

OFFICE OF THE PRINCIPAL

BHAWANIPUR HASTINAPUR BIJNI (B.H.B.) COLLEGE, SARUPETA

Accredited by NAAC (Second Cycle) with CGPA of 2.78 on Seven Point Scale at B++ Grade

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Webinar on Stress Management During Covid 19

Date: 27th June, 2020

Organised by: Department of English, B.H.B. College, Sarupeta

Resource Person: Bandita Gogoi, Clinical Psychologist, Pacific International Hospital, Papua New Guinea

Coordinator of the Webinar: Swastishree Saikia

A webinar on "Stress Management during Covid 19" was organized by the Department of English, B.H.B. College, Sarupeta on 27th June, 2020. The purpose of the webinar was to address the anxiety faced by the students and the faculty during the pandemic. Bandita Gogoi, Clinical Psychologist who works at Pacific International Hospital, Papua New Guinea was invited as the resource person in the webinar. Dr. Birinchi Kumar Das, Principal presented the key note address. Ms. Swastishree Saikia hosted the meeting and the Mr. Nabamoni Saikia delivered the vote of thanks.




Principal
B.H.B. College, Sarupeta

WEBINAR ON
STRESS MANAGEMENT DURING
COVID19

27TH JUNE 2020(11:00AM-12:00PM)

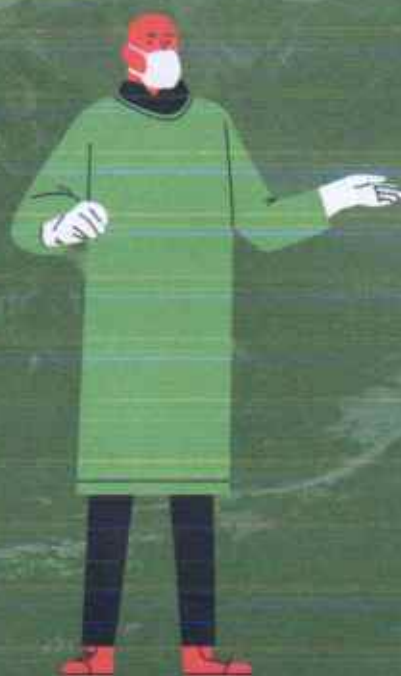
ORGANISED BY-DEPARTMENT OF ENGLISH, B.H.B.
COLLEGE,SARUPETA
(AFFILIATED TO GAUHATI UNIVERSITY)




Principal
B.H.B. College Sarupeta

TENTATIVE AGENDA

- 10:40 hours: Joining of Resource Person, Speaker and Participants
- 11:00 hours: Initial Announcement by Host
- Swastishree Saikia
Assistant Professor, English DEPT. B.H.B. College
- 11:03 hours: Welcome note by HoD English DEPT.- Dr. Diganta Borgohain
Assistant Professor, English, B.H.B. College
- 11:05 hours: Inauguration and Keynote Address
Speaker
- Dr. Birinchi Kumar Das
Principal B.H.B. College, Sarupeta
- 11:15 hours: Address by Resource Person
- Bandita Gogoi
Clinical Psychologist
- 11:40 hours: Question & Answer Session
- 12:00 hours: VOTE OF THANKS
- Nabamoni Saikia
Assistant Professor, English DEPT. B.H.B. College




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KEYNOTE SPEAKER OF THE WEBINAR

DR. BIRINCHI KUMAR DAS
PRINCIPAL, B.H.B. COLLEGE, SARUPETA
FORMER ASSOCIATE PROFESSOR IN ENGLISH, M.C. COLLEGE,
BARPETA



A WRITER, TRANSLATOR


He has made his mark in the literary with his
writings such as:

1. SOCIALIST REALISM IN MIKHAIL
SHOLOKHOV'S NOVELS: A CROSS-CULTURAL
STUDY.

2. পাঠ পঠন

3. এজন মানুহ, এখন চহৰ আৰু কিছু সৰাপাত

4. অলপ কথা, অলপ পোহৰ


Principal
B.H.B. College, Sarupeta

RESOURCE PERSON



BANDITA GOGOI

Consultant Clinical Psychologist and Team Lead,
Pacific International Hospital, Papua New
Guinea

INTRODUCING BANDITA GOGOI

BANDITA GOGOI IS AN ICI REGISTERED CLINICAL PSYCHOLOGIST. SHE COMPLETED HER MASTERS (IN PHILOSOPHY IN CLINICAL PSYCHOLOGY FROM PGIMER DR. RAM MANOHAR LOHIA HOSPITAL, NEW DELHI. SHE HAS DONE HER BACHELORS AND MASTERS IN PSYCHOLOGY FROM UNIVERSITY OF DELHI NORTH CAMPUS. SHE IS ACTIVELY CONTRIBUTING TO THE FIELD OF MENTAL HEALTH FOR PAST 8 YEARS AND PRACTISING AS CLINICAL PSYCHOLOGIST FOR PAST 5 YEARS DEALING WITH DIFFERENT GROUPS OF POPULATION THAT IS CHILDREN, ADOLESCENT, ADULTS AND GERIATRIC. SHE SPECIALIZES IN DEALING WITH PERSONALITY DISORDERS AND AUTISM SPECTRUM DISORDER. SHE WORKED WITH VIOLENCE INTERVENTION TEAM OF JAGORI AND PROVIDED PSYCHOLOGICAL FIRST AID AND COUNSELLING SERVICES TO WOMEN SURVIVORS OF DOMESTIC VIOLENCE. HER EXTENSIVE EXPERIENCE NOT LIMITED WITH CLINICAL POPULATION OF MENTAL HEALTH DEFINES HER PASSION FOR THIS FIELD. SHE HAS ALSO WORKED AS A TEAM LEAD AND COORDINATOR IN DIFFERENT PROJECTS. SHE ALSO WORKED AS A GUEST LECTURER AT ZAKIR HUSSAIN DELHI COLLEGE, UNIVERSITY OF DELHI.

SHE WORKED WITH ANANTH CENTRE FOR LEARNING AND DEVELOPMENT WHERE SHE WAS INVOLVED IN PSYCHOLOGICAL ASSESSMENT IN OPD AND SCHOOL CHILDREN ALONG WITH COORDINATING WITH THE COMMENCEMENT OF IJED SPECIAL EDUCATION COURSE (INTELLECTUAL DISABILITY) IN THE CENTRE.

CURRENTLY, SHE IS WORKING AS A CONSULTANT CLINICAL PSYCHOLOGIST AND TEAM LEAD AT THE PRESTIGIOUS PACIFIC INTERNATIONAL HOSPITAL IN PAPA NEW GUINEA AND IS MANAGING ALL REQUIREMENTS AND ADMINISTERING MENTAL HEALTH CARE TO REFLECTS AT DETENTION CENTRE AND PACIFIC INTERNATIONAL HOSPITAL WHERE SHE ALSO TAKES CARE OF AFD, IPD AND THE DETENTION CENTRE.

APART FROM HER EXPERTISE, SHE HAS ALSO SERVED AT THE NATIONAL SPIRITUAL ASSEMBLY OF THE RAJYAS OF INDIA AS AN ASSISTANT TO THE DIRECTOR OF THE DEPARTMENT OF PUBLIC AFFAIRS. IN THIS ROLE SHE WAS RESPONSIBLE FOR DOCUMENTATION, ORGANIZING SEMINARS AND VARIOUS EVENTS IN THE DEPARTMENT, AND MAINTAINING RELATIONSHIPS WITH DIFFERENT GOVERNMENT INSTITUTIONS AND AGENCIES. PRIOR TO THIS SHE ALSO SERVED AS A VOLUNTEER AT THE BABA'S HOUSE OF WORSHIP (LOTUS TEMPLE) WHERE SHE PROVIDED ADMINISTRATIVE SUPPORT TO THE TEAM ORGANIZING SEVERAL EVENTS HELD AT THE INFORMATION CENTRE OF THE HOUSE OF WORSHIP. SHE ALSO MANAGED AND COORDINATED PR ACTIVITIES OF THE CENTRE.


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B.H.B. College, Sarupata

Participant list	
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CERTIFICATE

OF APPRECIATION

Proudly Presented To

Leena Patgiri

for participating in the webinar on Stress Management During
Covid19.



Principal



Coordinator

