

**SRI. C ACHUTHAMENON GOV. COLLEGE
KUTTANELLUR, THRISSUR**



JEEVANI

CENTER FOR STUDENTS WELL-BEING

In Collaboration With

**RESEARCH AND POST GRADUATE
DEPARTMENT OF PSYCHOLOGY**

Organizes



September 10

**World Suicide
Prevention Day**



Report on World Suicide Prevention Day Observance

On **10 September 2024**, Sri C Achutha Menon Government College, Kuttanellur, in association with **JEEVANI** and the **Department of Psychology**, observed **World Suicide Prevention Day** with a series of activities aimed at raising awareness about suicide prevention. The event saw active participation from students and faculty members, emphasizing the need for collective efforts to address this critical issue.

The first activity, a **Flash Mob**, was held at **1:30 PM** inside the college premises. Organized by students of the Department of Psychology, the flash mob attracted considerable attention, conveying powerful messages related to mental health and suicide prevention through dance and performance. During the program, the students displayed **placards** highlighting the importance of mental health awareness and encouraging people to reach out for help in times of distress. The activity created a visually impactful and thought-provoking atmosphere, leaving a lasting impression on the audience.



Following the flash mob, a **seminar** was held at **2:00 PM** in the **Auditorium** of the college. **Akhila U**, a postgraduate student of Psychology, anchored the event. The seminar began with a welcome speech by **Dr. Mahesh MM**, JEEVANI Coordinator, followed by a **presidential address** by **Dr. Manojkumar PS**, Principal of the college. The session was inaugurated by the **chief guest, Dr. Reheemudheen PK**, Clinical Psychologist at Government Mental Health Centre, Thrissur. He was accompanied by **Dr. Sujisha TG**, Head of the Department of Psychology, and **Dr. Malavika KS**, Jeevani Psychologist, who both delivered **felicitation** speeches, stressing the importance of mental health initiatives in educational institutions.

Programme
Theme: Changing The Narrative On Suicide

RESOURCE PERSON:

Dr. Raheemudheen P. K
Clinical Psychologist
Gv. Mental Health Centre, Thrissur

 **Date: September 10**

 **Time : 2 Pm**

 **Venue: Auditorium**

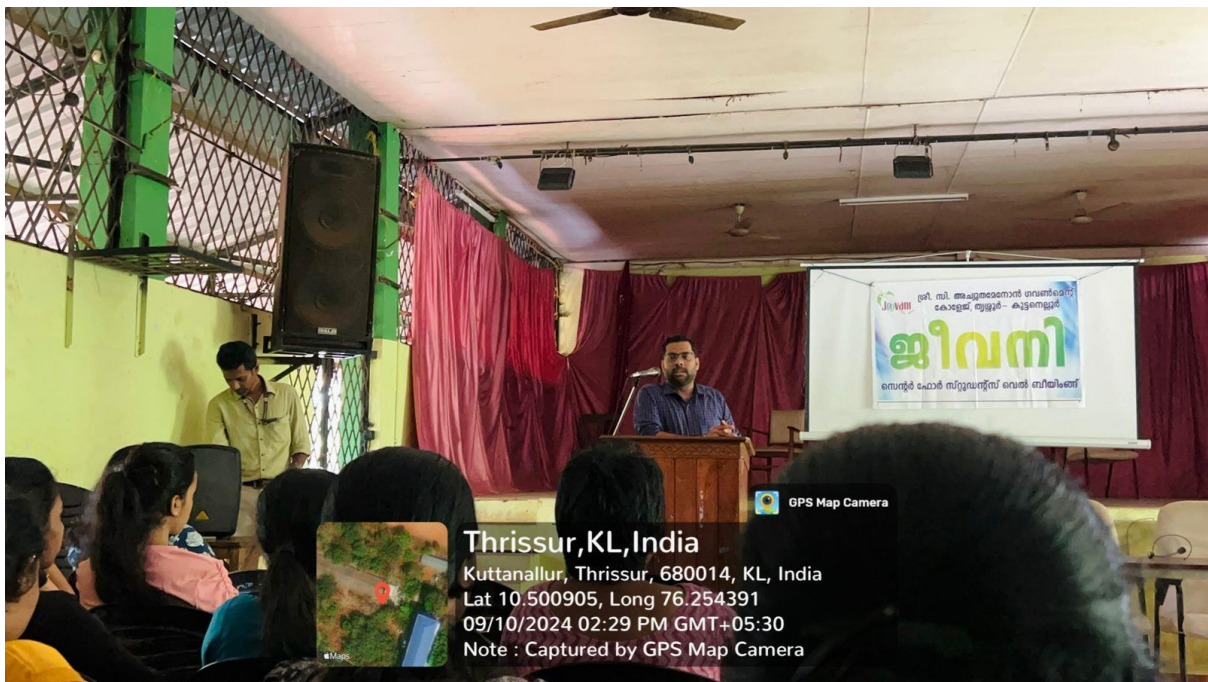
Ms. Malavika K. S
Jeevani Psychologist

Dr. Manojkumar P. S
Principal

Dr. Mahesh M. M
Jeevani Coordinator

The seminar's keynote was a **talk on Suicide Prevention** by **Dr. Reheemudheen PK**, who discussed the **general indicators of suicidal thoughts, risk factors, and methods to identify and offer help**. He elaborated on early warning signs such as changes in behavior, emotional distress, and withdrawal from social life. The session emphasized the critical role of friends, family, and professionals in supporting individuals facing mental

health challenges and preventing suicides. Dr. Reheemudheen highlighted the importance of creating a safe and empathetic environment for mental well-being.



The event concluded with a **vote of thanks** delivered by **Poorna PK**, a postgraduate student of Psychology, who expressed gratitude to all the dignitaries, participants, and organizers for their contributions to making the event a success. The seminar left a lasting impact on the attendees, encouraging proactive steps in suicide prevention and mental health awareness.
