

MDKG COLLEGE OBSERVES WORLD MENTAL HEALTH DAY WITH INTERACTIVE WELLNESS SESSION

October 10, 2025

The Psychological Counselling Cell of MDKG College, in collaboration with the Internal Quality Assurance Cell (IQAC), successfully observed *World Mental Health Day* today with an interactive and enriching session titled '**Let's Talk, Heal Together for Mental Wellbeing.**'

The programme commenced with a warm welcome address by **Dr. Rupali Majumder**, Coordinator of the Psychological Counselling Cell, who highlighted the importance of open conversations on mental health, especially among students. The session was formally inaugurated by the Principal of MDKG College, **Dr. Anup Jyoti Bharali**, who emphasized the growing need for mental wellness in today's academic environment.

The **Vice Principal, Mr. Anirudha Dutta**, and **IQAC Coordinator, Dr. Ashwini Machey**, also addressed the gathering, motivating students to prioritize self-care and emotional balance in their daily lives.

The wellness mentor and resource person, **Dr. Bornali Nath Dowerah**, led the session with great enthusiasm. She spoke about the significance of mental wellness and exercised practical self-healing technique, meditation and relaxation techniques. Students actively participated as Dr. Dowerah exercised healing techniques and laughter exercises, demonstrated deep breathing practices, and explained the concept of *teletherapy*, a form of therapy conducted over the phone. She emphasized on self-love for self-healing. A key part of her address focused on the judicious use of social media, where she cautioned students against overdependence on digital validation. She explained the difference between temporary, instant gratification derived from social media and the real, lasting happiness of the heart that comes from meaningful relationships, inner peace, and personal growth. Her insights resonated strongly with the students, encouraging mindful and balanced digital habits.

Adding to the emotional depth of the session, **Dr. Chandan Jyoti Chutia** sensitively addressed the grief of many students felt over the recent passing of legendary singer Zubeen Garg. He turned their sorrow into reflection, highlighting the lessons from Zubeen Garg's life, the importance of self-healing, finding happiness through connection with nature, people, music, and books, and celebrating life with creativity and compassion. His message resonated deeply, offering a sense of hope and healing to everyone present.

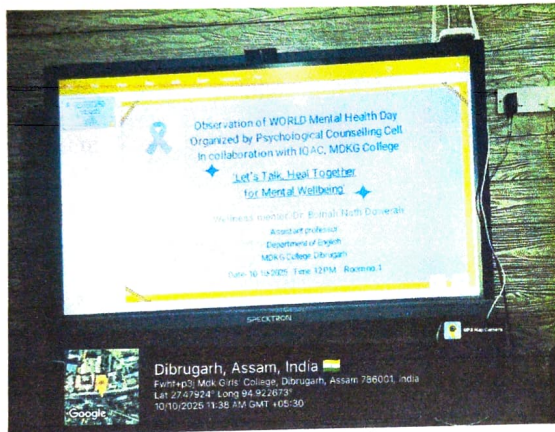
A heartfelt moment came when **Dr. Moutusi Bagchi** of the college shared her own life experiences and personal struggles. She urged students to reach up proper person or counsellor for their mental wellbeing. Her openness helped create a deep emotional connection with the students, encouraging them to share their own stories and challenges. This genuine exchange fostered an atmosphere of trust, empathy and healing.

During the interactive segment, students opened up about their personal experiences, stories, and past struggles, reflecting the comfort and trust fostered during the session. The environment became one of empathy, healing, and mutual understanding, truly embodying the spirit of World Mental Health Day.



The programme concluded with Vote of Thanks delivered by **Dr. Ashwini Machey**, IQAC Coordinator. Student feedback was also collected with many expressing gratitude for the opportunity to learn effective ways to manage stress and emotional wellbeing.

The event was a resounding success, achieving its goal of spreading awareness and encouraging open dialogue on mental health among the youth.



Honourable principal Dr. Anup Jyoti Bharali






Wellness mentor and Resource person – Dr. Bornali Nath Dowerah

Dr. Moutusi Bagchi addressed students about importance of counselling for mental wellbeing







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 Coordinator, IQAC
 MDKG College

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 Dr. Anup Jyoti Bharali
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