

**REPORT ON THE SUICIDE
PREVENTION & AWARENESS
CAMPAIGN**



**PG DEPT. OF PSYCHOLOGY
MANIBEN NANAVATI WOMEN'S COLLEGE
September-October 2019**



mind
mela

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**A Mental Health Awareness
Initiative**

*Let us expel the stigma against mental
illness.*

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Overview

The PG Department of Psychology organized a week-long set of events and activities within the college as well as online to commemorate the World Suicide Prevention Day and the World Mental Health Day 2019, under its Mind Mela initiative. The events and activities were held through the week of 16th to 20th September, while the online campaign continued through the month. This effort culminated in a Walk-a-thon from the college campus to Juhu Beach on the occasion of World Mental Health Day, October 10th, 2019. Following is a brief report of all the activities conducted as a part of this initiative.

Day 1: 16th September 2019

Day 1: Event 1: Art and Expression (conducted by MA Clinical Psychology)

Participants were split across two rooms with different ambiances. Factors like lighting, music and paintings were controlled so as to elicit a desired effect. Participants were then asked to draw or paint whatever they wished to. A difference was seen in the theme of artworks produced in the two rooms. The coordinator for the activity gave a brief insight into the activity and participants were able to appreciate the importance of contextual factors like mood, music and ambience on the nature of creative output.





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Day 2: 17th September 2019

Day 2: Event 1: Open Mic (conducted by MA Clinical Psychology)

Participants were encouraged to share their thoughts in any spoken form like poetry and music. The ten registered participants spoke on various themes like mental illness, emotional expression, breaking free, etc. The event was enjoyed the audience and showed the resonance and relatability of the themes of mental health and freedom of expression.



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Day 2: Event 2: Talk by Dr Anjali Chhabria (conducted by MA Clinical Psychology)

The major event of the second day of the campaign was the talk on suicide prevention by the renowned psychiatrist, Dr Anjali Chhabria. Dr Chhabria delivered an address that was at once, both informative and entertaining. Bringing various common trends seen in adolescent mental health, as well as the pressures of living in today's times, she was able to portray a human side to mental health risks and suicide. Over a hundred participants attended this talk, including students from other colleges and teachers from various departments. The key takeaways of nurturing one's mental health and knowing that suicide is not a solution came through very strongly to the audience.

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Day 2: Event 3: Musical Skit (conducted by MA Counseling)

The talk by Dr Chhabria was followed by some cultural events conducted by students of MA Counseling. Janhavi Pandya entertained the crowd with a meaningful yet melodious original composition on the theme of suicide prevention which was released on the YouTube channel of the college. This was followed by a musical skit which included the enacting of various scenes around the topic of suicide as well as songs with hopeful and restorative themes. The skit highlighted various situations in which one may contemplate taking their own life. However, in the end, a new perspective was introduced and resolution was found.



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Day 3: 18th September 2019

Day 3: Online Campaign through videos and bytes by experts in the field of mental health.

Day 4: 19th September 2019

Day 4: Event 1: Workshop on Suicide Prevention (conducted by MA Counseling)

The students organized a workshop that encompassed awareness about suicide as well as strategies for intervention. There was an interactive discussion along with the PowerPoint presentation. There were energizing games and activities, as well, to sustain attention and add an element of fun.



Day 4: Event 2: Poster Making (conducted by MA Counseling)

In this event, participants brought art supplies and made creative posters. They were given some stories for which they had to come up with an end. A lot a creativity was seen in the drawings as well as messages on the posters. Since it was a competition, first, second and third prizes were given.



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Stalls (organized by MA Counseling)

During the campaign week (17th and 19th September), the MA Counseling students put up stalls with the aim to generate funds to donate to an NGO working for Suicide Awareness and Prevention. The stalls had games like Taboo, Dumb Charades and Whisper Challenge. There were stalls with food items such as noodles, cupcakes, mojito, etc. There was a stall selling handmade jewellery as well. The food items and jewellery received great sales. Students and faculty participated in the games. Through the stalls, the students interacted with a large number of people making them aware of the importance of mental health, reminding them to be kind to themselves and others. The patrons of the stall that showed great enthusiasm and generosity. This is truly great to know that there is much interest and concern for mental health.



Day 5: 20th September 2019

Day 5: Event 1: House of Psi

This event involved a combined fun and games session involving concepts in psychology. Games like the whisper challenge, psychology taboo, got your back and dare to dare were conducted. This was followed by a short quiz revolving around the theme of psychology and suicide. A set of 23 pairs of students participated enthusiastically in the event.



Day 6: 21th September 2019

Day 6: Event 1: Workshop

In light of our Suicide Prevention And Awareness Campaign, our students Rhea Ann Gomes, Pankti Shah, and Tanisha Jhajj did a small activity with the kids at Angel Xpress Foundation, Juhu and discussed markers of ill mental health and suicide amongst students. The kids took active participation in the discussion and spoke of instances of bullying and academic stress and how they can be dealt with. As a part of the activity they were given blank bookmarks and were asked to write something positive on it about themselves- a reminder to them of their own strengths. Although they found discussing suicide with adolescents a sensitive issue, the kids' awareness and understanding made the process easier.





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Walk-a-thon – World Mental Health Day 2019 – 10th October

The World Mental Health Day is observed on 10th October every year and this year, the theme for the same was suicide prevention. A walk-a-thon with the aim of mental health awareness and suicide prevention, therefore, was planned as a befitting end to our campaign on the 10th of October, Wednesday. The Walk-a-thon was conducted collaboratively by the PG Dept of Psychology and Samaritans, an established NGO working with suicide prevention and crisis call responders. The director of Samaritans, Mr. Manohar Rangnekar and renowned standup comic and mental health advocate, Mr Atul Khatri, were chief invitees for this event. The invitees adjudged winners of a photography competition titled “Eros vs Thanos” conceptualized and conducted by Tanisha Jhajj and team from MA Counseling.

The invited guests addressed the gathering of enthusiastic students in the morning and flagged off the walk to Juhu Beach, accompanied by slogans, banners, and posters which underscored the need for mental health awareness. A sum of rupees ten thousand was also donated to Samaritans by the department as an aid in their sincere suicide prevention efforts.







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