



**CSI.KND.BMHEC'S**

# **KITTEL ARTS COLLEGE, DHARWAD**

**An IQAC Initiative**

## **DEPARTMENT OF PSYCHOLOGY**

**ORGANIZED**

### **WORLD SUICIDE PREVENTION DAY**

**A Special Talk On**

**“Building Resilience in Young Minds:**

**An Awareness Program on Suicide Prevention”**

**Date: 10-09-2025      Time: 11:00 A.M      Venue: Room No.03**

## **PROGRAM LIST**

- COLLEGE PRAYER : Kumar. Kiran
- WELCOME AND INTRODUCTION : Miss. Surakshita Mali
- INAUGURATION WITH WATERING THE PLANT : By Dignitaries
- BOUQUET PRESENTATION : Miss. Drakshayani Olekar
- SPEECH BY THE CHIEF GUEST : Dr. Geeta Pastey
- PRESIDENTIAL REMARKS : Dr. Rekha M. Jogul  
The Principal  
Kittel Arts College, Dharwad
- VOTE OF THANKS : Miss. Surakshita Mali

COMPEERING : Miss. Drakshayani Olekar



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**PROGRAM REPORT**

The Department of Psychology, Kittel Arts College, Dharwad, under the initiative of IQAC, organized a special talk on the occasion of World Suicide Prevention Day on 10th September 2025 at 11:00 AM in Room No. 03. The theme of the program was “Building Resilience in Young Minds: An Awareness Program on Suicide Prevention.” The primary objective of this program was to create awareness among students about the importance of suicide prevention, to sensitize young minds towards resilience building, and to promote a supportive environment for emotional and psychological well-being. The program also aimed to provide preventive strategies, encourage openness in discussing emotional challenges, and enhance the role of educational institutions in nurturing mental health.

The event began with the college prayer by Mr. Kumar Kiran, followed by a warm welcome and introduction by Miss Surakshita Mali. The inauguration was marked by watering the plant by the dignitaries, symbolizing growth, life, and hope. A bouquet presentation was carried out by Miss Drakshyani Olekar. The Chief Guest, Dr. Geeta Pastey, delivered an insightful talk highlighting the importance of resilience in coping with stress and emphasized practical approaches for preventing suicidal tendencies among youth.

The Presidential Remarks were given by Dr. Rekha M. Jogul, Principal, who highlighted the responsibility of institutions in fostering mental health awareness and supporting students through guidance and care. The program concluded with a vote of thanks proposed by Miss Surakshita Mali, and the entire event was smoothly compered by Miss Drakshyani Olekar.

The program witnessed the active participation of 200 students, 25 teaching staff, and 9 non-teaching staff. The outcomes of the program were significant as students became more aware of suicide prevention strategies, resilience-building techniques, and the importance of communication in dealing with mental health challenges. Faculty and staff were sensitized to their roles in supporting student well-being and promoting a stigma-free environment for discussing psychological issues.

# PHOTOGRAPHIC RECORD





