

National Webinar on **Positive Mental Health for the Career Ahead**

A National webinar was organized by the department of Geography, Nanda Nath Saikia College on 07th July 2020 on the topic “Positive Mental Health for the Career Ahead”. Mr. Dipankar Bhattacharjya, Deputy Director, Training and Placement Division was invited as the resource person to address the participants. Honorable Principal of the college, Dr. Litol Baruah inaugurated the webinar and Mr. Jayanta Kumar Sarmah, the HoD of the department of Geography welcomed the participants as well as the Resource Person. The webinar was conducted in Google Meet platform. As the target group of the participants was students, the speech of the resource person helped them to relieve their mental stress during the Covid-19 situations. About 240 participants across the country participated in this webinar and interacted with the Resource Person. Dr. Jonali Saikia Borkakoty, Associate Professor of the department offered vote of thanks to all the participants, college authority, the Resource Person and to the entire Nanda Nath Saikia College family for their valuable suggestions and cooperation.