



OFFICE OF THE PRINCIPAL

KHARUPETIA COLLEGE

P.O. KHARUPETIA, PIN- 784115

DIST. DARRANG (ASSAM)

Website : www.kharupetiacollege.ac.ine-mail: kharupetiacollege@gmail.com

Accredited with 'B' Grade by NAAC

Memo No. : KC/2024/

Date:

Dr. Mausumi Saha Kalita, M.A., Ph.D., LL.B.

Principal

E-mail: mskalita09@gmail.com

*Capacity development and skills enhancement activities organized for
improving students' capability*

Session: 2019-20

Year	Name of The Capacity Development and Skill Enhancement Programme	Period (from date-to date)	Name of the Agencies/experts involved with contact details (if any)
2019-20	Workshop on Stress Management and Capacity Enhancement	11/03/2020 to 11/03/2020	Women Cell & IQAC Kharupetia College

Mausumi Saha
Kalita

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Kalita
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NOTICE



It is hereby informed that a workshop on **"stress management and capability enhancement"** has been organised by women's cell in collaboration with IQAC in Kharupetia College at 2 pm in 11.03.2020 in room no AT 2.

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

[Signature]
08.3.2020

CONVENOR
WOMEN'S CELL
KHARUPETIACOLLEGE

Convenor
Women's Cell
Kharupetia College

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Principal
Kharupetia College

[Signature]
Co-ordinator
IQAC
Kharupetia College

Mausumi Saha Kalita

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Dated: 11.03.2020

To,

The Co-ordinator, IQAC

Kharupetia College

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

Sir,

I have the honour to inform you that a/an... *Workshop* ... on the topic: "... *STRESS MANAGEMENT* ..." was organized by... *WOMEN 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.*

Principal
Kharupetia College

[Signature]
Co-ordinator
IQAC
Kharupetia College

[Signature]
Signature of coordinator

Women...Cell
Kharupetia College

Principal
Kharupetia College

Mausumi Saha Kalita

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WORKSHOP ON STRESS MANAGEMENT

Capability Enhancement Initiated by
WOMEN CELL

In Collaboration with IQAC,

Kharupetia College

Date: 17.03.2020

Time: 3pm

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

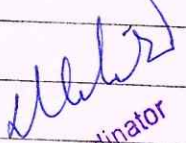
(ii) Jyotish Saharia - Associate Prof.
& HoD, Philosophy

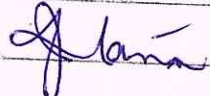
(iv) Vote of Thanks - Dr. Misira Parbin, Asst. Prof.
Assamese

Signature

1. Jalaluddin Ahmed
2. Jaber Ahmed
3. Zahida Sultan
4. Praanti Dutta
5. Kp. Hussein Ahmed
6. Mustafa Nuruz Zaman
7. Jyotish Saharia
8. Sibdan A. Dha


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Kharupetia College


Co-ordinator
IQAC
Kharupetia College





- 9
- 10 Habibur Rahman
- 11 Mamta Parbin
- 12 Sakina Anowara
- 13 Mahab Alam
- 14 Asriful Haque
- 15 Himza Alam
- 16 Selima Khatun
- 17 Salma Begum
- 18 Dipsikha Deka
- 19 Aritu Haque
- 20 Jettita Anowara
- 21 Masuma Begum
- 22 Suleman Haque
- 23 Giasuddin Ahmed
- 24 Salma Begum
- 25 Tahidul Islam
- 26 Sabari Ali
- 27 Champu Saha
- 28 Nitish Deb Nath
- 29 Hussain Ali
- 30 Aritul Haque
- 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 Nazim Islam
- 41 Nandita Saha
- 42 Panku Saha
- 43 Imran Ali

Shahid
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IQAC
Kharupetia College

Shahid
Principal
Kharupetia College



- 44 Sarful Hoque
- 45 Tanuja Rahman
- 46 Mihela Islam
- 47 Zakaria Ahmed
- 48 Afsana Parbin
- 49 Mafidur Rahman
- 50 Imran Ali
- 51 Samyida Khatun
- 52 Anisul Hoque
- 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 Anowar
- 62 Sufika Sultana
- 63 Tajidur Khatun
- 64 Rahima Begum
- 65 Latifur Islam
- 66 Rabina Ahmed
- 67 Hasina Begum
- 68 Inamul Hoque
- 69 Nazma Begum
- 70 Raju Das
- 71 Zanita Anowara
- 72 Fareeb Ahmed
- 73 Gikika Nath
- 74 Inamul Hoque
- 75 Bipasa Das
- 76 Mandita Saha
- 77 Lakna Parbin
- 78 Bipasha Saha

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Co-ordinator
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Kharupetia College

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Principal
Kharupetia College



- 79 Tuli Khatun
- 80 Manju
- 81 Akimul Hossain
- 82 Abdul Ali
- 83 Fatima
- 84 Nazima Begum
- 85 Kulala Hoque
- 86 Taslima Nasir
- 87 Sultana Parbin
- 88 Habibur Rahman
- 89 Afriza Begum
- 90 Ayuswar Begum
- 91 Salma Siddika
- 92 Nazrul Islam
- 93 Barida
- 94 Anjumara Begum
- 95 Tasmin
- 96 Talat Uddin
- 97 Sabikun Noman
- 98 Mallika Khatun
- 99 Naznina Begum
- 100 Rabika Islam
- 101 S.P. Parbin
- 102 Somprity Choudhury
- 103 Marina
- 104 Anzamal Hoque
- 105 Mehbub Alam
- 106 Bidita Deb Nath
- 107 Samsum Ali
- 108 Biplob Das
- 109 Bidisha Nath
- 110 Nure Islam
- 111 Champa Nath
- 112 Dhanjit Dutta
- 113 Rinku Das

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Co-ordinator
IQAC
Kharupetia College

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- 114 Ayesha Begum
115 Sukh Farid
116 Meherunnesa Begum
117 Faruk Ali
118 Ishdul Hossain
119 Fakir Ali
120 Saidur Rahman
121 Sanoma Ben,
122 Ayesha Begum
123 Abu Shahid Raja
124 Seelmana Rejia
125 Mamani Begum
126 Rakna Debnath
127 Bishal Debnath
128 Sultan Mahmud
129 Tahidul Islam
130 Nazma Khatun
131 Kazim Islam
132 Sabur Ali
33 Abdul Motin
34 Payel Saha
135 Farbin Begum
136 Khalida Begum
37 Pratibha Sarma
38 Khatunul Hossain
39 Sumum Nishan
40 Sabana Sultana
41 Suma Lalita
42 Meharun Alam
43 Ruma Lalita
44 Nur Islam
45 Tahaluddin
46 Nur Islam
47 Salina Yasmin
48 Sakim M

(Signature)
Co-ordinator
IQAC
Kharupetia College

(Signature)
Principal
Kharupetia College



149

Haseema Begum

150

Sadika Islam

Mausumi Saha Kalita

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outcome/report

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Co-ordinator
IQAC
Kharupetia College

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Principal
Kharupetia College

Workshop on Stress Management and Capability
Enhancement on 11/03/2020

