



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 againsts 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 againsts hopelessness** on Suicide Prevention among the students and teachers.

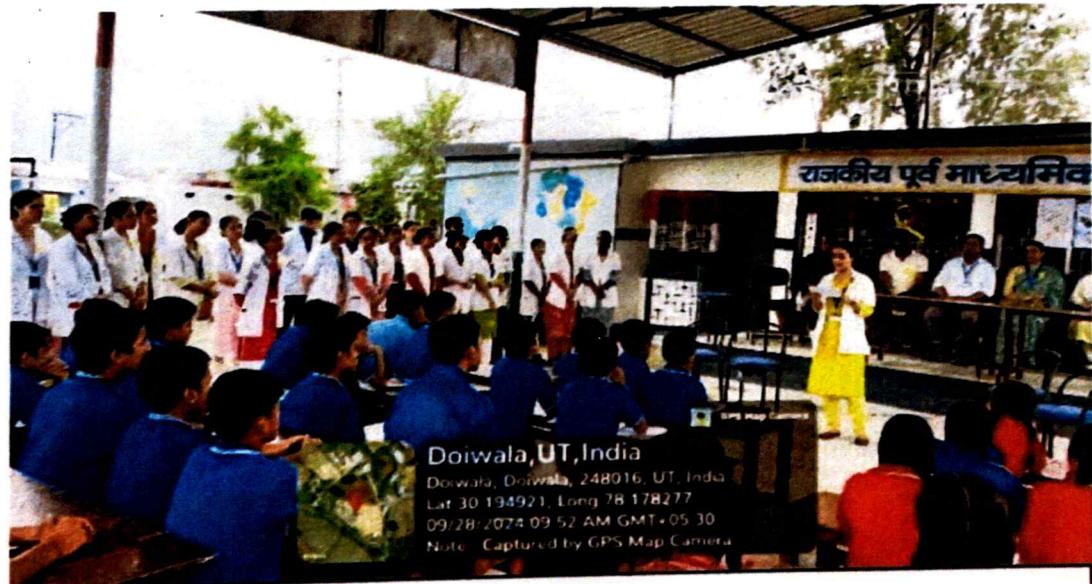
The awareness programme was started at 9:00 am through role play followed by psychoeducation for which was given by the students and charts included introduction, importance of awareness, protecting factors, warning signs and prevention. A total number of beneficiaries 74 were benefited by the program.

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).

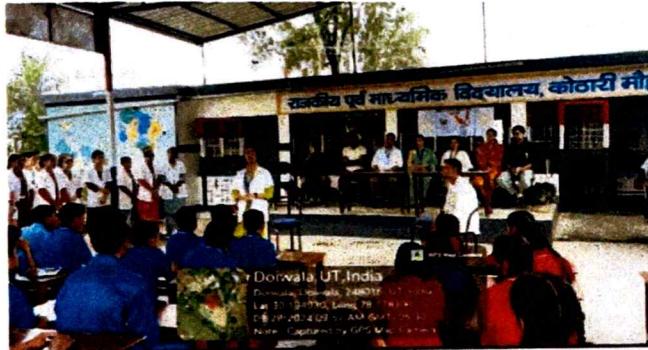
Faculty of Mental Health Nursing and Community Health Nursing Department contributed significantly in successful completion of the educational visit.



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



Felicitation by event organizing team to Principal of Rajkiya Primary School

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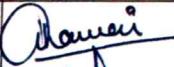
SUICIDE PREVENTION PROGRAMME

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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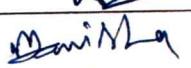
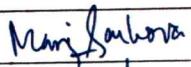
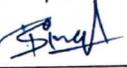
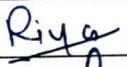
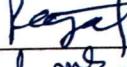
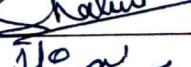
SUICIDE PREVENTION PROGRAMME

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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Assistant professor
Mental health nursing
HCN, SRHU


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

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	<i>Anshika</i> →
2.	ANU PAL	<i>Anu</i>
3.	ARCHANA BISHT	<i>Archana</i> .
4.	AREET KAUR	<i>Areet</i>
5.	ASHMITA JOSHI	<i>Ashmita</i>
6.	AYUSH ASWAL	<i>Ayush</i>
7.	AYUSHI	<i>Ayushi</i> .
8.	AYUSHI BELWAL	<i>Ayushi</i>
9.	AYUSHI KUMARI	<i>Ayush</i> →
10.	KRISHNA PANTHRI	<i>Krishna Panthri</i>
11.	LAKHVEER KAUR	<i>Lakhveer kaur</i>
12.	NEERAJ ANTHWAL	<i>Neeraj</i> →
13.	RAKSHITA RAMOLA	<i>Rakshita Ramola</i> .
14.	RIYA	<i>Riya</i> .
15.	RIYAGUPTA	<i>Riya</i>
16.	RIYA RAWAT	<i>Riyanet</i>
17.	SAKSHI BAGIYAL	<i>Sakshi</i>

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

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

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