

SCHOOL OF NURSING EDUCATION AND RESEARCH

RUFAIDA COLLEGE OF NURSING , JAMIA HAMDARD

Report on the Celebration of World Suicide Prevention Day

On 10th September 2025, Rufaida College of Nursing, School of Nursing Education & Research, Jamia Hamdard, organized an expert talk on suicide prevention and risk assessment among school-age children at PM Kendriya Vidyalaya AFS, Tughlakabad, Sangam Vihar, New Delhi, in observance of World Suicide Prevention Day, as a part of school outreach activity. The session, guided by Prof. Veena Sharma, Dean/Principal, aimed to raise awareness about the psychological challenges faced by students, such as anxiety, depression, and academic pressure. Expert speakers Ms. Parul Sharma, Ms. Shaheen Khan, and Ms. Deepika Kumari, shared valuable insights on identifying early warning signs of suicidal behavior and implementing effective preventive strategies. The session emphasized the importance of early intervention, open communication, and emotional resilience in school settings. A confidential risk assessment was conducted with forty students, focusing on identifying those at risk and providing appropriate support mechanisms. The program concluded with a strong message encouraging students to seek help and build a supportive school environment, contributing to the mental well-being of all students.

