



WORLD
SUICIDE
PREVENTION
DAY

10 SEP



The National UN Volunteers-India



RAJESH. T



September 10 - World Suicide Prevention Day



This year's (2023) Theme of WHO is "Creating Hope Through Action"

Suicide is a menace which has been haunting human society since time immemorial. The rate has been alarmingly increasing over the years in India. And according to reliable data available its around 12 (per 1 lakh population) now. The loss caused by suicides to the society and family in particular is alarmingly quite high. In this context, it is very important for us to remember the old saying "Prevention is better than cure". And if we are to think of actions to prevent suicides, we should first analyze the major root cause for suicides. In the subsequent paragraphs, I have tried to find out practical actions to prevent suicides based on the before mentioned principle of addressing the root cause.

The most common early symptoms exhibited by suicide attempting persons are, feeling of loneliness, alcohol/substance abuse drastically, cutting of from family/friends, sense of helplessness/worthlessness about themselves, thinking/talking about ending one's life etc. If we analyze all these a bit more deeply we will see 2 starking facts. Fact 1 is that they are mentally so weak that they cant fight back when they face any sort of setbacks in life. The second fact is that they did not have a rationally and logically thinking listener to whom they can confide their problems or thoughts.

Hence a practical solution to counter this social evil called "Suicide" must be based on the above mentioned 2 facts. A solution based on fact 1 is the best. But for that the measures have to be initiated from a young age. If we can create instances in our children's school going days wherein they are facing losses/setbacks and then encourage them continuously and motivate them to get involved in the same act again and again, they will automatically develop a strong mindset which when faced with setbacks will face those setbacks on the face and will fight those challenges and emerge victorious.

The best method for this is to introduce the child to participate in sports or arts events and inspire them to continuously participate in those events even when they are not winning.

A solution based on the second fact is for the friends/well wishers /family members to continuously communicate and meet the individuals who are going through tough times. They should form groups and continuously provide a morale boosting support to those individuals. It should be kept in mind the talks/suggestions have to be motivating and not sympathising. If this is continued the individual may feel a bit calm and develop a positive mindset due to these frequent interactions.

If the above discussed 2 methods are implemented we can have a longlasting and practical solution to counter suicides.

World Suicide Prevention Day

The theme for 2023 is "Creating Hope through Action"

Teenage suicides is a deeply concerning social issue which has increased in recent years. This refers to the tragic loss of lives of young teenagers due to deliberate self harm by inflicting injury upon themselves. This in their perception is ideal to cope with the emotional and academic stress they feel.

Adolescents who are prone to suicide are often lonely. They might feel left out in school among their friends or in the society. They distance themselves from others and even stop communicating and engaging themselves with others. Academic expectations from parents, teachers and peer group might also be one of the reasons. They might even have high expectations about themselves and hence are unable to accept and handle their failures.

In my view the remedial measures to prevent such suicides are;

Loving oneself is one of the most effective method in preventing suicide. A lot of teenagers may commit suicide because of their own insecurities. They have to accept themselves the way they are and realise no one is perfect and people will judge them no matter what they do. They have to understand that life is not a bed of roses and they have to be confident about themselves and have a strong mindset. They have to speak for themselves instead of keeping their thoughts, emotions or feelings restricted within them. They have to communicate their emotions with someone they trust. A lot of teenagers suppress their feelings which leads them into having suicidal thoughts. When they communicate their problems or stress, it gives them a sense of relief and a peace of mind. Engaging in different activities can also help them to stay away from suicidal thoughts. Reading books with positive messages not only helps them increase their vocabulary and knowledge but also gives them a positive mindset. In the era of internet, teenagers isolate themselves because of social media. So engaging in productive activities like sports, drawing and reading helps them be a better version of themselves and also make them feel less lonely and it can prevent them from having suicidal tendencies or thoughts and surge ahead successfully even when the roads they pursue is filled with stones and thorns.



**WORLD
SUICIDE
PREVENTION
DAY** 10 SEP



Shivani Rajesh

XII - Humanities



Hari Sri Vidya Nidhi School

Thrissur, Kerala

KHUSHI R PATEL

CLASS 12, SHRISTI ENGLISH MEDIUM SCHOOL

Suicide and youth

Suicide occurs more often amongst teenagers and youth. This is not only the result of any direct loss of lives but also disruptive psychological and adverse socio-economic effects. Therefore we need good insight in the risk factors, contributing to suicidal behaviour in us.

There are still many reasons behind suicidal thoughts. Today students don't think even once that what will happen if he/she takes the decision to commit suicide their family and friends.

Steps that can be taken :

- Mentorship programmes.
- Social awareness.
- Academic support group by college administration.
- Helpline by NGO's and civil society groups.
- Social media groups:-Group can be formed, where anyone can discuss their issues.

Psychological counselling will help teens to develop effective mechanisms for coping with problems. One of the best things we can do is give our young people the power to talk about mental health issues and topics as challenging as suicide without shutting the door. Even if your child is doing well, this is a powerful opportunity to see if your child is okay emotionally and physically. This can help them to talk openly with their friends. Talking to your child about suicide maybe the toughest conversation you can ever have, but it can be the important for them and you to know.

Lastly I want to say:

"DON'T GIVE UP".

"DON'T GIVE UP ON YOUR STORY".



United Nations



**WORLD
SUICIDE
PREVENTION
DAY** 10 SEP

Why does the word "suicide" comes in one's mind?

Teenage suicide is a global problem. The word "suicide" can come in one's mind in many different situations. Maybe they have lost their loved ones or they have been betrayed by someone whom they trusted and have let them down. They start feeling lonely. There are other reasons as well. Such as, life becomes difficult for them when they don't have someone they can trust, who can understand them and on whom they can easily rely on. They might have been physically or mentally abused and hence they suffer from depression. They lose interest in their surroundings and things don't work out the way they wanted them to. In whatever they do, it seems that they just can't be happy. To them, it feels like they've done a sin or a crime and then they feel guilty and regret it. But it can't be undone. Sometimes they have family problems and go through many failures. Everything seems wrong and they start to hate themselves. At a point, all their problems eventually lead them to depression and then they make a horrible decision of ending their own life, which to them, seems the best solution.

How to handle suicidal thoughts?

First of all, we youngsters must learn to love ourselves. We should make ourselves our first priority. I know that it is not easy but it surely works. Take interest in the beautiful nature in your surroundings and do good things which makes you happy. Enjoy your hobbies. It can be anything, like painting, dancing, singing, travelling and playing musical instruments. Take interest in music and painting because art heals. Socialize yourself and talk to others instead of always being alone. Of course, spending time with yourself and taking care of yourself is very important and is a part of being happy. But spending quality time with your loved ones and friends is also essential. Talk to someone who can understand your situation and help you to get out of it. Think positive and never ever let the negative thoughts take over you. Distract yourself from negative thoughts. For example, watch a movie of your choice and try cooking or baking a new recipe. Listen to motivational speakers and do meditation regularly. Read good books of your favourite genre. Books can fill you up with positivity. They can be motivational books or spiritual books. Think about your friends and family who can get badly affected by your suicide. Depression is hard and not everyone can get out of it. But suicide is never the right solution. Always remember that you are the most important person in your life and you are enough for yourself. Never give up!



United Nations

World Suicide Prevention Day 10 SEP 2023

The National UN Volunteers-India



Durva N. Trivedi, Class10



Shruti English Medium school,
Anand, Gujarat.

• Introduction

In today's world due to lack of positive thoughts many people attempt suicide. This includes teenagers and youth in a large number.

The mental illness, Traumatic stress, substance use are few of the reasons for a person to commit suicide or having suicidal thoughts. Many other reasons for suicide are loss or fear of loss, chronic pain and illness, feeling like burden to others, social isolation, loss of loved one, intense guilt, loneliness, etc. However, through conscious efforts and developing a large widely spread culture of positivity in the society we can prevent from such worst situation of suicides.

Prevention from suicide and suicidal thoughts:

It may not always be easy to prevent suicidal thoughts. There will be days when we feel like life just isn't worth living. So, the mind should be constantly guided with good thoughts, should read religious books, should remain in a group of people with positive thoughts etc.

The person committing suicide believes that he is the owner of his body and life. Hence, he can throw it like anything. This is fundamentally wrong. According to any religion or culture, our life is a gift of Almighty God. If it is given by someone, it is my duty to use life by contributing to the world with my best efforts and make him happy who has gifted us life.

Moreover, the life is full of happiness and sorrows. It is the challenge to enjoy the life despite the difficulties. As per the Indian Scriptures such as Ved, Upanishad and Geeta, the life is a play ("Leela"). The world is not created by accident or to suffer the sins done previously, but it is a big game - "Leela" organised by Almighty. All of us are playing one or another role.

Similar to the game, if we lose, we do not commit suicide but we stand up to play another game. Further, the scripture emphasises that in the worst moments of the life, the God is with us and within us. We are not suffering alone; God never abandons us.

Hence, in the worst situation also we are not alone rather the indwelling god is always there with us. However, such sermons may seem attractive but are difficult to inculcate in real life. The same scripture advocates for regular hammering of such thoughts as a process of "Swadhyay". Through regular listening, keeping in touch with good companies it is possible to percolate positive thoughts in individual's life over a period of time. Such positive thoughts prevent from suicidal thoughts. This does not happen overnight. A continuous process required that starts from the age when wisdom arrives in a kid.

We can summarise as follows:

1. Appreciate creatures made by God and always give your best every time and leave your result in the hands of God. If you fail then take it positively and move on and you'll definitely achieve success.
2. Be proud of who you are, instead of ashamed of how someone else sees you.
3. When your depression says, "Give up", hope whispers, "Try one more time".



United Nations

World Suicide Prevention Day 10 SEP 2023

The National UN Volunteers-India



Rujuta Shah-Class 10



Shruti English Medium school,
Anand, Gujarat.

Theme: creating hope through action.

September 10th, serves as a poignant reminder for world suicide prevention day. Suicide is a complex issue that affects individuals, families and communities all over the world. It is a leading cause of death globally. According to the World Health Organization (WHO), approximately 8,00,000 people die by suicide every year. However, this statistic only tells about the reports which are registered.

A person attempts to commit suicide because of following reasons:

1. Mental health conditions is one of the factors causing suicide. A person in depression, bipolar disorder, personality disorder etc leads to overwhelming emotional pain and hopelessness.
2. Discrimination can also lead to suicide.
3. A person living in a joint family has a pressure to fulfill all the needs of the family at this time, he/she can't fulfill the needs. He/she is pressurized by their parents. This can also lead to suicide.
4. In some families, today also orthodox traditions are followed. This can disturb the mental health and can influence an individual's attitude towards suicide.
5. To be isolated from everyone can create loneliness which can contribute to despair and hopelessness, increasing the risk of suicide.
6. LGBTQ+ individuals may face unique challenges, including discrimination and rejection which can increase their vulnerability to suicidal thoughts.

Preventions:

There are many ways to prevent suicide that could be implemented by individual, community, NGO's and government.

- A. Public Awareness: Promoting awareness can change a lot of minds. It can encourage a person to share his/her emotions and struggles to someone. Awareness about mental health issues should also be promoted.
- B. Self Love: Self love is a thing, if someone understands it, it can change the whole mindset towards the dangerous thoughts.
- C. Open Minded Society: People in our society should accept the minds of our youth and accept them as they are.
- D. Positive Thinking: Positive thinking can encourage a person to the next level. Positive mindset helps individual facing emotions struggles. It can also help a person to do better and to release stress.

Before attempting suicide, we should think about our loved ones and our family. We should also think how it will effect our family. A suicide can be a cause for another suicide of a family member. It can destroy our family mentally and financially.

At the end, I conclude by stating that each one of us has been brought on this earth to spread the fragrance of love, beauty and joy. So let's do it.



United Nations

World Suicide Prevention Day

10 SEP 2023

The National UN Volunteers-India



Tathya Sangeet, Class 10



Shristi English Medium school,
Anand, Gujarat.

Suicide, the word itself sometimes scares me. Whenever I listen to cases related to 'suicide' it makes me think, is it worth to give up on the life that our family and God has given us? Is it worth just to take our own life and not see the effect that is left on our loved ones?

What does suicide mean?

Suicide means an act or an instance of taking one's own life voluntarily and intentionally.

REASONS BEHIND SUICIDE:

1. Mental health problems
2. Bullying, prejudice or stigma, such as relating to your race, gender, disability or sexual identity
3. Different types of abuse, including domestic, sexual or physical abuse
4. Bereavement, including losing a loved one to suicide
5. Financial problems Society expectations

How to handle suicide thoughts?

1. Helping them by loving themselves. It is the most important thing that one should know and should do.
2. If someone is suicidal around you, just ask them the reason behind it while respecting their boundaries too.
3. Make them know that you are there for them. Motivate them, give them quality time, ask them about their day.
4. Listen to them without judging them.
5. Giving them help by mental health services or emergency services.
6. Giving them one-on-one counselling and medical treatment.
7. Having counselling sessions in schools and colleges with experienced people.
8. By letting them share their inner feelings with their family and friends.



United Nations

World Suicide Prevention Day

10 SEP 2023

The National UN Volunteers-India



Pari. R. Patel, 12th commerce



Shruti English Medium school,
Anand, Gujarat.

SHAZIA MIR

G D GOENKA SCHOOL, SRINAGAR J&K

EDUCATION TO PROTECT THE PRECIOUS LIVES

On this day, the world thinks of preventing suicides. The number of the loss of lives from the young to old due to suicide is alarming. Even school going children end their lives. It is painful for society. It must be understood that there have been shocking issues for each one of them to adopt this altruistic decision.

There are treatable mental health issues which lead to suicides. Did the victims get support and attention from experts and their immediate social circle including family and friends? Is the society at large aware of mental health issues?

The most serious reason for a person to adopt an extreme existential decision to end life itself is not due to the unsolvable problems which he or she faces but the problem is the failure of the social support system?

Young people are taught or fed into their head with ultimate goals only which have no alternatives. If not admission to medicine, what is next? If a relationship has failed, is that the end of life? If this business flopped deplorably is it the end of life? No life training is emphasized in society for people to set alternate goals.

From school life onwards individuals must be trained to develop worthy and friendly relations. Even families give only don'ts. Students should develop good friendship without thinking of selfish gains. There should be some people in life with whom one can share the problems, joys and worries. Education should be for healthy socializing skills also.

We cannot give life. Life is precious. We have no right to end our lives too. Our societies should emphasize on happiness of all to prevent suicides.



United Nations



**WORLD
SUICIDE
PREVENTION
DAY** 10 SEP

WORLD SUICIDE PREVENTION DAY: A POEM OF HOPE



World Suicide Prevention Day:
A Poem of Hope

In a world where shadows often play,
We stand united on this day,
To shed a light on darkest nights,
To heal the hearts in desperate fights.

For students, seekers, young and old,
Let love and empathy unfold,
In unity, we'll find our way,
On World Suicide Prevention Day.

In halls of learning, minds ignite,
With dreams so vast, ambitions bright,
But burdens heavy, troubles deep,
Can shroud our hopes in darkest sleep.

For students, seekers, young and old,
Let love and empathy unfold,
In unity, we'll find our way,
On World Suicide Prevention Day.

In whispers quiet, cries unheard,
The pain concealed, like secret words,
Yet in our hearts, compassion thrives,
To rescue lives and shattered lives.

For students, seekers, young and old,
Let love and empathy unfold,
In unity, we'll find our way,
On World Suicide Prevention Day.

Reach out your hand, be someone's guide,
In empathy, let hearts confide,
For in connection, we can heal,
The wounds too deep for words to seal.

For students, seekers, young and old,
Let love and empathy unfold,
In unity, we'll find our way,
On World Suicide Prevention Day.

Let's banish stigma, end the shame,
In every heart, kindle the flame,
Of understanding, hope's embrace,
To save a life, to find their place.

For students, seekers, young and old,
Let love and empathy unfold,
In unity, we'll find our way,
On World Suicide Prevention Day.

On this day, we take a stand,
Extend a gentle, helping hand,
Together, we can light the way,
For hope and healing, come what may.

For students, seekers, young and old,
Let love and empathy unfold,
In unity, we'll find our way,
On World Suicide Prevention Day.

Kanika Sharma



United Nations

Ms. Kanika Sharma, Senior coordinator, Vidya Valley School, Mohali



Ms. Manavi Muthamma
Wellness Coach



United Nations



The Students' UN Volunteers-India Coorg Public School and PU college (COPS) Date: 07.09.23 (Thursday)



Time to raise awareness on a highly stigmatized topic - Stress Management and Prevention of Suicidal instinct.

In a proactive effort to prioritize mental health and raise awareness about stress management and suicide prevention, Coorg Public School & Pre-University College organised an insightful session under the expertise of Ms. Manavi Muthamma, Wellness Coach of the school.

The session was attended by the Vice-Principals, Academic Coordinator, staff and PUC students. It aimed to equip students with essential skills to cope and combat with stress. The interactive session enabled the participants to introspect and evaluate their emotional response to different situations. Students were made aware of the avenues of support network available to them in times of emotional crisis.

The enriching session left an indelible impact on the participants equipping them with essential tools to manage stress and extend support to those in need.

SEP 10, World Suicide Prevention Day

Suicide is a low state of mind due to a specific, stress, pressure, physical or mental illness that kills the willingness towards life. It needs immediate action by providing support and guidance. This support can be either financial or mental. Such situations can be fixed by passing a feeling of affinity or by soothing a traumatic mind. We can expose the beauty of life through some positive activities. Positive ambience can balm a traumatic mind to a great extent. Sports, breathing exercises and meditation can help.

A hope can be aroused only through immediate action and this action can be to listen the afflicted person and to find the root cause. Sometimes, only time to time appreciation and encouragement can do the needful but it depends on the level of prevailing condition and situation. Theme of this year, on World suicide prevention day demands our collective efforts of whole society to stop these frequent happenings.

Different committees should be formed to council the depressed minds. We should aware the people including teenagers in schools. Young generation should be trained to keep themselves busy in different types of hard works or creative works in order to save themselves from any deadly thoughts. An awareness about food should be spread. Families should give quality time to one another. All should hold hand together to fix any problem.

All should have a break from all works atleast twice in a month. Use of mobile and games on different apps should be restricted to less time. Then certainly we can save many and ourselves from suicidal thoughts and attempts. According to theme of this year "creating hope through action" is achievable.



ROMA ARORA NARANG

SCHOOL PRINCIPAL
ALPINE PUBLIC SCHOOL



**The National
UN Volunteers-India**

United Nations



LEENA RAI KALRA

PRINCIPAL

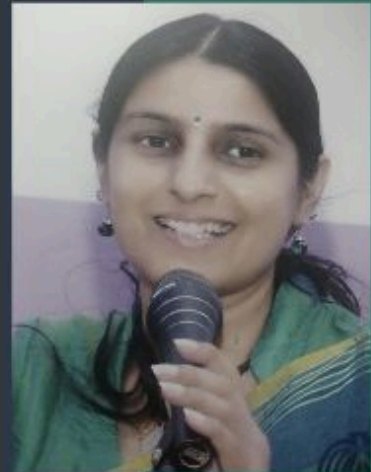
LEADER: THE NATIONAL UN VOLUNTEERS-INDIA

"Fostering hope through proactive actions is akin to redirecting one's mindset towards positivity, bolstering resilience in the face of life's pressures. Suicidal thoughts, suicide attempts, or the act itself represent the most dire circumstances, often arising when individuals, particularly students, find themselves unable to cope with the weight of their situations. They may feel overwhelmed by life's challenges, the relentless pursuit of success, or the burden of heightened competition and expectations. In their despair, they contemplate ending their lives as a last resort.

In such dark moments, offering a helping hand or a listening ear can serve as a beacon of hope amidst the surrounding darkness. You might become the person they can confide in, or perhaps, an instrument of divine intervention to alleviate their struggles.

This is why the importance of human connections cannot be overstated, as the impact they can have is profound. A simple, positive statement like "I am here for you" can work miracles. However, to extend such help, it's crucial to understand the person in need. Therefore, don't become entirely absorbed in your tightly packed schedule. Time is a finite resource, and each day is comprised of only 24 hours. So, take a moment, a minute, or an hour out of your busy days to provide mental support, helping individuals break free from the grip of depression and anxiety, as these are the treacherous paths leading towards suicidal thoughts.

The most effective approach is to instill in them the habit of finding solace in connections with spirituality, through meditation, immersion in nature, and the inspiration derived from motivational verses and insightful literature. These sources can help individuals comprehend that failures are merely stepping stones on the path to eventual success."



United Nations

SEP 10, WORLD SUICIDE PREVENTION DAY

SUICIDAL THOUGHT: A MOMENTARY DEATH

A moment of despair, a moment of pain,
A moment of darkness, a moment of shame,
A moment of hopelessness, a moment of doubt,
A moment of madness, a moment of clout.

A moment that seems to last forever,
A moment that feels like never,
A moment that tempts to end it all,
A moment that leads to the final fall.

But what if this moment passes by?
What if this moment is a lie?
What if this moment is not the end?
What if this moment can mend?

A moment of courage, a moment of grace,
A moment of light, a moment of space,
A moment of faith, a moment of trust,
A moment of wisdom, a moment of thrust.

A moment that opens a new door,
A moment that offers so much more,
A moment that shows the way to live,
A moment that gives the chance to forgive.

This is the moment that matters most,
This is the moment to make a toast,
This is the moment to celebrate life,
This is the moment to overcome strife.

PRITI KAUSHIK



United Nations

Priti Kaushik
Senior school coordinator
Doon International School
Riverside campus

The UN Educationist





Sep 10: World Suicide Prevention Day ***Theme 2023: "Creating Hope Through Action"***

MAHIMA COLLEGE OF NURSING, BALLARI, KARNATAKA

This theme underscores that suicide prevention is not an abstract concept; it's a tangible, urgent, and achievable goal.

One of the core messages of this theme is the importance of demonstrating genuine concern and support for individuals facing suicidal thoughts. Compassion, empathy, and active listening are key components of these actions. By showing care and understanding, we can begin to break down the isolation that often accompanies suicidal feelings.

This theme emphasizes that hope can be cultivated through both large-scale and small-scale actions. Large actions might involve implementing national mental health policies, increasing access to mental health services, and reducing stigma surrounding mental health issues. However, small actions, such as checking in on a friend, being a good listener, or offering a helping hand, are equally significant. Every act of kindness contributes to the collective effort of preventing suicide.



The theme underscores the urgency of addressing suicide as a top public health priority. The World Health Organization (WHO) and other global partners are committed to working with countries to implement concrete measures aimed at reducing suicide rates. This includes comprehensive strategies, improved mental health care access, and raising awareness about the importance of mental well-being.

"Creating Hope Through Action" serves as a rallying cry for individuals, communities, and nations to come together in the fight against suicide. Through collective efforts, compassion, and tangible actions, we can create a world where hope prevails, and lives are saved. Suicide prevention is not an insurmountable challenge; it is an imperative that demands our unwavering commitment and dedication.



Sep 10: World Suicide Prevention Day

Theme 2023: "Creating Hope Through Action"

MR ANDREW TEMBO.

THE NATIONAL UN VOLUNTEER – ZAMBIA.



On this piece of article I am going to talk about suicide and its preventions.

Many of us grew up believing people who took their lives were crazy, selfish or morally defective. Medical research has proven suicidal thoughts are usually the result of psychiatric conditions such as depression, anxiety or schizophrenia, but this hasn't helped us feel more comfortable talking about suicide.

Ways to start a conversation about suicide:

- I've really been feeling concerned about you lately.
- Recently I've noticed some differences in you, and I'm wondering how you are doing.
- I wanted to check in with you because you haven't seemed yourself lately.

If the individual you are talking to admits to suicidal feelings, you can continue the conversation by inquiring:

- When did you begin feeling like this?
- Did something happen that made you start feeling this way?
- You are not alone in this, you know. I'm here and I want to be helpful. How can I help you right now?

THE NATIONAL UN VOLUNTEERS-INDIA



When you are talking to someone who is feeling suicidal, DO:

- Be yourself. Let the person know you care and they are not alone.
- Listen. Let the person unload no matter how negative the conversation seems.
- Be sympathetic, non-judgmental, patient, calm and accepting.

When talking with someone who feels like harming themselves, DON'T:

- Argue or say things about how much they have to live for.
- Act shocked or lecture them on the value of life or the wrongness of suicide.
- Promise confidentiality. A life is at stake and you may need to speak to someone in order to keep the suicidal person safe.
- Offer advice or make them feel they have to justify their feelings.

RAFAT NASEER

TEAM: THE NATIONAL UN VOLUNTEERS-INDIA

Hope - the silver lining

In the heart's deepest chamber, where fears reside,
There blooms a flame, a spark, so pure, so wide.
It dances with whispers of dreams untold,
Guiding us through the darkness, a beacon bold.

Hope, a celestial muse with gossamer wings,
A symphony of light, the song hope sings.
In times of sorrow, it lifts our weary souls,
Like a tranquil river, it eternally flows.

When storm clouds gather and skies turn gray,
Hope whispers soft, "Don't lose your way."
It paints the canvas of life with vibrant hues,
Stitching together dreams that we can pursue.

Like a sprout pushing through winter's cold earth,
Hope breathes life into every rebirth.
It's the steady hand reaching out in despair,
A gentle embrace that shows someone cares.

With every sunrise, hope's glimmering fire,
Fans flames of courage and dreams to aspire.
It's the lighthouse on cliffs, a savior and guide,
Navigating us through life's turbulent tide.

Hope knows no boundaries, no limit or end,
A timeless companion, a faithful friend.
In fragile moments, it becomes our shield,
Adding substance and meaning to each battlefield.

So, embrace hope's solace, its tender embrace,
Let it paint hope's canvas on your heart's space.
For within this word lies a power untamed,
To kindle your soul and keep dreams aflame.

Hope springs eternal, forever it persists,
Igniting possibilities within our midst.
With hope as our anchor, we shall rise above,
For it is the essence of our boundless love.



United Nations

