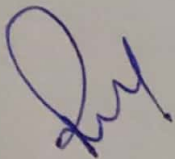


NEW HORIZON COLLEGE OF ENGINEERING, BANGALORE
DEPT OF COUNSELLING

Report on World Suicide Prevention Day

Dept of counselling successfully organized an open session with Dr Reena Jain, Chief Counsellor on **World Suicide Prevention Day** September 10th 2020 from 3.00 pm to 4.30 pm for students, parents and staff. 130 people registered for this session including parents. The objective of the session was to provide a platform to ask their questions, doubts, mechanism and prevention of suicide in the society. This session gave an understanding to our youth that suicide is not a solution of the problems. It sensitised the participants about the agony and mechanism behind it. Participants were explained how they can contribute in the prevention of suicide and how they can help themselves and their friends in this reference. The session was conducted on zoom platform. Many students asked their questions related to suicide. One of the questions was "if a person is not from psychological background or not trained in mental health, how can that person or as a friend we can help our friends who are suicidal or mentally not well". They also related themselves with actor Sushant Singh Rajput whose death was believed as suicide. Students were very enthusiastic and proactive during the entire session. They were satisfied with all answers which they ask to the resource person. Students also showed their interest in psychology and wanted that this should be introduced to all the students in their courses. Session was finished with a thankful gesture/note by all the students.



Dr Reena Jain

Chief Counsellor

DEPARTMENT OF PROFESSIONAL COUNSELLING

AN OPEN SESSION

with



DR. REENA JAIN

Clinical Psychologist and
Chief Counsellor

on

WORLD SUICIDE PREVENTION DAY

10th September 2020 @ 03:00 PM

Registration Link: <https://rb.gy/Dj0dyk> | Last Date for Registration: 09th September 2020



 Recording

