



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (Autonomous), VANIYAMBADI

(A Project of Sri Marudhar Kesari Jain Trust)

Recognised u/s 2(f) & 12(B) by UGC Act, 1956-Permanently Affiliated to Thiruvalluvar University

Accredited by NAAC with "A" Grade (3rd Cycle) – An ISO 21001:2018 EOMS Certified Institution

Supported by DST - FIST

PG DEPARTMENT OF PSYCHOLOGY

ORGANIZED

AWARENESS PROGRAMME

On

CHANGING THE NARRATIVE FOR SUICIDE

10.09.2024

INVITATION



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN

(AUTONOMOUS)

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School of Life Sciences
PG Department of Psychology
Organizes
Awareness Programme on
CHANGING THE NARRATIVE
FOR SUICIDE
On account of World Suicide Prevention Day

DATE : 10.09.2024, TUESDAY @ 10.00 AM
VENUE : NEW SEMINAR HALL

Chief Guest



Dr. M. Prabavarani., MBBS, MD Psychiatry
District Psychiatrist & Programme Officer
District Mental Health Programme,
Govt. Headquarters Hospital - Tirupattur

Inter-Department Competitions

- Mime
- Slogan Writing
- Drawing

Dr. M. INBAVALLI, M.Sc., M.C.A., M.Phil., Ph.D.
PRINCIPAL
Marudhar Kesari Jain College for Women
Vaniyambadi-625 754

Special Event

**Campus Play – Awareness on
Suicide Prevention by the
students of Psychology**

V. Dilip Kumar Jain
President

Anand Singhvi
Secretary

Dr. M. Inbavalli
Principal

AGENDA



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Vaniyambadi, Tirupattur District

School of Life Sciences PG DEPARTMENT OF PSYCHOLOGY

Organizes
AWARENESS PROGRAMME

On CHANGING THE NARRATIVE ON SUICIDE

On account of World Suicide Prevention Day

Date: 10.09.2024

Time: 10.00 a.m - 03.30 p.m

Venue: Roop Rajat Block Seminar Hall

Master of Ceremony: Ms. Khairunnisa M, II B.Sc Psychology

AGENDA

Prayer and Tamil Thaa Vazhthu

Welcome Address	:	Ms. Musaita Zainab P, II B.Sc Psychology, MKJC
Theme for Suicide Prevention	:	Ms. Fareeza Farheen S, I M.Sc Psychology, MKJC
Felicitation	:	Dr.M.Inbavalli, Principal, MKJC
Guest Introduction	:	Ms. Sumha Sameen V, II B.Sc Psychology, MKJC
Honoring the Guest	:	Dignitaries on the Dias
Address by the Guest	:	Dr. M. Prabavarani District Psychiatrist & Programme Officer District Mental Health Programme, Govt Headquarters Hospital, Tirupattur
Oath Taking	:	Participants
Welcome Dance	:	Students of Psychology
Fashion Parade	:	Students of Psychology
Mime	:	Students of Psychology
Campus Play	:	Students of Psychology
Inter Department Mime Competition	:	Other Department Participants
Feedback	:	Participants
Prize Distribution	:	Dignitaries on the Dias
Vote of Thanks	:	Ms. Sharikha Naaz, I B.Sc Psychology
National Anthem	:	

Dr. M. INBAVALLI, M.Sc., M.C.A., M.Phil., Ph.D.,
PRINCIPAL

Marudhar Kesari Jain College for Women
Vaniyambadi-635 751.

REPORT



**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN
(AUTONOMOUS), VANIYAMBADI**



Activity Report

Title	CHANGING THE NARRATIVE FOR SUICIDE		
Organized By	PG Department of Psychology		
Type of Activity	Awareness Programme		
Level	Institutional		
Date	10.09.2024	Time	10.00 a.m to 03.30 p.m
Venue	New Seminar Hall	Mode	Offline
Resource Person Details	Dr. Prabavarani., M.B.B.S., M.D., Psychiatry District Psychiatrist and Programme Officer District Mental Health Programme Government Headquarters Hospital Tirupattur.		
Objective of the Programme	To enable the students to seek help early, before crises occurs by identifying symptoms and reaching out to mental health professionals or helplines. To increase the student knowledge and understanding of suicide as a critical public health issue. To help students build emotional resilience and develop healthy coping mechanisms to manage stress and challenges.		
Internal Participants Count	Students : 408 Faculty : 7	External Participants Count	Students : Nil Faculty : Nil

Summary

The PG Department of Psychology, School of Life Sciences of Marudhar Kesari Jain College for Women (Autonomous), Vaniyambadi organized an awareness programme on 'Changing the Narrative for Suicide' on account of World Suicide Prevention Day on 10.09.2024 at New Seminar hall at around 10.00 a.m. The program began with the prayer song followed by invocation to Mother Tamil. Ms. Musaita Zainab P of II B.Sc Psychology welcomed the gathering by proposing the welcome address. The theme of the suicide prevention awareness programme was then given by Ms. Fareeza Farheen S of I M.Sc Psychology. The Dean, School of Life Sciences, Dr.C.Asokan felicitated the gathering by insisting the importance of life and the various consequences of committing suicide. Ms.Sumha Sameen V of II B.Sc Psychology, then introduced the chief guest. The chief guest was then honored by the dignitaries on the dias. The session was then handed over to Dr. Prabavarani, District Psychiatrist and Programme Officer, District Mental Health Programme, Government Headquarters Hospital, Tirupattur.

Dr. Prabavarani, initiated the session by giving a brief introduction on the causes and outcomes of various suicide cases and stressed the importance of seeking help in distress. She

also provided crucial resources, including the counselling fee dial number like 104 and 14416, thereby ensuring the support for those in distress. The awareness programme aimed to educate the students about the warning signs of suicide, awareness on mental health and promote a supportive environment for those in distress.

The Chief Guest also highlighted that by fostering open conversations and encouraging help seeking behavior, a lot of lives at the verge of committing suicide could be saved, thereby creating a positive impact on the people. The awareness programme served to spread the reminder to the young generation that mental health matters and help is always available.

The students of II B.Sc Psychology performed a fashion parade on the theme 'Suicide Victims' and the students of III B.Sc and I B.Sc Psychology performed a mime show under the theme 'Suicide is a Sin'. The students also performed a campus play by spreading suicide prevention awareness throughout the college premises. On account of World Suicide Prevention Day, the PG Department of Psychology conducted Inter Department Competitions Slogan writing and Drawing on 09.09.2024 and Mime competition on 10.09.2024. The prize winners were awarded with a medal and certificate by the Dean, School of Life Sciences. Vote of thanks was proposed by Ms. Sharikha Naaz of I B.Sc Psychology and the program came to an end by singing the National Anthem.

Outcome of the awareness programme

1. The students became more knowledgeable about mental health, suicide risk factors and warning signs.
2. The students would be freely able to talk about their struggles and support their peers who are experiencing mental health issues.
3. The students become more aware of available resources like hotlines, counselling centers and peer support networks.
4. The students may develop healthier coping mechanisms for dealing with stress, anxiety, depression and other challenges they face during college.
5. The students were able to establish more open conversations about mental health and well being.


Head/Co Ordinator


Principal

Dr. M. INBAVALLI, M.Sc., M.C.A., M.Phil., Ph.D.,
PRINCIPAL
Marudhar Kesari Jain College for Women
Vaniyambadi-635 751.

PHOTOS





M. Nishu
PRINCIPAL
 Marudhar Kesari Jain College
 for Women
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