



YEAR : 1945

D. H. S. K. COLLEGE (AUTONOMOUS)
Dibrugarh, Assam

BEAUTIFUL MIND

DEPARTMENT OF PSYCHOLOGY

**BULLETIN
BOARD**

**VOL - I
ISSUE - I
2025**



Message From PRINCIPAL'S DESK



It is indeed a moment of pride and joy to witness the Department of Psychology, DHSK College (Autonomous), Dibrugarh bringing out its departmental 1st bulletin "Beautiful Mind." The title itself is thought-provoking and reflects the essence of Psychology-the science of understanding, nurturing, and empowering the human mind.

Education is not only about acquiring knowledge but also about shaping thoughts, emotions, and values. In this journey, Psychology plays a vital role by helping us to understand ourselves and others better. A bulletin like "Beautiful Mind" provides a meaningful platform for students and faculty to share insights, research ideas, creative reflections, and inspirational stories that can enrich the academic environment of the

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Message From VICE- PRINCIPAL'S DESK



Dear Faculty, Students and Staff of the Department of Psychology.

It is with immense pride and joy that I extend my heartfelt congratulations to the Department of Psychology on the launch of its Departmental Magazine. This publication is a testament to the creativity intellect and collaborative spirit that define our academic community.

The field of psychology offer profound insight into the human

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Editorial



"Psychology: A mirror to see ourselves in others and others in us."

It has been an absolute delight to witness the remarkable journey of our Psychology Department. What began as a small and determined effort to start has now grown into a remarkable path of learning, curiosity and exploration. The growth of a Department isn't only reflected in its expanding academic pursuits but also in the unwavering determination of both the students and the teachers to make it more than just about

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From, HoD. Desk, Department of Psychology

It is with great pride and enthusiasm I write that after glorious 78 years of the establishment of D.H.S.K College (Autonomous), the Department of Psychology was founded in the year 2023 for providing UG courses to the aspiring students. It is also the first Department of Psychology providing UG course to the students under Dibrugarh University. This marks a significant milestone not only for the institution but also for the academic and emotional well being of our students, staff and community.

In today's fast paced and often stressful world, understanding psychological principles behind learning, motivation, emotion and mental health is more important than ever. The establishment of this department is a response to the growing recognition of Psychology's role in education, health, organizational development and overall- well being. Therefore we are committed to offering a curriculum that is academically rigorous, ethically grounded and socially relevant.

I believe that the Department of Psychology will continue to grow into a centre of academic excellence, personal support, and positive societal change.

Ms. Upasana Dutta
HoD, Dept. of Psychology



ALL FACULTY PHOTOS



FOUNDING MEMBERS

From left Ms. Deboleena Dutta,
Ms. Upanana Dutta, Ms. Kasturi Phukon



From left Ms. Upasana Dutta,
Ms. Deboleena Dutta, Mr Bitupon Borah



From left
Ms. Deboleena Dutta,
Ms. Upasana Dutta,
Ms Akanksha Borah

1ST BATCH OF STUDENT LIST DEPARTMENT OF PSYCHOLOGY



- | | |
|-----------------------|--------------------------|
| 1. Antariksh Dutta | 16. Numa Limbu |
| 2. Archita Bhuyan | 17. Priyanjana Phukan |
| 3. Ayush Limbu | 18. Puja Bori |
| 4. Barbie Deka | 19. Rahul Sarmah |
| 5. Chandrashi Borah | 20. Raj Tamang |
| 6. Darshita Utpal | 21. Richa Borthakur |
| 7. Himashri Sonowal | 22. Risha Pathak |
| 8. Jagdish Tassa | 23. Samriddhi Neog |
| 9. Jharna Sonowal | 24. Sapan Karki |
| 10. Koustabmoni Gogoi | 25. Shams Akhtar Hussain |
| 11. Kritideepa Dey | 26. Shreya Sengupta |
| 12. N Tanishka Gogoi | 27. Sneha Paul |
| 13. Neha Dey | 28. Susmita Paul |
| 14. Nidhi Sarmah | 29. Tezaswita Gohain |
| 15. Nisha Kalita | 30. Ujjal Das |

STUDENTS CORNER

THE IMPORTANCE OF SELF-CARE AND MENTAL WELLBEING



Rashi Sah
1st Semester

In our fast-paced world, it's all too easy to become so focused on our responsibilities and obligations that we forget to take care of ourselves. Self-care is an activity that an individual engages in to take care of their physical, emotional and mental health. It involves actions such as getting enough sleep, following a balanced diet, exercising regularly etc. Sometimes, self-care activities don't require much thought like brushing our teeth or having a coffee with a friend. But other activities are more deliberate like taking time off from technology, journaling our thoughts and feelings or even seeing a therapist. Ultimately, self care activity is something that fills our "wellbeing cup" instead of emptying it.

THE PSYCHOLOGY OF HAPPINESS



Riya Dey
3rd Semester

Happiness has always been one of humanity's greatest pursuits. Psychologists define it not just as a fleeting emotion but as a state of well being and satisfaction with life. Research shows that happiness depends on a mix of genetic, environment and lifestyle choices. One major factor is gratitude. Studies reveal that people, who practice gratitude regularly, do well in life and have greater emotional and social health. Happiness also grows when we have a sense of power, purpose through any means to make us feel good. In short, happiness is something to choose but something to build through habit, gratitude and meaningful connection.

IT'S OKAY TO NOT BE OKAY



Chandrashi Borah
5th Semester

In a world that constantly tells us to "stay strong" and "keep smiling", many people hide their true feelings behind a mask. But the truth is- it's okay to not be okay. Life is filled with struggles, disappointments, and silent battles that can sometimes feel overwhelming. Pretending to be fine only makes the pain heavier.

Acknowledging that you are struggling does not make you weak, it makes you human. Mental health is just as important as a physical health, yet many still hesitate to talk about depression, anxiety or suicidal thoughts because of stigma and fear of judgment. Silence, however, can push a person deeper into hopelessness. Being open about pain and asking for help is an act of courage. Sharing feelings with a friend, family member or professional can bring relief and remind us we are not alone. Similarly, listening without judgment to someone else can also make a life saving difference.

So if today feels heavy, remind yourself: it's okay to not be okay. What matters is taking the next step towards help and hope.

WORLD SUICIDE PREVENTION DAY: BE THE REASON OF HOPE



Rajashree Choudhury
1st Semester

Every life is a story, and every story matters. At times people feel overwhelmed with stress, loneliness or sadness. They hide their pain because of fear and stigma, and this silence can become very dangerous. World Suicide Prevention Day, observed on 10th September, reminds us that suicide is preventable. It tells us that love, care and understanding can give hope to those who are struggling.

Suicide does not mean a person is weak. It means that someone is carrying pain too heavy to share. What they need most is a caring listener, gentle encouragement and a little hope. Even the smallest gestures like a smile, a kind word or asking "Are you okay?" can bring light into someone's difficult moments. As a student, we can support one another by spreading positivity, being patient and creating safe spaces to talk about feelings. When we show kindness, we give encourage to those who are struggling silently. Together, we can build an environment where no one feels alone.

World Suicide Prevention Day is not just a date. It is a reminder that we all share the responsibility to protect life and nurture hope. Let us stand together, supporting one another with kindness and humanity.

SUCCESS IS THE PRODUCT OF DAILY HABITS



Phentom Baruah
3rd Semester

Success is not built in a single day. It is the outcome of small repeated action. Remarkable results come when tiny efforts are practiced daily and the key lies in starting small. A short walk, reading few pages or writing a paragraph may feel minor, yet these actions set the foundation for bigger achievements. Buildings habits becomes easier with 'habit building', where new actions are linked to existential routines. For instance- "after I drink my tea, I will write my to-do list". This creates consistency without demanding extra effort. Equally important is making habits enjoyable and rewarding like studying with your favourite drink or tracking progress on a calendar. Motivation is important but in the end it's our systems that keep us going.

True success is not sudden' it is quite product of daily habits. Choose one small, positive habit today, repeat it tomorrow and watch as it shapes your future.

MY EXPERIENCE IN THE DEPARTMENT OF PSYCHOLOGY



Enikha Chetia

3rd Semester

College life is often described as a journey of self-discovery, and my recent experience in the Psychology department has added a new dimension to this journey.

Stepping into the department for the first time was both exciting and overwhelming, as it opened doors to new ideas, perspectives as well as challenges.

One of the most remarkable aspects of this experience was the interactive learning environment. Unlike traditional classrooms, psychology sessions encouraged open discussions, group activities and practical demonstration.

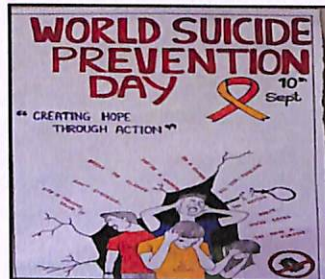
This approach made the subject more engaging, as we could relate theories to real-life situations. For e.g. learning about stress, emotion, and personality not only helped us understanding others but also reflect and on our own mental health coping strategies

Overall, this new experience in the psychology department has been transformative. It not only broadened by my academic understanding but also nurtured personal growth.

DEPARTMENTAL EVENTS



10.09.2023 : Suicide Prevention Awareness Programme



21.09.2023 : Alzheimer's Day Awareness Programme



29.09.2023 : Mental Health Awareness Programme by Vartamaan Care Foundation



10.10.2023 : World Mental Health Day Celebration



13.03.2024 : Inauguration of Department's First Volume of Wall Magazine "OYLA: VOL I"



25.04.2024 : Talk by Mr. Mayur Bora



10.09.2024 : Poster making competition on the occasion of World Suicide Prevention Day



13.09.2024 : Dr. Daisy Lekharu on
"Mental Health and Productivity."



26.11.2024

Departments initiative for a Tobacco Free Campus

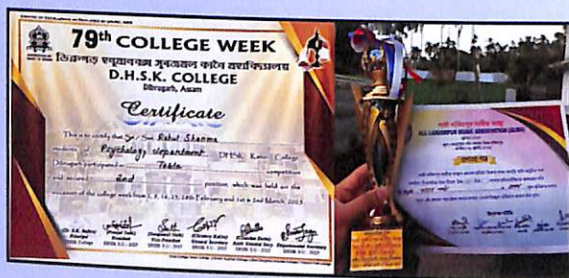


STUDENTS ACHIEVEMENT DEPT. OF PSYCHOLOGY



Tezaswita Gohain, 5th Semester

- Won 1st prize in Sattriya Dance Competition held at G.S Lohia College in Tinsukia on January 2024
- Won 2nd prize in Sattriya Dance Competition held at G.S Lohia College in Tinsukia on January 2025
- Won 2nd prize in Shot Put girls competition on the occasion of college week at D.H.S.K. College on February 2025.

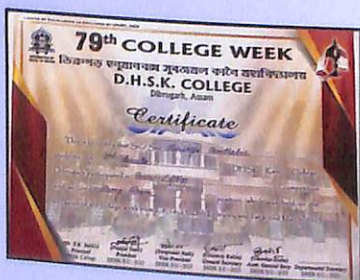


Rahul Sarmah, 5th Semester

- Won 1st prize in Music Competition held on the occasion of the foundation of All Lakhimpur Music Association on 31st July 2025
- Won 2nd prize in Tabla Competition held at D.H.S.K. College Cultural program on February 2025.
- Won 2nd best Vishnu Avatar in All Assam Bhauna Competition held at North Lakhimpur on 11 March 2025

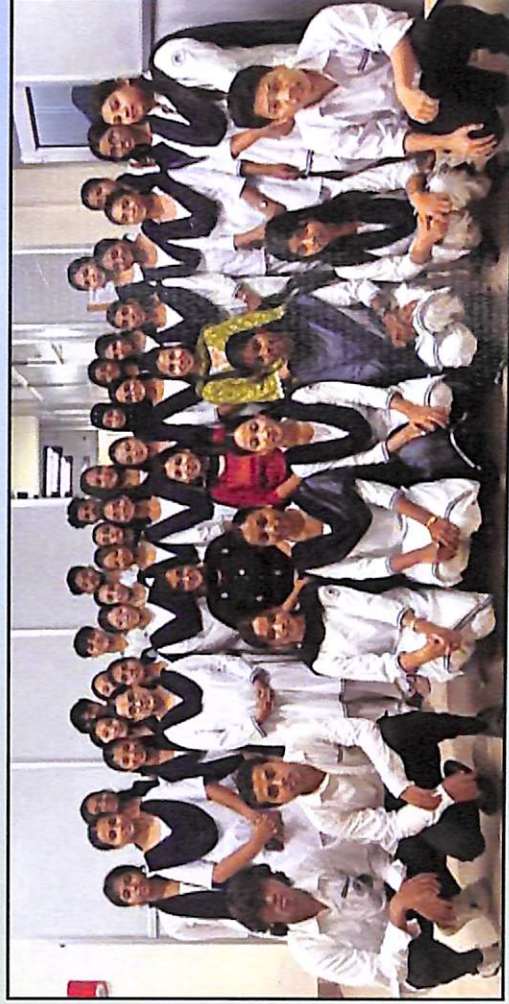
Shreya Sengupta, 5th Semester

- Won 2nd prize in Dance Competition held in Jorhat on May 2025
- Won 1st prize in Volleyball Competition held in Jammu & Kashmir and Ladakh on June 2025
- Got best Anchor Award in the Directorate (National Camp) held in Jammu & Kashmir and Ladakh on June 2025



Borennya Borthakur, 3rd Semester

- Secured Strong Women position in power lifting competition on the occasion of college week at D.H.S.K. College on February 2025.



1st Semester batch August-December 2025



3rd Semester batch August-December 2025



5th Semester batch August-December 2025

Editorial Board

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Mr. Abhijit Baruah
Ms. Upasana Dutta
Ms. Akanksha Borah

Editor

Ms. Deboleena Dutta

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