

Annexure B

Report on Mental Health & Suicide

Department Name :- Biotechnology

Event/ activity Name :- Awareness Program On Mental Health & Suicide

Date :- 24th August'2016

No. of Days :- 01

Venue :- Fourth Floor, SRKI, Surat

Level :-College

Collaboration (if any) :- Jeevan Astha Helpline for Mental Health & Suicide, Surat

Resource Persons (if any) :- Dr. Urvesh & Kanaiya Thakur, Psychological Counselors from Jeevan Astha Helpline

Aim/purpose : To make students aware of Mental Health, disorders related to it, suicide problems & how to take help from this helpline in the time of distress

Details of the event/ activity : After introduction of Dr. Uresh & Mr. Kanaiya & the purpose of the talk, the counselor team introduced the concept of mental health, its significance, differences between normal & abnormal mental health, various mental health disorders, symptoms of mental illnesses, etc to students. They also shared power point presentations & real life case studies with the students. They also prepared students what to do in times of mental breakdown & during depression. Role of jeevan astha helpline & role of psychiatrists, psychologists were cleared. The team shared all helpline nos. by giving individual visiting cards to the students & sharing pamphlets with them. Team also answered questions of students in public & in person.

Participants:- First year (Sem 1) & Third Year (Sem 5) Biotechnology students , 125 students in total.

Winners (if any) :- Not applicable

Outcome :- At the end of the program, students could understand what is normal & abnormal mental health. They became aware of different mental illnesses & came to know how to use this helpline. 3 students came out with personal mental problems that were counseled by the resource persons. One of the students indeed was found to be going through very critical issue. Her follow up is still going on. Students requested that such program should be done with their parents also.

Signature of event/ activity co-ordinator :- Dr. Nehal D. Shah

