



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (AUTONOMOUS) VANIYAMBADI - 635 751

33
Years of
Educational
Excellence

- ★ Recognized u/s 2(f) & 12(B) of UGC Act 1956
- ★ Permanently Affiliated to Thiruvalluvar University
- ★ Supported by DST - FIST | DBT STAR College Scheme



INSTITUTION'S
INNOVATION
COUNCIL
(Ministry of Education Initiative)

School of Life Sciences

The Ivan Pavlov Association of the

PG Department of Psychology

and Mental Health and Well Being Cell

Organizes

AWARENESS PROGRAMME

on

“Changing the Narrative on Suicide”

with the Call to Action:

“Start the Conversation”

on account of



World Suicide Prevention Day
on 10.09.2026



Talk
Listen
Support
Save Lives
—❤—



You are
not alone
—❤—



Time:
10.30 a.m - 03.00 p.m



Venue:
Sri Roop Rajat Seminar Hall

★ *Special Invitee* ★

DR.(Ms) A.M.PREMALATHA PETERS

Psychologist.,
Executive Officer,
Corporate Hospital,
Coimbatore



PRINCIPAL *Together for a Brighter Tomorrow*

Marudhar Kesari Jain College
for Women (Autonomous)
Vaniyambadi - 635 751.
Tirupattur District

Anand Singhvi
Secretary

Dr. M. Inbavalli
Principal



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (Autonomous)

(A Project of Sri Marudhar Kesari Jain Trust)

Recognized u/s 2(f) & 12(B) of UGC Act, 1956 – Permanently Affiliated to Thiruvalluvar University, Vellore
Accredited by NAAC with "A+" Grade (4th Cycle) | Supported by DST - FIST & DBT STAR College Scheme
Vaniyambadi, Tirupattur District

School of Life Sciences

IVAN PAVLOV ASSOCIATION OF THE PG DEPARTMENT OF PSYCHOLOGY & MENTAL HEALTH AND WELL-BEING CELL

Organizes

AWARENESS PROGRAMME

On

CHANGING THE NARRATIVE ON SUICIDE with the CALL TO ACTION: START THE CONVERSATION

On account of World Suicide Prevention Day

Date: 10.09.2026

Time: 10.00 a.m - 03.00 p.m

Venue: Sri Roop Rajat Seminar Hall

Master of Ceremony: Ms. Sidra Kulsum K P, III B.Sc Psychology

AGENDA

Forenoon

Prayer and Tamil Thaa Vazhthu

Welcome Address	:	Ms. Aiman Fathima S T, III B.Sc Psychology, MKJC
Theme for Suicide Prevention	:	Ms. Mahasin Barzah G, II B.Sc Psychology, MKJC
Felicitation	:	Dr.M. Inbavalli, Principal, MKJC
Special Invitee Introduction	:	Ms. Aliza Iram Bakshi Syed, I M.Sc Psychology, MKJC
Honoring the Special Invitee	:	Dignitaries on the Dias
Special Invitee Address	:	DR. (Ms) A.M. Premalatha Peters, Psychologist, Executive Officer, Corporate Hospital, Coimbatore
Oath Taking	:	
Narrative Walk	:	Students of Psychology
Mime	:	Students of Psychology
Rally (During Lunch Break)	:	Students of Psychology

Afternoon

Inter Department Open Mic Competition	:	Other Department Participants
Feedback	:	Participants
Prize Distribution	:	Dignitaries on the Dias
Vote of Thanks	:	Ms. Shariha Shanavas Jani, II B.Sc Psychology
National Anthem	:	

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

Activity Report

SUMMARY REPORT

TOPIC / SUBJECT OF THE ACTIVITY

The Ivan Pavlov Association of the PG Department of Psychology under the School of Life Sciences, Mental Health and Well - Being Cell of Marudhar Kesari Jain College for Women (Autonomous), Vaniyambadi, organized an Awareness Programme on "Changing the Narrative on Suicide" with the call to action: "Start the Conversation", in observance of the World Suicide Prevention Day on 10.09.2026 at Sri Roop Rajat Seminar Hall. The programme was designed to promote awareness, emotional expression, empathy, supportive communication and a positive approach towards suicide prevention.

PROGRAMME PROCEEDINGS

The programme commenced with a **prayer and Tamil Thai Vazhthu**, setting a solemn and purposeful tone for the event. The **Welcome Address** was delivered by **Ms. Aiman Fathima S T of III B.Sc. Psychology**, who extended a warm and cordial welcome to the gathering. The theme of the World Suicide Prevention Day for this year 2026, was given by **Ms. Mahasin Barzah G of II B.Sc Psychology**, thereby introducing the significance of the awareness programme and highlighting the importance of meaningful conversations and supportive responses. **Dr. H. Lookman Sithic, Vice Principal**, delivered the felicitation, encouraging the students to actively participate in initiatives promoting mental health awareness and well-being. **Ms. Aliza Iram Bakshi Syed, I M.Sc Psychology**, introduced the Special Invitee, **Dr. (Ms) A.M. Premalatha Peters, Psychologist, Executive Officer, Corporate Hospital, Coimbatore**. The Special Invitee was subsequently honoured by the dignitaries on the dais.

OBJECTIVES (INPUT):

To create awareness among students about the importance of suicide prevention and mental well-being.

To encourage students to start conversations about emotional difficulties in a safe, supportive and empathetic manner.

To promote a hopeful and supportive perspective towards individuals experiencing emotional distress.

To encourage students to recognize the value of empathy, encouragement and social support.

To provide opportunities for students to express their thoughts and feelings through creative and reflective activities.

METHODOLOGY (PROCESS):

The Special Invitee delivered an awareness-oriented address focusing on suicide prevention and emotional well-being. The session provided students with an opportunity to understand the importance of emotional support, communication and seeking appropriate help. She highlighted the importance of recognizing emotional difficulties and responding to individuals with empathy, sensitivity and understanding.

The special invitee also stressed the significance of **open communication, active listening, emotional support and timely help-seeking** in promoting mental well-being. Students were encouraged to be attentive to the emotional needs of their peers, avoid judgment and stigma, and extend supportive communication when someone is experiencing distress. The address also reinforced the importance of developing healthy emotional coping strategies and maintaining supportive interpersonal relationships. The participants took an **Oath for Suicide Prevention**, reaffirming their commitment towards promoting supportive communication, empathy and awareness.

Narrative Walk

Students of the Department of Psychology presented a **Narrative Walk** as an awareness activity. Through a carefully structured visual and expressive presentation, the students conveyed messages connected with emotional struggles, awareness and the need for supportive conversations. The activity provided an experiential method of communicating the central message **"Start the Conversation."**

Mime Performance

The Psychology students presented a **Mime Performance** to communicate the importance of emotional expression, empathy and support through non-verbal communication. The performance provided an impactful and creative means of reaching the audience with the awareness message.

Awareness Rally

During the lunch break, the Psychology students participated in an **Awareness Rally** to extend the programme's message beyond the seminar hall and promote wider awareness about suicide prevention and emotional well-being.

Suicide Prevention Model Exhibition

The students of the Department of Psychology showcased various **awareness models illustrating strategies for preventing negative mindsets and promoting emotional well-being**, thereby educating and engaging fellow students across the college.

Inter-Department Competitions

As part of the broader World Suicide Prevention Day initiative, the inter-department off stage competitions were conducted under the theme **"Unmute Your Feelings"**, comprising: Reel Making Competition, Letter Writing – "To Someone Struggling" on 09.09.2026 and on 10.09.2026 the afternoon session featured an **Inter-Department Open**

Mic Competition involving participants from other departments. The competitions provided students with a safe creative platform to express thoughts, emotions and perspectives related to emotional well-being.

OUTPUT:

- A structured **World Suicide Prevention Day awareness programme** was conducted successfully.
- Students received an awareness-oriented address from the Special Invitee.
- Students participated actively in the **Oath Taking, Narrative Walk, Mime and Awareness Rally**.
- An **Inter-Department Open Mic Competition** was conducted to encourage emotional expression.
- The programme provided an interdisciplinary platform for students to participate in awareness activities.
- Students were encouraged to communicate messages of **hope, empathy, support and emotional well-being**.

OUTCOMES:

- **Enhanced awareness:** Students gained greater awareness of suicide prevention and the importance of mental well-being.
- **Improved emotional expression:** The Open Mic, Narrative Walk and other creative activities encouraged students to express thoughts and emotions appropriately.
- **Empathy and supportive attitudes:** Participants were encouraged to respond to emotional difficulties with empathy, encouragement and connection.
- **Communication skills:** Student presenters developed confidence in communicating sensitive mental-health messages before an audience.
- **Peer support orientation:** The programme reinforced the importance of listening, supportive conversations and connecting individuals with appropriate help.

CONCLUSION

The Awareness Programme on “**Changing the Narrative on Suicide**” with the Call to Action “**Start the Conversation**” served as a meaningful platform for promoting awareness of suicide prevention, emotional well-being and supportive communication among students. The programme directly contributed to **SDG 3 and SDG 10** by promoting awareness of **suicide prevention, emotional well-being and mental health** among students and by promoting an **inclusive and non-discriminatory approach to mental health and emotional well-being**.

Participants Count :

Internal Participants	:	Faculty : 9; Students: 565
External Participants	:	Delegates: - ; Students : -

HOD

Dean

IQAC Director

Principal
PRINCIPAL

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SCHOOL OF LIFE SCIENCES

**IVAN PAVLOV ASSOCIATION OF THE PG DEPARTMENT OF
PSYCHOLOGY & MENTAL HEALTH & WELL - BEING CELL**

AWARENESS PROGRAMME ON

**“CHANGING THE NARRATIVE ON SUICIDE” with the Call
to action: “START THE CONVERSATION”**

Date : 10.09.2026



MP. Jeyakumar
HOD
16/9/2026

MP. Jeyakumar
DEAN, SLS

MP. Jeyakumar
16/9/2026
IQAC DIRECTOR

MP. Jeyakumar
16/9/2026
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HOD
11/6/2026

DEAN, SLS

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