



KRISHNA KANTA HANDIQUI STATE OPEN UNIVERSITY

কৃষ্ণকান্ত সন্দিকৈ ৰাজ্যিক মুক্ত বিশ্ববিদ্যালয়

Education Beyond Barriers

www.kkhsou.in

5.3.1 Details of Alumni Association Activities

| Sl. No. | Documents |
|---------|--|
| 1 | Report published in University News Letter. Horizon, Volume : XIII, No.; II, July, 2019* http://dlkhsou.inflibnet.ac.in:8080/jspui/handle/123456789/754 |

*Scan copy of particular page attached here



Talk on “Stress Management at Work Place”



A talk was organized by the Department of Education, KKHSOU on 16th May, 2019 at the Conference Hall of the city office of the University at Housefed Complex in the presence of the Hon'ble Vice Chancellor, Dr. Hitesh Deka, Registrar i/c Dr. Rahul S Mazumdar, other officials and the faculty members of the University. Dr. Jayanta Das, renowned psychiatrist of India delivered the talk on “Stress Management at Work Place” and discussed

the causes behind the escalation of the different types of stress in the present day context. He also focused on some of the strategies to overcome stress faced by people, particularly in the workplace. He outlined the strategies to maintain mental health in the home environment as well. He informed the audience that through Monniramoy, a community mental health care foundation under his initiative, various activities being undertaken for promoting positive mental health among the people in the society. The talk ended with an interaction between the guest and the audience.

Yoga Demonstration at Central Jail, Guwahati

The Alumni Association of KKHSOU took the initiative of organising Yoga demonstration at the Central Jail, Guwahati to create awareness on health among the female jail inmates on 19th May 2019. The seven executive members of the Association- Dr. Ajanta Das (President), Dr. Indrani Deka, Dr. Juri Hazarika, Dr. Sukmaya Lama, Ms. Banfuli Medhi and Mr. Nayanmoni Sharmah visited the jail for the programme. Ms. Devjane Dev, an alumna of KKHSOU was the instructor in the programme. A total of 40 female jail inmates took part in the programme. Highlighting the significance of Yoga, Dr. Das mentioned that the practice of Yoga helps in attaining the composite well being of the body, mind and soul. The session ended with a word of motivation to the participants to continue their education.

