

Guided NSS Units to conduct one-day Seminar on ‘Suicide Prevention’ in collaboration with District Mental Health Programme" (Department of Psychiatrist, BS Medical College and Hospital Bankura

Date: 06-03-2019



Khatra Adibasi Mahavidyalaya

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NAAC Accredited B+ (2nd Cycle)

Ref. No.:

Date:.....

Title of the programme: Guided NSS Units to conduct one-day Seminar on ‘Suicide Prevention’ in collaboration with District Mental Health Programme (Department of Psychiatrist, BS Medical College and Hospital Bankura

Organized by: NSS Units guided by IQAC

Date of the programme: 6th March, 2019

Number of student participants: 70

Number of teacher participants: 10

Place of activity: Hall-2, Khatra Adibasi Mahavidyalaya

Aims and Objectives: Social isolation and loneliness are increasing in our contemporary society and seem to correlate with suicide in adolescents and young adults. To prevent the tendency of suicide in college students, this awareness seminar is conducted.

Programme outcome: After the seminar students were in a unique position to take control, advocate and watch out for their mental health and the mental health of their peers. They learnt how to recognize the warning signs of mental health issues and how to help, including how to talk to peers, practice self-care, manage emotions, access help and learnt how to be a better support for others, thereby have a positive impact.



Teacher-in-Charge
Khatra Adibasi Mahavidyalaya
Khatra :: Bankura

**Snapshot: Letter to the Principal for "Suicide Prevention" form District
Mental Health Programme**

To ^{Received}
The Principal,
Khatra College,
Khatra

Sir / Madam,

On behalf of DMHP (District
Mental Health program), Department of
Psychiatry, BS Medical College & Hospital,
Barkura, want to state that,
we are willing to hold a seminar
on 'Suicide prevention' at your College
compound on 06.03.19 (date) 11-1pm (time)
for the benefit of students & teachers
as per the guidelines of DMHP, Govt.
of West Bengal under NMHP, Govt of
India.

Your co-operation is needed.

Thanking you

13/02/19

Contact

Dr B. Nath

9933552719

clinical psychologist

Yours faithfully,

Roy

prog. officer

DMHP, Barkura