DR. AMBEDKAR COLLEGE

DEEKSHABHOOMI, NAGPUR

DEPARTMENT OF PSYCHOLOGY &

PSYCHO-SOCIAL COUNSELLING CELL

NAME OF THE PROGRAMME: SUICIDE PREVENTION DAY

INTERCOLLEGIATE POSTER COMPETITION

DATE OF PROGRAMME: 10 September 2024

NUMBER OF STUDENTS: 300

DR. AMBEDKAR COLLEGE, DEEKSHABHOOMI, NAGPUR Department of Psychology & Psycho Social Counseling Cell

Notice

Date: 11/09/2024

On the occasion of World Suicide Prevention day department of Psychology and Psycho-social counseling cell has organized a Poster competition and guest lecture on 12th Sept, 2024 at 12.00 Noon at Dadasaheb Kumbhare hall.

On this occasion, the guest speaker Dr. Sushil Gavande, Psychiatrist, Nagpur will talk on the topic Suicide Prevention.

It is mandatory for all the teaching staff and students to attain the program.

Dr. Mrs. B. A Mehere

Principal

On **10th September 2024**, the college observed **Suicide Prevention Day**, an awareness program aimed at addressing mental health issues and preventing suicides among students and the broader community. The event, organized by the college's Health and Wellness Committee, was attended by over **400 students, teachers**, and other faculty members.

The program commenced with a warm welcome by the college principal, **Dr. Mrs. B. A. Mehere** who presided over the function. In his inaugural address, Dr. Mehere emphasized the importance of mental well-being, stating that suicide prevention is not just an individual effort but a collective responsibility. He highlighted the need for a supportive academic environment where students can freely express their concerns.

The resource person for the event was **Dr. Sushil Gawande**, a well-known psychiatrist and mental health promoter. Dr. Gawande delivered an insightful and engaging presentation on the topic, focusing on the **early warning signs of suicidal tendencies**, the importance of emotional support, and the role of teachers and peers in providing assistance to those struggling with mental health issues. He shared valuable strategies for managing stress and coping with challenges faced by students in academic life.

Dr. Gawande also emphasized that mental health awareness should be integrated into the daily routine of both students and educators, with mental health services being made readily available. His session concluded with an interactive question-and-answer session, where students actively participated and expressed their thoughts on the subject.

A Poster Making Competition on Intercollegiate Level was also organised on this event wherein students from all the faculties participated in great numbers. The posters were adjudged and winners were given cash prizes.

Students also presented a skit on the theme on this occasion.

The program ended with a vote of thanks delivered by **Ms. Rohini Meshram**, Head, Department of Pscyhology who expressed gratitude to Dr. Gawande, the Principal, and all the attendees for their participation in making the event a success.

The event left a positive impact on the audience, fostering a deeper understanding of mental health and the collective effort needed to prevent suicides.







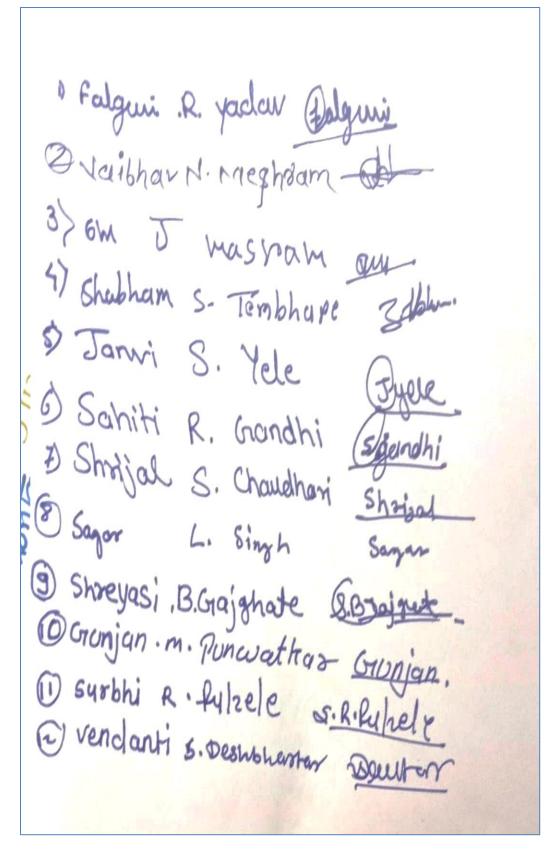




DR. AMBEDKAR COLLEGE, DEEKSHABHOOMI, NAGPUR.

Department of Psychology & Psycho-Social Counseling Cell Poster competition on Suicide Prevention Date: 12-09-2024

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Param Poojya Dr.Babasaheb Ambedkar Smarak Samiti, Deekshabhoomi, Nagpur-10



DR.AMBEDKAR COLLEGE DEEKSHABHOOMI, NAGPUR

NAAC Re-accredited with 'A+' Grade (CGPA 3.34)
DEPT. OF PSYCHOLOGY AND PSCHO SOCIAL



CERTIFICATE OF APPRECIATION

This certificate is given to

Mr/Ms__Bhumika_A+ram

of ______ for participating/
achieving______ in __Paster_____ competition on

**Prevention or against the Dept. of Psychology and Psyho-Social

Suide preversion organised by the Dept. of Psychology and Psyho-Social Counselling Cell on 12-64-24.

Programme Coordinator
Ms. Rohini Meshram

Mchellor Cell Coordinator Mr. Milind Khelkar

Dr.(Mrs.) B.A. Mehere