



# **EDUCATION DEPARTMENT**

## **ST.EDMUND'S COLLEGE, SHILLONG**

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### **TWO-PART SERIES OF SPECIAL LECTURE**

**GUEST SPEAKER: DR.TANIA SUR ROY,  
HEAD OF EDUCATION DEPARTMENT, ASSAM DON BOSCO  
UNIVERSITY**



<b>Date</b>	22/03/2024
<b>Location</b>	College Auditorium, St. Edmund's College
<b>Organizer</b>	Education Department, St. Edmund's College, Shillong
<b>Guest Speaker</b>	Dr. Tania Sur Roy, Head of Education Department, Assam Don Bosco University
<b>Topics</b>	“Mental health in higher education: Supporting student well-being in a stressful environment” & “Motivation and engagement: Understanding what drives students to learn”.



### ABOUT THE SPEAKER

DR. TANIA SUR ROY IS PRESENTLY THE HEAD OF THE DEPARTMENT OF EDUCATION, ASSAM DON BOSCO UNIVERSITY, TAPESIA CAMPUS, GUWAHATI.. SHE HAS OVER TWELVE YEARS OF EXPERIENCE IN THE FIELD OF ACADEMICS AND RESEARCH. DR. ROY HAS AUTHORED THREE BOOKS IN THE FIELD OF EDUCATION AND CONTRIBUTED MORE THAN 30 PUBLICATIONS IN JOURNALS AND EDITED BOOKS. HER AREAS OF SPECIALISATION INCLUDE EDUCATIONAL PSYCHOLOGY, GUIDANCE & COUNSELLING, TEACHER EDUCATION, AND DISTANCE EDUCATION, AMONG OTHERS

# THE DEPARTMENT OF EDUCATION

ST. EDMUND'S COLLEGE,  
SHILLONG

**CORDIALLY INVITES YOU TO A  
TWO-PART SERIES OF SPECIAL  
LECTURES**

**ON**

**"MENTAL HEALTH IN HIGHER EDUCATION:  
SUPPORTING STUDENT WELL-BEING IN A  
STRESSFUL ENVIRONMENT"**

**&**

**"MOTIVATION AND ENGAGEMENT:  
UNDERSTANDING WHAT DRIVES STUDENTS  
TO LEARN."**

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**FRIDAY, 22 MARCH  
2024**

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**10 A.M. – 12 P.M.**



# St. Edmund's College

## The Department Of Education

presents



**Dr. Tania Sur Roy**

Special lecture on

**“ Mental health in higher education: Supporting student in a stressful environment”**

**&**

**“ Motivation and engagement :Understanding what drives students to learn”**

**Date: 22nd March 2024**

**Timing: 10am to 12pm**



# PROGRAMME

DATE: 22/03/2024

Venue: College Auditorium

Host: Ms. CLARISSA NONGBET

9:30 AM-  
10:00 AM

REGISTRATION

10:00 AM-  
10:05 AM

INVOCATION PRAYER: DR.MS.B.W NONGBRI, DEAN, ST. EDMUND'S COLLEGE, SHILLONG.

10:05 AM-  
10:10 AM

WELCOME ADDRESS: MS.GENIFA KHARBANI, HEAD OF EDUCATION DEPARTMENT, ST.EDMUND'S COLLEGE, SHILLONG

10:10 AM-  
10:15 AM

INTRODUCING THE RESOURCE PERSON: DR.CAPT.K.P.MALHAN, VICE PRINCIPAL (ACA)  
ST.EDMUND'S COLLEGE, SHILLONG.

10:15 AM-  
10:20 AM

TOKEN OF APPRECIATION TO DR.TANIA SUR ROY, HEAD OF EDUCATION DEPARTMENT, ASSAM DON BOSCO UNIVERSITY.

10:20 AM-  
10:25 AM

SPEECH: BR.DR.SIMON COELHO, PRINCIPAL I/C, ST.EDMUND'S COLLEGE, SHILLONG

10:25 AM-  
10:30 AM

KEYNOTE ADDRESS : PROFESSOR MONOTOSH CHAKRAVARTY, VICE PRINCIPAL (ADMIN),  
ST.EDMUND'S COLLEGE, SHILLONG.

## SESSION 1: DR.TANIA SUR ROY

TOPIC: "MENTAL HEALTH IN HIGHER EDUCATION: SUPPORTING STUDENTS WELL-BEING IN A STRESSFUL ENVIRONMENT"

10:30AM-  
12:00 PM

## SESSION 2: DR.TANIA SUR ROY

TOPIC: "MOTIVATION AND ENGAGEMENT: UNDERSTANDING WHAT DRIVES STUDENTS TO LEARN"

## Q and A Session

12:00 PM-  
12:05 PM

VOTE OF THANKS : MS. GEORGINA B KHARLUKHI, FACULTY MEMBER

12:05 PM

REFRESHMENT



# DEPARTMENT OF EDUCATION SEMINAR

## TEACHERS REGISTRATION FORM

DATE: 22/03/2024

# TEACHERS

Sl. No	Name (BLOCK)	Department / <del>Signature</del>	Signature
1	Georgina B. Khachar	Education	Georgina
2	GENIFA KHARBANI	EDUCATION	Genifa
3	AUDREY D. DOHLING	BSW	Audrey
4	ANANDAIA Sywakani	MSW	Anandaia
5	Mr. F.F. J. Duryani	Sociology	F.F. J. Duryani
4	WILLIAM B.F. LYMKAH	Sociology	William
5	LORRAINE CLAUDIA MASSAR	Economics	Lorraine
6	LABET P. PHANBUH	Economics	Labet
7	DR. JENNIEFER DKHAR	ENGLISH	Jennifer
8	Dr. ROSA M. MAWLONG	KHASI	Rosa
9	MEBARI VANESSA R. DORPHANG	ZOOLOGY	Mebari
10	GRAHAM B. RANEE	ZOOLOGY	Graham
11	DR. O. N. GONSALVES	INCUBATION CENTRE	O. N. Gonsalves
12	RAJESH DUTTA	ECONOMICS	Rajesh
13	Balchuba R. Marak	Sociology	Balchuba
14	NAFISABETH SYIEMLIH	Sociology	Nafisabeth
15			
16			
17			
18			

Teachers

Teachers

Teachers

Sl. No	Name BLOCK	Department	Signature
19	JARISA ANETTE R. DORPHANG	SOCIAL WORK (UG)	Jarisa
20	SHUBHANKAR SARMA	SOCIOLOGY	Shubhankar
21	<del>DR. ANIKA</del> DR. ANIKA K. SHADAP	Economics	Anika
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# DEPARTMENT OF EDUCATION SEMINAR

## STUDENTS REGISTRATION FORM

DATE: 22/03/2024

Sl. No	Name (Block)	Department / Semester	Signature
1	Gallito Nialan	Sociology 4th	
2	J. LALREPMUI J	Education 1st	
3	ELINA V. HINGHIANZUALI	Education 1st	
4	M.K. LAI HUAN SANGI	Education 1st	
5	LARIHON LYNGDOH	Education 1st	
6	DARSALA KHAEMUSAI	Education 1st	
7	ASHIJI RABHA	Education 1st	
8	ALBA SENGIERA B. MARAK	Education 1st	
9	JENNY LAHREVAIZELI	Education 1st	
10	Sammal Kungchun Khongchun	Education 1st	
11	Aijingsuk Ponthmi	Education 1st	
12	PHI TADA KUNGLON	Education 1st	
13	JESSICA SALDAMANI SINGHANGI	Education 1st	
14	CAROLINE SANKHAI LAMKANG	Education 1st	
15	SAMUEL LUNGCHUN KHONGTHANG	Education 1st	
16	MATHURA CHUNGCHUNG	Education 1st	
17	JOYKALI AYE	Education 1st	
18	MICHELLE DHAR	Education 1st	
19	KASIN CHEMLIKANG D. MARAK	Education 1st	
20	EYEN CHAKMA	Education 1st	

# STUDENTS

Sl. No	Name / BLOCK	Department / Semester	Signature
66	BANKOROR WAHLANG	POLITICAL SCIENCE 1st Sem	
67	PAWSELIN SINGH	POLITICAL SCIENCE 1st Sem	
68	Benjamin Doungel	Sociology 4th Sem	
69	GUNGUN SAKMA	Economics 4th Sem	
70	VIKASH KUMAR RAY	Economics 4th Sem	
71	THUMMAYA SENGCH	PHYSICS 6th Sem	
72	HITA H/DA VANATHAPUI	BIOCHEMISTRY 1st Sem	
73	DAVAN BALAMCHUK KHATHAN	ENGLISH 1st Sem	
74	ANISHA PANDIT	English 1st Sem	
75	Longjam David	English 1st Sem	
76	Pashimayen Dhar	English 1st Sem	
77	Jellay Uedisa Lyngchhai	English 1st Sem	
78	Khangchun Khongchun	English 1st Sem	
79	Alvan Gaei Bungeh	English 1st Sem	
80	Alvan Gaei Bungeh	English 1st Sem	
81	Alvan Gaei Bungeh	English 1st Sem	
82	Alvan Gaei Bungeh	English 1st Sem	
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88	Alvan Gaei Bungeh	English 1st Sem	
89	Alvan Gaei Bungeh	English 1st Sem	

Sl. No	Name / BLOCK	Department / Sem	Signature
19	BINITA SAPKOTA	EDUCATION	
20	Yimot YIMKUMARO. OZUKUM	EDUCATION 1st Sem	
21	Gopin Kumar	EDUCATION 1st	
22	K. BEVENHATHA	EDUCATION 1st	
23	LAKSHI EAKY D. SANGMA	EDUCATION 1st	
24	Thangchun HANGCHUNHANG INOKIP	EDUCATION 1st	
25	SEIMCHUN KIRAN	EDUCATION 1st	
26	MANEAL HARIL	EDUCATION 1st	
27	ALISH SONGCHHOT TOOTHANG	EDUCATION 1st	
28	L. Raula Chhang	EDUCATION 1st	
29	Thangchun HANGCHUNHANG	EDUCATION 1st	
30	DANIEL L. TOOTHANG	EDUCATION 1st	
31	KHISOR KUMAR	EDUCATION 1st	
32	HELONG CHAKMA	EDUCATION 1st	
33	C. PRECILLA LHOUMUM	EDUCATION 1st	
34	BOBBY SULTANA LASEAR	EDUCATION 1st	
35	BOBBY SULTANA LASEAR	EDUCATION 1st	
36	BOBBY SULTANA LASEAR	EDUCATION 1st	
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41	BOBBY SULTANA LASEAR	EDUCATION 1st	

Sl. No	Name / BLOCK	Department / Semester	Signature
90	NANDAPHI K. BARMON	BSW 1st Sem	
91	LOUISA KHAKKANGOR	ENGLISH 1st SEM	
92	BANRI KINTI LYNGCHOT	BSW 1st Sem	
93	WAILAD PAWAD	BSW 1st Sem	
94	CHRISTINE NONGCHUN	BSW 1st Sem	
95	BIEMPHOLA LINGCHOR	POL SCIENCE 4th Sem	
96	WENGKHAM ANJITA DEVI	PHYSICS 6th SEM	
97	SENDERSON BARMON	POLITICAL SCIENCE 4th Sem	
98	KELTYNIA SINGH	" " "	
99	SENDERSON BARMON	POLITICAL SCIENCE 4th Sem	
100	SENDERSON BARMON	POLITICAL SCIENCE 4th Sem	
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112	SENDERSON BARMON	POLITICAL SCIENCE 4th Sem	
113	SENDERSON BARMON	POLITICAL SCIENCE 4th Sem	

Sl. No	Name / BLOCK	Department / Semester	Signature
42	MANUJIT LAL VAIPHEI	EDUCATION 1st	
43	DAVID CALENGZARA	GEOGRAPHY 4th	
44	APRIL S. DOKHUM	EDUCATION 1st	
45	ANASKRITI SAHA	Sociology 4th	
46	SHIVANI DEVI	Sociology 4th	
47	NARARIA R. MARAK	EDUCATION 1st	
48	LAVISA A. SANGMA	SOCIOLOGY 1st	
49	M. JESSICA .KOM	Sociology 4th	
50	NENGCHUNHAI CHONGHAI	Sociology 4th	
51	ANUKRITI H. ANUMI	BSW 1st	
52	SILVIA CHINGCHANGHAI	BSW 1st	
53	GERBIA A. MUIFONGAP	Sociology 4th	
54	HERANKERLANG K. SACHHANG	Sociology 4th	
55	GAZACHUNHAI K. KHARJAHAI	BSW 1st	
56	SATINILLA NONCHUPHAI	BSW 1st	
57	APRYMENTALONG JIANHONG	BSW 1st	
58	GAURANGA RABA	BSW 1st	
59	HACHINA DA. D. RUPAI	POLITICAL SCIENCE 1st SEM	
60	JERRISON KHAR KONGOR	BSW 1st	
61	ANISHA NONGKUM	Physics - 6th	
62	Feddica S. Othar	BSW 1st	
63	Vivierit Nyeithe	Political Science - 4th	
64	JOFFORIKI HANG	Political Science - 4th	
65	LYDIA RIVA YS	Physics 6th Sem	

# Students

Sl. No	Name / BLOCK	Department / Semester	Signature
114	Shangchun Lyngchhai	Political Science 1st Sem	
115	JESMIN CHAKMA	Economics / 4th Sem	
116	Yash Kumar Singh	Economics / 4th Sem	
117	ENRICH ALBERT MARRANIANG	Economics / 4th Sem	
118	ALVAN NEIL MINGCH	Economics / 4th Sem	
119	SENDERSON BARMON	Economics / 4th Sem	
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135	SENDERSON BARMON	Economics / 4th Sem	
136	SENDERSON BARMON	Economics / 4th Sem	
137	SENDERSON BARMON	Economics / 4th Sem	





Sl. No	Name/Block	Department/Semester	Signature
162	LUCKYTUSH D. SANGMA	Physics 6 <sup>th</sup> Sem	L. Sangma
163	ASHISH MEITEI	Physics 6 <sup>th</sup> Sem	A. Meitei
164	BUTE ALBERT VAIPHEI	Education 1 <sup>st</sup> Sem	Albert
165	SUJAL THAKUR	BCA 4 <sup>th</sup> Sem	Sujal
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Students

Sl. No	Name/Block	Department/Semester	Signature
188	PINKY PAUL	PHYSICS / 6 <sup>th</sup> SEMESTER	P. Paul
189	LIZA DEBBARMA	PHYSICS / 6 <sup>th</sup> SEMESTER	Liza D/B.
190	MEIDINGGU GANGMEI	SOCIAL WORK / 1 <sup>st</sup> SEMESTER	M. Gangmei
191	DAMINDOT RUPHANG	SOCIAL WORK / 1 <sup>st</sup> SEMESTER	D. Ruphang
192	Shankupat Ryniah	Social Work / 1 <sup>st</sup> Semester	S. Ryniah
193	WANLAM GYM PAD	ZOOLOGY / 6 <sup>th</sup> SEMESTER	W. Gym Pad
194	SAHIL THAKUR	ZOOLOGY / 6 <sup>th</sup> SEMESTER	S. Thakur
195	MARIA K LAHRIATPUII	ZOOLOGY / 6 <sup>th</sup> SEM	M. Lahriatpuii
196	KIM HAKIP	POL. SC / 4 <sup>th</sup> SEM	K. Hakip
197	NILISA TARIANG	POL. SC / 4 <sup>th</sup> SEM	N. Tariang
198	SAPHIBANROI SUSNGI	ECONOMICS / 4 <sup>th</sup> SEM	S. Susngi
199	NGIPLO CHUHWANG LIM	ECONOMICS / 4 <sup>th</sup> SEM	N. Chuhwang Lim
200	BENJONGSANGKA JANIR	ECONOMICS / 4 <sup>th</sup> SEM	B. Janir

## TWO-PART SERIES OF SPECIAL LECTURE

The Education Department at St. Edmund's College, Shillong, organized a highly successful two-part lecture series on March 22, 2024. The event aimed to address the crucial topics of mental health in higher education and motivation and engagement among students. The main speaker for the program was Dr. Tania Sur Roy, the Head of the Education Department at Assam Don Bosco University. The lecture series witnessed a remarkable turnout, with approximately 154 participants in attendance.

### PROGRAM DETAILS:

Miss Clarissa Nongbet, a Guest Faculty of the Education Department, served as the host for the event. The program commenced with an invocation prayer led by Dr. B.W. Nongbri, the Dean of St. Edmund's College. Miss Genifa Kharbani, the Head of the Education Department, delivered a warm welcome address to set the tone for the seminar. Dr. Capt. K.P.P Pallavi Malhan, Vice Principal (Academic) formally introduced Dr. Tania Sur Roy, acknowledging her expertise and contributions in the field of education. In recognition of her presence, a token of appreciation was presented to Dr. Roy. Dr. Br. Simon Coelho, Principal of St. Edmund's College, expressed his profound gratitude to Dr. Roy and all distinguished guests for their participation. Professor Monotosh Chakravarty, Vice Principal (Administration), further enriched the program with insightful opening remarks.

**DR. TANIA SUR ROY, GUEST  
SPEAKER**



**DR. BR. SIMON COELHO,  
PRINCIPAL I/C, ST. EDMUND'S  
COLLEGE**



**MISS GENIFA KHARBANI, HOD,  
EDUCATION DEPARTMENT**



**DR. CAPT. K.P. PALLAVI  
MALHAN, VICE  
PRINCIPAL (ACADEMIC),  
ST. EDMUND'S COLLEGE**



**DR. B.W. NONGBRI  
DEAN OF  
ST. EDMUND'S  
COLLEGE**



**PROF. MONOTOSH  
CHAKRAVARTY, THE  
VICE PRINCIPAL (ADMIN)**





## SESSION 1: MENTAL HEALTH IN HIGHER EDUCATION:



### Session 1

In the first session, aptly titled "Mental Health in Higher Education," Dr. Tania Sur Roy began by warmly introducing herself. She fostered a welcoming and inclusive environment, ensuring that every participant felt comfortable and ready to engage with the topic. Recognizing the importance of mindfulness, Dr. Roy guided the participants through a video-mediated meditation session, promoting a sense of tranquility and focus. She then expertly navigated the challenges faced by students in managing mental health within a demanding academic landscape. Dr. Roy's presentation resonated deeply, offering valuable strategies and initiatives for supporting student well-being. Throughout the session, she incorporated engaging activities that encouraged active participation from both students and teachers, fostering a dynamic learning experience.





## SESSION 2: MOTIVATION AND ENGAGEMENT:



In the second session, Dr. Tania Sur Roy continued with her engaging approach. She began by showing a captivating story about Mr. Falker. Dr. Roy then proceeded with her presentation on various aspects related to motivation and engagement among students. She covered topics such as the importance of motivation, different types of motivation, strategies for engaging students in the classroom, the role of self-efficacy and goal setting, creating a positive learning environment, the impact of technology on motivation, learning styles, and the use of evaluation to drive motivation and engagement.





## QUESTION AND ANSWER SESSION

After the second session, a vibrant question and answer session took place, where numerous students actively participated by asking thought-provoking questions. Dr. Tania Sur Roy graciously addressed each query, providing insightful and comprehensive responses.







## CLOSING REMARKS

Miss Georgina Kharlukhi, a faculty member in the Department of Education, delivered a sincere and heartfelt vote of thanks. She expressed deep appreciation to Dr. Tania Sur Roy, management, faculty members and all the participants for their valuable contributions and active engagement throughout the event. To commemorate the event, a group photo was taken, capturing the attendees' cherished memories. The program concluded with a refreshment session, providing an opportunity for informal interactions and further networking among the participants.



**DR. TANIA, DR. B.W. NONGBRI, DR. CAPT. K.P.P. PALLAVI (VP) AND FACULTY MEMBER**



**MISS GEORGINA B KHARLUKHI, FACULTY MEMBER**



## OVERALL SUCCESS

The lecture series attracted a significant audience of approximately 154 participants. The program fostered a deeper understanding of mental health and student engagement, providing valuable insights for both students and faculty. This successful event equipped attendees with practical strategies to support student well-being and promote a more engaging learning environment. We are particularly grateful to Dr. Tania Sur Roy for her invaluable expertise and engaging presentations. Her insights will undoubtedly have a lasting impact on our institution's approach to student well-being and academic success





# CERTIFICATE

