

'Sahajatri'- A mental Health Club
"Together for Mental well-being"

1. Introduction

Mental health plays a vital role in student success. Many students struggle with overwhelming emotions, stress and self doubt. The Mental Health Club 'Sahajatri' of Barbhag College is dedicated to create a safe, supportive and non-judgmental space where students can explore their emotions, build self confidence and develop a positive mindset. Through guided discussions, self care activities and wellness programmes 'Sahajatri' encourages the students to priorities their mental health, embrace their uniqueness and cultivate self love as a foundation for lifelong well-being.

2. Mission & Vision

Mission:

To foster self-love, emotional resilience and mental well-being by creating a supportive space where students can navigate unhealthy emotions, practice self care and embrace true selves with confidence and compassion.

Vision:

To create a campus culture where mental health is openly discussed, prioritized, and supported through structured guidance from faculty members.

3. Objectives

- Raise awareness about mental health issues and reduce stigma.
- Provide stress management and coping strategies for students.
- Provide a non-judgmental environment where students can openly discuss their mental health concerns.
- Organize workshops, seminars, and activities on meditation, journaling, creative expression and self care routine.
- Collaborate with experts
- Motivate students to seek professional help when needed and provide information on available resources.


27/06/24
Principal & Secretary
Barbhag College, Kalag
Nagaon, Assam

4. Structure

- Patron: College Principal (for administrative oversight)
- Ex-Officio Member: IQAC Coordinator (Ensures quality and aligns the initiative with institutional goals)
- Faculty Coordinator (Teacher-in-Charge): Leads the club, plans activities, and oversees student involvement
- Faculty Members: Serve as mentors, event organizers, and discussion facilitators
- Student Representatives: Help in organizing and promoting activities

5. Planned Activities & Programs

- **Mental Health Awareness & Education**
Expert talks, panel discussions, and workshops on mental well-being
Awareness campaigns on stress, depression, and coping strategies
- **Stress Management & Self-Care Initiatives**
Yoga, mindfulness, and relaxation exercises
Art therapy, journaling, and creative expression sessions
- **Faculty-Led Peer Support & Mentoring**
Confidential spaces where students can share concerns with faculty guidance
Encouraging students to seek professional counseling when necessary
- **Exam & Academic Stress Management**
Faculty-led guidance on handling academic pressure
Workshops on time management, goal setting, and resilience building


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6. Code of Conduct & Ethics

- **Confidentiality:** Student concerns will be handled with privacy and respect.
- **Non-Judgmental Approach:** A safe space for open discussions without stigma.
- **Guidance, Not Counseling:** Faculty will provide mentorship but encourage professional help when needed.
- **Inclusivity & Respect:** All students will be welcomed, regardless of background.

8. Expected Impact

- Improved student mental well-being and academic performance.
- Increased awareness and open conversations about mental health.
- A stronger support system within the college community.
- A structured, faculty-led initiative ensuring sustainability and effectiveness.


21/06/25
Principal & Secretary
Bartholomew College, Kalag
Nalbari, Assam

Committee

- Patron: Dr. Birinchi Choudhury, Principal, Barbhag College, Kalag
- Ex-Officio Member: Dr. Shewali Bora, IQAC Coordinator
- Faculty Coordinator : Pulama Talukdar, Asstt. Prof., Dept. of Physics
- Faculty Members: Dr. Nitumoni Das, Asstt. Prof., Dept. of Education.
- Student Representatives:
 - 1) President, Barbhag College Student Union.
 - 2) General Secretary, Barbhag College Student Union.


Principal, Barbhag College, Kalag
Nalbari, Assam