

# 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 Psychology 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

SR. NO	NAME OF STUDENT	CLASS	Name of the college	MOBILE NO	Sign	
*	Kajal M. Uke	B.A II <sup>th</sup> sem	Dr. Ambedkar Coll	9209215635	Kajal	✓
*	Nikita Mahajan	B.A 1 <sup>st</sup> year	Dr. Ambedkar Coll	8999069657	Nikita	✓
*	Dhanashree S. Chopade	B.A V <sup>th</sup> sem	—, —	9529070367	D. Chopade	✓
*	Minakshi Sonwane	Bsc 4 sem	Santaji Mahavidyalaya	9860433800		✓
*	Bhumika Ag. Hawal	B.com 1 <sup>st</sup> year	Dr. Ambedkar College	80559580		✓
*	Hiranshi Shende	Bsc 1 <sup>st</sup> year	Dr. Ambedkar Coll	7798269229		✓
*	Amna Akhtar	B.A Msc 1 <sup>st</sup> year	L.A.D (seminary) College	9326078199	Amna	✓
*	Mala Wakole	B.A 2 <sup>nd</sup> year	Kamla Nehru College	7507458204		
*	Shreya Katuho	Bsc 2 <sup>nd</sup> year	Dr. Ambedkar College	7558712605		
*	Bhumika Ataram	B.A 1 <sup>st</sup> year	Dr. Ambedkar clg	8308932683		✓
*	Shreya Bansod	Bsc 1 <sup>st</sup> year	Santaji Mahavidyalaya	8975528272	Shreya	✓
*	Aashala Gawli	Bsc 1 <sup>st</sup> year	Santaji Mahavidyalaya	7057654282	Aashala	✓
*	Aruja Vitay	BA 1 <sup>st</sup> year	Dr. Ambedkar College	9309407566	Aruja	✓
*	Ayushi Chauhan	BAUB 1 <sup>st</sup> sem	Dr. Ambedkar Law clg			
*	Achal Tiwari		L.A.D (seminary) clg	9325511366		✓
*	Minal Nigam	Bsc	Dr. Ambedkar College	7276114730		
*	Eka Kotangale	Bsc 1 <sup>st</sup> year	Dr. Ambedkar College	7066817858	Eka	✓
	Divya Bhulekar	BA 1 <sup>st</sup> yr	Dr. Ambedkar clg	9518588026	D. Bhulekar	
	Rashmi Meshram	BA 1 <sup>st</sup> yr	Dr. Ambedkar clg	7499253938	R. Meshram	
	Gunjan Punwarkar	BA 1 <sup>st</sup> yr	Dr. Ambedkar clg	9027305913	Gunjan	
	Shruddha D. Gujibhiye	BA 1 <sup>st</sup> year	Dr. Ambedkar clg	9075298075	Shruddha	
	Snihal A. Tembhare	BA 1 <sup>st</sup> year	Dr. Ambedkar clg	9168318294	Snihal	
	Shruti Y. Muzumdar	BA 1 <sup>st</sup> year	Dr. Ambedkar clg	8080112940	M. Shruti	
	Shrija S. Chaudhari	—	—	7978855952	Shrija	
	Hanshi T. Bhaladkar	—	—	7666390486	Hanshi	
	Musum A. Bhaladkar	—	—	7972152911	Musum	

- 1) Falguni .R. yadav Falguni
- 2) Vaibhav N. Meghadam ~~\_\_\_\_\_~~
- 3) Om J. Masram Om
- 4) Shubham S. Tembhare Shubham
- 5) Janvi S. Yele Janvi
- 6) Sahiti R. Gandhi Sahiti
- 7) Shrijal S. Chaudhari Shrijal
- 8) Sagor L. Singh Sagor
- 9) Shreyasi .B. Grajghate Shreyasi
- 10) Gunjan .m. Punwatkar Gunjan
- 11) surbhi R. fulzele Surbhi
- 12) vandanti S. Deshpantkar Vandanti

Yachika. Kotangale	B.A.I	Ambedkar college	7517651006	
Pratik Radandmae	B.A.I	Ambedkar college	907673765	
Shubham Tembre	BAI	A. . . . .	7350053998	
Aryo Narange	BA 1 <sup>st</sup>	A. . . . .	7775050432	
Pratik Poochkar	BA 1 <sup>st</sup>	—    —	7507346897	
Sanjay Dandekar	BA 1 <sup>st</sup>	—    —	9050426248	
Dishali Mehta	BA 1 <sup>st</sup>	—	7699703159	
Keshav Munde	BA 1 <sup>st</sup>	—    —	8421284434	

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  
COUNSELLING CELL



## CERTIFICATE OF APPRECIATION

This certificate is given to  
Mr/Ms. Bhumika Atram  
of Dr. Ambedkar College for participating/  
achieving - in Pooster competition on  
suicide prevention organised by the Dept. of Psychology and Psycho-Social  
Counselling Cell on 12-09-24.

  
 Programme Coordinator  
 Ms. Rohini Meshram

  
 Cell Coordinator  
 Mr. Milind Khelkar

  
 Principal  
 Dr. (Mrs.) B.A. Mehere