



स्वामी राम हिमालयन विश्वविद्यालय
Swami Rama Himalayan University

HIMALAYAN COLLEGE OF NURSING
SWAMI RAMA HIMALAYAN UNIVERSITY
JOLLY GRANT, DEHRADUN

REPORT ON SUICIDE PREVENTION MONTH (2024)

Name of activity: "Break the silence"- Speaking out against hopelessness

Date: 28th Sep, 2024

Facilitator: Dr. Grace Madonna Singh, Ms. Nitika Bhatt, Ms. Heena Negi, Mr. Atul Bhidola

Time: 9:00 am to 10:30 am

Venue: Offline-Rajkiya Primary School, Kothari Mohalla, Jolly grant

No. of participants: 74

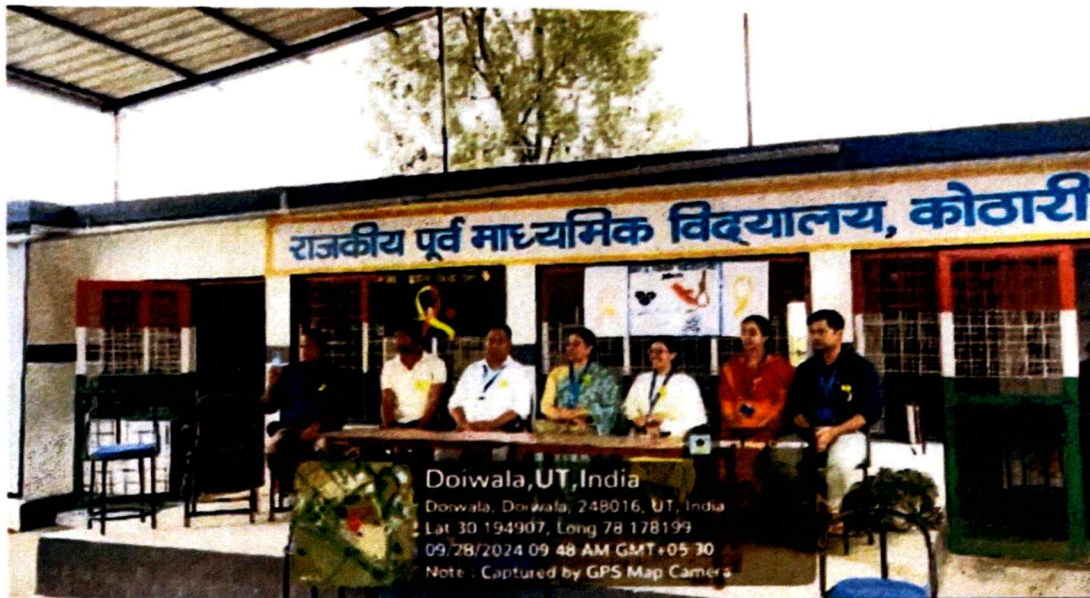
September is Suicide Prevention Month is a time to raise awareness of this urgently important crisis. We use this month to shift public perception, spread hope and share vital information to people affected by suicide. Our goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help.

To create awareness Mental Health Nursing & Community Health Nursing Department of Himalayan College of Nursing organised an awareness programme "**Break the silence**"- **Speaking out against hopelessness** on Suicide Prevention among the students and teachers.

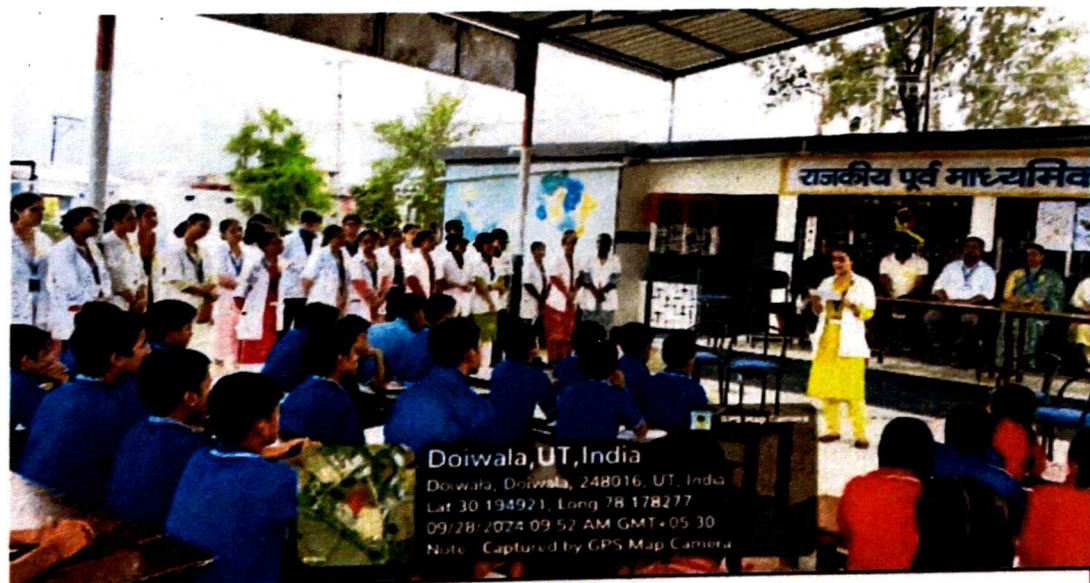
The awareness programme was started at 9:00 am through role play followed by psychoeducation for which was given by the students and charts included introduction, importance of awareness, protecting factors, warning signs and prevention. A total number of beneficiaries 74 were benefited by the program.

This awareness program was organized by combined efforts of Mental Health Nursing Dr. Grace Madonna Singh, HOD, Mrs. Nitika Bhatt, Mrs. Heena Negi, Mr. Atul Bhidola, and Community Health Nursing Department Mr. Chandan Kumar Nursing Faculty along with students of B.Sc. Nursing VI Sem, Post Basic B.Sc. Nursing 2nd year and M.Sc. Nursing 1st & 2nd year (Mental Health Nursing Students).

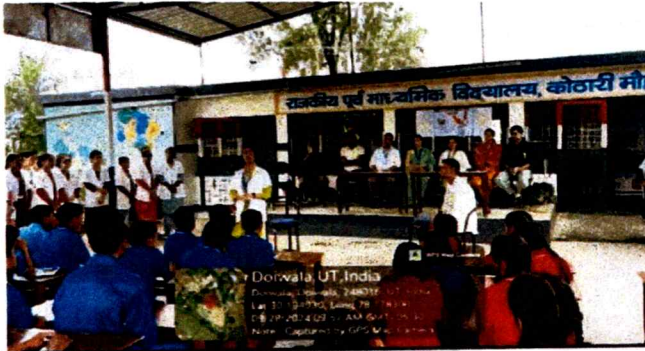
Faculty of Mental Health Nursing and Community Health Nursing Department contributed significantly in successful completion of the educational visit.



School teachers with faculty of Himalayan College of Nursing after opening theme



Introduction to the programme: "Break the silence"- Speaking out against hopelessness



Role play enacted by students on Prevention of suicide



Psychoeducation on maintaining mental hygiene was given by students



Felicitations by event organizing team to Principal of Rajkiya Primary School

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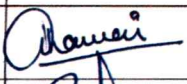

SUICIDE PREVENTION PROGRAMME

MSC – 2nd YEAR

ATTENDANCE SHEET

DATE: - 28/09/2024

VENUE – Rajkiya Primary School, Kothari Maholla

S.NO	NAME OF STUDENT	REMARK
1.	KSHTIZ NAWANI	
2.	POOJA SIJWALI	



ACTIVITY COORDINATOR
Mrs Nitika Bhatt
Assistant professor
Mental health nursing
HCN, SRHU



HEAD OF DEPARTMENT
Dr. Grace M. Singh
Professor and Head of department
Mental Health Nursing
HCN, SRHU

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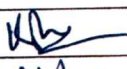
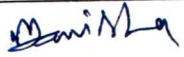
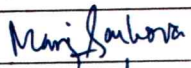
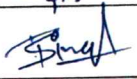

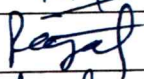
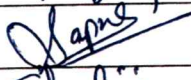
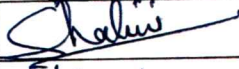
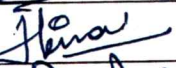

SUICIDE PREVENTION PROGRAMME


POST BASIC B.Sc Nursing - 2nd year


ATTENDANCE SHEET

DATE:- 28/09/2024

VENUE – Rajkiya Primary School, Kothari Maholla

S.NO	NAME OF STUDENT	REMARK
1.	ISHA	
2.	MANISHA	
3.	MANOJ	
4.	PRATIMA	
5.	RIYA	
6.	RAJAT	
7.	SAPNA	
8.	SHALINI	
9.	HIMANI	
10.	SAURABH	


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HIMALAYAN COLLEGE OF NURSING
SWAMI RAMA HIMALAYAN UNIVERSITY
SUCIDE PREVENTION PROGRAMME

BSc Nursing 6th semester

ATTENDANCE SHEET

DATE :-28/09/2024

VENUE – Rajkiya Primary School, Kothari Maholla

S.NO	NAME OF STUDENT	REMARK
1.	ANSHIKA RAYAL	<u>Anshika</u>
2.	ANU PAL	<u>Anu</u>
3.	ARCHANA BISHT	Archana.
4.	AREET KAUR	<u>Areet</u>
5.	ASHMITA JOSHI	<u>Ashmita</u>
6.	AYUSH ASWAL	Ayush
7.	AYUSHI	Ayushi.
8.	AYUSHI BELWAL	<u>Ayushi</u>
9.	AYUSHI KUMARI	<u>Ayushi</u>
10.	KRISHNA PANTHRI	Keishra Panthraer
11.	LAKHVEER KAUR	<u>Lakhveer kaur</u>
12.	NEERAJ ANTHWAL	<u>Neeraj</u>
13.	RAKSHITA RAMOLA	Rakshita Ramola.
14.	RIYA	<u>Riya</u>
15.	RIYAGUPTA	<u>Riya</u>
16.	RIYA RAWAT	<u>Riya</u>
17.	SAKSHI BAGIYAL	<u>Sakshi</u>

18.	SAKSHI BHANDARI	Sakshi
19.	SAKSHI BHANDARI	Sakshi
20.	SAKSHI JUGRAN	Sakshi
21.	SAKSHI PANWAR	Panwar
22.	SAKSHI PARMAR	Parmar
23.	SAKSHI THAPLIYAL	Sakshi
24.	SAKSHI TINSOLA	Tinsola
25.	SANJANA	Sanjana
26.	SANYA SHARMA	Sanya
27.	SHALINI PANDEY	Shalini
28.	VIVEK CHAMOLA	Vivek
29.	VIVEK RANA	Vivek
30.	YASH KANDWAL	Yash
31.	MUKUL BUTOLA	Mukul
32.	ANUJA NEGI	Anuja



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