

Report
on
Lecture Programme on “Stress and Emotional Well-Being: Practical Techniques to Manage Stress and Inner Peace”

Organised by: Dept. of Education and Philosophy in Collaboration with IQAC, Kokrajhar University

Date: 18th December, 2025

Venue: MMB, Auditorium, Kokrajhar University, Kokrajhar

Total Participants: 118 Participants

Kokrajhar University organized a **Lecture Programme on “Stress and Emotional Well-Being: Practical Techniques to Manage Stress and Inner Peace”** on **18th December 2025** at **10:30 AM** in the **MMB Auditorium**. The programme was jointly organized by the **Department of Education and Philosophy** in collaboration with the **Internal Quality Assurance Cell (IQAC), Kokrajhar University**, with the objective of promoting mental health awareness, emotional resilience, and holistic well-being among students and faculty members.

The programme was **anchored by Dr. Banashree Bhardwaj**, who formally initiated the session and coordinated the proceedings. The programme began with the acceptance of seats on the dais by the invited dignitaries, followed by felicitation and a formal welcome. The inaugural session was marked by the ceremonial lighting of the lamp by **Prof. Ganesh Wary, Hon’ble Vice-Chancellor, Kokrajhar University**, along with other distinguished guests. The Hon’ble Director, IQAC, Kokrajhar University, **Dr. Roselin Basumatary** delivered the welcome address, highlighting the relevance of emotional well-being in contemporary academic life. A **traditional Bodo dance (Bagurumba)** was performed by students of Kokrajhar University as a mark of cultural welcome.

In his inaugural address, **Prof. Ganesh Wary** emphasized the importance of mental health, value-based education, and stress management for academic excellence and personal growth. The programme also witnessed the release and inauguration of two books authored by **Dr. Banabina Brahma: A Comprehensive Introduction to Indian Knowledge System** (as per Bodoland University syllabus), published by MRB Publishers, Guwahati, and the Bodo translation of the **Srimad Bhagavad Gita**, published by **Samras Sanskritik Foundation, Assam**. These publications reflect the University’s commitment to indigenous knowledge systems and regional language enrichment.

The **motivational lecture** was delivered by **B.K. Sumanji, Motivational Speaker** and **NDS Trainer** who spoke extensively on stress management, emotional well-being, and practical techniques to

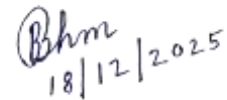
attain inner peace. An **interactive session** was conducted, during which students actively participated and shared their queries and experiences.

The programme concluded with a vote of thanks by **Mrs. Alpana Devi, Head, Department of Education**, acknowledging the efforts of the organizers, resource person, and participants. The event ended at **12:45 PM**, successfully achieving its objectives and contributing meaningfully to student well-being and institutional quality enhancement.



18-12-2025

Programme Coordinators
Kokrajhar University
Kokrajhar, Assam (783370)



18/12/2025

Director, IQAC
Kokrajhar University
Kokrajhar, Assam (783370)



Fig. 1: Banner for the Lecture Programme on “Stress and Emotional Well-Being: Practical Techniques to Manage Stress and Inner Peace”

Photo Records of Lecture Program on **“Stress and Emotional Well-Being: Practical Techniques to Manage Stress and Inner Peace”**.



Program Anchored by Dr. Banashree Bhardwaj



Felicitation to Vice Chancellor, by Director, IQAC, KU.



Felicitation to Speaker, by Mrs. Ritamani Das, Associate Prof. Dept. of Education, KU.



Inauguration with the ceremonial lighting of the Lamp



Participants of Lecture Programme



Traditional Group Dance by Students of Kokrajhar University, Kokrajhar



Inauguration of Book "Translated work of 'Srimad Bhagawad Gita' into Bodo Language by Dr. Banabina Brahma.



Inauguration of Book *Indian Knowledge System* (as per Bodoland University Syllabus) Authored by Dr. Banabina Brahma.



Brief Speech delivered by Dr. Banabina Brahma former Principal of Kokrajhar Government College.



Brief introduction of the guest presented by Mrs. Ritamani Das.



Motivational lecture delivered by B.K. Suman, Motivational Speaker and NDS Trainer.



Participants attending the lecture session by Invited Speaker B.K. Suman, Motivational Speaker and NDS Trainer.

Resource Persons and Participants Attendance Record

date:
18/12/2025

A Lecture Programme Report on A "Stress and Emotional Well-Being: Practical Techniques to manage stress and inner peace".

A lecture programme on "Stress and Emotional Well-Being: Practical Techniques to Manage Stress and Inner Peace" was successfully organized by the Dept. of Education and Philosophy in collaboration with IQAC, Kerkrajhar University, on 18th December, 2025 at NMB Auditorium at 10:30 AM.

The programme began with acceptance of seats on the dais, followed by felicitation and a formal welcome of the invited guests. The inaugural session included the lighting of the lamp by Prof. Ganesh Wary, Hon'ble Vice Chancellor, Kerkrajhar University, and other dignitaries.

The Hon'ble Director IQAC delivered the welcome address followed by a cultural welcome dance presented by the students of KV. Prof. Ganesh Wary delivered the inaugural address and inaugurated two books authored by Dr. Banabina Brahma. The resource person, Mr. B.K. Saman, Motivational Speaker and NDS Trainer, delivered an insightful lecture focussing on practical stress-management techniques and emotional balance. An interactive session with students enriched the programme. The event concluded with a vote of thanks by Mrs. Alpana Devi, HOD, Education and ended at 12:45 pm.

Sl. NO	Name of the Resource Person	Designation	Signature
1.	BK Saman	Speaker (Invitation)	BK Saman
2.	BK Rame	In charge, Kerkrajhar Branch, P.B.K.U.	BK Rame
3.	B.K. Aronak	Member, P.P.B.K.U.	BK Aronak
4.	Bk. Poly Lashan	Delhi Social Worker B.K. Student	Plashan.

Lecture Programme
"STRESS & EMOTIONAL WELL-BEING: PRACTICAL TECHNIQUES TO MANAGE STRESS & INNER PEACE"

Date:- 18/12/2025

Venue:- MMB Auditorium, KV-

Serial	Name of the Participants	Designation	Signature
1.	Dr. Barungha Muchahary	Associate Prof. H.O.P.H.	[Signature] 18/12/25
2.	Ritamani Das	Associate Professor	[Signature] 18/12/25
3.	Mr. Poly Laskar	Social Scientist & Bhutan	[Signature] 18/12/25
4.	Dr. Anurupa V. Sarma	Asst. Prof.	[Signature] 18/12/25
5.	Dr. Binakanti Basumatary	Associate Prof.	[Signature] 18/12/25
6.	Dr. Joydip Nargary	Asst. Prof. G.H.	[Signature] 18/12/25
7.	Sudh Chandra Basumatary	"	[Signature] 18/12/25
8.	Neelam Brahma	Kanjurah, RSS	[Signature] 18/12/25
9.	Debabanta Pathak	Pancharak, RSS	[Signature] 18/12/25
10.	Rinkhang Brahma	S. Sora Basumatary, RSS	[Signature] 18/12/25
11.	Arshif Sarkar	Assistant Professor, Bengali	[Signature] 18/12/25
12.	Dr. Gauram Muchahary	Asst. Prof. Hist.	[Signature] 18/12/25
13.	Rangili Brahma	Assistant Professor	[Signature] 18/12/25
14.	Dr. Mamata Nargary	Associate Prof. HOD	[Signature] 18/12/25
15.	Jenue Basumatary	Assistant Prof.	[Signature] 18/12/25
16.	Dr. Iptarjali Baro	Assistant Prof.	[Signature] 18/12/25
17.	Thunlaizri Isary	Assistant Prof.	[Signature] 18/12/25
18.	Anisa Basumatary	Ph.D. Research Scholar	[Signature] 18/12/25
19.	Dr. Viva Mustahary	Asst. Prof. History	[Signature] 18/12/25
20.	Ganesh Baro	Asst. Prof. Bodo	[Signature] 18/12/25
21.	Dr. Dipa Ray	Asst. Prof. Chemistry	[Signature] 18-12-25
22.	Dr. Nurzamal Begum	Asst. Prof. Economics	[Signature] 18/12/25
23.	Mrs. Alpama Devi	Associate Prof. Education	[Signature] 18/12/25
24.	Udintini Basumatary	Asst. Prof. Hindi	[Signature] 18-12-25
25.	Rumi Hossain	Dept. of Assamese	[Signature] 18/12/25
26.	Joyanta Kumar Baro	Asst. Prof.	[Signature] 18/12/25
27.	Nirmali Baro	Dept. of Assamese	[Signature] 18/12/25
28.	Moni Tyoti Basumatary	Asst. Prof. Sociology	[Signature] 18/12/25
29.	Niva Rani Nargary	Asst. Prof. Sociology	[Signature] 18/12/25
30.	Ujjwala Raj Basumatary	Asst. Prof. Sociology	[Signature] 18/12/25
31.	Kangkon Talukdar	Prof. P.H., Assamese	[Signature] 18/12/2025
32.	Mahananda Nain	Asst. Prof. Assamese	[Signature] 18.12.2025
33.	Gima Kalita	" Philo	[Signature] 18.12.2025

Date: 18/12/2025

Serial	Name of the participants	Designation	Signature
34	Beauty Nargary	Asst. Prof. Zoology	<i>[Signature]</i>
35	Jayashree Sarma	Asst. Prof. Pol. Science	<i>[Signature]</i>
36	Biswanjit Rabha	Assamese	Biswanjit Rabha
37	Binidhan Nargary	Economics	Binidhan Nargary
38	Bipul Nargary	Economics	Bipul Nargary
39	Pridip Nargary	Education	Pridip Nargary
40	Suraj Kumar	NSS Volunteer	Suraj Kumar
41	Manash Magar	NSS volunteer	Manash Magar
42	Ganesh chetry	Geography	Ganesh chetry
43	Yusuf Hossain	NSS Volunteer	Yusuf Hossain
44	Gunsukhang Basumatary	HS 1st year	Gunsukhang Basumatary
45	Adita Brahma	HS 1st year	Adita Brahma
46	Dakal Brahma	HS 1st year	Dakal Brahma
47	Crinipill Basumatary	HS 1st year	Crinipill Basumatary
48	Bhumika Medhi	H.S. 2nd year	Bhumika Medhi
49	Farhana Begum	PG 1st sem History	Farhana Begum
50	Meherun Rumi	PG 1st sem History	Meherun Rumi
51	Pema Mashahary	H.S. 2nd Year	Pema Mashahary
52	Sudwonsni Basumatary	HS 2nd Year	Sudwonsni Basumatary
53	Dipa Basumatary	HS 2nd year	Dipa Basumatary
54	Pratishruti Sarma	H.S. 2nd year	Pratishruti Sarma
55	Sayanika Sarania	H.S. 2nd year	Sayanika Sarania
56	Jayeta Das	H.S. 2nd year	Jayeta Das
57	Bhaskar Basumatary	B.A. 1st Sem	Bhaskar Bty
58	Krishna Bafone	H.S. 1st year	Krishna Bafone
59	Kamal Rabha	B.A. 5th Semester	Kamal Rabha
60	Dhumbir Basumatary	HS 1st year	Dhumbir Basumatary
61	Krishas Mxy	HS 1st year	Krishas Murchahary
62	Ruban Nargary	HS. 2nd year	Ruban Nargary
63	Joy Barman	H.S. 2nd year	Joy Barman
64	Sunny Barman	H.S. 1st year	Sunny Barman
65	Dhanraj Bargaryary	HS 1st year	Dhanraj Bargaryary
66	Minazul Alisk	BA 5th sem	Minazul Alisk
67	Bahes Ali	BA 1st sem	Bahes Ali
68	Shirijul Fakir	BA 1st sem	Shirijul Fakir
69	Kamrul Nargary	Asst. Prof.	<i>[Signature]</i>

18/12/2025

Serial	Name of Participants	Designation	Signature
70	Karna Boro	HS 1 st year	Karna Boro
71	Tarun Rom Basumatary	HS 1 st year	Tarun Rom Bty
72	Ghama Kanta Borty	"	Ghama
73	Rindao Bty	HS 2 nd year	Rindao Bty
74	Najibul Brahma	HS 1 st year	Najibul Brahma
75	James Narzary	HS 1 st year	James Narzary
76	Hemkandho Basumatary	HS 1 st year	Hemkandho Bty
77	Jongshon Narzary	HS 1 st year	Jongshon Narzary
78	Jaykichen Basumatary	HS 1 st year	Jaykichen Basumatary
79	Manjil Muchahary	HS 1 st year	Manjil Muchahary
80	Pijush Basumatary	HS 1 st year	Pijush Basumatary
81	Sanswarg Boro	HS 1 st year	Sanswarg Boro
82	Ansuma Daimary	HS 1 st year	Ansuma Daimary
83	Saktiraj Narzary	HS 1 st year	Saktiraj Narzary
84	Amit Brahma	"	Amit Brahma
85	Nihir Basumatary	"	Nihir Basumatary
86	Birshang Lawary	"	Birshang Lawary
87	Robindra Gopal Basumatary	"	Robindra Gopal Basumatary
88	Chandkeyee Chakraborty	"	Chandkeyee Chakraborty
89	Samoshkee Brahma	"	Samoshkee Brahma
90	Susanna Isfary	B.Sc 5 th sem	Susanna Isfary
91	Gnanadwari Basumatary	B.Sc 5 th sem	Gnanadwari Basumatary
92	Bubli Basumatary	"	Bubli Basumatary
93	Humufa Khalum	PG 1 st sem	Humufa Khalum
94	Dulisa Daimari	B.A 1 st sem	Dulisa Daimari
95	Krishnamoni Boro	ITEP 1 st sem	Krishnamoni Boro
96	Himadri Goyary	BA 1 st sem	Himadri Goyary
97	Padmini Sahu	BA 1 st sem (ITEP)	Padmini Sahu
98	Puspanjai Mohanta	BA 1 st sem (ITEP)	Puspanjai Mohanta
99	Sampriti Prayadarzani somal	ITEP BA B.Ed 1 st sem	Sampriti Prayadarzani somal
100	Mamata Basumatary	BA 1 st sem (BODO)	Mamata Basumatary
101	Bithorai Basumatary	B.A 1 st sem (BODO)	Bithorai Basumatary
102	Damshri Basumatary	B.A 1 st sem (BODO)	Damshri Basumatary
103	Nadev Basumatary	B.A 1 st sem (BODO)	Nadev Basumatary
104	Hira Brahma	Union Body	Hira Brahma

Sr. No.	Name of Participant	Designation	Signature
104.	Safina Ansari	H.S 1st year	Safina Ansari
105	Soni Kumari	H.S 1st year	Soni Kumari
106	Gujjwani Daimary	H.S. 1st year	Gujjwani Daimary
107	Dibista Basumatary	H.S. 1st year	Dibista Basumatary
108	Bilohina Sangma	" "	Bilohina Sangma
109	Rupali Khakr	Asst. prob. comp Sc.	Abhikha 18/12/25
110	Maitrim Narzary	Asst. Prof, Economics	Maitrim Narzary
111	Caroline Raj Basumatary	Union Body	Caroline Raj Bty
112	Snigen Basumatary	Union Body	Snigen Bty
113	Sujuthai Narzary	"	Sujuthai Narzary
114.	Dr. Basumatary	Asst. Prof. (Edu)	18/12/25
115.	Dr. Ranashree Bhardwaj	Asst. Prof (phil)	18/12/25
116.	Laimyn Braham	Asst. Prof (Edu)	18/12/25
117	Dr. Pichita Narzary	Asst. Prof. (Zoo)	18/12/25
118.	Dr. Roselin Basumatary	Associate Prof., Eco.	Bhm 18/12/2025

Bhm 18/12/2025

Signature

Director, IQAC, KV.