

# Report on Suicide Prevention Awareness Class

**Date:** 25th September 2024

**Venue:** Seminar Hall, Government College Mokeri

**Conducted by:** Jeevani – Centre for Student Wellbeing

**Class Taken by:** Ms. Sneha M.T. (Jeevani Counsellor)

## Introduction

On 25th September 2024, a Suicide Prevention Awareness Class was organized by Jeevani – Centre for Student Wellbeing for first-year students of all departments at Government College Mokeri. This session aimed to educate students about mental health, raise awareness about suicide prevention, and equip them with strategies to cope with stress and emotional challenges.

## Inauguration

The program commenced with an inspiring speech by the Principal, **Prof. Ashraf Koyilothumkandy**, who emphasized the importance of mental health and highlighted the critical role educational institutions play in supporting students' emotional well-being.

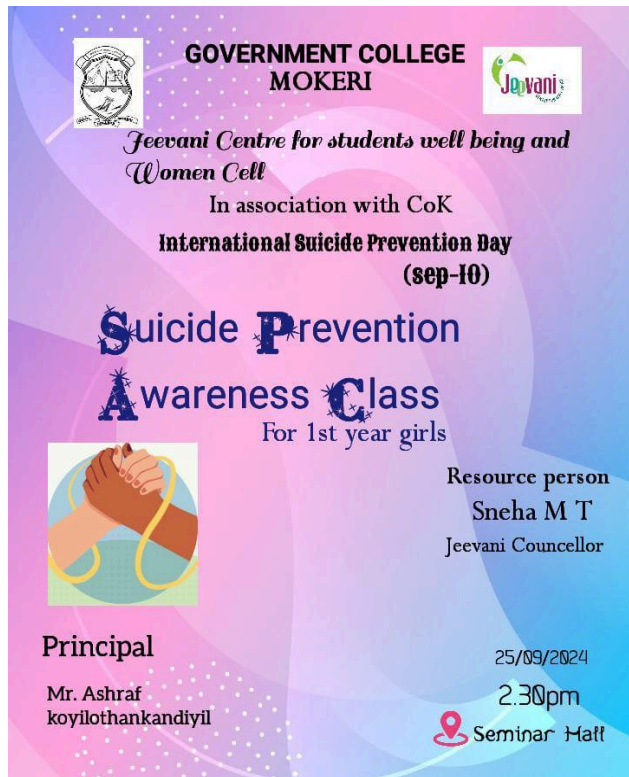
## Session Overview

The session, conducted by **Ms. Sneha M.T.**, was highly interactive and provided valuable insights into various aspects of mental health, including:

1. **Understanding Mental Health:** The significance of mental health in daily life.
2. **Early Detection:** Identifying early signs of emotional distress and suicidal tendencies.
3. **Stress Management:** Strategies for coping with stress and overcoming challenges.
4. **Empathy and Peer Support:** The role of empathy and a supportive peer environment in fostering emotional resilience.
5. **Resource Sharing:** Information on mental health helplines and professional resources available for support.

## Participation and Engagement

The session witnessed active participation from **34 students** representing various departments. **Interactive methods**, such as real-life examples and group activities, were employed to ensure student involvement. The session concluded with a **Q&A session**, where students voiced their concerns and sought guidance.



## Feedback and Outcome

The session received positive feedback from students. Many participants expressed gratitude for the insights shared and acknowledged feeling more confident in seeking help when needed. They also recognized the importance of supporting peers experiencing emotional distress.

The initiative successfully:

- Raised awareness about mental health.
- Equipped students with tools to handle emotional challenges.
- Promoted a culture of support and resilience within the campus community.

## Conclusion

This awareness class, facilitated by **Ms. Sneha M.T.**, marked a significant step toward addressing mental health issues among students at Government College Mokeri. It reinforced the institution's commitment to fostering a supportive and mentally healthy environment.

### Prepared by:

Sneha M T  
Jeevani Counsellor  
Government College Mokeri

## ***Report on Poster Making Competition in Observance of Mental Health Day***

**Date:** 18th October 2024

**Venue:** Government College Mokeri

**Organized by:** Jeevani – Centre for Student Wellbeing

**Theme:** “It’s Time to Prioritize Mental Health in the Workplace”

**Facilitated by:** Ms. Sneha M.T. (Jeevani Counsellor)

### ***Introduction***

As part of the observance of **World Mental Health Day**, Jeevani – Centre for Student Wellbeing at Government College Mokeri conducted a **Poster Making Competition**. The event focused on raising awareness about the importance of mental health in workplace environments and encouraged students to creatively express their ideas on the topic.

### ***Objective***

The competition aimed to:

1. Spark awareness about workplace mental health.
2. Enable students to creatively depict challenges and solutions related to mental health in professional settings.
3. Promote a dialogue on creating supportive and inclusive work environments.

### ***Event Highlights***

The competition took place on **October 18 2024**, with active participation from students across various departments.

- **Theme:** “It’s Time to Prioritize Mental Health in the Workplace.”
- **Participants:** Students from diverse disciplines showcased their creativity and understanding through their posters.
- **Facilitator:** Ms. Sneha M.T., the Jeevani Counsellor, oversaw the event and shared her insights on the significance of prioritizing mental well-being in workplaces.

### ***Prize Distribution***

The winners were declared after evaluating the posters on creativity, relevance to the theme, and overall impact.

- **Winners:** Third-year History students.
- **Prize:** A cash prize.
- **Prize Distribution:** The **Principal, Prof. Ashraf Koyilothumkandy**, graced the occasion and personally distributed the prize to the winners, commending their efforts and creativity.

GOVERNMENT COLLEGE, MOKERI

**Jeevani**  
Centre for Student's Well being

WORLD MENTAL HEALTH DAY -24  
*October 10*

Theme: **IT IS TIME TO PRIORITISE MENTAL HEALTH IN THE WORKPLACE**

**POSTER MAKING CONTEST**

Rules : Use chart paper  
Evaluation based on creativity, clarity and theme conveyed  
Write your name , class department and contact no

Last date for Submission : **18/10/2024**  
poster should be submitted to the Jeevani Counsellor before the deadline

For queries contact  
Sneha M J  
Jeevani Counsellor  
8886494385

Winners will be Rewarded



### ***Feedback and Impact***

*The event was well-received by participants, who appreciated the opportunity to reflect on an important topic through art. The initiative not only fostered awareness but also encouraged open conversations about mental health in workplaces.*

*Participants and spectators alike found the event inspiring and impactful, recognizing the importance of mental health in creating productive and positive professional environments.*

### ***Conclusion***

*The Poster Making Competition, organized by Jeevani – Centre for Student Wellbeing in observance of Mental Health Day, was a resounding success. It underscored the critical need for mental health awareness and fostered a culture of understanding and empathy among students. The participation of the **Principal** in the prize distribution further added to the significance of the event.*