

ST. PHILOMENA'S COLLEGE (AUTONOMOUS)
MYSURU 570015

Report on the Observance of "World Suicide Prevention Day"

Date: October 1st, 2024

Venue: UG Auditorium,
St. Philomena's College

On the 1st of October 2024, St. Philomena's College solemnly observed "World Suicide Prevention Day", aimed at spreading awareness and encouraging action on this important global issue. The event was attended by students from the BA and BSW programs, faculty, and dignitaries. The observance was graced by the presence of the Rector, Principal, IQAC Coordinator, and Heads of the Departments of Criminology and Forensic Science and Psychology. Their participation emphasized the commitment of the college towards mental health awareness and suicide prevention.

The event commenced with the Rector delivering the inaugural address, where he spoke a few words to induct the program. His speech touched on the importance of addressing mental health issues and the role of educational institutions in shaping positive societal attitudes towards suicide prevention. Following the Rector's address, the students from the Department of Criminology and Forensic Science, and the Department of Psychology, presented a powerful skit. This performance was designed to raise awareness about suicide prevention, shedding light on the internal struggles of individuals contemplating suicide and highlighting how those around them can offer support and help. The skit was a poignant representation of the emotional turmoil faced by individuals and served as a reminder of the significance of empathy, active listening, and timely intervention in preventing such tragedies.

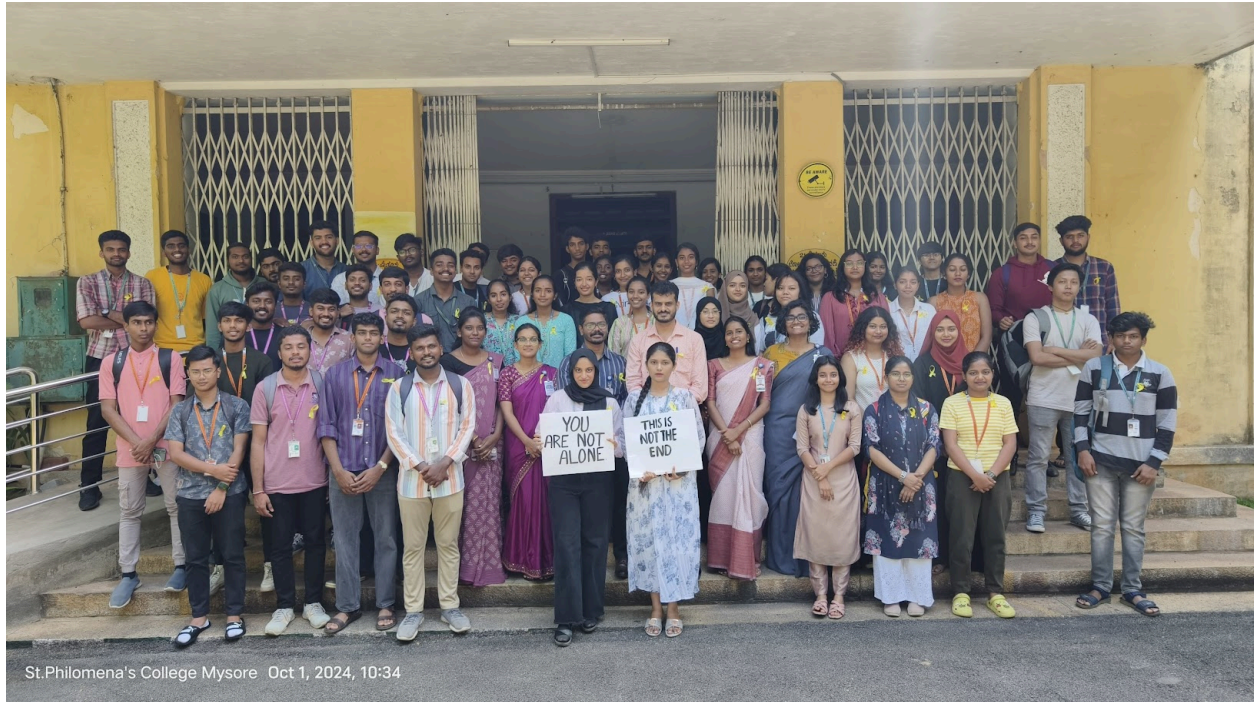
To further drive home the message of suicide prevention, yellow ribbons, which symbolize hope and awareness for the prevention of suicide, were distributed among students and faculties. This gesture served as a visual reminder of the college's collective responsibility to support those struggling with mental health issues and to foster a compassionate community.

After the skit, Mr. Ginson George, Head of the Department of Psychology, took to the stage to address the gathering. In his speech, Mr. George emphasized the psychological aspects of suicide, discussing how mental health issues such as depression, anxiety, and trauma contribute to suicidal thoughts.

He also stressed the importance of seeking help, destigmatizing mental health struggles, and fostering a supportive environment for individuals facing such challenges.

Christopher Byju, a BA student, provided further insights into the significance of “World Suicide Prevention Day” from both the Criminology and Forensic Science perspective as well as from a psychological viewpoint. He highlighted the importance of recognizing the warning signs of suicidal behavior, the role of forensic science in investigating suicide cases, and the psychological interventions necessary to prevent such incidents. It effectively bridged the gap between criminological and psychological approaches to suicide prevention, offering a comprehensive understanding of the issue.

The success of the event was a result of the collaborative efforts of both the Department of Criminology and Forensic Science, headed by Mr. Francis Devasahayam B, and the Department of Psychology, headed by Mr. Ginson George. Their leadership and dedication were instrumental in organizing and executing the program, ensuring its message resonated with all attendees. The observance concluded with a collective call for action to break the silence around mental health and suicide. The students and faculty were encouraged to carry forward the message of support and understanding, and to play an active role in promoting mental well-being within the college and the broader community. The event was a success, reflecting St. Philomena's College's commitment to mental health awareness and its dedication to equipping students with the knowledge and empathy required to address such pressing issues.



Department of Criminology and Forensic Science and Department of Psychology



The team for "World Suicide Prevention Day" observance



Pic 3 and 4: Scenes from the play presented on "World Suicide Prevention Day"





Pic 6 and 7: Distribution campaign by students to spread Awareness