



R.V. Institute of Management

RVIM Centre for Social Responsibility

CA-17,36th Cross,26th Main, Jayanagar 4th 'T' Block, Bangalore 560041
Ph: 080-42540300 Fax:080-26654920 E Mail: contact@rvim.edu.in Web: www.rvim.edu.in

TITLE OF THE EVENT:

**SUICIDE PREVENTION DAY
AWARENESS PROGRAMME 2015**

Category : Awareness

Date : September 10,2015

Location : Campus

Time : 1 pm -5 pm

**Partnering
Institution/Supported by :**

**National Institute of Mental
Health and Neurosciences
(NIMHANS)**

Participation breakup

TOTAL : 102 Students : 11 Staff: 6 Public/Others: 85

Objectives to be achieved

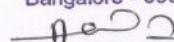
To speak openly on mental health

Report Summary

The series of programme was held during the month of September. The programme culminated on September 10 – observed as World Suicide Prevention Day. Letter writing, slogan writing, street play, art work were included. RVIM was positioned 4th Rank in the National Level.

IMPACT NOTES-Things that are difficult to express had been expressed. Speaking openly on mental health is no longer a stigma.

**R.V. Institute of Management
Bangalore - 560041**


Coordinator

RVIM Centre for Social Responsibility

Suicide Prevention Campus Awareness Programme

September 2015



Koushik Y and Team secured 4TH RANK at the National Level campus based programme on the occasion of WSPD- 2015

Created Art Work

Slogan Writing

Letter Writing

Drawing

Street Play

Film Screening

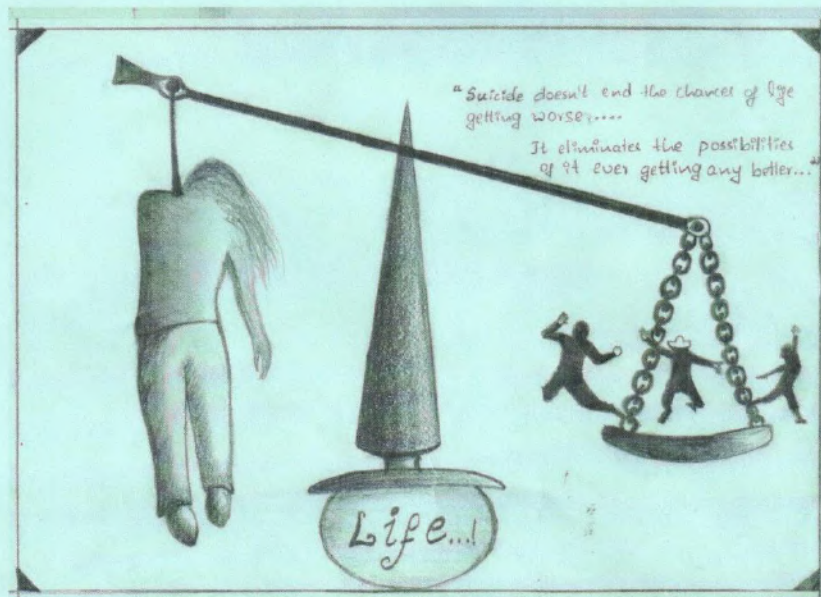
Faculty : Chandran ,Rashmi Shetty & Payal Jindal





Campus Awareness

STUDENT Mr. Koushik.Y- Created an artwork poster with a message



ORGANISING PARTICIPANTS –STUDENT VOLUNTEERS

1. Ms. Swati Deshpande
 2. Mr. Jalaluddeen
 3. Mr. Koushik.Y
 4. Ms. Namita Crystle D'Cunha
 5. Ms. Maharani.K
 6. Mr. Akshay Hegde
 7. Mr. Praveen K.N
 8. Ms. Vennela.T
 9. Mr. Govinda .P
 - 10.Mr. Sheldon
 - 11.Mr. Jagath.G.M
-

Rashtreeya Sikshana Samithi Trust
R.V. Institute of Management
September First Week, 2015

Report of RVIM – CSR Programmes

World Suicide Prevention Day 2015

**The campus programme is designed as per the guidelines of
Department of Clinical Psychology , NIMHANS**

Report prepared by

A.Chandran

Faculty in General Management &

Coordinator, RVIM Centre for Social Responsibility

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R.V. Institute of Management

CA 17, 26th Main, 36th Cross, Jayanagar 4th 'T' Block, Bangalore 560 041

This Report is submitted to:

INTERNAL

1. **Dr.T.V. Raju, Respected Director, R.V. Institute of Management**

EXTERNAL

2. **Dr. Seema Mehrotra**

**Additional Professor
Department of Clinical Psychology
National Institute of Mental Health and Neurosciences (NIMHANS)
Bangalore-29**

E Mail: positivepsychology.nimhans@gmail.com

3. **Professor Ella Arensman**

**National Suicide Research Foundation (NSRF)
Cork, Ireland**

E Mail: earensman@ucc.ie

4. **International Association for Suicide Prevention
C/o AAS
5221 Wisconsin Avenue NW
Washington DC
20015
USA**

E Mail: admin@iasp.info

From: Dr Seema Mehrotra
Additional Professor
Dept of Clinical Psychology
NIMHANS, Bangalore-29
Email: Positivepsychology.nimhans@gmail.com



To,

*The Principal
R.V. Management College*

Sub: Engage to Change- Competitive events

Dear Sir/Madam

We intend to conduct a series of competitive events called 'Engage to change' related to World suicide prevention day, 2015.

This series provides youth four different opportunities to participate in either solo or team activities.

Solo activities are a) Write a letter to a person who may be feeling suicidal' and b) 'Create a Poster'. Team activities are c) 'Quiz competition' and d). 'Conduct a mental health awareness campaign in your campus'. We wish to particularly draw your attention to the last team activity (d). Please note that **your college can participate as an institution if you are interested in conducting a mental health awareness campaign in your institute during the first week of September.** The report of this campaign that you send to us will be taken as an entry and evaluated by a panel of experts. Only one entry per college is allowed for this event: "Conduct a Campaign in your campus".

Of course, your students can also participate in the other three competitive events mentioned above. The overall aim is to create awareness about mental health and engage/involve youth actively in mental health promotion and suicide prevention themes. **Please note that this competition is for youth in general and NOT restricted/limited to Psychology students.**

We request you to kindly circulate the enclosed poster and the guidelines for the competitions to the students and faculty in your Institute. We also request **you for display of the poster and the guidelines on your notice boards.**

Looking forward to an active involvement of your college in this event,

Thanking you,

Yours sincerely,

Seema Mehrotra
18 July 2015

Enclosed: Competition series Poster and Guidelines for competitions

Mr. Chandran
Urgent and needed

23/07

R.V. Institute of Management

RVIM Centre for Social Responsibility

In Campus Programme on the theme 'ENGAGE TO CHANGE'

Slogan Writing to create awareness about mental health and suicide prevention themes

The In campus programme is designed as per the guidelines of Dept. of Clinical Psychology, NIMHANS

WORLD SUICIDE PREVENTION DAY (2015)

Write your slogan

Life is a gift given by Parents
+ god. Don't give them a surprise
gift by attempting suicide. Live long,
life is too short. Never Give Up.
Always wake up and start with new
day.

Name: Suati Deshpande

RVIM ☒ Student / RVIM Staff/ Visitor (tick relevant)

Date: 4/9/15

Sign: Suati

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WORLD SUICIDE PREVENTION DAY (2015)

Write your slogan

Problems will come but they
Will not last long Forever.
Think of the consequences that
will arise. Be strong Inside.

Name: SAYAMANT ACHOM.

RVIM Student / RVIM Staff/ Visitor (tick relevant)

Date:

4/9/15.

Sign:

Sayamant

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WORLD SUICIDE PREVENTION DAY (2015)

Write your slogan

Change is natural it should.
be taken as strength to go ahead
and achieve the best in life that's
the only way we could move
from our odds to the rest of
life towards success.

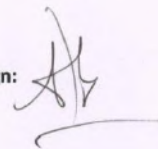
Name: AMITH KUMAR TIWARI

RVIM Student / RVIM Staff/ Visitor (tick relevant)

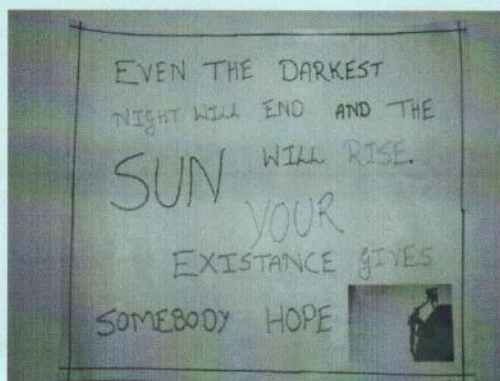
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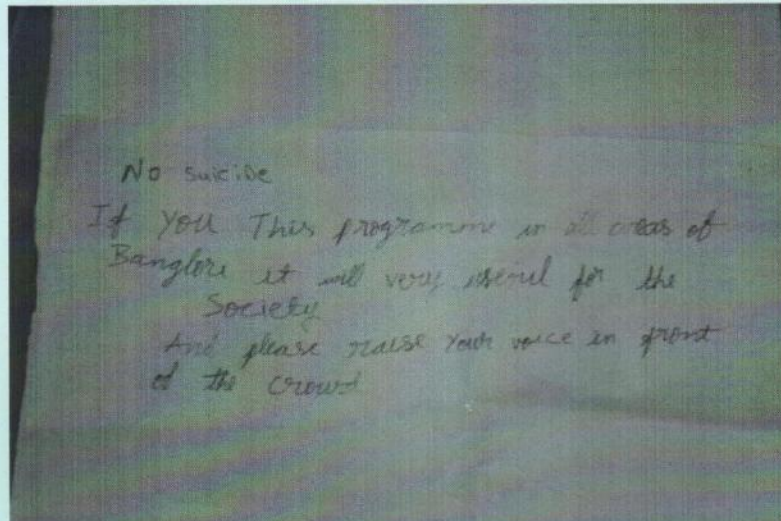
4/09/15

Sign:



STREET PLAY IN CAMPUS

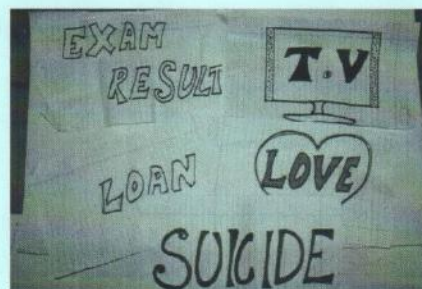




feedback from viewers of street play at Public Place



STREET PLAY AT INSTITUTE ENTRANCE



CAUSES AND REASONS -THE STREET PLAY SCRIPT hand outs

AROUND 100 MEMBERS WITNESSED THE PLAY AT MAIN GATE
AWARENESS CAMPAIGN WAS SUCCESSFUL TO REACH TO THE PUBLIC ALSO

INDIVIDUAL EVENTS

FACULTY Ms. RASHMI SHETTY—wrote a letter

Writing a letter to a person who may be feeling suicidal. The goal of the letter was to reduce distress, help in reduction of suicidal thoughts in the person and nurture hope in life.

The question is: IMAGINE a 25 years old college student whom you regularly interact with. Imagine that she/he has sent a mail in which she/he has described the difficult life situation that she/he has been undergoing in more than one domain. In her mail she/he also mentions that the thoughts of ending life/ending it all have been coming to his/her mind. Imagine this person and the mail sent to you. Write a letter in response to this mail.

Dear Babli,

I remember the first time I met you. The gleam in your eyes attracted me. The blush of newness radiated in your cheeks. And then your warm smile, soft like a feather. I still remember that face of yours. I cannot express how happy I feel to have known you and proud to be called as your teacher.

It hurts me immensely to see you so dejected and down. What is it Babli? Tell me, I want to hear you. I promise I'll not scold or judge you. May be I can help you, I really want to!!!! I want the same chirpy girl bubbling with energy and enthusiasm back.

I can never forget the clever talks and funny remarks you have always been sharing with me. Remember! When you won the best prize in singing competition, I was overwhelmed with pride. You were one of the kind. You were the one who always stood by your friends. Always raised your voice against the unjust deed or act. You were so headstrong and vehement in pursuing whatever you were passionate about. The girl who stood so strong by her friends how could she let go when it was her turn now? I was so sure about you. I always knew that you were tough and cannot be broken so easily.

Last time when I met your parents, I could see how happy and exhilarated they were when they speaking about you. You were the centre point of all their conversations. Believe me they are not happy because they expect that you will be successful every time, they are happy because they have a child like you. They admire whatever you do. They might not able to express this to you. If they are reserved and strict with you it is only to protect you from others. Even if you have done something that was not expected from you they will not hate you. Instead they will love and shield you more than ever.

is my heartfelt request from my side your life is more valuable. Sometimes we have to live for people who need us.

Again I stress and tell you that I am always open to talk to you. You can share anything and seek any kind of help from my side.

Earnestly praying and hoping to hear a positive and encouraging reply from you.

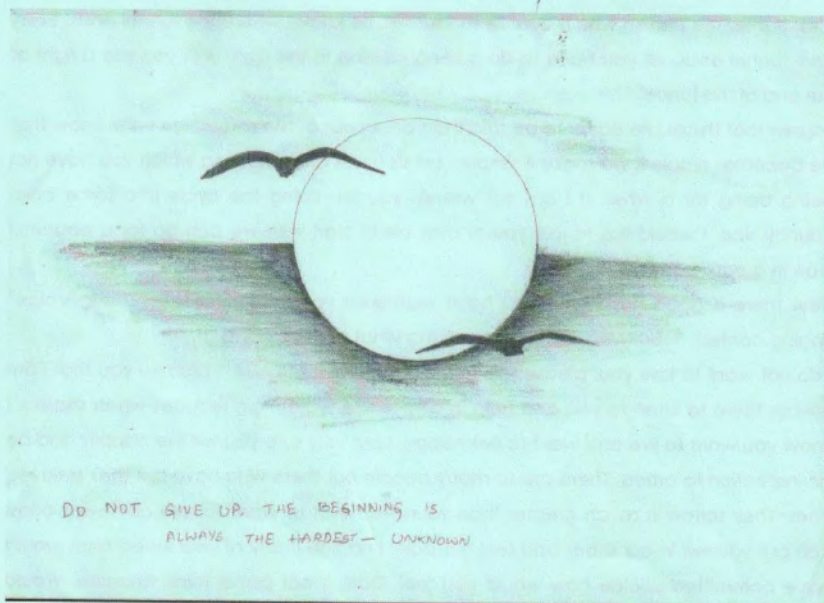
Yours' sincerely

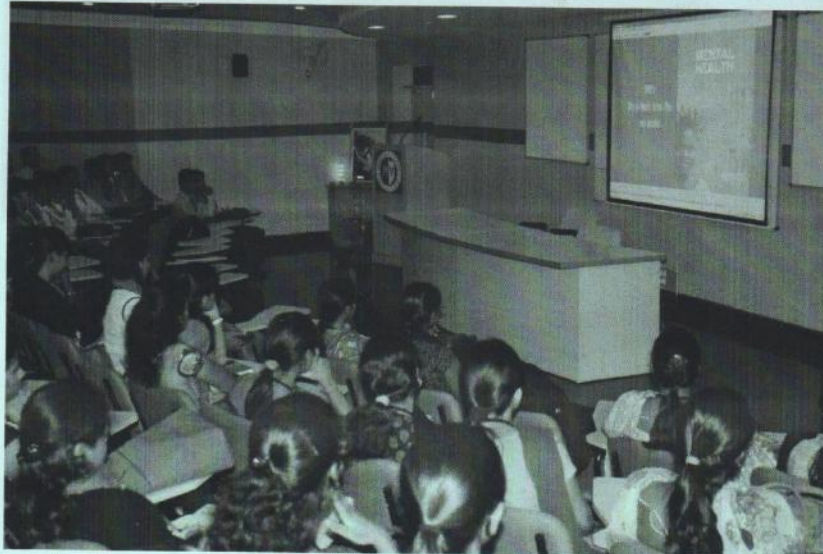
Rashmi Shetty

Assistant Professor

R.V. Institute of Management

FACULTY, PLACEMENT OFFICER, Ms. PAYAL JINDAL- Created a Poster





Audience in the RVIM Seminar Hall –Film Screening