

## **Sacred Heart College (Autonomous), Tirupattur – 635 601**

### **Report of World Suicide Prevention Day**

The Department of Counselling Psychology had taken an effort to bring awareness program on “World Suicide Prevention Day” on 13<sup>th</sup> September 2019. It was an innovative and attractive awareness programme. The Department of Counselling Psychology joining with Counselling Center and FOLC invited all the staff and students of Sacred Heart College to work together to prevent suicide and bring awareness among themselves.

As psychologists’ and counsellors’ we have greater responsibility, to care for and to prevent suicide among the depressed people. We had a campus awareness program that included pinning of “I Love Myself” badges, Oath taking Ceremony, Thumb Impression Campaign, and “Letting go of Worries and Receiving a Blessing” activity. Through these activities the message of the day was clearly conveyed that the importance of life and how to face the challenges of life. The message was well received and much appreciated by both staff and students. All the students participated with great enthusiasm. Staff and students of our department along with the Counselling Center and FOLC did a great job and made this event a successful and memorable one.

The climax of the event was the thumb impression campaign which was simultaneously inaugurated by Rev. Fr. Rector and Rev. Fr. Principal which clearly depicted the importance of life and to avoid ending life due to various problems faced by people.

For the both the shifts “I Love Myself” badges were pinned to promote the awareness on the prevention of suicide by sharing to counsellor and to contact the helpline. On the whole, it was an exciting and very much appreciated by all the staff and students.

