

KHARUPETIA COLLEGE
Estab-1981
KHARUPETIA, DIST. PRAGATI

All the teachers and students are requested to join the programme positively.

05.3.2020

WOMEN'S CELL

Convenor
Women's Cell
Kharupetia College

Convenor
Women's Cell
Kharupetia College

Principal
Kharupetia College

Principal
Kharupetia College

Co-ordinator
IQAC
Kharupetia College

Co-ordinator
IQAC
Kharupatia College

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Kalita
Date: 2024.07.04 11:31:35 +05'30'

Digitally signed by Mausumi Saha
Kalita
Date: 2024.07.04 11:31:35 +05'30'



Dated: 11.03.2020

To,

The Co-ordinator, IQAC

Kharupetia College

Sub: Submission of Activity Report on... *Capability enhancement initiated programme of workshop*

Sir,

I have the honour to inform you that a/an... *Workshop* on the topic: "...*STRESS MANAGEMENT*....." was organized by... *W.M.E.N. CELL*... on dated..... in/at... *AT-02, Kharupetia College*..... Altogether *150* participants including teachers/students/both took part in the said programme. Details of the programme are stated below—

1. Name / Title of the Programme: *Workshop on Stress management*
2. Date of the Programme: *11.03.2020*
3. Organising Authority: *Women Cell*
4. Collaboration Agency: *IQAC*
5. Place where organized: *AT-02*
6. No of participants: *150*
7. Impact/outcome of the Programme: *By attending the workshop the students came to know about the range of ways to better deal with stress and difficulty. It trained them that management of stress can help to lead a more balanced, healthier life.*

[Signature]
Principal
Kharupetia College

[Signature]
Co-ordinator
IQAC
Kharupetia College

[Signature]
Signature of coordinator

Women.....Cell
Kharupetia College



WORKSHOP ON STRESS MANAGEMENT

Capability Enhancement Initiated by
WOMEN CELL

In Collaboration with IQAC,

Kharupetia College

Date: 17.03.2020

Time: 2pm

Venue: AT-02

Agenda / Programme

(i) Welcome and Key note address -

(ii) Assuming Presidents Chair - Dr. Asman Ara Begum

(iii) Speech of Resource Person

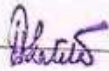
(i) ABAhmed - Associate Prof. & HoD,
Education

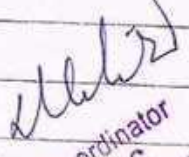
(ii) Jyotish Saharia - Associate Prof.
& HoD, Philosophy

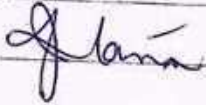
(iv) Vote of Thanks - Dr. Misira Parbin, Asst. Prof.
Assamese

Signature

1. Jalaluddin Ahmed
2. Jabbar Ahmed
3. Zahida Sultan
4. Praanti Dutta
5. Kiran Hussein Ahmed
6. Musfika Munir Zaman
7. Jyotish Saharia
8. Sibdan A. Dha


Principal
Kharupetia College


Co-ordinator
IQAC
Kharupetia College





- 9
- 10 Habibur Rahman
- 11 Mamta Parbin
- 12 Sakina Anowara
- 13 Mahbub Alam
- 14 Asriful Haque
- 15 Himza Alam
- 16 Selima Khatun
- 17 Salma Begum
- 18 Dipsikha Deka
- 19 Arifur Hoque
- 20 Jettita Anowara
- 21 Masuma Begum
- 22 Suleman Hoque
- 23 Giasuddin Ahmed
- 24 Salma Begum
- 25 Jahidul Islam
- 26 Sabari Ali
- 27 Champe Saha
- 28 Nitish Debneth
- 29 Hussain Ali
- 30 Arifur Hoque
- 31 Itisha Anowara
- 32 Asriful Islam
- 33 Biplob Das
- 34 Sahidul Islam
- 35 Immanuel Islam
- 36 Anzema Khakun
- 37 Jannawi Islam
- 38 Zahida Begum
- 39 Mahmud Ali
- 40 Nazimul Islam
- 41 Nandita Saha
- 42 Panku Saha
- 43 Imran Ali

Shahid
Co-ordinator
IQAC
Kharupetia College

Shahid
Principal
Kharupetia College



- 44 Saiful Hoque
- 45 Tanuja Rahman
- 46 Mehul Islam
- 47 Zakaria Ahmed
- 48 Afsana Parbin
- 49 Mafidur Rahman
- 50 Imran Ali
- 51 Samyida Khatun
- 52 Anisul Haque
- 53 Mafidur Rahman
- 54 Imay Afsine
- 55 Imran Ali
- 56 Ratna Dubnath
- 57 Sultana Parbin
- 58 Nazma Begum
- 59 Afzula Khan
- 60 Mehbuba Parbin
- 61 Tahira Anwar
- 62 Sufiya Sultana
- 63 Tajidur Rahman
- 64 Rahima Begum
- 65 Latifur Islam
- 66 Rabina Ahmed
- 67 Hasina Begum
- 68 Imranul Haque
- 69 Nazma Begum
- 70 Raju Das
- 71 Zehra Anwar
- 72 Fareeb Ahmed
- 73 Gikika Nath
- 74 Anamul Haque
- 75 Bipasa Das
- 76 Mandita Saha
- 77 Latna Parbin
- 78 Bipasha Saha

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Co-ordinator
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Principal
Kharupetia College



- 79 Tuli Khatun
- 80 Mansu
- 81 Akmalul Haqul Islam
- 82 Abdul Ali
- 83 Fatima
- 84 Nazima Begum
- 85 Kulala Haque
- 86 Taslima Nasir
- 87 Sultana Parvin
- 88 Habibur Rahman
- 89 Afriza Begum
- 90 Ayubwar Begum
- 91 Salma Siddika
- 92 Nazrul Islam
- 93 Barida
- 94 Anjumara Begum
- 95 Tasmin
- 96 Jalal Uddin
- 97 Sabikun Monir
- 98 Mallika Khatun
- 99 Nazima Begum
- 100 Rabika Islam
- 101 P. P. Parvin
- 102 Samprity Choudhury
- 103 Marina
- 104 Anzamal Haque
- 105 Meher Alam
- 106 Bidita Deb Nath
- 107 Samsum Ali
- 108 Biplob Das
- 109 Bidisha Nath
- 110 Nure Islam
- 111 Champa Nath
- 112 Dhanjot Dutta
- 113 Rinku Das

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Principal
Kharupetia College



- 114 Aysha Begum
115 Sukh Farid
116 Mehmunisa Begum
117 Faruk Ali
118 Ishdul Hossain
119 Fakir Ali
120 Saidur Rahman
121 Safina Begum
122 Aysha Begum
123 Abu Shahid Raja
124 Seelana Reja
125 Mamani Begum
126 Rakna Debnath
127 Bishal Debnath
128 Sultan Mahmud
129 Tahmidul Islam
130 Nazma Khatun
131 Kazimul Islam
132 Sabur Ali
33 Abdul Motin
34 Payel Saha
135 Farbin Begum
136 Khalida Begum
37 Pratibha Sarma
38 Khatunul Hossain
39 Sumsum Nishan
40 Sabana Sultana
41 Runa Lalita
42 Mehak Alam
43 Runa Lalita
44 Nuri Islam
45 Tahmidul Islam
46 Nuri Islam
47 Salina Yasmin
48 Sakim M

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Co-ordinator
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Kharupetia College



149

Hasma Begum

150

Sadika Islam

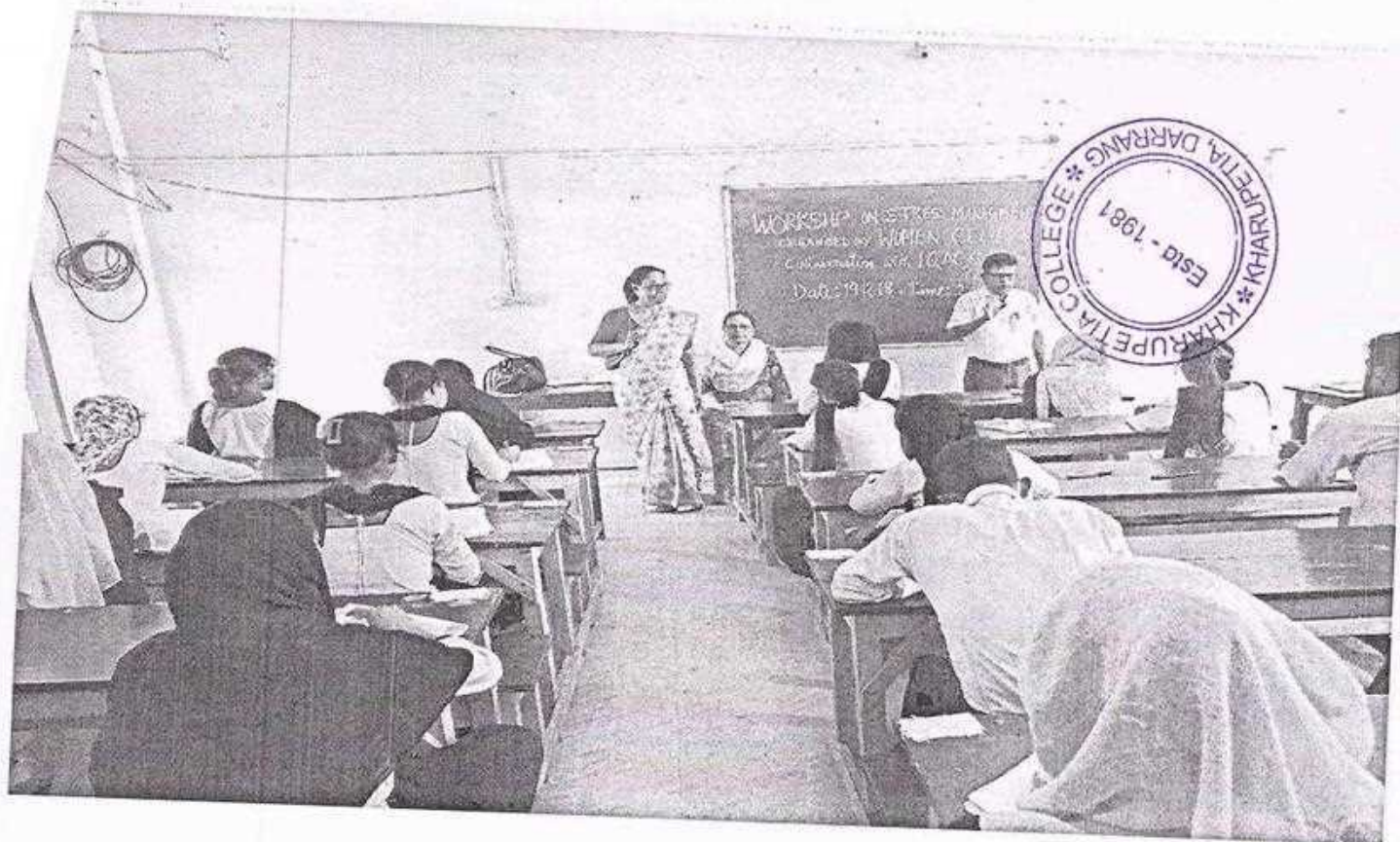
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outcome/report

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Convenor
Women's Cell
Kharupetia College

Workshop on Stress
Management and Capability
Enhancement by Women Cell on
11/03/2020

