

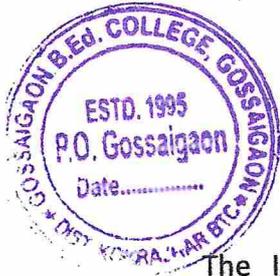
Short Report on Teachers' Conclave on the topic "Strategies for Balancing Work and Mental Health".

Organized by IQAC, Gossaigaon B.Ed. College in collaboration with Brahmakumaris Ishwariya

Vishwa Vidyalaya, Gossaigaon

On 26th December, 2025

Venue: Auditorium Hall, Gossaigaon B.Ed. College



The Internal Quality Assurance Cell (IQAC) has organized Teachers' Conclave program on the topic "Strategies for Balancing Work and Mental Health" on 26th December, 2025 at Auditorium Hall, Gossaigaon B.Ed. College. The program was started at 1:00 pm following the lighting of lamp by teaching staff and resource person. Then invited resource person and guests of the program were introduced by Dr. Alangbar Swargiary, Coordinator, IQAC, Gossaigaon B.Ed. College at 1:05 pm. This program had proceeded by Dr. Ajit Boro, Principal Gossaigaon B.Ed. College extending the welcome address at 1:10 pm. Again the program's keynote address was given by Dr. Alangbar Swargiary, Coordinator, IQAC, Gossaigaon B.Ed. College. As per agenda of the setting program, BK Rajyogini Suman Didiji, NLP specialist and NDS trainer the resource person was delivered the lecture taking with various aspects of references i.e. BMW maintenance of peace, resources and meditation on strategies for balancing work and mental health. Thus program was mesmerized with incredible lecture of invited resource person.

Finally, the vote of thanks is given by Mr. Suraj Kumar Brahma, Assistant professor, Department of English, Gossaigaon B.Ed. College. After the vote of thanks, a photo session was hold by the organizing committee.

Coordinator
IQAC

Gossaigaon B.Ed. College

Date.....26/12/2025

Principal
Gossaigaon B.Ed. College
Gossaigaon

Glimpses of the Program:



Teachers' Conclave
"STRATEGIES FOR BALANCING WORK AND MENTAL HEALTH"

Resource Person:
BK Rajyogini Suman Didi, NLP specialist and NDS Trainer

Organised by
IQAC, Gossaigaon B. Ed. College

In collaboration with
Prajapati Ishwarya Vishwavidyalaya Brahma Kumaris, Gossaigaon

Venue: Auditorium Hall, Gossaigaon B. Ed. College.
Date: 26th December, 2025 (Friday) Time: 01:00 PM

Fig. 1



Fig. 2



Fig. 3

Coordinator
IQAC
Gossaigaon B.Ed. College
Date.....26/12/2025

Principal
Gossaigaon B.Ed. Colleg
Gossaigaon