

# HOLY CROSS COLLEGE

AGARTALA

Accredited by NAAC with 'A+' Grade (Cycle:02)



## Resource Persons

### Dr. Priyajyoti Chakma

Psychiatrist & Assistant professor, dept. of Psychiatry, AGMC Agartala.

### Dr. Anirban Datta

Psychiatrist & Consultant of ILS hospitals, Agartala, happy feet, child care and rehabilitation, HOPE, Nanhe NGO for specially able children.

### Miss. Charlotte D'Costa

Clinical Psychologist National Institute of Behavioural Sciences Kolkata and Mind care Kolkata.

### Ms. Iaisuklang Marboh

Assistant professor  
Dept. of Social Work, William Carey University Meghalaya.

### Ms. Wanphylla Nongrum

Assistant professor  
Dept. of Social Work, William Carey University Meghalaya.

### Miss. Lily Jamatia

Assistant professor  
Dept. of Social Work,  
Holy Cross College, Agartala.

### Ms. Debanjana Mukherjee

Assistant professor  
Dept. of Psychology,  
Holy Cross College, Agartala.

## TWO DAY NATIONAL LEVEL WORKSHOP

## ON MENTAL HEALTH

(Hybrid mode)

Date: 9<sup>th</sup> & 10<sup>th</sup> October, 2023

Venue: Holy Cross Campus, Jubatara &  
Google meet

organised by

**Department of Psychology**

*in collaboration with*

**Dept. of Social work and**

**Centre for counselling psychology**

**Registration Fee:** Rs. 100/- for Faculty & Scholars

Rs. 50/- for Students

Certificate will be provided to the registered participants

Registration Fee to be paid to

HOLY CROSS COLLEGE

Federal Bank, Agartala Branch

A/c No.- 19650100000992

IFSC- FDRL0001965

UPI: holycrossclg@fbl



For details, Contact:-

Debanjana Mukherjee, Ph: +91 8787763907

e-mail: psychologyhccagtl@gmail.com

Click Here to  
Register

Holy Cross College, Jubatara, P.O. Lembucherra, Agartala -799210

Phone: 9402315672, Website: www.holycrosscollege.in





"Educating hearts and minds"

# HOLY CROSS COLLEGE

ACCREDITED BY NAAC WITH 'A+' GRADE (CYCLE:2)

Tripura University Reg. Code: 17

Jubatara, P.O. Lembucherra, Tripura West Pin-799210

Phone: 0381-2915930, +91 9402315672

email- principalhccagt@gmail.com

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## Report on the 2-Day National Workshop on Mental Health (Hybrid Mode)

Date: 9<sup>TH</sup>-10<sup>TH</sup> October, 2023

Venue: Department of Psychology, [Holy Cross College] and Online via Google meet.

### Introduction

The Department of Psychology, in collaboration with Department of BSW and the Centre for Counselling Holy Cross College, organized a 2-day national workshop on mental health on October 9<sup>th</sup> -10<sup>th</sup> 2023. Conducted in a hybrid mode, the workshop comprised seven insightful sessions aimed at enhancing mental health awareness, sharing best practices, and discussing innovative interventions in the field of mental health.

### Objectives

- To raise awareness about various mental health issues.
- To provide a platform for sharing knowledge and best practices in mental health interventions.
- To foster collaboration among mental health professionals, educators, and students.
- To introduce participants to contemporary research and therapeutic techniques in mental health.

### Event Highlights

#### Inauguration Ceremony :

The workshop commenced with an inaugural address by Mrs. Debanjana Mukherjee, Head of the Department of Psychology, who highlighted the significance of mental health in the current socio-economic context.

#### Session 1: **Understanding Mental Health:**



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**Speaker:** Miss Lily Jamatia, HoD & Assistant professor Dept. of Social Work, Holy Cross College Agartala.

**Time:** 1:30 pm

**Overview:** This session provided a comprehensive overview of current trends in mental health, emerging challenges, and the impact of socio-cultural factors on mental health.

**Mode:** Hybrid (In-person and Online)

## **Session 2: Emotional wellbeing**

**Speaker:** Ms. Debanjana Mukherjee, HoD & Assistant professor Dept. of Psychology Holy Cross College Agartala.

**Time:** 2pm .

**Overview:** Focused on mental health and emotional wellbeing issues prevalent among students and educators and importance of emotional intelligence ,this session discussed strategies for promoting mental wellbeing in day to day life. Participants were introduced and provided instruction on techniques of mindfulness.

**Mode:** Hybrid (In-person and Online)

## **Session 3: Importance of Mental health and uses of various techniques of Relaxation in the field of Psychology and Social work**

**Speaker:** Ms. Iaisuklang G Marboh, Assistant professor ,Dept. of social work ,William Carey University Meghalaya.

**Time:** 2:30pm

**Venue:** Google meet

**Overview:** The session introduced participants to innovative therapeutic techniques, including cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), and Jacobson's relaxation technique or progressive relaxation therapy.

**Mode:** Hybrid (In-person and Online)

## **Session 4: Coping Mechanisms for Stress and Anxiety in educational setup and daily life of students.**





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Speaker: Dr. Priyajyoti Chakma Psychiatrist & Assistant Professor, Dept. of Psychiatry  
AGMC & GBP Hospital Agartala

Time: 10:30am .

Overview: Practical approaches to managing stress and anxiety were discussed, with an emphasis on mindfulness, relaxation techniques, and resilience-building strategies.

Mode: Hybrid (In-person and Online)

## Session 5: **Mental Health and its advancements in the field of Social work and Psychology .**

Speaker: Ms. Wanphylla Nongrum Dept. of Social Work, William Carey University, Meghalaya.

Overview: This session explored the intersection of mental health and technology in the field of social work and psychology, discussing the benefits and risks associated with digital mental health tools and teletherapy.

Mode: Hybrid (In-person and Online)

## Session 6: **Stress and its mechanism**

Speaker: Ms. Charlotte D'Costa ,Clinical Psychologist National Institute of Behavioural Sciences, Kolkata and Mind care Kolkata.

Overview: This session have provided an insight into the different factors of stress in modern day life style and also the details discussion on various theoretical perspectives of stress.

Mode: Hybrid (In-person and Online)

## Session 7: **Nero-biological aspect of mental health**

Speaker: Dr. Anirban Datta Psychiatrist & Consultant of ILS Hospital, Agartala, Happy feet, Child care and rehabilitation, Hope, Nanhe NGO for specially able children.

Overview: The discussion highlighted the impact of relation between the nature and nurture impact on development of various vulnerabilities of psych pathology and how to enhance our mental health in day to day life.

Mode: Hybrid (In-person and Online)



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## Interactive Components

**Q&A Sessions:** Each session included a Q&A segment, allowing participants to engage with the speakers and clarify their doubts.

**Workshops:** Hands-on workshops on mindfulness and stress management were conducted, providing practical experience to participants.

**Networking Opportunities:** Virtual breakout rooms and in-person networking sessions facilitated interactions among attendees, fostering potential collaborations.

## Feedback and Evaluation

Participants provided positive feedback, highlighting the relevance and depth of the topics covered. Many appreciated the hybrid format, which allowed for wider participation. Suggestions for future workshops included more interactive sessions and case study discussions.

## Conclusion

The 2-day national workshop on mental health was a significant step towards enhancing mental health awareness and education. The hybrid mode enabled participation from a diverse audience, bridging geographical gaps and fostering a rich exchange of ideas. The Department of Psychology and Social work and the Centre for Counselling extend their gratitude to all speakers, participants, and organizers for their contributions to the workshop's success.





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*[Handwritten Signature]*  
15/10/23

Report Prepared By:

Debanjana Mukherjee

HOD and Assistant professor

Department of Psychology ,HCC





# HOLY CROSS COLLEGE AGARTALA

Accredited by NAAC with 'A+' Grade (Cycle:02)



## TWO DAY NATIONAL LEVEL WORKSHOP ON MENTAL HEALTH (Hybrid mode)

**Date:** 9<sup>th</sup> & 10<sup>th</sup> October, 2023

**Venue:** Holy Cross Campus, Jubatara &  
Google meet

*organised by*

**Department of Psychology**

*in collaboration with*

**Dept. of Social work and  
Centre for counselling psychology**

**Registration Fee:** Rs. 100/- for Faculty & Scholars

Rs. 50/- for Students

Certificate will be provided to the registered participants

Registration Fee to be paid to

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UPI: holycrossclg@fbl



*For details, Contact:-*

**Debanjana Mukherjee**, Ph: +91 8787763907

e-mail: psychologyhccagt@gmail.com

Click Here to  
Register

### Resource Persons

#### **Dr. Priyajyoti Chakma**

Psychiatrist & Assistant professor, dept. of Psychiatry, AGMC Agartala.

#### **Dr. Anirban Datta**

Psychiatrist & Consultant of ILS hospitals, Agartala, happy feet, child care and rehabilitation, HOPE, Nanhe NGO for specially able children.

#### **Miss. Charlotte D'Costa**

Clinical Psychologist National Institute of Behavioural Sciences Kolkata and Mind care Kolkata.

#### **Ms. Iaisuklang Marboh**

Assistant professor  
Dept. of Social Work, William Carey University Meghalaya.

#### **Ms. Wanphylla Nongrum**

Assistant professor  
Dept. of Social Work, William Carey University Meghalaya.

#### **Miss. Lily Jamatia**

Assistant professor  
Dept. of Social Work,  
Holy Cross College, Agartala.

#### **Ms. Debanjana Mukherjee**

Assistant professor  
Dept. of Psychology,  
Holy Cross College, Agartala.



# HOLY CROSS COLLEGE, AGARTALA

Accredited by NAAC with 'A+' Grade (Cycle 2)



## *Certificate of Appreciation*

This is to Certify that

Miss Charlotte D'Costa

Clinical Psychologist National Institute of Behavioural Sciences Kolkata and Mind care Kolkata

has been the Resource Persons of the

"TWO DAY NATIONAL LEVEL WORKSHOP ON MENTAL HEALTH" (HYBRID MODE)

organised by

Department of Psychology in collaboration with

Dept. of Social work and Centre for counselling psychology, Holy Cross College, Agartala

Date: 9th & 10th October, 2023

Dr. Fr. Benny K. John  
Principal





# HOLY CROSS COLLEGE, AGARTALA

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## *Certificate of Participation*

*This is to certify that*

**Ramidas Nongrum**

Student, Dept. of Psychology, Holy Cross College

has participated in the

**"TWO DAY NATIONAL LEVEL WORKSHOP ON MENTAL HEALTH (HYBRID MODE)"**  
ON THEME: "MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHT"

organised by Department of Psychology, HCC  
in collaboration with

Dept. of Social work and Centre for counselling psychology, HCC

Date: 9th & 10th October 2023

Ms. Lily Jamatia  
Joint Convener & HoD, Social Work, HCC

Ms. Debanjana Mukherjee  
Convener & HoD, Psychology, HCC

Dr. Fr. Benny K John, CSC  
Principal, Holy Cross College

**HOLY CROSS COLLEGE, AGARTALA**

*Two-day National Level workshop on Mental Health (Hybrid)*

*Organized by the Department of Psychology, HCC in collaboration with Dept. of Social Work and Centre for Counselling Psychology, HCC*

From 09<sup>th</sup> October 2023 – 10<sup>th</sup> October 2023

**09<sup>th</sup> October 2023 (1<sup>st</sup> Technical session)**

<b>Time</b>	<b>Events</b>
<b>12:30pm</b>	Commencement of the event by MC Koushik Bhaattacharjee (student 1 <sup>st</sup> Sem psychology)
<b>12:35pm-12:40pm</b>	<b>Introduction of the session by</b> Ms. Debanjana Mukherjee Department of Psychology (HoD)
<b>12:40pm-1:10pm</b>	<b>(1<sup>st</sup> Session )</b> Ms. Lily Jamatia Department of Social Work (HoD)
<b>1:15pm-1:50pm</b>	<b>(2<sup>nd</sup> Session )</b> Ms. Debanjana Mukherjee Department of Psychology (HoD)
<b>1:50pm-1:55pm</b>	<b>Welcoming the Guest</b> Ms. Tapashi Saha Assistant Professor Department of Psychology
<b>1:55pm-2:55pm</b>	<b>(3<sup>rd</sup> session) (Invited Guest)</b> Ms. Iaisuklang G Marboh Dept. of Social Work. William Carey University, Meghalaya.
<b>3:00pm</b>	<b>Vote of Thanks</b>



**HOLY CROSS COLLEGE, AGARTALA**

*Two-day National Level workshop on Mental Health (Hybrid)*

*Organized by the Department of Psychology, HCC in collaboration with Dept. of Social Work and Centre for Counselling Psychology, HCC*

**From 09<sup>th</sup> October 2023 – 10<sup>th</sup> October 2023**

**10<sup>th</sup> October 2023(2<sup>nd</sup> Technical session)**

<b>Time</b>	<b>Events</b>
<b>10:30am-10:35am</b>	Commencement of the event by MC Tanuja Debbarma (student 1 <sup>st</sup> Sem psychology)
<b>10:35am-10:40am</b>	<b>Introduction of the session by</b> Ms. Debanjana Mukherjee Department of Psychology (HoD)
<b>10:40am-11:40am</b>	<b>(4<sup>th</sup> session )Invited guest</b> Dr. Priyajyoti Chakma Psychiatrist & Assistant Professor, Dept. of Psychiatry AGMC & GBP Hospital Agartala.

**\*\*\*\*\* Break\*\*\*\*\***

**HOLY CROSS COLLEGE, AGARTALA**

*Two-day National Level workshop on Mental Health (Hybrid)*

*Organized by the Department of Psychology, HCC in collaboration with Dept. of Social Work and Centre for Counselling Psychology, HCC*

**From 09<sup>th</sup> October 2023 – 10<sup>th</sup> October 2023**

**10<sup>th</sup> October 2023(2<sup>nd</sup> Technical session)**

<b>Time</b>	<b>Events</b>
<b>10:00am-10:05am</b>	Commencement of the event by MC Tanuja Debbarma (student 1 <sup>st</sup> Sem psychology)
<b>10:05am-10:10am</b>	<b>Introduction of the session by</b> Ms. Debanjana Mukherjee Department of Psychology (HoD)
<b>10:10am-10:15am</b>	<b>Welcoming of the guest by</b> Ms. Tapashi Saha Assistant Professor Department of Psychology
<b>10:15am-10:20am</b>	<b>Felicitatation of guest by</b> <b>Principal and vice-principal.</b>



<b>10:20am-10:35am</b>	<b>Inauguration of the exhibition by Dr.Priyajyoti Chakma.</b>
<b>10:35am-10:40am</b>	<b>Introduction of the session by</b> Ms. Debanjana Mukherjee Department of Psychology (HoD)
<b>10:40am-11:40am</b>	<b>(4<sup>th</sup> session of the workshop)Invited guest</b> Dr. Priyajyoti Chakma Psychiatrist & Assistant Professor, Dept. of Psychiatry AGMC & GBP Hospital Agartala.
<b>11:40am-11:45am</b>	<b>Prize distribution</b>
<b>11:45am-12:00noon</b>	<b>Drama by students.</b>
<b>12:00 noon</b>	<b>Vote of Thanks</b>

**\*\*\*\*\* Break\*\*\*\*\***

# Holy Cross College

National level workshop on Mental Health

Theme : 'Mental Health is a Universal Human Right'

Date - 09.10.2023

Sl.No	Name of the Students	Department	Signature
1.	Dhriti Choudhury	English	Dhriti.c
2.	Maitri Paul	History	Maitri Paul
3.	Madhurilina Das	English	Madhurilina Das
4.	Bishakha Ghosh	English	Bish.
5.	Bipasha Paul	English	Bipasha Paul.
6.	Megha Chowdhury	English	Megha chowdhury
7.	Angshita Dey	English	Angshita Dey
8.	Liza Banik	English	Liza Banik
9.	Joydeep Paul	Political sci	Joydeep Paul
10.	Monalisa Murasing	Political science	Monalisa Murasing
11.	Hamasi Debbarma	Political Science	Hamasi Debbarma
12.	Joyshri Jamatia	Political Science	Joyshri
13.	Neha Marak	Education	Neha marak
14.	Junu Debbarma	Political sci.	Junu Debbarma
15.	Mimi Debbarma	Political science	Mimi Debbarma
16.	Babita Jamalia	Political sci.	Babita Jamalia
17.	Swapna Jamalia	Political se.	Swapna Jamatia
18.	Bukhrawi Debbarma	Pol. sci	Bukhrawi Debbarma
19.	Aditi Debbarma	Pol. sc.	Aditi Debbarma
20.	Khakhangli Reang	English	Khakhangli Reang
21.	Khuntiya D/B	English	Khuntiya D/B
22.	Khumbur D/B	English	Khumbur D/B
23.	Inlet Debbarma	English	Inlet Debbarma
24.	Risa Debbarma	English	Risa Debbarma
25.	Kakali Debbarma	English	Kakali Debbarma
26.	Devismita Debbarma	Pol. Sc	Devismita Debbarma
27.	Psixi Jamatia	political science	Psixi Jamatin
28.	Jeshmine Debbarma	Political Science	Jeshmine Debbarma
29.	Smiti Debbarma	Political science	Smiti Debbarma
30.	Siyasi Jamatia	Political Science	Siyasi Jamatia
31.	Debalina Ghosh	English	Debalina Ghosh
32.	Neha Chakma	English	Neha Chakma
33.	Kabita Debbarma	English	Kabita Debbarma
34.	Chirapfu Mog	English	Chirapfu Mog
35.	Kanika Reang	English	Kanika Reang
36.	Christina Danlong	Geography	Christina Danlong
37.	Junina Hrangkhaw	Geography	Junina Hrangkhaw
38.	Sanjari Debbarma	English	Sanjari Debbarma



Sl.No	Name of the Students	Department	Signature
39	Karika Debbasama	English	Karika Debbasama
40.	Elia Debbasama	English	Elia Debbasama
41.	Sushmita Debbasama	English	Sushmita Debbasama
42.	Sneha Reang	English	Sneha Reang
43.	Bagarika Sankar	Political Science	Bagarika Sankar
44.	Ayesa Singha	Political Science	Ayesa Singha
45.	Samali Debbasama	political science	Samali Debbasama
46.	Nituparna Gupung	English	Nituparna Gupung
47.	Shaly choudhary	political science	Shaly choudhary
48.	Bindia Debbasama	English	Bindia Debbasama
49.	Diya Majumder	English	Diya Majumder
50.	Mouparna Debnath	English	Mouparna Debnath
51.	Jisha Chowdhury	English	Jisha Chowdhury
52.	Dipanjana Saha	English	Dipanjana Saha
53.	Sneha Deb	English	Sneha Deb
54.	Nikita Ghosh	English	Nikita Ghosh
55.	Supriya Choudhury	English	Supriya Choudhury
56.	Mouvia Debbasama	English	Mouvia Debbasama
57.	Alangianmuana	English	Alangianmuana
58	Etil Jamatia	English	Etil Jamatia
59	Lucky Gurung	History	Lucky Gurung
60.	Adrita Nag	English	Adrita Nag
61.	Punyaslok Sinha	History.	Punyaslok Sinha
62.	Subhra Debnath.	English.	Subhra Debnath.
63.	Asmita Dey	Geography.	Asmita Dey
64.	Ranjita Debnath	English.	Ranjita Debnath
65.	Debjani Debnath.	English.	Debjani Debnath.
66.	Paramita Paul	English.	Paramita Paul
67.	Kashmiri Saha	BBA	Kashmiri Saha
68.	Pallavi Mishra	BBA	Pallavi Mishra
69)	Anuradha Mog	English	Anuradha Mog
70)	Diya Chisim	English	Diya Chisim
71)	Anyasha Bardhan	English	Anyasha Bardhan
72)	Ananna Dey	English	Ananna Dey
73)	Shaini Sankar	English	Shaini Sankar
74)	Dominik Nipn James	Eng	Dominik Nipn James
75)	Sobita Mary Kaipeng	Eng	Sobita Mary Kaipeng
76.	Rinki Tandi	Eng	Rinki Tandi
77	Syeda Mahjabeen Ali	Eng	Syeda Mahjabeen Ali
780	Ayasha Choudhury	Eng	Ayasha Choudhury
790	Sonia Saha	Pat. Sci	Sonia Saha
80.	Anannya Debnath	Eng	Anannya Debnath
81.	Jewel Dey	Eng	Jewel Dey
82.	Snigdha Roy	Eng	Snigdha Roy
83.	Ishita Debbasama	Eng	Ishita Debbasama
84.	Jayasini Das	Eng	Jayasini Das



Sl.No	Name of the Students	Department	Signature
1	Sharmila Debbarma	History	sharmila debbarma
2.	Supriya Jamatia	History	supriya Jamatia
3.	Lipi Jamatia	History	Lipi Jamatia
4.	Mandhakini Debbarma	History	Mandhakini Debbarma
5	Sampit Debbarma	History	Sampit Debbarma
6	Morvia Debbarma	English	Morvia Debbarma
7	Tiyasa Datta	English	Tiyasa Datta
8	Ripan Das	English	Ripan Das
9.	Anurita Jamatia	Pol	Anurita Jamatia
10.	Aditya Jamatia	Pol. Science	Aditya Jamatia
11.	Durba Das	History	Durba Das
12	Anup Debnath	English	Anup Debnath
13.	Siddhita SenGupta	English	Siddhita SenGupta
14.	Sukham Das	English	Sukham Das
15.	Durab Chakma	English	Durab Chakma
16.	Binoy Jamatia	English	Binoy Jamatia
17.	Akash Jamatia	BA. ECO	Akash Jamatia
18.	Kothama Debbarma	Geography	Kothama Debbarma
19.	Imanuel Debbarma	Geography	Imanuel Debbarma
20.	Sahil Debbarma	Pol. sci	Sahil Debbarma
21.	Salhanq Jnt	Pol. Science	Salhanq Jnt
22.	David Astong	English	David Astong
23.	Shiva Jamatia	Pol science	Shiva Jamatia
24.	Smailin Reang	Pol Science	Smailin Reang
25	Aphisit Moq	Pol science	Aphisit Moq
26.	Dhanuram Reang	Pol. science	Dhanuram Reang
27.	KhaKuchang Debbarma	Pol. Science	KhaKuchang Debbarma
28.	Ayjin Debbarma	History	Ayjin Debbarma
29.	Nisha Debbarma	History	Nisha Debbarma
30	Sagarika Deb	Pol. Science English	Sagarika Deb
31.	Diptanu debnath.	English	Diptanu debnath.
32.	Anupama Datta	pol. science	Anupama Datta.
33	Kaustav Majumder.	pol. science	Kaustav Majumder.
34	Abichal Roy	Geography	Abichal Roy
35	Deepjoy Barik	Geography	Deepjoy Barik
36	Kuntan Debbarma	History	Kuntan Debbarma
37.	Taniya Debbarma	History	Taniya Debbarma
38.	Mousomi Debbarma	History	Mousomi Debbarma
39.	Nippon Debbarma	English	Nippon Debbarma
40.	Victor Suting	Edu	Victor Suting
41	Daniel Suting	Edu	Daniel Suting
42	Amil Joseph Marak	History	Amil Joseph Marak
43	Bipul Kanti Chaitra	Edu	Bipul Kanti Chaitra
44	Royal D/B	History	Royal D/B
45	Ananya Bhowmik	English	Ananya Bhowmik



Sl.No	Name of the Students	Department	Signature
1	Ankanil Paul	English	Ankanil Paul
2	Nitadai A/B	English	Nitadai Debbarna
3	Saahil M	English	Saahil M
4	Taisha Chakraborty	English	Taisha Chakraborty
5	Nancy Debbarma	English	Nancy Debbarma
6	Shayya Banik	English	Shayya Banik
7	Ankit Debnath	English	Ankit Debnath
8	Paramjit Bhowmik	English	Paramjit Bhowmik
9	Palash Debbarma	Political	Palash Debbarma
10	Sourav Gartzakur	Political	Sourav Gartzakur
11	Souvik Choudhury	Political	Souvik Choudhury
12	Aris Lily Debbarma	Political Science	Aris Lily Debbarma
13	Artaman Debbarma	Political Science	Artaman Debbarma
14	Rushik Debbarma	Political Science	Rushik Debbarma
15	Bilhan Jamatia	History	Bilhan Jamatia
16	Jamten Debbarma	History	Jamten Debbarma
17	Rohit Debbarma	Political Science	Rohit Debbarma
18	Suman Debbarma	Political Science	Suman Debbarma
19	Seasion Debbarma	Political Science	Seasion Debbarma
20	John Jamatia	Political Science	John Jamatia
21	Sagar Debbarma	English	Sagar Debbarma
22	Bilhan Noatia	Pol. Sc	Bilhan Noatia
23	Saptadeep Debbarma	English	Saptadeep Debbarma
24	Ekra Beke	Economics	Ekra Beke
25	Banjaniki Rakshit	English	Banjaniki Rakshit
26	Pehel Debbarma	English	Pehel Debbarma
27	Binita Jamatia	English	Binita Jamatia
28	Palikanta Sinha	English	Palikanta Sinha
29	Subirai Debbarma	English	Subirai Debbarma
30	Veran Debbarma	English	Veran Debbarma
31	Royal Debbarma	Pol. Sci	Royal Debbarma
32	Jerika Debbarma	History	Jerika D/R
33	Sayan Debbarma	Pol. Usci	Sayan D/R
34	Sakalom Debbarma	History	Sakalom D/R
35	Disha Majumder	Pol. Sci	Disha Majumder
36	Ayesha Saha	Pol. Sci	Ayesha Saha
37	Rupa Bhattacharjee	Pol. Sci	Rupa Bhattacharjee
38	Jayamita Ghosh	Pol. Science	Jayamita Ghosh
39	Prati Saha	Pol. Sci	Prati Saha
40	Ifran Ali	Pol. Sci	Ifran Ali
41	Sayan Deb	Pol. Sci	Sayan Deb
42	Rahul Debnath	English	Rahul Debnath
43	Suryadeep Bhowmik	English	Suryadeep Bhowmik
44	Bimalendu Bripua	pol. sc	Bimalendu Bripua
45	Sivam Roy	English	Sivam Roy
	Aganav	Pol SC	Aganav



Afternoon Session

# Holy Cross College

National level workshop on Mental Health

Theme : 'Mental Health is a Universal Human Right'

Date -10.10.2023

Sl.No	Name of the Students	Department	Signature
1.	Rinki Tandi	English	Rinki
2.	Piangsianmuana	English	Muantea
3.	Madhuriem Das	English	Madhuriem Das.
4.	Dominik Nipu Gomes	English	Nipu Gomes.
5.	Sobils masy Kaipeng	English	Sobils
6.	Cyru Sowrob Marak	BBA	Cyru
7.	Paul Debbarma	Sociology.	Paul.
8.	Mariya Debbarma	Sociology.	Mariya Debbarma.
9.	Liza Debbarma	History	Liza
10.	Ritica Debbarma	History	Ritica Debbarma
11.	Amradha Mog	English	Amradha Mog.
12.	Dign Chisim	English	Dign Chisim
13.	Gushmita Debbarma	English	Gushmita Debbarma
14.	Sneha Reang	English	sneha Reang
15.	Shaini Sarekare	English	Shaini Sarekare
16.	Liza Banik	English	Liza Banik
17.	Angshita Dey	English	Angshita Dey
18.	Debalina Ghosh	English	Debalina Ghosh
19.	Trisha Chakrabarty	English	Trisha Chakrabarty
20.	Nancy Acharya	English	Nancy Acharya
21.	Saahil Ali	English	Saahil Ali
22.	Niladri Debbarma	English	Niladri Debbarma
23.	Shreya Banik	English	Shreya Banik
24.	Palikanta Singha	English	Palikanta Singha
25.	Binita Jamatia	English	Binita Jamatia
26.	Anurag Chatterjee	English	Anurag Chatterjee
27.	Rahul Debbarma	English	Rahul D/B
28.	Pallavi Mishra	BBA	Pallavi Mishra
29.	Kashwari Saha	BBA	Kashwari Saha
30.	Nippon Debbarma	English	Nippon Debbarma
31.	Ankanil Paul	English	Ankanil Paul
32.	Paramjit Bhosmik	English	Paramjit Bhosmik
33.	Jewel Dey	English	Jewel Dey
34.	Kanika Reang	English	Kanika Reang
35.	Chaitra Pr mo	"	Chaitra Pr mo
36.	Neha Chakma	"	Neha Chakma
37.	Kabita Debbarma	"	Kabita Debbarma.
38.	Snigdha Roy	"	Snigdha Roy



Sl.No	Name of the Students	Department	Signature
39.	Riya Debnath	English	Riya Debnath.
40.	Hrditwika Debnath	u	Hrditwika Debnath
41.	Diya Sarkar	u	Diya Sarkar
42.	Jayasri Das	u	Jayasri Das.
43.	Ashmita Dey	Bcoo	Ashmita Dey
44.	Subhva Debnath	Eng	Subhva Debnath
45.	Punyashlok Sinha	HIS.	Punyashlok Sinha
46.	Eril Jamatia	English	Eril J/m
47.	Kanika Debbarma	English	Kanika Debbarma
48.	Pindia Debbarma	English	Pindia Debbarma.
49.	Diya Majumder	English	Diya Majumder.
50.	Nikupama Gurung	English	Nikupama Gurung
51.	Mouparana Debnath	English	Mouparana Debnath
52.	Adrita Nag	English	Adrita
53.	Ranjita Debnath	Eng	Ranjita
54.	Debjani Debnath	Eng	Debjani
55.	Paranita Paul	Eng	Paranita
56.	Hawina Bhattacharjee	Eng	Hawina
57.	Sanjeevani Lakshit	Eng	Sanjeevani Lakshit
58.	Vijaylaxmi Singha	Eng	Vijaylaxmi Singha
59.	Rumai Debbarma	Sociology	Rumai Debbarma
60.	David Debbarma	Sociology	David Debbarma
61.	Ayasha Choudhury	English	Ayasha Choudhury
62.	Chandra Shri Das	BBA	Chandra Shri Das
63.	Subham Saha	BBA	Subham Saha.
64.	Suhana Debbarma	Sociology	Suhana Debbarma
65.	Charika Jamatia	Sociology	Charika Jamatia.
66.	Michael Debbarma	Sociology	Michael Debbarma
67.	Aryan Debbarma	Sociology	Aryan Debbarma
68.	Sarvesh Debbarma	Sociology	Sarvesh Debbarma.
69.	Birhu Jamatia	History	Birhu J
70.	Kutkar Debbarma	History	Kutkar Debbarma
71.	Jamson Debbarma	History	Jamson Debbarma.
72.	Mandhakini Debbarma	History	Mandhakini Debbarma
73.	Sampit Debbarma	History	Sampit Debbarma.
74.	Mehendi Jamatia	Sociology	Mehendi Jamatia
75.	Sanel Debbarma	B.B.A	Sanel Debbarma
76.	Rulling Debbarma	B.B.A	Rulling Debbarma
77.	Aniket Debbarma	B.B.A	Aniket Debbarma
78.	Abel Debbarma	B.Com	Abel Debbarma
79.	Josa Debbarma	B.B.A	Josa Debbarma
80.	Alem Debbarma	B.A Sociology	Alem Debbarma
81.	Noel Darlong	Sociology	Noel Darlong
82.	Nelson Debbarma	English	Nelson Debbarma
83.	Stephen Debbarma	Economics	Stephen Debbarma



Sl.No	Name of the Students	Department	Signature
74.	Jenika Debbarma	History	Jenika Debbarma
75.	Smai Debbarma	Botany	Smai Debbarma
76.	Boyar Debbarma	Botany	Boyar Debbarma
77.	Twijulang Debbarma	Botany	Twijulang D/B
78.	Saptarshi Tripura	Botany	Saptarshi Tripura
79.	Saeswanga Debbarma	BBA	Saeswanga Debbarma
80.	Prithi Debbarma	BBA	Prithi Debbarma
81.	Denzil Halam	BA Economic	Denzil Halam
82.	Maya Sharma	BSc. Maths	Maya Sharma
83.	Arnab Debnath	BSc. Maths	Arnab Debnath
84.	Dipjoy Bhattacharjee	BSc. Maths	Dipjoy Bhattacharjee
85.	Awishi Chakma	BSc. Maths	Awishi Chakma
86.	Lipi Jamatia	History	Lipi Jamatia
87.	Lucky Gurung	History	Lucky Gurung -
88.	Salthang Jamatia	political	Salthang Jamatia
89.	Silbia Debbarma	Economics	Silbia Debbarma
90.	<del>Denzi Hatam</del>	<del>Economics</del>	<del>Denzi Hatam</del>
90.	Ezra Betu	Economics	Ezra Betu
91.	Akash Jamatia	Economics	Akash Jamatia
92.	Rubel Debbarma	Economics	Rubel Debbarma
93.	Bishal Das	Business Adm.	Bishal Das
94.	Royal Jamatia	History	Royal Jamatia
95.	Anannya Debnath	English	Anannya Debnath
96.	Syeda Mahjabin Ali	English	Syeda Mahjabin Ali
97.	Arkaadeep Das	BBA	Arkaadeep Das
98.	Bitan Bhattacharjee	Geography	Bitan Bhattacharjee
99.	Niha Ghosh	Sociology	Niha Ghosh.