

### **Seven Days Online Mental Health and Career Workshop:**

A series of online lectures cum workshops titled “Online Mental Health and Career Workshop” were conducted through Zoom in collaboration with National Career Service from July 7-13, 2020. 440 students of different colleges participated in the workshop. Seven resource persons working in diverse fields took part in the workshop, Ms. Anuna Bordoloi, clinical psychologist of Fortis Healthcare enriched the participants’ minds with the tips to become emotionally sound during Covid-19 pandemic. Mr. Anupam Kr. Kashyap, operation officer of Numaligarh Refinery Ltd. guided the students about preparation for being successful in various competitive examinations. Mr. Dhrubajyoti Gogoi, counselor, National Career Service informed the students about various skill based schemes of Govt of India, Mr. Sunil Baraily, a soft skill trainer introduced Entrepreneurship in a very lucid way. Mr. Prankrishna Tamuly of NIELIT, Ms. Panchami Neog of IOB and Mr. Utpal Dutta of LIC spoke about the career opportunities in software and information technology, banking and insurance sectors respectively. At the end of the workshop an online test was conducted among the participants and the successful ones received e-certificates