

The banner features a dark brown vertical bar on the left with three white vertical stripes. A large, rounded rectangle with a purple-to-pink gradient is positioned on the right. The text is centered within this gradient area.

# **WORLD SUICIDE PREVENTION DAY**

**FELICITATING STUDENT AND  
TEACHER PARTICIPANTS**



**CERTIFICATE**  
OF RECOGNITION  
**PROUDLY PRESENTED TO**  
**Priti Kaushik**

**SENIOR SCHOOL COORDINATOR  
DOON INTERNATIONAL SCHOOL, RIVERSIDE CAMPUS**

For your heartfelt dedication to crafting meaningful written pieces in honor of World Suicide Prevention Day, observed on September 10th. Your compassionate and creative writing has played a vital role in raising awareness about this crucial issue in a gentle and impactful manner.

Your unwavering commitment to spreading awareness and advocating for mental health is truly commendable. We hope your words inspire others to join the cause and make a positive difference in our community and beyond.

A handwritten signature in green ink, belonging to Leena Rai Kalra.

**LEENA RAI KALRA**  
**THE NATIONAL UN VOLUNTEERS-INDIA**  
**AFFILIATES UNGC: UN/IND/1319719**

**DATE: 10.09.23**  
**INDIA**



**CERTIFICATE**  
OF RECOGNITION  
**PROUDLY PRESENTED TO**  
**Rohan Kishore**

STUDENT OF CLASS 9  
CARMEL ENGLISH SCHOOL, BANGALORE

for their heartfelt contribution in creating a meaningful poster in honor of World Suicide Prevention Day, observed on September 10th. Your compassionate and creative effort has helped raise awareness about this crucial issue in a gentle and impactful way.

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**S M Pradhanya Gowda**

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**Vedanth D Nidgal**

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**Omisha Ponnakka P M**

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**PROUDLY PRESENTED TO**  
**Vrindha Nair**

STUDENT OF CLASS 12,  
HARI SRI VIDYA NIDHI SCHOOL, THRISSUR

for their heartfelt contribution in creating a meaningful poster in honor of World Suicide Prevention Day, observed on September 10th. Your compassionate and creative effort has helped raise awareness about this crucial issue in a gentle and impactful way.

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**CERTIFICATE**  
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**PROUDLY PRESENTED TO**  
**Shivani Rajesh**

STUDENT OF CLASS 12,  
HARI SRI VIDYA NIDHI SCHOOL, THRISSUR

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**Janya M P**

STUDENT OF CLASS 8,  
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**CERTIFICATE**  
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**PROUDLY PRESENTED TO**  
**Rujuta Shah**

STUDENT OF CLASS 10,  
SHRISTI ENGLISH MEDIUM SCHOOL, ANAND

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**Tathya Sangeet**

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**Durva N Trivedi**

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SHRISTI ENGLISH MEDIUM SCHOOL, ANAND

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## **Pari R Patel**

STUDENT OF CLASS 12,  
SHRISTI ENGLISH MEDIUM SCHOOL, ANAND

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**Khushi R Patel**

STUDENT OF CLASS 12,  
SHRISTI ENGLISH MEDIUM SCHOOL, ANAND

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# Shazia Mir

CO-ORDINATOR  
G D GOENKA SCHOOL , SRINAGAR, J&K

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**CERTIFICATE**  
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**PROUDLY PRESENTED TO**  
**Kanika Sharma**

SENIOR CO-ORDINATOR  
VIDYA VALLEY SCHOOL, MOHALI

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**Jayani M S**

STUDENT OF CLASS 10  
COORG PUBLIC SCHOOL, GONIKOPPAL

for their heartfelt contribution in creating a meaningful poster in honor of World Suicide Prevention Day, observed on September 10th. Your compassionate and creative effort has helped raise awareness about this crucial issue in a gentle and impactful way.

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**Rajesh T**

**H R MENTOR**  
**DIRECTOR - CEST, THRISSUR**

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**Siri Udhay**

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**Karthik D P**

STUDENT OF CLASS 9  
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**Tanishq Ganapathy**

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**K B POOVAKKA**

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Felicitations

# HARI SRI VIDYA NIDHI SCHOOL

Thrissur Kerala

**Communicating SDG 3: Good  
health and well being.**

**Activity:**  
Felicitating school children

**School:**  
Hari Sri Vidya Nidhi School,  
Thrissur, Kerala

**School Principal:**  
Mrs. Preetha Menon

**Felicitators:**  
Mr. Rajesh T and  
Mr. Kunju C Nair,  
The National UN Volunteers.



India

In a spirited morning assembly at Hari Sri Vidya Nidhi School in Thrissur, Kerala, the air was abuzz with a celebration of commitment to SDG 3: Good health and well-being. The spotlight shone on two remarkable students, Ms. Vrinda Nair and Ms. Shivani Rajesh, both bright scholars in class 12, and fervent advocates for a healthier world.

Under the encouraging gaze of Mrs. Preetha Menon, the esteemed school principal, the school gathered to witness a special moment. Their felicitation was orchestrated by distinguished guests, Mr. Rajesh T and Mr. Kunju C Nair, the National UN Volunteers, bringing an air of prestige and global recognition.



Vrinda and Shivani exemplify the essence of active participation in SDG initiatives within the school. They've taken up the charge to illuminate the community on critical issues such as mental health. On World Suicide Prevention Day, marked on the 10th of September, their impactful posters and insightful write-ups became beacons of awareness, communicating the urgency of mental health care and suicide prevention.

The UN Volunteers-India team recognized this noble effort and seized the opportunity to honor these young changemakers. In doing so, they not only acknowledged Vrinda and Shivani's dedication but also showcased the pivotal role youth can play in advocating for a healthier, happier world.

As Mrs. Preetha Menon extended her heartfelt gratitude, the event stood as a testament to the power of education in nurturing compassionate souls dedicated to the noble cause of SDG 3.





United Nations



## VRINDHA NAIR

SEP 10, WORLD SUICIDE PREVENTION DAY

### POSTER MAKING



### ARTIST

Vrindha Nair

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



Published by: The National UN Volunteers-India



### DESCRIPTION

For every writhed tree is a road map of this journey of life and every road is a solemn odyssey: we have neither travel backwords nor linger in the past. It is a perspective that using a soft needle in golden ink and flesh as its canvas paints everlasting poetry. This perspective creates art despite any odds or disposition since it is when true beauty redefines itself.

"The cracks are the places where beauty shines through." - Marlene Weisensee

HARI SRI VIDYA NIDHI SCHOOL



PUNKUNNAM, THRISSUR

*Congratulations*



**THE GLOBAL GOALS**  
For Sustainable Development

### 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.

Published by The National UN Volunteers-India



**Shivani Rajesh**

XII - Humanities



**Hari Sri Vidya Nidhi School**

Thrissur, Kerala



# GREETINGS

SHRISTI ENGLISH MEDIUM SCHOOL, ANAND

14.09.23



United Nations



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Congratulations to the students of Shristi English Medium School for their outstanding commitment to raising awareness about world suicide prevention through their heartfelt words and reflections

Shristi English Medium School, Anand, Gujarat. Greetings.

"Congratulations to the students of Shristi English Medium School for their outstanding commitment to raising awareness about world suicide prevention through their heartfelt words and reflections. Their efforts in advocating for mental health are commendable and inspiring.

A special thank you to Mrs. Madhumita Jana, President of Shristi Education Trust and National UN Volunteer - India, for recognizing and honoring their invaluable contributions.

Let's continue to work together towards a world where mental health is a priority and no one feels alone in their struggles. Well done!"

Once again, It's crucial to recognize and encourage students for their efforts in promoting mental health awareness and suicide prevention. Mrs. Madhumita Jana's involvement as the president of Shristi Education trust and her role as a National UN Volunteer in India adds significant prestige to the event.



## VIDYA VALLEY SCHOOL

Smart School with Advanced Technology  
Playway to Grade 12

Affiliated To CBSE New Delhi - 1631306

# KANIKA SHARMA

Senior coordinator,  
Vidya Valley School, Mohali  
The National UN Volunteers-India



United Nations



School chairperson Mrs. Surinder Kaur gives away the certificate in the presence of the director of the school Mr. Simmerpreet Singh and the school Principal Dr. Suman Lata





## KANIKA SHARMA

Senior coordinator,  
Vidya Valley School, Mohali  
The National UN Volunteers-India



School chairperson Mrs. Surinder Kaur gives away the certificate in the presence of the director of the school Mr. Simmerpreet Singh and the school Principal Dr. Suman Lata



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## **Sep 10: World Suicide Prevention Day**

### **Theme 2023: "Creating Hope Through Action"**

#### **MAHIMA COLLEGE OF NURSING, BALLARI, KARNATAKA**

**Introduction:** On September 16, 2023, Mahima College of Nursing in Ballari observed World Suicide Prevention Day. The event was organized to raise awareness about suicide prevention and promote mental health within the college community. The program saw active participation from nursing students, with the esteemed presence of the Principal and Management Committee.

#### **Event Highlights:**

**Participants:** Nursing students, faculty, Principal, Management Committee, and guests.

**Objective:** Raise awareness about suicide prevention and mental health support.

**Program Overview:** Various activities were organized to achieve the objectives, including presentations, discussions, and testimonials.

#### **Key Activities:**

##### **a) Presentations by Nursing Students:**

Students delivered informative presentations on recognizing signs of distress and understanding the importance of seeking help.

##### **b) Interactive Discussions:**

Engaging discussions were held, encouraging active participation and understanding of the sensitive topic.



#### **Learning Outcomes:**

The event successfully fulfilled its purpose by enlightening participants about suicide prevention and the significance of mental health.

