



**WORLD**  
**SUICIDE**  
**PREVENTION**  
**DAY**

**10 SEP**



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# VRINDHA NAIR

SEP 10, WORLD SUICIDE PREVENTION DAY

## POSTER MAKING

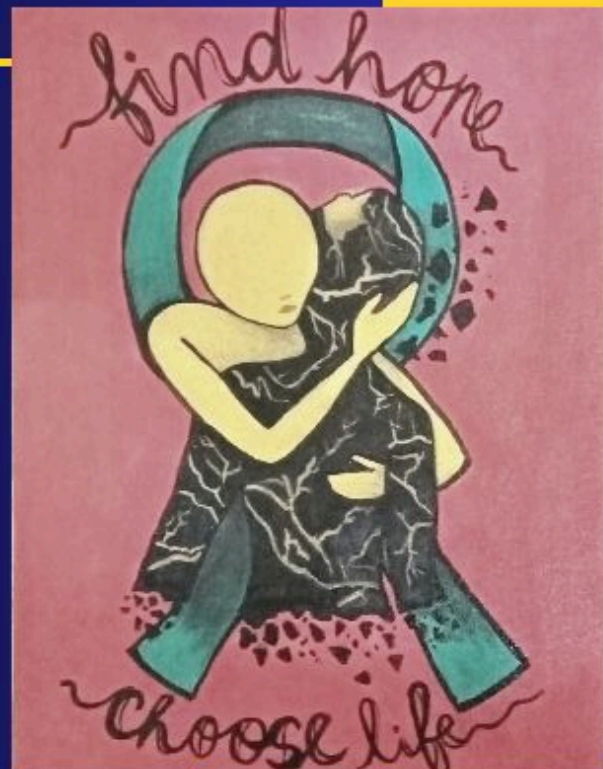


## ARTIST



Vrindha Nair

Class: 12, Hari Sri Vidhya Nidhi School,  
Punkunnam, Thrissur, Kerala.



## • DESCRIPTION

For every wrinkled line is a road map of this journey of life and every scar is a solemn adornment; our lives neither travel backwards nor linger in the past. It is a perception that using a quill soaked in golden ink and flesh as its canvas paints everlasting poetry. This perspective creates art despite any voids or disparities since it is when true beauty manifests itself.

"The cracks are the places where beauty shines through." - Marianne Williamson

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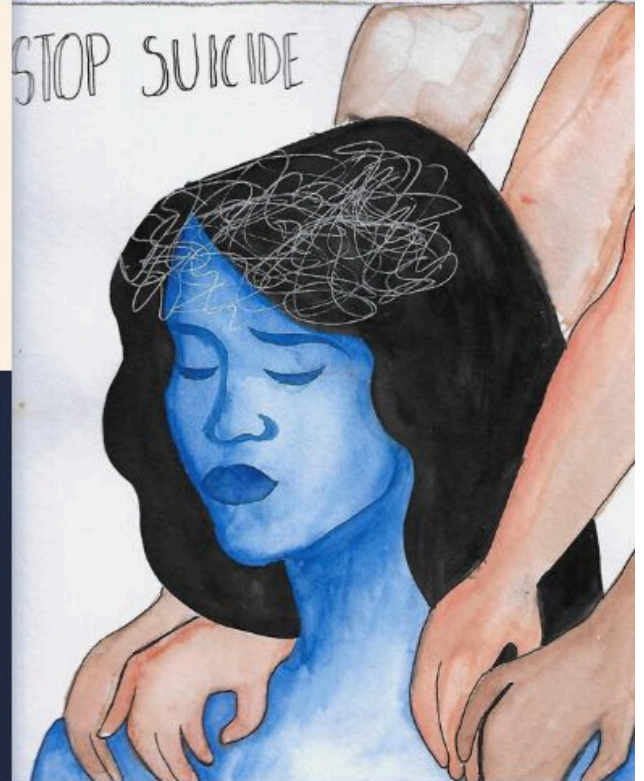


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## Unmasking the truth Painting

"Unmasking the Truth" is a thought-provoking artwork that encourages us to confront the often-hidden realities of mental health. Through this piece, the student artist invites viewers to peel away the layers of stigma, shame, and misunderstanding surrounding mental health issues. By revealing these truths, we can foster empathy, offer support, and work together to create a more compassionate and understanding world for those who are struggling.

**Omisha  
Ponnakka P M**

**The National UN Volunteer  
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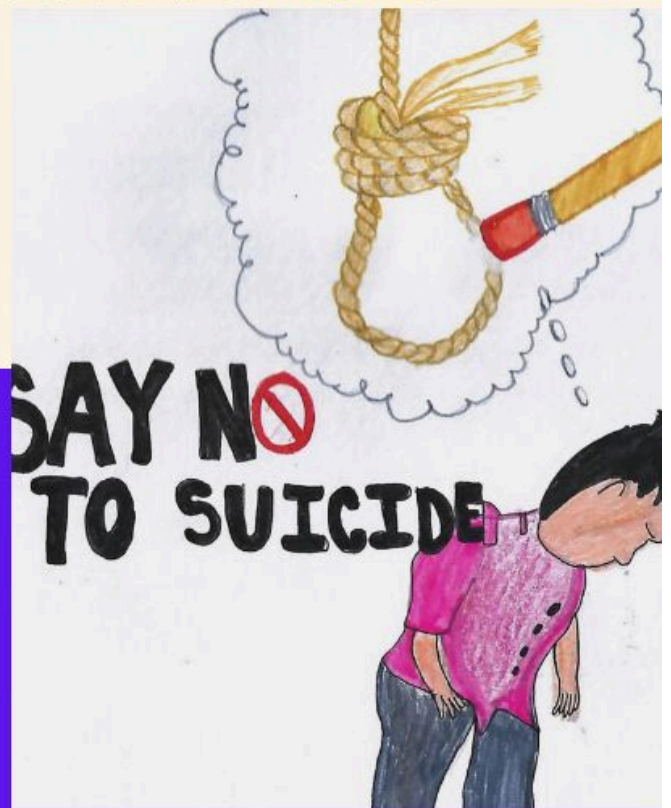


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## Voices of empathy Painting

"Voices of Empathy" is a poignant artwork that amplifies the importance of understanding and compassion. Through this piece, the student artist beautifully conveys the power of listening and connecting with others on a deep emotional level. The image portrays diverse individuals coming together, each with their unique stories and experiences. It reminds us that by lending our ears and hearts, we can make a profound difference in someone's life. On World Suicide Prevention Day, "Voices of Empathy" calls upon us to be empathetic, to reach out, and to create a world where everyone's voice is heard and valued.

**K B Poovakka**

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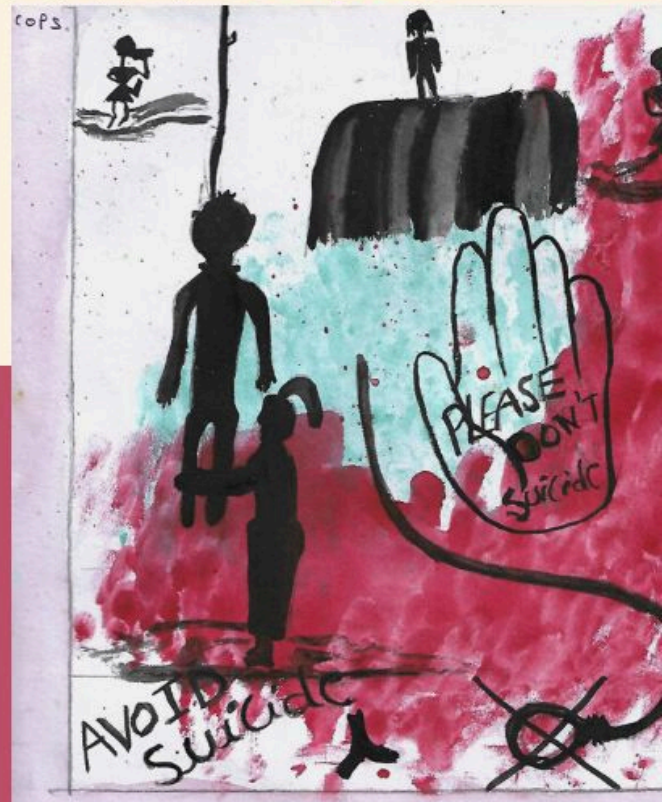


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## A beacon of hope

### Painting

"A Beacon of Hope" is a captivating artwork that serves as a guiding light in the midst of life's challenges. The student artist skillfully depicts a radiant beacon cutting through the darkness, symbolizing the hope that can be found even in the most difficult of times. This drawing reminds us that hope is a constant presence, offering solace and strength to those who may be struggling. On World Suicide Prevention Day, "A Beacon of Hope" encourages us to be that guiding light for one another, offering support, understanding, and a promise of better days ahead.

**Vedanth D Nidgal**

**The National UN Volunteer  
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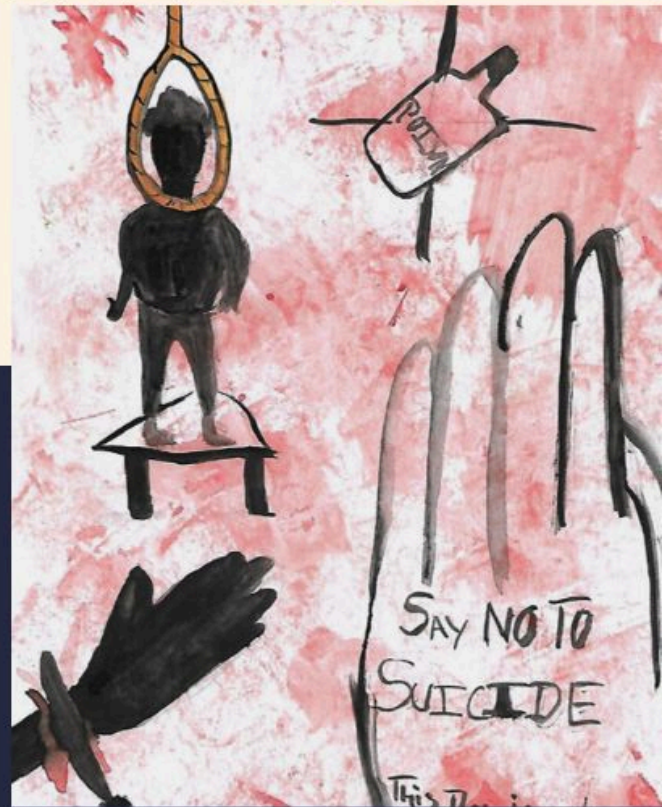


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## Breaking the silence Painting

"Breaking the Silence" is a striking artwork that symbolizes the courage it takes to speak out about mental health struggles. The student artist skillfully portrays a figure shattering a wall of silence, symbolizing the act of opening up and sharing one's innermost feelings and challenges. This powerful drawing reminds us that breaking the silence is the first step towards healing and support. On World Suicide Prevention Day, "Breaking the Silence" encourages us to be allies, ready to listen without judgment, and to create a safe space where those in need can find their voice and seek the help they deserve.

**Karthik D P**

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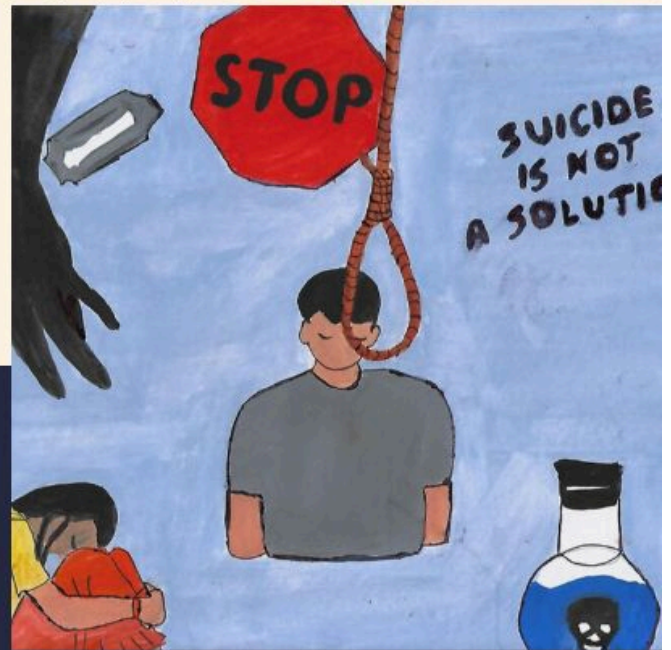


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## Emotions unveiled Painting

"Emotions Unveiled" is a captivating artwork that delves into the complexity of our inner feelings. The student artist skillfully depicts a tapestry of emotions, each layer revealing a different aspect of the human experience. This evocative drawing invites viewers to explore the depths of their own emotions and acknowledges the importance of understanding and accepting them. On World Suicide Prevention Day, "Emotions Unveiled" reminds us that it's okay to feel vulnerable and that by embracing and expressing our emotions, we can foster greater emotional well-being and connection with others.

## Tanishq Ganapathy Class 8

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## Healing Brushstrokes Painting

"Healing Brushstrokes" is a beautiful artwork that embodies the therapeutic power of art itself. The student artist uses their brushstrokes to create a visual representation of healing and renewal. The colors and patterns in the painting symbolize the process of transformation and growth, illustrating how art can be a source of solace and recovery for those facing mental health challenges. On World Suicide Prevention Day, "Healing Brushstrokes" serves as a reminder of the healing potential of creative expression and the importance of providing individuals with opportunities to channel their emotions into art as a means of self-discovery and healing.

Nihal C S  
Class 10



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## Mending hearts Painting

"Mending Hearts" is a heartwarming artwork that symbolizes the power of compassion and healing in the face of emotional pain. The student artist skillfully illustrates hearts being carefully stitched back together, representing the process of emotional recovery and resilience. This touching piece reminds us that, on World Suicide Prevention Day and every day, we can play a vital role in mending the hearts of those who are struggling by offering empathy, understanding, and support. It serves as a poignant call to action to be there for one another and nurture the healing process.

**Jayant M S**

Class 10

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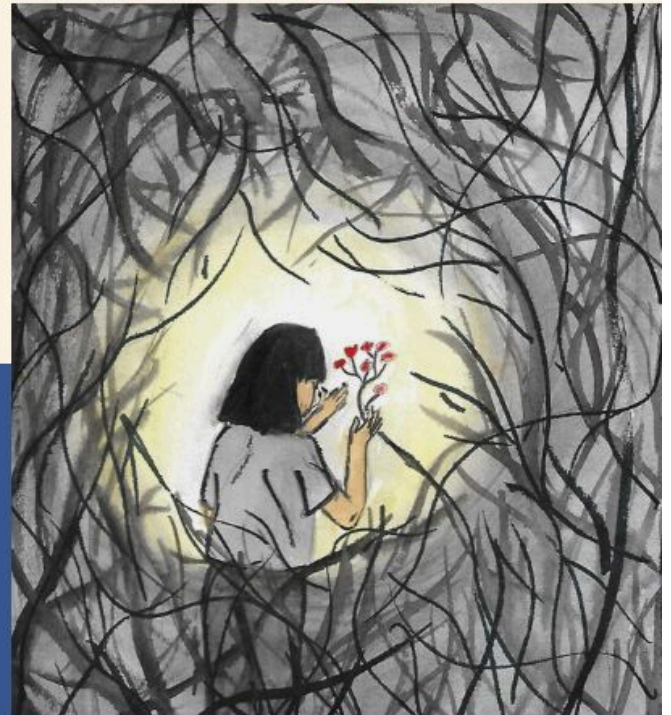


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## Raising from darkness Painting

"Rising from Darkness" is a powerful drawing that symbolizes the journey from despair to hope. In this artwork, the student artist beautifully portrays the resilience of the human spirit. The image depicts a figure emerging from a dark, tumultuous background into a brighter, more hopeful space. It serves as a poignant reminder that even in our darkest moments, there is always the potential for healing and renewal. On World Suicide Prevention Day, this drawing inspires us to reach out, support one another, and believe in the possibility of a brighter tomorrow.

**S. M. Pradhanya  
Gowda**

**The National UN Volunteer  
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## Chasing away shadows

### Painting

"Chasing Away Shadows" is a captivating artwork that captures the essence of resilience and hope. In this piece, the student artist skillfully portrays figures chasing away the shadows that often accompany mental health struggles. The imagery serves as a metaphor for the determination and strength needed to confront and overcome the darkness that can cloud one's mind. On World Suicide Prevention Day, "Chasing Away Shadows" inspires us to be a source of support, helping others dispel the shadows in their lives and offering a guiding light toward brighter days ahead.

**Janya M P**

Class 8

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## Path to Renewal Painting

"Path to Renewal" is a thought-provoking artwork that signifies the transformative journey towards renewal and recovery. Through this piece, the student artist skillfully portrays a winding path leading from a desolate landscape to one of vibrant growth and renewal. This evocative imagery serves as a metaphor for the journey of healing and self-discovery. On World Suicide Prevention Day, "Path to Renewal" inspires us to recognize that, even in our darkest moments, there is always a path forward—a way to renew our spirits, find hope, and embrace a brighter future.

**Siri Udhay**

Class 10



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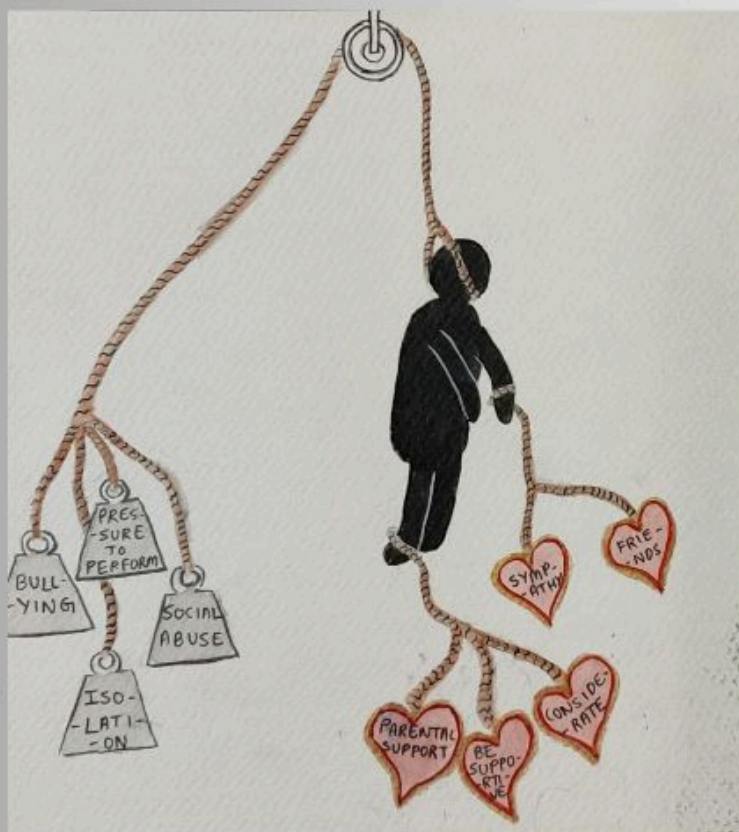
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## ROHAN KISHORE

Class 9, Carmel English School  
Bangalore



"Community of Support" is a heartwarming artwork that celebrates the strength of unity and compassion. In this piece, the student artist beautifully illustrates individuals coming together, forming a supportive community that surrounds and uplifts those in need. The artwork symbolizes the importance of a caring and understanding community in mental health advocacy. On World Suicide Prevention Day, "Community of Support" reminds us of the power of coming together to provide a safe, empathetic, and non-judgmental space where individuals can find solace, connection, and the support they require on their mental health journey.

SUPPORT  
COMMUNITY OF



