



REPORT ON NATIONAL CONFERENCE 2025

**National Conference on Stress Management
Organized by IQAC, Gossaigaon B.Ed. College**

Date: 23rd May 2025

Venue: Conference Hall, Gossaigaon B.Ed. College.

At the very beginning of scheduled program, college flag is hoisted by Dr. Ajit Boro, Principal, Gossaigaon B.Ed. College at 8:55 a.m. in college premises. After that light refreshment was provided and registrations of the participants were reported by the registration and certificate branch of the National Conference sub-committee. At 10:00 a.m. a program of tree plantation is also being organized to mark the National Conference before the inaugural session and in this program college fraternity and esteemed invited chief guest Dr. Manjil Basumatary, hon'ble academic registrar, Bodoland University, invited resource person Professor Jayadeba Sahoo ji, Dean and HoD and former Vice-Chancellor in charge, Rajiv Gandhi Central University, Doimukh, Itanagar, and Prof. Nilima Bhagabati, retired Prof and HoD, Department of Education, Gauhati University, member of governing body, Gossaigaon B.Ed. college, Brahma Kumaris, Gossaigaon and staff with students of Gossaigaon B.Ed. college were participated actively.

In the beginning of inaugural session there was Bodo traditional dance performed by B.Ed. 2nd semester trainees. The inaugural session started at 10:00 am with the lighting of the lamp by guest and faculties. Felicitation and introduction of the guest is offered by Mrs. Kalpana Soren, lecturer of Gossaigaon B.Ed. College.

At 10:15 am welcome address is extended by Dr. Ajit Boro, Principal, Gossaigaon B.Ed. College and keynote address is given by Dr. Alangbar Swargiary, IQAC, coordinator, Gossaigaon B.Ed. College. Meanwhile, at 10:35 am invited chief guest Dr. Manjil Basumatary, hon'ble academic registrar, Bodoland University delivered his valuable speech in connection with stress management of the National conference. He also suggested for encouraging and organizing the relevant seminar, workshops, and faculty development programs in coming days. In the last, he appreciated with thanks to the Principal of Gossaigaon B.Ed. College for this initiative. The conference was covered by electronic, print, local portal media and including social media.


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Principal
Gossaigaon B.Ed. College
Gossaigaon

After conclusion of the speech of invited chief guest, vote of thanks is given by Mrs. Janet Chapar, Vice-Principal and Vice-Chairperson of National Conference organizing committee, Gossaigaon B.Ed. College.

At 11:00 am the technical session had started under the chairperson of Dr. Ajit Boro, Principal, and Gossaigaon B.Ed. College. In this technical session, Prof. Jayadeba Sahoo Ji Dean, faculty of Education, Rajiv Gandhi Central University, Arunachal Pradesh, Doimuk, Itanagar deliver the long speech on stress management for different tips of stress management in day to day live. He gave many suggestions for minimize and reducing the stresses in his speech.

An eminent Educationist former chairperson of NCTE and invited resource person Prof. Nilima Bhagabati, retired Prof and HoD, Department of Education, Gauhati University addressed the different challenges of stress management in her topic. She also put forwarded the various perspective measures to achieve the sustainable goal and avoid the stresses by good sleep, listening music, meditation and taking rest, talking with elderly person etc. After her valuable lecture there was lunch break.

After lunch break the good numbers of paper presenters were presented the paper in various fields of stress management. From the point of view and feedback sharing by the paper presenters and participants, some original researches are noted to be pointed out for minimize the stresses in future endeavors.

In the last part, valedictory session was chaired by Dr. Ajit Boro, Principal. Gossaigaon B.Ed. College and a group of dance from B.A 2nd semester students were performed. Distributions of certificate for participations were distributed by the registration and certificate sub-committee of organizing committee.

Finally the vote of thanks was given by Mr. Susanta Mushahary, former IQAC, Coordinator, Gossaigaon B.Ed. College and with a photo session thus the program ends successfully.

Glimpses of the program:

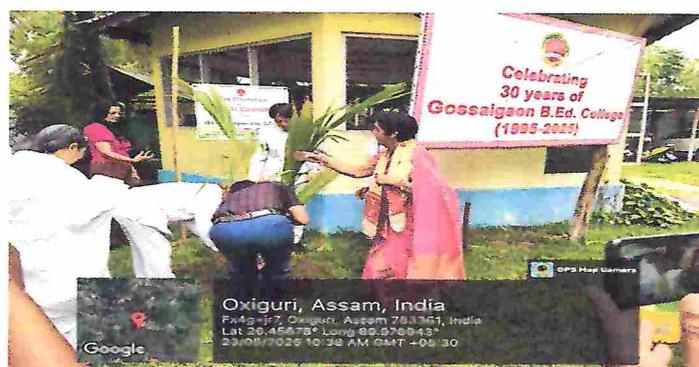


Fig. 1

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Fig. 2



Fig. 3



Fig. 4



Fig. 5

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