



Sri Arvind Mahila College, Patna
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(A Constituent Unit of Patliputra University, Patna)



Report on Suicide prevention Awareness Session

Date of Event: 12th September 2025

Venue: Seminar Hall, Sri Arvind Mahila College

Organized by: Department of Psychology

An awareness session on suicide prevention was held by department of psychology on 12.09.2024 at 11.00 A.M in college seminar hall. The session was aimed to recognize warning signs of suicidal behaviours, reduce stigma for

Objectives suicide,

- To reduce stigmas rounding suicide and recognition of its warning sings.
- To encourage a supportive environment to promote mental health.

Event Highlights

Educational Presentation: A comprehensive presentation covered for suicide behavioural signs.

Interactive Session: • The event included poetry, poster, speech and skit presentation and question- answer session, where students could ask questions.

Awareness Building: Emphasis was placed on removing social stigma with discussion son Emotion management and steps for preventing suicide.

spread awareness, create a supportive environment to promote mental well-being.

Conclusion

The awareness session was a success full initiative in recognising suicidal signs and preventing stigma around suicide. This session also held in spreading knowledge among students and promoting a compassionate approach towards emotional regulation.

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सुसाइड प्रिवेंशन पर लगायी गयी चित्र प्रदर्शनी



पटना. श्रीअरविंद महिला कॉलेज के मनोविज्ञान विभाग ने 'सुसाइड प्रिवेंशन अवेयरनेस' विषय पर जागरूकता सत्र आयोजित किया. कार्यक्रम की अध्यक्षता प्रभारी प्राचार्या प्रो साधना ठाकुर ने की. छात्राओं ने भाषण, कविता, नाटक और चित्र प्रदर्शनी के माध्यम से आत्महत्या रोकथाम पर संदेश दिया. विभागाध्यक्ष डॉ वेली सिन्हा ने मानसिक स्वास्थ्य को प्राथमिकता देने और समय पर परामर्श लेने की आवश्यकता बतायी. सचिव डॉ विभा कृति ने आत्महत्या रोकथाम की गंभीरता पर जोर दिया, जबकि डॉ रजनी सिन्हा ने धन्यवाद ज्ञापन किया.