- Face to Face counselling sessions for Assessment and Counselling

### **Procedure:**

#### **Step 1**

In the beginning of the mental health camp rapport was established with the students. They were told regarding the objectives of the study and assured that full confidentiality would be maintained. They were requested to give their responses honestly, freely and frankly without any hesitation. The instructions were given about their role in the study in their local language.

#### **Step2**

Check your Mental Health- A check in Mental health today activity where the students check their mental health using scale on the chart.

#### **Step3**

Distributing kit-Distributing kits based on the information on mental health in the local language.

*Prash*  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**





#### Step 4

The respondents were handed over the questionnaire with a request to answer all the questions of the Questionnaire serially and sequentially.

#### Step 5

Once they had filled up the questionnaire, they were collected and for this act they were offered thanks.

#### Step 6

Students were allowed to talk freely and were encouraged to share any difficulty they were facing pertaining to academics, physical health, concentration in studies, family problems or anything else they wanted to share.

#### Step 7

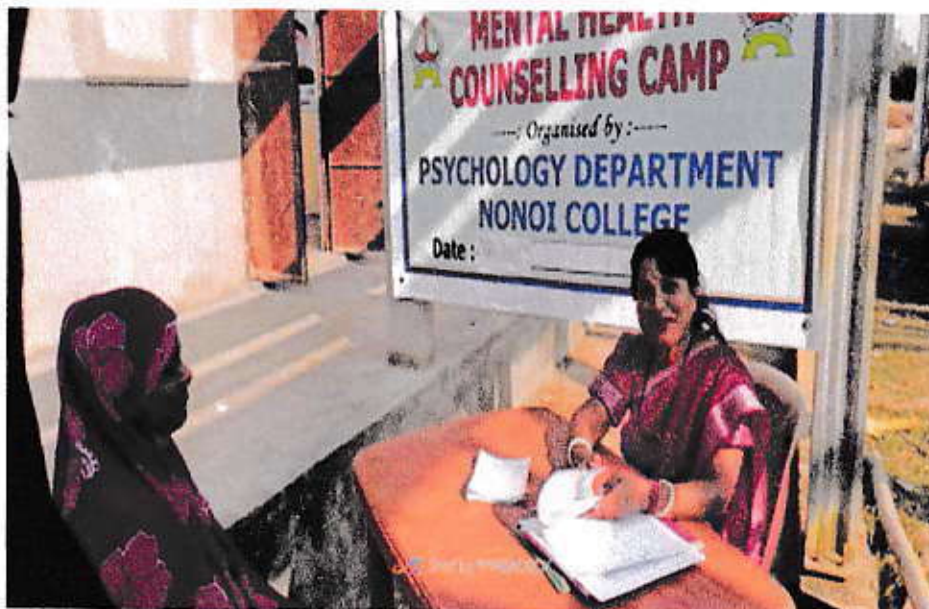
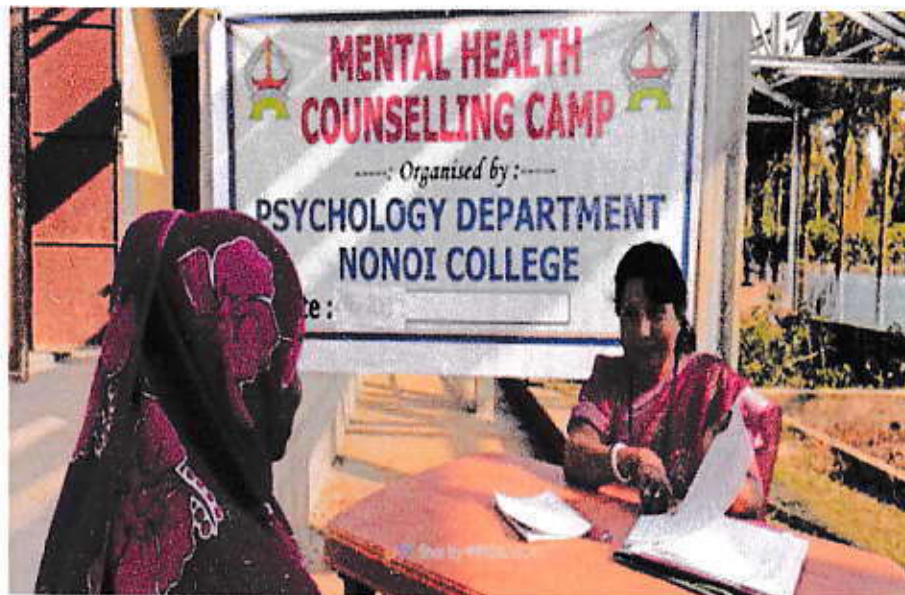
On an individual basis, students walk for counselling. In accordance with the predicaments faced by them, constructive counselling was provided to the students, to assist them to deal with their complication more effectively.

Based on the needed records the for future counsellors chalked out the action and facilitate the progress of the peoples.



**Free Mental Health Camp**

*Prasanna*  
Principal, I/c  
Nonoi College  
Nagaon (Assam)



Mental Health counselling camp

*Prasanna*  
Principal, I/c  
Nonoi College  
Nagaon (Assam)



**Camp held on 10th September 2020**

Centre - Pakhimoria Village

No. of participants - 60

**Main Concerns:**

- 1) Lack of Concentration
- 2) Low Self Esteem and low Confidence
- 3) Irritability
- 4) Stress related to academics and family
- 5) Loss of Loved one
- 6) Hygiene problems
- 7) Under Nutrition (Bad Eating Habits)
- 8) Anger Management Issues

**Modus of Conduction:**

- Rapport Formation by interacting
- Administer Self-Assessment questionnaire
- Face to Face counselling sessions for Assessment and Counselling

**Procedure:**

**Step 1**

In the beginning of the mental health camp rapport was established with the students. They were told regarding the objectives of the study and assured that full confidentiality would be maintained. They were requested to give their responses honestly, freely and frankly without any hesitation. The instructions were given about their role in the study in their local language.

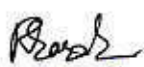
**Step2**

Check your Mental Health- A check in Mental health today activity where the students check their mental health using scale on the chart.

**Step3**

Distributing kit-Distributing kits based on the information on mental health in the local language.

**Step 4**

  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**

The respondents were handed over the questionnaire with a request to answer all the questions of the Questionnaire serially and sequentially.



### Step 5

Once they had filled up the questionnaire, they were collected and for this act they were offered thanks.

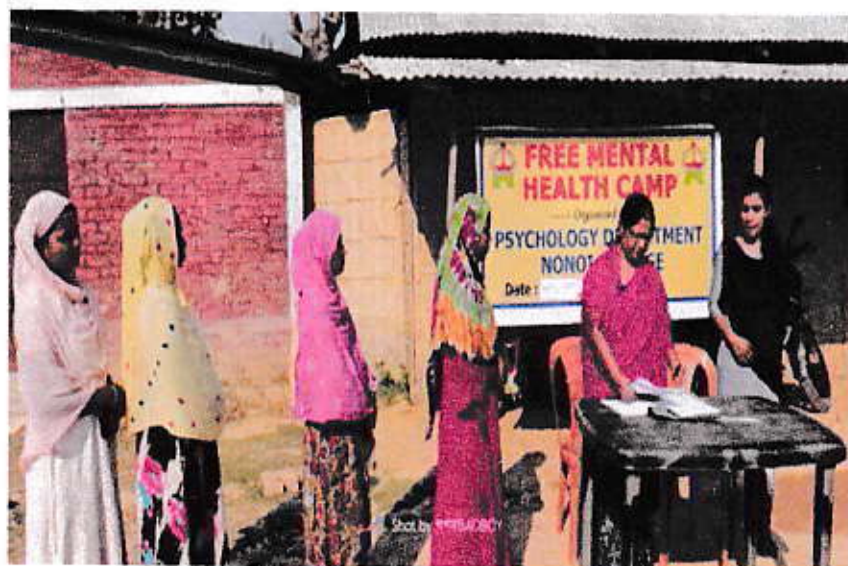
### Step 6

Students were allowed to talk freely and were encouraged to share any difficulty they were facing pertaining to academics, physical health, concentration in studies, family problems or anything else they wanted to share.

### Step 7

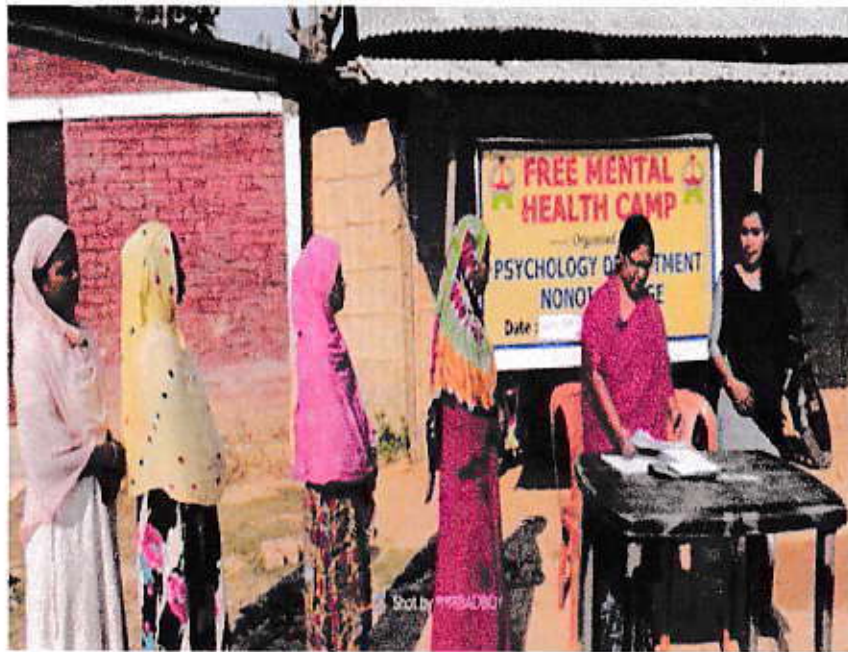
On an individual basis, students walk for counselling In accordance with the predicaments faced by them, constructive counselling was provided to the students, to assist them to deal with their complication more effectively.

After the counselling method the counsellor check on and facilitate the progress of the students based on the records.



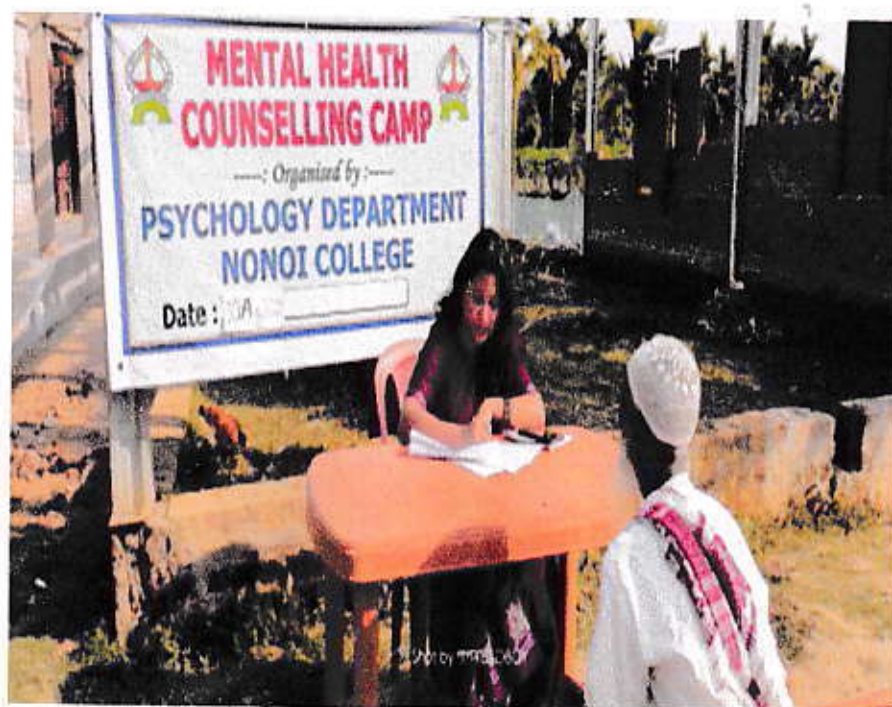
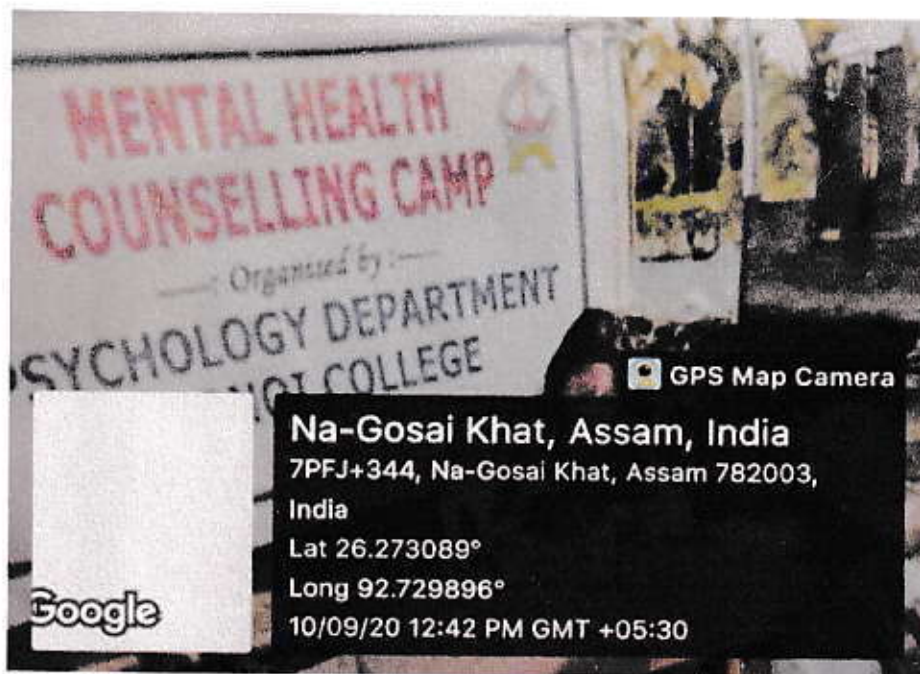
**Free Mental Health Camp**

*Borah*  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**

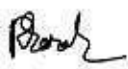


**Mental Health Camp**

*Bienah*  
Principal, I/c  
Nonoi College  
Nagaon (Assam)



**Mental Health Counselling**

  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**



**Camp held on 1st November 2020**

Centre – Tubuki School

No. of participants – 30

**Main Concerns:**

- 1) Lack of Concentration
- 2) Low Self Esteem and low Confidence
- 3) Irritability
- 4) Stress related to academics and family
- 5) Loss of Loved one
- 6) Hygiene problems
- 7) Under Nutrition (Bad Eating Habits)
- 8) Anger Management Issues

**Modus of Conduction**

- Rapport Formation by interacting
- Administer Self-Assessment questionnaire
- Face to Face counselling sessions for Assessment and Counselling

**Procedure:**

**Step 1**


In the beginning of the mental health camp rapport was established with the students. They were told regarding the objectives of the study and assured that full confidentiality would be maintained. They were requested to give their responses honestly, freely and frankly without any hesitation. The instructions were given about their role in the study in their local language.

**Step2**

Check your Mental Health- A check in Mental health today activity where the students check their mental health using scale on the chart.

**Step3**

Distributing kit-Distributing kits based on the information on mental health in the local language.

  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**



#### Step 4

The respondents were handed over the questionnaire with a request to answer all the questions of the Questionnaire serially and sequentially.

#### Step 5

Once they had filled up the questionnaire, they were collected and for this act they were offered thanks.

#### Step 6

Students were allowed to talk freely and were encouraged to share any difficulty they were facing pertaining to academics, physical health, concentration in studies, family problems or anything else they wanted to share.

#### Step 7

On an individual basis, students walk for counselling. In accordance with the predicaments faced by them, constructive counselling was provided to the students, to assist them to deal with their complication more effectively.

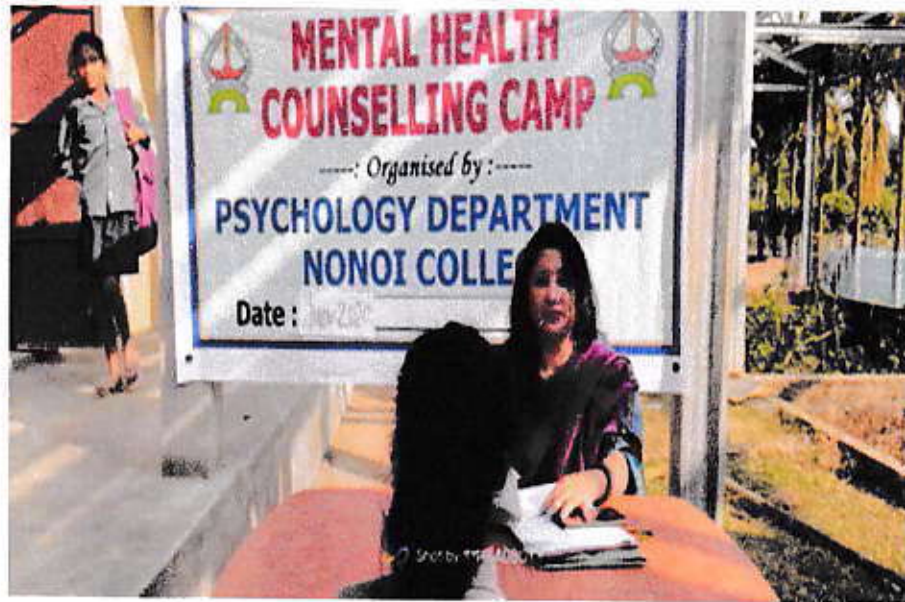
This counselling method included the active interventions made by the counsellors in each case.



**Free Mental Health Camp**

*Bisak*  
Principal, I/c  
Nonoi College  
Nagaon (Assam)





**Mental Health Counselling Camp**

*Prakash*  
Principal, I/C  
Nonoi College  
Nagaon (Assam)

## **Camp held on 11th September 2021**

Centre – Nonoi College

No. of participants – 70



### **Main Concerns:**

- 1) Lack of Concentration
- 2) Low Self Esteem and low Confidence
- 3) Irritability
- 4) Stress related to academics and family
- 5) Loss of Loved one
- 6) Examination anxiety
- 7) Under Nutrition (Bad Eating Habits)
- 8) Anger Management Issues

### **Modus of Conduction:**

- Rapport Formation by interacting
- Administer Self-Assessment questionnaire
- Face to Face counselling sessions for Assessment and Counselling

### **Procedure:**

#### **Step 1**

In the beginning of the mental health camp rapport was established with the students. They were told regarding the objectives of the study and assured that full confidentiality would be maintained. They were requested to give their responses honestly, freely and frankly without any hesitation. The instructions were given about their role in the study in their local language.

#### **Step2**


Check your Mental Health- A check in Mental health today activity where the students check their mental health using scale on the chart.

#### **Step3**

Distributing kit-Distributing kits based on the information on mental health in the local language.

#### **Step 4**

The respondents were handed over the questionnaire with a request to answer all the questions of the Questionnaire serially and sequentially.

  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**



### Step 5

Once they had filled up the questionnaire, they were collected and for this act they were offered thanks.

### Step 6

Students were allowed to talk freely and were encouraged to share any difficulty they were facing pertaining to academics, physical health, concentration in studies, family problems or anything else they wanted to share.

### Step 7

On an individual basis, students walk for counselling. In accordance with the predicaments faced by them, constructive counselling was provided to the students, to assist them to deal with their complication more effectively.

This constructive counselling included the active interventions made by the counsellors in each case and the session summary, case progress, interventions made for each student was meticulously recorded. Based on these recordings the counsellors chalked out the action that could be taken in the future to check on and facilitate the progress of the students.



**Mental Health Camp**

*Barak*  
Principal, I/c  
Nonoi College  
Nagaon (Assam)



## **Camp held on 21st September 2021**

Centre – 11mile, Kathiatoli

No. of participants – 80

### **Main Concerns:**

- 1) Lack of Concentration
- 2) Low Self Esteem and low Confidence
- 3) Irritability
- 4) Stress related to academics and family
- 5) Loss of Loved one
- 6) Hygiene problems
- 7) Under Nutrition (Bad Eating Habits)
- 8) Anger Management Issues

### **Modus of Conduction:**

- Rapport Formation by interacting
- Administer Self-Assessment questionnaire
- Face to Face counselling sessions for Assessment and Counselling

### **Procedure:**

#### **Step 1**

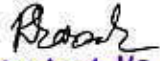
In the beginning of the mental health camp rapport was established with the students. They were told regarding the objectives of the study and assured that full confidentiality would be maintained. They were requested to give their responses honestly, freely and frankly without any hesitation. The instructions were given about their role in the study in their local language.

#### **Step2**

Check your Mental Health- A check in Mental health today activity where the students check their mental health using scale on the chart.

#### **Step3**

Distributing kit-Distributing kits based on the information on mental health in the local language.

  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**



#### **Step 4**

The respondents were handed over the questionnaire with a request to answer all the questions of the Questionnaire serially and sequentially.

#### **Step 5**

Once they had filled up the questionnaire, they were collected and for this act they were offered thanks.

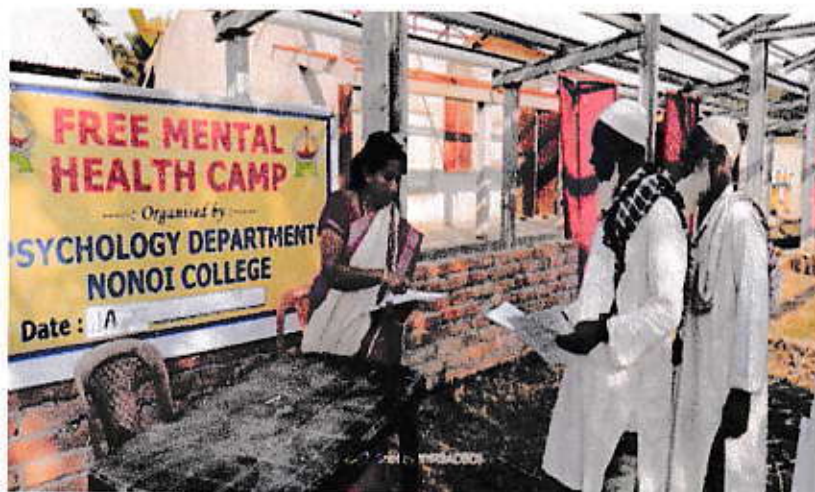
#### **Step 6**

Students were allowed to talk freely and were encouraged to share any difficulty they were facing pertaining to academics, physical health, concentration in studies, family problems or anything else they wanted to share.

#### **Step 7**

On an individual basis, students walk for counselling. In accordance with the predicaments faced by them, constructive counselling was provided to the students, to assist them to deal with their complications more effectively.

This constructive counselling included the active interventions made by the counsellors in each case and the session summary, case progress, interventions made for each student was meticulously recorded. Based on these recordings the counsellors chalked out the action that could be taken in the future to check on and facilitate the progress of the students.

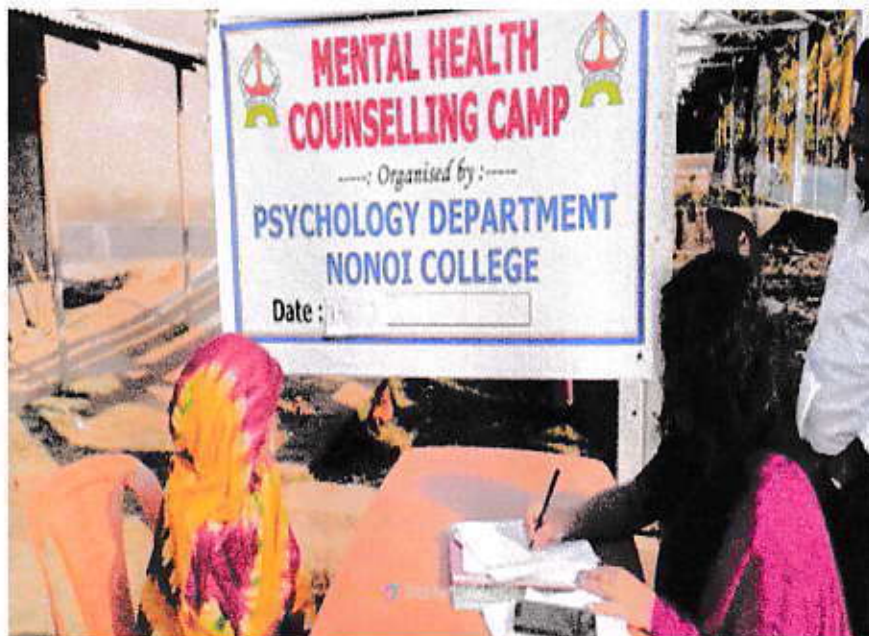


**Free Mental Health Camp**

*B. B. B.*  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**



**Free Mental Health Camp**



**Mental Health Counselling Camp**

*Prash*  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**



Camp held on **3rd November 2021**  
Centre - Sutokondoli

No. of participants - 60

**Main Concerns:**

- 1) Lack of Concentration
- 2) Low Self Esteem and low Confidence
- 3) Irritability
- 4) Stress related to academics and family
- 5) Loss of Loved one
- 6) Hygiene problems
- 7) Under Nutrition (Bad Eating Habits)
- 8) Anger Management Issues

**Modus of Conduction:**

- Rapport Formation by interacting
- Administer Self-Assessment questionnaire
- Face to Face counselling sessions for Assessment and Counselling

**Procedure:**

**Step 1**

In the beginning of the mental health camp rapport was established with the students. They were told regarding the objectives of the study and assured that full confidentiality would be maintained. They were requested to give their responses honestly, freely and frankly without any hesitation. The instructions were given about their role in the study in their local language.

**Step2**

Check your Mental Health- A check in Mental health today activity where the students check their mental health using scale on the chart.

**Step3**

Distributing kit-Distributing kits based on the information on mental health in the local language.

  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**



#### Step 4

The respondents were handed over the questionnaire with a request to answer all the questions of the Questionnaire serially and sequentially.

#### Step 5

Once they had filled up the questionnaire, they were collected and for this act they were offered thanks.

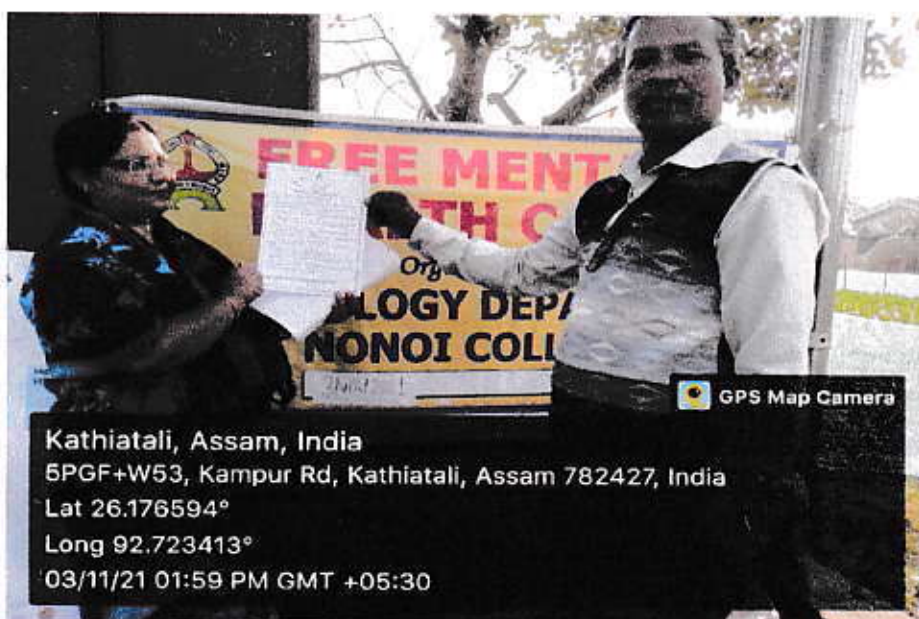
#### Step 6

Students were allowed to talk freely and were encouraged to share any difficulty they were facing pertaining to academics, physical health, concentration in studies, family problems or anything else they wanted to share.

#### Step 7

On an individual basis, students walk for counselling. In accordance with the predicaments faced by them, constructive counselling was provided to the students, to assist them to deal with their complication more effectively.

Based on the recordings the counsellors chalked out the action that could be taken in the future to check on and facilitate the progress of the participants.



Free Mental Health Camp

*Prasanna*  
Principal, I/c  
Nonoi College  
Nagaon (Assam)





## Camp held on 2nd August 2022

Centre – Mudoini, Nonoi

No. of participants – 60

### Main Concerns:

- 1) Lack of Concentration
- 2) Low Self Esteem and low Confidence
- 3) Irritability
- 4) Stress related to academics and family
- 5) Loss of Loved one
- 6) Hygiene problems
- 7) Under Nutrition (Bad Eating Habits)
- 8) Anger Management Issues

### Modus of Conduction

- Rapport Formation by interacting
- Administer Self-Assessment questionnaire
- Face to Face counselling sessions for Assessment and Counselling

### Procedure

#### Step 1

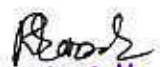
In the beginning of the mental health camp rapport was established with the students. They were told regarding the objectives of the study and assured that full confidentiality would be maintained. They were requested to give their responses honestly, freely and frankly without any hesitation. The instructions were given about their role in the study in their local language.

#### Step2

Check your Mental Health- A check in Mental health today activity where the students check their mental health using scale on the chart.

#### Step3

Distributing kit-Distributing kits based on the information on mental health in the local language.

  
Principal, I/c  
Nonoi College  
Nagaon (Assam)



#### Step 4

The respondents were handed over the questionnaire with a request to answer all the questions of the Questionnaire serially and sequentially.

#### Step 5

Once they had filled up the questionnaire, they were collected and for this act they were offered thanks.

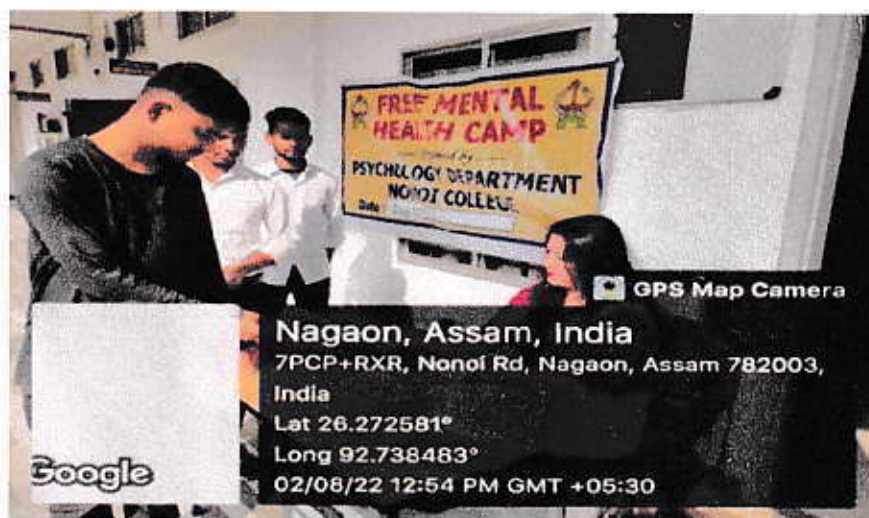
#### Step 6

Students were allowed to talk freely and were encouraged to share any difficulty they were facing pertaining to academics, physical health, concentration in studies, family problems or anything else they wanted to share.

#### Step 7

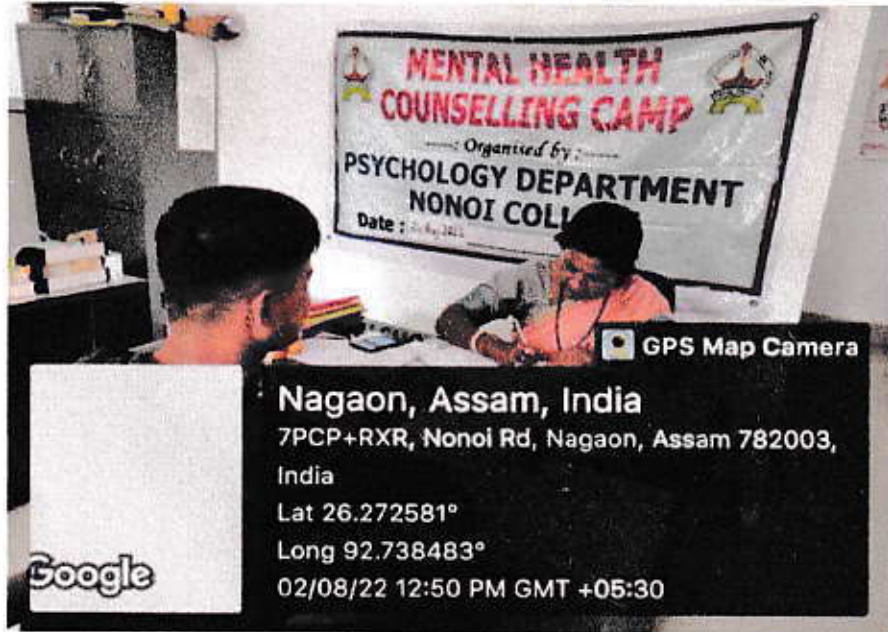
On an individual basis, students walk for counselling. In accordance with the predicaments faced by them, constructive counselling was provided to the students, to assist them to deal with their complication more effectively.

This constructive counselling included the active interventions made by the counsellors in each case and the session summary, case progress, interventions made for each student was meticulously recorded. Based on these recordings the counsellors chalked out the action that could be taken in the future to check on and facilitate the progress of the students.



Free Mental Health Camp

*Prank*  
Principal, I/c  
Nonoi College  
Nagaon (Assam)



**Mental Health Counselling camp**

*Prasanna*  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**



## **Camp held on 9th November 2022**

Centre - Badalgaon, Nonoi

No. of participants - 60

### **Main Concerns:**

- 1) Lack of Concentration
- 2) Low Self Esteem and low Confidence
- 3) Irritability
- 4) Stress related to academics and family
- 5) Loss of Loved one
- 6) Hygiene problems
- 7) Under Nutrition (Bad Eating Habits)
- 8) Anger Management Issues

### **Modus of Conduction**

- Rapport Formation by interacting
- Administer Self-Assessment questionnaire
- Face to Face counselling sessions for Assessment and Counselling

### **Procedure**

#### **Step 1**


In the beginning of the mental health camp rapport was established with the students. They were told regarding the objectives of the study and assured that full confidentiality would be maintained. They were requested to give their responses honestly, freely and frankly without any hesitation. The instructions were given about their role in the study in their local language.

#### **Step2**

Check your Mental Health- A check in Mental health today activity where the students check their mental health using scale on the chart.

#### **Step3**

Distributing kit-Distributing kits based on the information on mental health in the local language.

  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**



#### Step 4

The respondents were handed over the questionnaire with a request to answer all the questions of the Questionnaire serially and sequentially.

#### Step 5

Once they had filled up the questionnaire, they were collected and for this act they were offered thanks.

#### Step 6

Students were allowed to talk freely and were encouraged to share any difficulty they were facing pertaining to academics, physical health, concentration in studies, family problems or anything else they wanted to share.

#### Step 7

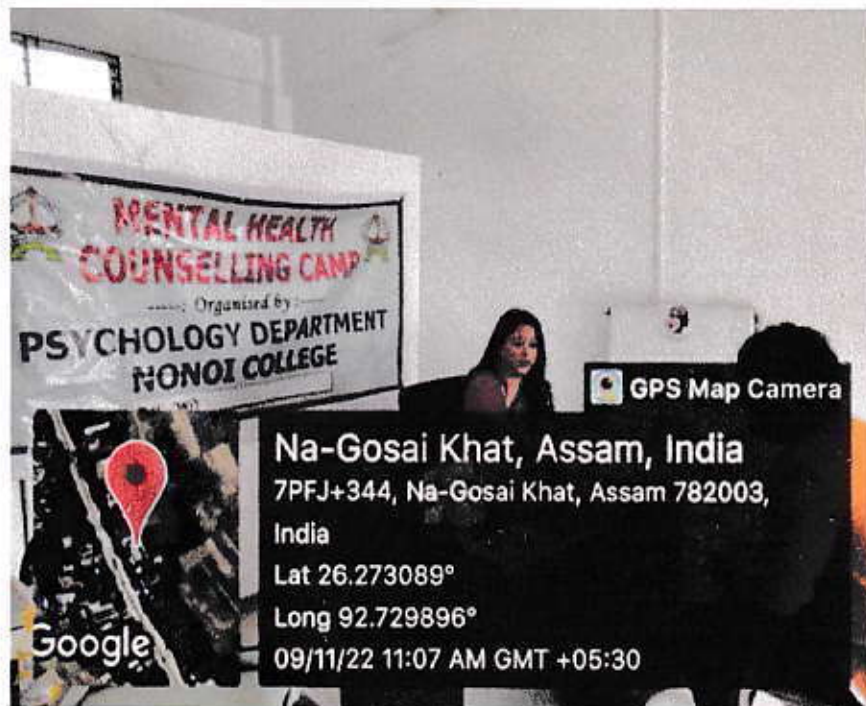
On an individual basis, students walk for counselling. In accordance with the predicaments faced by them, constructive counselling was provided to the students, to assist them to deal with their complication more effectively.

The counselling process comprised of the functional interventions assemble by the counsellors in each case and the summary of the whole session, case progress, interventions compel for each student was recorded. On the basis of these recordings the counsellors plan out the action that could be taken in the upcoming period to check on.



Free Mental Health Camp

*Prasad*  
Principal, I/c  
Nonoi College  
Nagaon (Assam)



### **Mental Health Counselling Camp**

The all programs ended with an overall observation by the Counsellor about the mental health of students and teachers which said we all were healthy and can improve. The councillor thanked all the Teachers, students of Nonoi College and the support staff and teachers of the organising department for sparing their time and showing interest.

*Reza*  
**Principal, I/c  
Nonoi College  
Nagaon (Assam)**

## FIRST CYCLE NAAC ACCREDITATION



**NONOI COLLEGE  
NONOI, NAGAON (ASSAM)  
ASSAM – 782101**

### **CRITERION -VII**

**Institutional Values and Best Practices**

**Best Practice: 2**

**Community-Student Integration for Preserving Socio-Cultural  
Traditions through Raslila Celebrations.**

*Submitted to*



**THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL**

# সমন্বয় সাংস্কৃতিক গোষ্ঠী কন্দলী:নগাঁও:অসম



দিনাংক: 20/02/2019

ব্রহ্মসং.....

শ্ৰেতি,

উপদেষ্টা

মাননীয় শ্ৰীমুত শ্ৰীমত বৰা, মহাকাৰী অৰিচাপক,  
অনুসন্ধান বিভাগ, নৱে মহাবিদ্যালয়, নগাঁও (অসম)

সভাপতি

বিষয় : কৃতজ্ঞতা জ্ঞাপন।

সম্পাদক

সম্বন্ধে শ্ৰেণিপাত গ্ৰহণ কৰিব। আপুনি  
নৱে মহাবিদ্যালয়ৰ বিদ্যাপ্ৰতনিক দিশৰ সমান্তৰালকৈ  
বৈষ্ণৱ সাংস্কৃতিক আৰ্হীৰ প্ৰকাশে নৈ আমাৰ আশ-  
প্ৰম বৃদ্ধা কৰি হৈ-বাটী ২৬/০২/১৯ তাৰিখে "শ্ৰী শ্ৰী  
অনন্ত কন্দলী বাপু গোমাই প্ৰান"ত "শ্ৰীকৃষ্ণৰ  
বাসলীনা" নাট গাৰিচালনা আৰু অক্ষয়নৰ উগাৰি  
"কৃষ্ণ কামাই" শীৰ্ষক গীতৰ যোগেদি আমাৰে দেখু-  
পুৱা সামাজিক আৰু সাংস্কৃতিক দামবাহতামূলক  
নির্দেশনৰ বাবে আমি পৰম কৃতজ্ঞ হৈছোঁহক।  
নৱে মহাবিদ্যালয়ৰ ছাত্ৰী সকলে আমাৰ এই  
কাৰ্যসূচীত অংশগ্ৰহণ কৰি অনুষ্ঠানটিক যি  
স্বাৰ্থমতো প্ৰদান কৰিলে, তাৰ বাবে আমি আপো-  
নাৰ শুভত কৃতজ্ঞ। আমাকৰো আপোনাৰ যোগেদি  
নৱে মহাবিদ্যালয়ৰ এই সাংস্কৃতিক যাত্ৰা অব্যাহত থাকি

পৰম পিতাই আপোনাক সুধাশুভ আৰু  
দীৰ্ঘায়ু প্ৰদান কৰক। পুনৰ শুভাৰে.....

সাংস্কৃতিক সম্পাদক

*Book*  
Principal, I/c  
Nonoi College  
Nagaon (Assam)

শ্ৰী নাম্বুৰাম মেনাপাতি  
সভাপতি / সম্পাদক 20/02/2019  
সমন্বয় সাংস্কৃতিক গোষ্ঠী  
কন্দলী, নগাঁও (অসম)

শ্ৰী উৎপল চেটেৰী  
সভাপতি / সম্পাদক 20/02/2019  
সমন্বয় সাংস্কৃতিক গোষ্ঠী  
কন্দলী, নগাঁও (অসম)



**Rash Leela Programme in kandali Bapugusai Than, 2017**



**Ananta Kandali Bapu Gasai Than (Programme Opening Ceremony)**



**Performing Rash Leela**

*Rash*  
Principal, I/c  
Nonoi College  
Nagaon (Assam)



OFFICE OF THE PRINCIPAL

# NONOI COLLEGE

অধ্যক্ষৰ কাৰ্যালয় : ননৈ মহাবিদ্যালয়

Estd. 1985

G.U. Code No. 177 : (Permanent Affiliation)

Under UGC 2(f) & 12(B) F.No. 8-33/2014 CPP-I/C) 3 Jan. 2014

From :

Rita Sarma (M.A., M.Phil)

Principal I/C, Nonoi College

P.O. Nonoi, Dist. Nagaon, Assam, Pin : 782101



Phone : 03672-278933

Mobile : 9435593584

Email : nonoicollege1@gmail.com

website : nonoicollege.in



Ref. No. ....

Date .....

## APPRECIATION LETTER FOR CONTRIBUTION

Date: 22 December, 2017

To,

Mr. Basanta Bora  
Assistant Professor  
Department of Assamese  
Nonoi College

Dear Mr. Bora,

We would like to thank you for your awesome contribution to the staging **SREE KRISHNA RASLEELA** in our college. You had really worked hard and made to proud with this event. You have been a great team leader and your coworkers appreciate you for your creative work.

With your dedication we are achieving great success and output for our college which has resulted in increasing our student cultural skill as well. We would be glad if you contribute more in the future and make us grow.

We also expect you to grow more and get success in your future.

*Rita Sarma*  
Principal, I/c  
Nonoi College  
Nagaon (Assam)

Thanking You.

*Rita Sarma*  
(Rita Sarma)  
Principal i/c

Nonoi College, Nonoi, Nagaon (Assam)

Principal, I/c  
Nonoi College  
Nagaon (Assam)

**Rash Leela Programme in Nonoi College, 2017**



**Nat Mela(Inauguration)**



**Rehearsal for Rash Leela**

*Prasanna*  
Principal, I/c  
Nonoi College  
Nagaon (Assam)

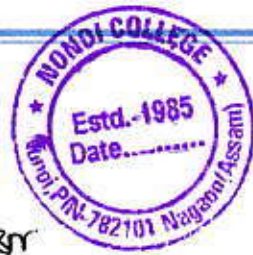
# বাদলগাঁও উন্নয়ন সমিতি

ডাক - ননৈ : নগাঁও : অসম

সভাপতি - শ্ৰীযোগেশ্বৰ শইকীয়া

সম্পাদক - শ্ৰীমহেশ কাকতি

প্ৰসঙ্গ



দিনাঙ্ক ২৭/০১/২০১৮

প্ৰতি,  
মাননীয় শ্ৰীযুত ব্ৰজেন বৰা  
সহকাৰী অধ্যক্ষ, অসমীয়া বিভাগ  
নৰ্থে মহাবিদ্যালয়, ননৈ, নগাঁও (অসম)

বিষয়: শ্ৰী কৃষ্ণৰ-ৰাঙ্গলীনা-মাৰ্চি-বাৰ্শিকাননাৰ  
বাবে গুৰু মহোৎসৱ বিচাৰি আৱশ্যক।

ব্ৰাহ্মণ,  
ভেজিবে-প্ৰেছা-প্ৰশংসা-কৰিব। আশোষক জনাৰিনী গুৰু-  
সুগম-হিছো-যে-বিষয়-বৰ্ণনাকৰ-দৰে-এই-বহু-বাদলগাঁও-সমূহ-  
উদ্যোগ-কাৰ্য্যক্ৰম-২৪/০১/২০১৮-অধিবেশন-বাদলগাঁও-মাৰ্চ-  
যুৱতা-সেৱা-সকল-দ্বাৰা-শ্ৰীকৃষ্ণ-ৰাঙ্গলীনা-মাৰ্চ-  
স্বৰূপ-কৰা-হৈছে। মাৰ্চ-সুখ-বাৰ্শিকাননা-  
দায়িত্ব-অৰ্থ-কৰি-আদৰে-আৱশ্যক-জনালো। উল্লেখ-  
মাৰ্চ-নৰ্থে-মহাবিদ্যালয়-অৰ্থ-সকল-  
আম-প্ৰশংসা-কৰিব।

আশা কৰোঁ আৱশ্যক-আৱশ্যক-  
প্ৰত্যেক-আৱশ্যক-সকল-  
গুৰু-প্ৰেছা-  
ভেজিবে-  
কৰিব।

গুৰু-প্ৰেছা-  
ভেজিবে-

শ্ৰীযোগেশ্বৰ শইকীয়া

সভাপতি  
ননৈ  
নগাঁও

Principal, I/c  
Nonoi College  
Nagaon (Assam)

শ্ৰীমহেশ কাকতি  
২৭/০১/২০১৮

সম্পাদক  
ননৈ  
নগাঁও

**Purbaranga (Gayanbayan) Performance at Badal Gaon, 2018**



**Purbaranga (Gayanbayan)**



**Sutradhara performance of Rashleela**

*Rashmi*  
Principal, I/c  
Nonoi College  
Nagaon (Assam)



OFFICE OF THE PRINCIPAL

**NONOI COLLEGE**

অধ্যক্ষৰ কাৰ্যালয় ঃ ননৈ মহাবিদ্যালয়

Estd. 1985

G.U. Code No. 177 : (Permanent Affiliation)

Under UGC 2(f) & 12(B) F.No. 8-33/2014 CPP-I/C) 3 Jan. 2014

From :

Rita Sarma (M.A., M.Phil)

Principal I/C, Nonoi College

P.O. Nonoi, Dist. Nagaon, Assam, Pin : 782101



Phone : 03672-278933

Mobile : 9435593584

Email : nonoicollege1@gmail.com

website : nonoicollege.in

Ref. No. ....



Date .....

**APPRECIATION LETTER FOR CONTRIBUTION**

Date: 19<sup>th</sup> December, 2018

To,

**Dr. Basanta Bora**  
Assistant Professor  
Department of Assamese  
Nonoi College.

Dear Mr. Bora,


We would like to thank you for your awesome contribution to the stage performing *SREE KRISHNA RASLEELA* in our college. You had really worked hard and made to proud with this event. You have been a great team leader and your coworkers appreciate you for your creative work.

With your dedication we are achieving great success and output for our college which has resulted in increasing our student cultural skill as well. We would be glad if you contribute more in the future and make us grow.

We also expect you to grow more and get success in your future.

Thanking You.

  
Principal, I/c  
Nonoi College  
Nagaon (Assam)

  
(Rita Sarma)  
Principal i/c  
Nonoi College, Nonoi, Nagaon (Assam)

Principal, I/c  
Nonoi College  
Nagaon (Assam)



**Rash Leela Programme in Nonoi College, 2018**



**Rehearsal for Rash Leela**



**Rash Leela Performing in College**

*Basu*  
Principal, i/c  
Nonoi College  
Nagaon (Assam)



# ROYAL FITNESS CLUB



Nonoi Chariali :: Near Assam Gramin Vikash Bank

Nagaon :: Assam

Estd. 2017

**President**

**Sri Jadab Nath**

M.No. 8486847970

**Secretary**

**Sri Biplab Mahanta**

M.No. 9854057963

Ref. No.....

Date. 26/12/2016



প্ৰতি,

মাননীয়

ড० বসন্ত বৰা

সহকাৰী অধ্যাপক, অসমীয়া বিভাগ

ননৈ মহাবিদ্যালয়, ননৈ, নগাঁও (অসম)

বিষয়- সম্বৰ্ধনা স্তম্ভাপন ।

মহাশয়,

আন্তৰিক শ্ৰদ্ধা গ্ৰহণ কৰিব । পবিত্ৰ শিক্ষাদানক জীৱনৰ ব্ৰত হিচাবে গ্ৰহণ কৰি আপুনি ননৈ মহাবিদ্যালয়ত অসমীয়া বিভাগৰ সহকাৰী অধ্যাপক ৰূপে কাৰ্যনিৰ্বাহ কৰাৰ সমান্তৰালকৈ বৃহত্তৰ ননৈ অঞ্চলৰ বিভিন্ন সাংস্কৃতিক অনুষ্ঠানত বিশেষকৈ শ্ৰীকৃষ্ণৰ বাসলীলা পৰিচালনা আৰু মঞ্চায়নৰ যোগেদি ননৈ মহাবিদ্যালয়ৰ লগতে আমালৈ গৌৰৱ কঢ়িয়াই আনিছে । তদুপৰি ৰয়েল ফিটনেছ ক্লাবৰ উদ্যোগত ননৈ যুগলকৃষ্ণ মূৰ্তি বাৰগঞা মন্দিৰ প্ৰাংগনত অসমৰ ভিন্ন প্ৰান্তৰ যুৱকৰ লগতে ননৈ মহাবিদ্যালয়ৰ ছাত্ৰসকলৰ অভিনয়েৰে ইং-২৮ ডিচেম্বৰ, ২০১৮ তাৰিখে অনুষ্ঠিত হোৱা শ্ৰীকৃষ্ণৰ বাসলীলা নাটখনি পৰিচালনা কৰি কৃতাৰ্থ কৰাত নখে আনন্দিত হৈছোঁহক আৰু পবিত্ৰ বাসোৎসৱত আপোনাক এইদৰে সাদৰিবলৈ পাই আমি ধন্য হৈছোঁহক । বিদ্যায়তনিক দিশৰ লগতে শংকৰী সংস্কৃতিৰ প্ৰতি থকা আপোনাৰ এই ভক্তিয়ুক্ত সাধনা স্বদেশ বিয়পি প্ৰসাৰিত হওক । ভগৱন্তৰ ওচৰত আপোনাৰ সুস্বাস্থ্য আৰু দীৰ্ঘায়ু কামনা কৰিলোঁ ।

পুনৰ শ্ৰদ্ধাৰে- ইতি ।

ভৱদীয়

(যাদৱ নাথ)

সভাপতি

(বিপ্লৱ মহন্ত)

সম্পাদক

ৰয়েল ফিটনেছ ক্লাব, ননৈ, নগাঁও (অসম)

Principal, I/c  
Nonoi College  
Nagaon (Assam)





**Rash Leela Programme at Royal Fitness Club, 2018**



**Rash Leela Performing at Royal Fitness Club**



**Rash Leela Performing at Royal Fitness Club**

*Rash*  
Principal, Vc  
Nonoi College  
Nagaon (Assam)



# বৰপাথৰি জলাহ-উজৰা শঙ্কৰী কৃষ্টি সমাজ

পোঃ অঃ - ওপৰ উজৰা গাঁও  
জিলা - নগাঁও : অসম  
স্থাপিত - ১৯৫৯ চন



প্রসঙ্গ.....

দিনাংক ০৭-০০-২০২২

শ্রী বামেশ্বৰ বৰা  
সভাপতি

শ্রী

মাননীয় শ্রীমুখ্য সভাপতি বৰা  
সংগঠন অধ্যক্ষ অসমীয়া বিজ্ঞান  
নগৰ বিশ্ববিদ্যালয়, নগৰ, নগাঁও  
(অসম)



শ্রী ভদ্রেশ্বৰ চমুৰা  
উপ-সভাপতি

বিষয় :- কৃতিত্ব ছাপন

শ্রী জয়কান্ত দাস  
উপ-সভাপতি

অভ্যুদয়

অসমীয়া জাতিৰ অসমীয়া বৰা। অসমীয়া-সুন্দৰ অসমীয়া  
আত্মনি নগৰ বিশ্ববিদ্যালয়ৰ 'বিদ্যারত্ন'ৰ 'দিশৰ অমৃতবানৰীক' 'বৈষ্ণৱ  
শ্রীমুখ্য অধ্যক্ষ অসমীয়া বিজ্ঞান নগৰ বিশ্ববিদ্যালয়ৰ 'বিশিষ্ট  
দৈৱ মেহ'ৰাশী 'বৰপাথৰি জলাহ উজৰা শঙ্কৰী কৃষ্টি সমাজৰ  
০২-০০-২০২২ তাৰিখে শ্রীমুখ্য অধ্যক্ষ অসমীয়া বিজ্ঞান নগৰ  
উপৰি 'কৃতিত্ব ছাপন' শীৰ্ষক সীতাৰ 'বৈষ্ণৱী' আত্মনি 'দেবু  
অসমীয়া অধ্যক্ষ অসমীয়া বিজ্ঞান নগৰ বিশ্ববিদ্যালয়ৰ 'নির্দেশনা  
'কৃতিত্ব ছাপন'। আশা কৰো আশোনাৰ 'বৈষ্ণৱী' নগৰ  
অসমীয়া অধ্যক্ষ অসমীয়া বিজ্ঞান নগৰ বিশ্ববিদ্যালয়ৰ

শ্রী কৌশলেশ্বৰ বৰা  
উপ-সভাপতি

শ্রী মুকুল চন্দ্ৰ বৰা  
সম্পাদক

পৰৱৰ্তী আশোনাৰ সুখাশুৰ্য্য আৰু দীৰ্ঘায়ু প্ৰদান  
কৰক। স্নানৰ আধাৰে - - -

শ্রী শশাংক বৰা  
সহ-সম্পাদক

শ্রী (স্বাক্ষৰ) অক্ষয়

ইতি  
- ০৭/০০/২২ -

শ্রী পুৰ্ণিমা চমুৰা  
নামঘৰীয়া

সভাপতি  
বৰপাথৰি জলাহ উজৰা  
শঙ্কৰী কৃষ্টি সমাজ  
তাং \_\_\_\_\_

শ্রীমুখ্য অধ্যক্ষ  
সম্পাদক  
বৰপাথৰি জলাহ উজৰা  
শঙ্কৰী কৃষ্টি সমাজ  
তাং ০৭-০০-২০২২

শ্রী মহীৰাম হাজৰিকা  
হিচাপ পৰীক্ষক

শ্রী বাতুল বৰা  
হিচাপ পৰীক্ষক

Principal, I/c  
Nonoi College  
Nagaon (Assam)

**Rash Leela Programme in Borpathori Jalah Ujara Sankari Kristi Samaj, 2019**



**Rash Leela Performing in Borpathori Jalah Ujara Sankari Kristi Samaj**



**Rash Leela Performing in Borpathori Jalah Ujara Sankari Kristi Samaj**

*Prasad*  
Principal, I/c  
Noroi College  
Nagaon (Assam)



OFFICE OF THE PRINCIPAL

# NONOI COLLEGE

অধ্যক্ষৰ কাৰ্যালয় : ননৈ মহাবিদ্যালয়

Estd. 1985

G.U. Code No. 177 : (Permanent Affiliation)

Under UGC 2(f) & 12(B) F.No. 8-33/2014 CPP-I/C) 3 Jan. 2014

From :

Rita Sarma (M.A., M.Phil)

Principal I/C, Nonoi College

P.O. Nonoi, Dist. Nagaon, Assam, Pin : 782101



Phone : 03672-278933

Mobile : 9435593584

Email : nonoicollege1@gmail.com

website : nonoicollege.in



Ref. No. ....

Date .....

## APPRECIATION LETTER FOR CONTRIBUTION

Date: 24<sup>th</sup> December, 2020

To,

**Dr. Basanta Bora**  
Assistant Professor  
Department of Assamese  
Nonoi College.

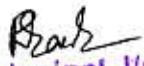
Dear Mr. Bora,

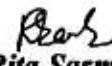
We would like to thank you for your awesome contribution to the outstanding stage performing *SREE KRISHNA RASLEELA* in our college. You had really worked hard and made to proud with this event. You have been a great team leader and your coworkers appreciate you for your creative work.

With your dedication we are achieving great success and output for our college which has resulted in increasing our student cultural skill as well. We would be glad if you contribute more in the future and make us grow.

We also expect you to grow more and get success in your future.

Thanking You.

  
Principal, I/c  
Nonoi College  
Nagaon (Assam)

  
(Rita Sarma)  
Principal i/c  
Nonoi College, Nonoi, Nagaon (Assam)

Principal, I/c  
Nonoi College  
Nagaon (Assam)

**Rash Leela Programme in Nonoi College, 2020**



**Rash Leela Performing in College**



**Rash Leela Performing in College Students**

*Rasah*  
Principal, I/c  
Nonoi College  
Nagaon (Assam)

# শ্রীশ্রী শঙ্কৰদেৱ পুথিভঁড়াল

গাঁও : উজৰা গাঁও, ডাক : ওপৰ উজৰা, নগাঁও : অসম

স্থাপিত : ১৯৭২ চন, পঞ্জীয়ন নং : ২৮৭/৮৫/৮৬



উপদেষ্টা  
 শ্রী সুখান বৰুৱা  
 শ্রী কুহুদ বৰুৱা  
 সভাপতি  
 শ্রী ব্ৰহ্মশঙ্কৰ কটকটী  
 উপ-সভাপতি  
 শ্রী দিলীপ শইকীয়া  
 সম্পাদক  
 শ্রী অক্ষয় বৰুৱা  
 সহঃ সম্পাদক  
 শ্রী অননু বৰুৱা  
 পুথিভঁড়ালী  
 শ্রী অতুল বৰুৱা

প্ৰসঙ্গ ..... তাৰিখ 27.11.21

নৱে অহা-বিদ্যালয়ৰ অহ-অধ্যাপক ডঃ বসন্ত বাৰোৱে  
 "অভিনন্দন পত্ৰ"  
 আৰ্বনাৰ্হ প্ৰতিভাক সুন্দৰৰ পৰা অতি সুন্দৰোনে লৈ যায়।  
 হে অহান আৰ্বক প্ৰেই কাৰেই হুতু-অগুণাৰ একনিষ্ঠ  
 আৰ্বনাৰ জৰিয়তে প্ৰক জনাৰ অহৰু সৃষ্টিক সুন্দৰ ভাৱে  
 উপস্থাপন কৰিবলৈ বা জোয়াই স্বাগতলৈ অহুই হৈছে।  
 শিক্ষা জগতৰ ভোটা-তৰা হৈ জিনিকি থকাৰ লগতে  
 অহুইয়া অহুই তথা আহিত্য অহুইলৈ মি বৰঙণি আগ  
 বঢ়াই আহিছে তাক লৈ অহুই অহুই গোৰাশিত।  
 নৱে অহা-বিদ্যালয়ৰ অহ-অধ্যাপকৰ দায়িত্বত থাকিও  
 অহুইয়া বৰমাৰি, জনহ, উহৰু, দেওঁৰ অহুই নৱে  
 অহুইলত অনুশীলনৰ জৰিয়তে কলা-সংস্কৃতি আৰ্বনাৰ  
 মি বাৰা অহুইত বাজিছে তাক লৈয়া অহুই  
 গোৰাশিত।

২-২৬.১১.২০২১ তাৰিখে উজৰা গৰুৰ জোয়াই  
 বোৱাৰী অকলৰ দ্বাৰা প্ৰক জনাৰ অহৰু সৃষ্টি  
 কেলিগোপাল নাটৰ আৰ্বাৰত বাস লোনা অনুশীলনৰ  
 মি শিক্ষা-প্ৰধান কৰিলে তাৰ কাৰে বাইহৰ বিপুল  
 অহুইল লাভ কৰিবলৈ অহুই হৈছে। এই একনিষ্ঠ  
 আৰ্বনাৰ জৰিয়তে প্ৰক জনাৰ অহৰু সৃষ্টিক জোয়াই  
 বাজিবলৈ পৰম পিতা-পৰমেশ্বৰে অহুইপাতক  
 শক্তি দিয়ক, তৰিয়ত উহুল-২ওঁক তাৰে কাহনা  
 কৰি অহুই বহুজো উগৰতৰ আঁচৰণত আৰ্বনাৰ  
 জন্মলো।

প্ৰাণেশ্বৰ দেৱদেৱী  
 সভাপতি = শ্ৰী শ্ৰীশংকৰ  
 দেৱ-পুথিভঁড়াল।

ভেৰুইয়া  
 শ্ৰীশঙ্কৰ বৰুৱা  
 সম্পাদক = শ্ৰী শ্ৰীশংকৰ  
 দেৱ-পুথিভঁড়াল।

Principal, I/c  
 Nonoi College  
 Nagaon (Assam)

Rash Leela Programme in Ujara Gaon, Srimanta Sankardeva Puthi Bhorai, 2021



Rash Leela Performing in Ujara Gaon



Rash Leela Performing in Ujara Gaon

*Rasab*  
Principal, I/c  
Nonoi College  
Nagaon (Assam)



প্ৰসঙ্গ .....

দিনাংক... ০৭/০২/২০২০

সভাপতি

শ্ৰী গোলোক শৰ্মা

উপ সভাপতি

শ্ৰী ধমোদ শৰ্মা

শ্ৰী হৰকান্ত শইকীয়া

শ্ৰী মহেন্দ্ৰ হাজৰিকা

কাৰ্য্যকৰী সভাপতি

শ্ৰী নোমল বৰা

সাধাৰণ সম্পাদক

শ্ৰী মিন্টু বৰা

সহ সম্পাদক

শ্ৰী নিতু কুমাৰ বৰা



শ্ৰীশ্ৰী  
মাননীয় ডঃ বসন্ত বৰা  
সম্পাদক, অধ্যক্ষ, বিজ্ঞান  
ননৈ মহাবিদ্যালয়, ননৈ, নগাঁও (অসম)

বিষয় :- কৃতজ্ঞতা জ্ঞাপন

দেৱদেৱী প্ৰসিদ্ধাত গ্ৰহণ কৰিব। ননৈ  
মহাবিদ্যালয়ৰ বিদ্যামণ্ডলিক দিশৰ অমাত্যসকলকৈ  
শংকৰী প্ৰসংগতৰ আৰ্হাৰপ্ৰকাশ হৈ আমাৰ আমন্ত্ৰণ  
কৰ্মা কৰি ইংৰাজে ০৫/০২/২০২০ তাৰিখে ননৈ উৰিয়া  
গাঁও নামঘৰত আপুনি গাঁৱৰ উৰিয়া-বোৱাৰী লগতে  
ননৈ মহাবিদ্যালয়ত অধ্যক্ষনৰত এই অঞ্চলৰ জ্ঞান-  
জ্যোতিপকলৰ প্ৰোগেদি "শ্ৰীকৃষ্ণ বাসনানা" নাট  
বাৰিচালনা আৰু মঞ্চায়নৰ উদ্যোগ "কৃষ্ণ কানাই"  
শীৰ্ষক গীতৰ প্ৰোগেদি আমাৰে দুখখুশী প্ৰামাণিক  
আৰু প্ৰাসংগিক দায়বদ্ধতামূলক নিদৰ্শনৰ বাবে  
আপোনালৈ প্ৰেছা প্ৰকাৰে কৃতজ্ঞতা জনোৱা।  
আপাকৰোঁ আপোনাৰ প্ৰোগেদি ননৈ মহাবিদ্যালয়ৰ  
এই প্ৰাসংগিক বাসো অধ্যাত্ত শ্ৰীকৰ।  
পৰম শিৰীৰ্জ আপোনাক স্বৰ্হাভ্যু আৰু দীৰ্ঘায়  
প্ৰেদান কৰক। শুনৰ প্ৰেছাৰ

উপস্থায়

ননৈ উৰিয়া গাঁও বাস উদ্‌যাপন সমিতি  
ৰে

শ্ৰী গোপালকৃষ্ণ কুমাৰ  
সভাপতি  
বাস উদ্‌যাপন উদ্‌যাপন সমিতি

শ্ৰী মিন্টু বৰা  
সাধাৰণ সম্পাদক  
বাস উদ্‌যাপন উদ্‌যাপন সমিতি

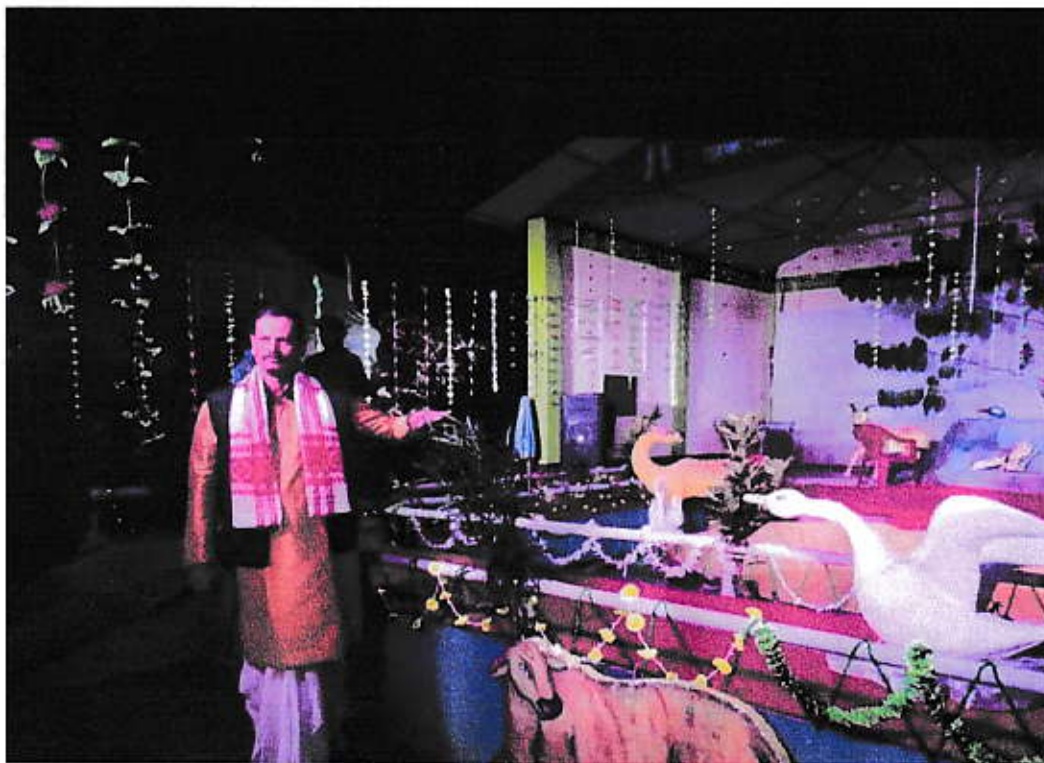
Principal, Nonoi College  
Nagaon (Assam)



**Rash Leela Programme in Nonoi Uria Gaon ,2021**



**Rash Leela Opening Ceremony at Nonoi Uria Gaon**



**Rash Leela Stage with Settings**

*Rosh*  
Principal, I/c  
Nonoi College  
Nagaon (Assam)