

Measures adopted by the Institute for Students' Mental Health and Psychological Support.

This is to state that the institute gives due importance to the mental health and psychological well-being of the students. In order to provide proper guidance, emotional support, and a healthy academic environment, several measures are adopted by the institute every academic year.

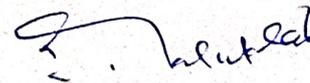
At the beginning of the academic session, an **Orientation Programme** is organized every year for the newly admitted students. During this programme, sensitization of students regarding mental health, stress management, and adjustment to the academic environment is conducted. For this purpose, **Life Skill Educators or Psychologists** are invited to interact with the students and deliver awareness sessions.

Before the commencement of classes each year, the institute forms groups of about 8 to 10 students and one faculty member is assigned to each group who act as **Mentors** for the students. These mentors maintain regular engagement with the students and provide guidance and mental support whenever required.

In addition to the above, the institute has constituted a **Committee for Psychological Counselling of Students** to monitor and support the counselling activities. The committee was formed vide **Memo No. NP(Esstt)/Misc.06/252387-A dated 03.12.2025**. The mentor(s) refers any critical case which he/she can not handle the situation to this committee. This committee will examine the case, counsel the students and call their parents and will appraise condition of the students. If required, the committee will take the help of professional psychologist for counseling of the students.

The Tele Manas helpline number is also circulated among the students and in institute website in this regard.

These initiatives are undertaken with the objective of ensuring the overall mental well-being of students and creating a supportive and healthy learning environment within the institute.



Principal
Nowgong Polytechnic
Nagaon, Assam

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O R D E R

As per the decision taken in the meeting regarding Formulation of Uniform Mental Health of students which was held on 03/12/2025 and accordingly a committee for psychological counselling of students is formed with the following staff members of Nowgong Polytechnic.

Committee Members

1. Dr Rubia Parbin, M & HO
2. Mr. Mukul Ch Bora, Lect(Chem) & Exam Supdt, Convenor
3. Sri Manas Pratim Kashyap, Lecturer, C/E
4. Ms Amrita Pathak, Lecturer, M/E
5. Ms Jayita Roy, Lecturer, E/E
6. Sri Dhrubajyoti Nath, Lecturer, ETC
7. Sri Akashdeep Borah, Lecturer, Physics
8. Sri Surajit Sarkar, Lecturer, Maths
9. Abdus Salam, Pharmacist
10. Ms Nibedita Choudhury, Librarian
11. Ananda Das, Jr Asstt

The individual Faculty/Staff Counsellor (Mentor) may contact this committee for any necessity.

Principal,
Nowgong Polytechnic,
Nagaon(Assam).

Memo No.NP ((Esstt.)/Misc.06/25/ 2387 A

Dated, Nagaon the 3/12/25

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Nowgong Polytechnic,
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