

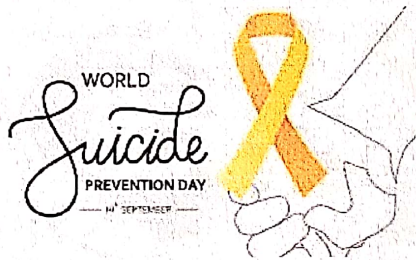


SANDRA SHROFF COLLEGE OF NURSING VAPI

REPORT ON

WORLD SUICIDE PREVENTION DAY 2024

Organized by
Mental Health Nursing Department
On
10th September 2024



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11-09-2024

Sandra Shroff College of Nursing

REPORT ON "WORLD SUICIDE PREVENTION DAY", 10TH SEPTEMBER, 2024

Introduction

The Department of Mental Health Nursing at Sandra Shroff College of Nursing, Vapi, organized an event in observance of World Suicide Prevention Day on September 10, 2024. The event took place in the 2nd-year B.Sc. Nursing classroom under the guidance of Prof. Mr. Samuel Fernandis, Principal, SSCN, Vapi.

World Suicide Prevention Day (WSPD), celebrated annually on **10 September**, is organized by the International Association for Suicide Prevention (IASP) and endorsed by the World Health Organization (WHO). The event represents a global commitment to focus attention on suicide prevention.

Theme:

The theme for World Suicide Prevention Day for 2024-2026 is "**Changing the Narrative on Suicide**" with the call to action "Start the Conversation".

The theme of WSPD 2024 reflects to raise awareness about the importance of reducing stigma and encouraging open conversations to prevent suicides. Changing the narrative on suicide is about transforming how we perceive this complex issue and shifting from a culture of silence and stigma to one of openness, understanding, and support.

The call to action encourages everyone to start the conversation on suicide and suicide prevention. Every conversation, no matter how small, contributes to a supportive and understanding society. By initiating these vital conversations, we can break down barriers, raise awareness, and create better cultures of support.

This theme also emphasizes the need to prioritize suicide prevention and mental health in policy making, calling for government action. Changing the narrative requires advocating for policies that prioritize mental health, increase access to care, and provide support for those in need.

Incidence:


According to WHO 2024, More than 7,00,000 people die due to suicide every year. Suicide is the fourth leading cause of death among 15–29 year olds. Seventy-seven percent of global suicides occur in low- and middle-income countries. Ingestion of pesticide, hanging and firearms are among the most common methods of suicide globally.

Suicide is a serious public health problem; however, suicides are preventable with timely, evidence-based and often low-cost interventions. For national responses to be effective, a comprehensive multisectoral suicide prevention strategy is needed.

Objectives:

- To increase awareness for enhanced understanding of damaging effects of suicide.
- To implement programs in an effort to prevent suicide in our society.



Program Activities at SSCN



**SANDRA SHROFF COLLEGE OF NURSING,
VAPI**

ORGANIZES
WORLD SUICIDE PREVENTION DAY 2024
THEME: "Changing the Narrative on Suicide"

DATE: 10/09/24
TIME: 10 AM-12 PM
VENUE: 2ND YEAR B.SC. CLASSROOM, SSCN, VAPI

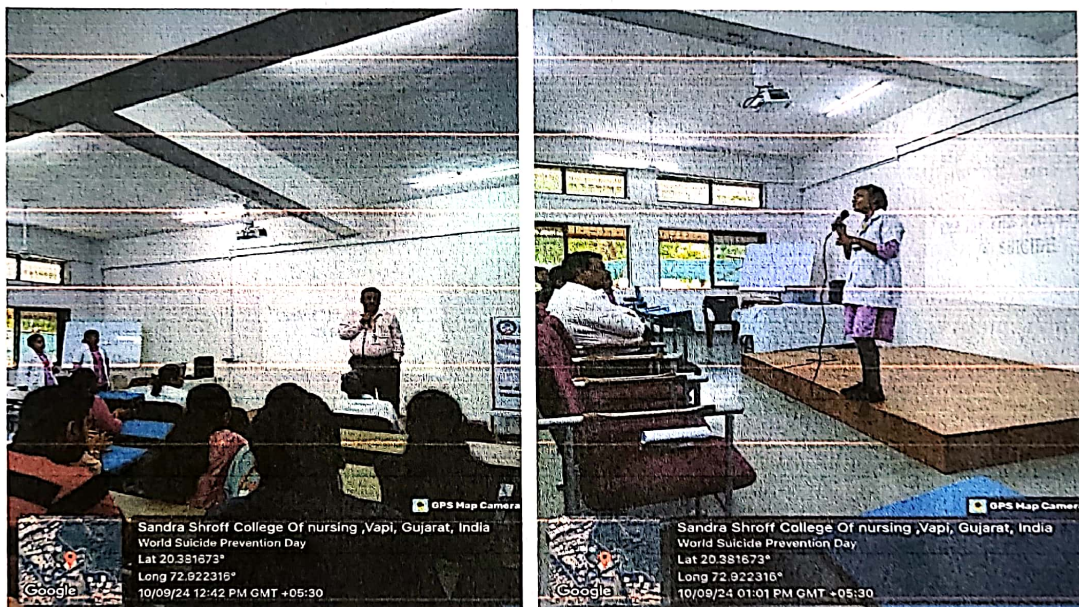
PROGRAM SCHEDULE

SR NO.	TIME	EVENTS
1	10:00 to 10:15 am	Theme Opening And Speech By Prof. Mr. Samuel Fernandis, Principal SSCN, Vapi
2	10:15 to 10:25 am	Short film on: Start the Conversation & Suicide Prevention By Ms. Anju Gavit, Nursing Tutor
3	10:25 to 11:05 am	Seminar on Awareness of Suicide Prevention By Mrs. Divya Pancholi, Associate Professor & Mrs. Swati Mistry, Assistant Professor
4	11:05 to 12:00 pm	Role Play on "Tackle your Trouble with Hope & Cope" By Nirali Desai, Nursing Tutor & Ms. Nithya M, Nursing Tutor

The program began with the unveiling of the theme, followed by a short film focusing on suicide prevention, highlighting the risk factors, warning signs, and strategies to prevent suicide.

The World Suicide Prevention Day program commenced at 11:00 a.m. with the unfolding of the theme and an inaugural speech by Prof. Mr. Samuel Fernandis, the Principal. During his address, he emphasized the importance of suicide prevention and spoke about various strategies to intervene and potentially save lives. He also discussed the need for awareness, support systems, and practical methods to prevent suicidal behavior within communities.

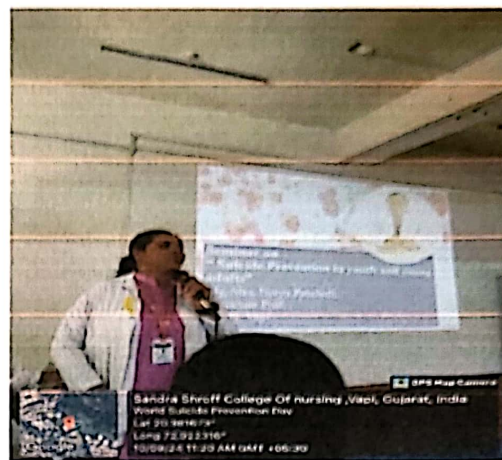
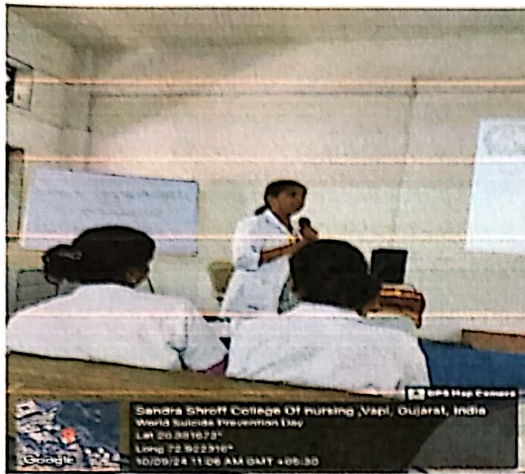
Dr. Mrs. Anita Nawale, the Vice Principal, delivered a speech on suicide prevention. In her address, she emphasized the importance of recognizing early warning signs and shared insights on effective intervention strategies.



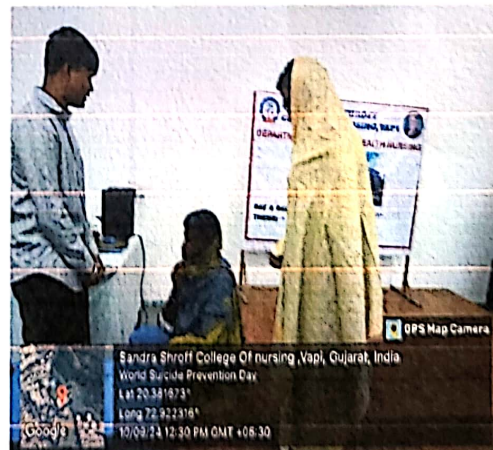
Mrs. Swati Mistry, Assistant Professor, delivered an in-depth presentation on the risk factors and warning signs of suicide. She highlighted various indicators that could signal someone is at risk, such as changes in behavior, withdrawal from social activities, expressions of hopelessness, and noticeable shifts in mood. Mrs. Swati Mistry emphasized the critical importance of identifying these early warning signs to intervene before a situation escalates.

Mrs. Divya Pancholi, Associate Professor, led a comprehensive discussion on suicide prevention strategies. She focused on both individual and community-level interventions, including building stronger social support systems, promoting mental health awareness, and the role of healthcare professionals in

providing timely assistance. Mrs. Divya Pancholi also outlined various coping mechanisms and resources available for those struggling with suicidal thoughts, reinforcing the idea that prevention is possible with the right strategies in place.



Additionally, Ms. Nirali Desai, Ms. Anju Gavit, and Mrs. Nithya, Nursing Tutors, coordinated an engaging program activity featuring a role play, which was prepared and performed by students. The scenarios depicted real-life challenges, such as financial burdens and exam failures, that can contribute to feelings of despair and hopelessness. The role play, themed "Tackle Your Trouble with Cope & Hope," illustrated practical coping strategies, emphasizing the importance of resilience, positive thinking, and seeking help when faced with life's difficulties. The activity not only provided insight into common struggles but also fostered a deeper understanding of how to approach these issues with optimism and hope.



Conclusion

The World Suicide Prevention Day program successfully brought attention to the vital issue of suicide prevention. The theme of the event, coupled with the short film, emphasized the importance of recognizing risk factors, understanding warning signs, and implementing strategies to prevent suicide. The speeches delivered during the program stressed the need for community awareness, early intervention, and the establishment of strong support systems. Overall, the event served as a powerful reminder of the collective responsibility to be vigilant, compassionate, and proactive in addressing mental health concerns and preventing the tragic loss of lives.