

Event –You Matter , Speak Up, Reach Out, Stay Connected

World Suicide Prevention Day Workshop

Date: 10 September 2026

Organised by: Mental Health and Wellness Committee.

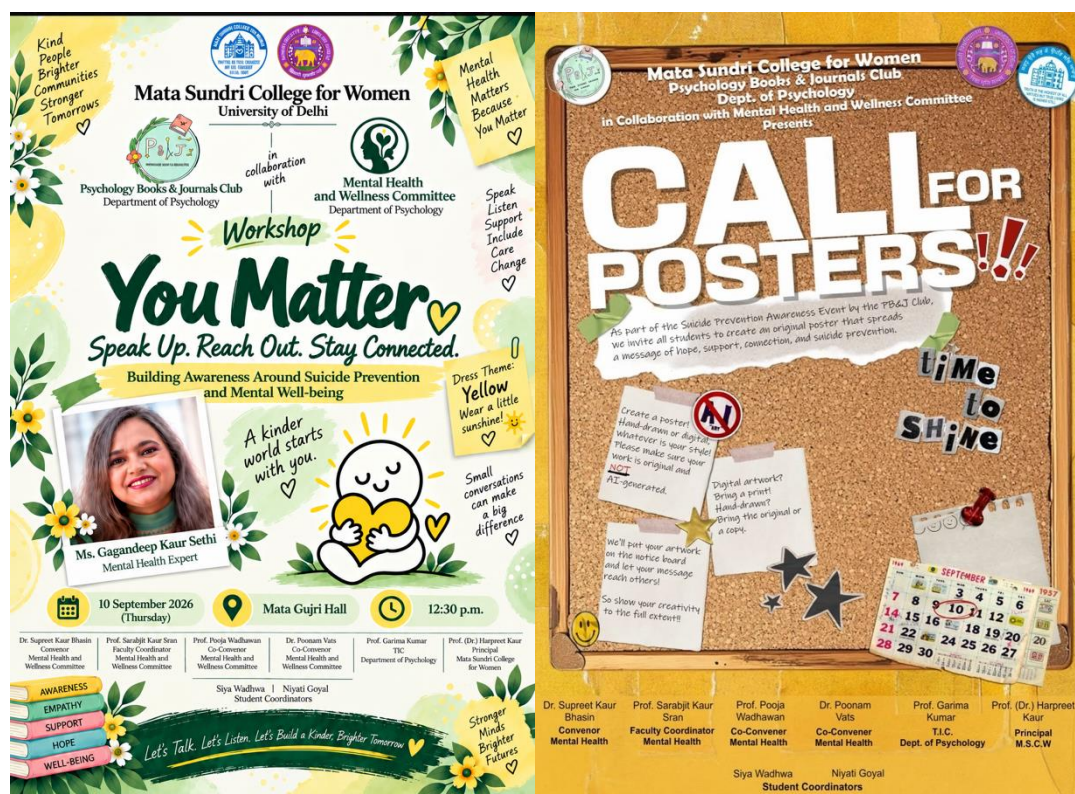
In collaboration with: Psychology Books & Journals (PB&J) Club and Department of Psychology

Mental Health Faculty Coordinator: Prof. Sarabjit Kaur Sran

Mental Health Faculty Convenor: Dr Supreet Kaur Bhasin

Mental Health Faculty Co-Convenor: Prof. Pooja Wadhawan & Dr Poonam Vats

Student Coordinators: Siya Wadhwa & Khanak Mittal



The Mental Health and Wellness Committee, in collaboration with the Psychology Books & Journals (PB&J) Club and the Department of Psychology, organised a workshop on the occasion of World Suicide Prevention Day on 10 September 2026. The workshop aimed to create awareness about suicide prevention, encourage meaningful conversations around mental health, and emphasise the importance of empathy, connection and reaching out for support.

The workshop was conducted by Dr. Gagandeep Kaur Sethi, a Double Gold Medalist with an M.Phil. in Clinical Psychology from IHBAS, University of Delhi, and recipient of the Dr. Shankar Dayal Sharma Presidential Gold Medal for academic excellence. She addressed the students on suicide prevention and mental well-being and facilitated an engaging and thought-provoking workshop around the topic.

The event was graced by the presence of the Principal, Prof. (Dr.) Harpreet Kaur Mam, whose presence added significance to the occasion. The Principal was felicitated by Prof. Sarabjit Kaur

Saran, Mental Health Faculty Coordinator, and Dr. Supreet Kaur Bhasin, Mental Health Faculty Convenor.

The workshop was highly interactive, with learning taking place through role-playing, imagining different roles and perspectives, and active participation by the students. The activities encouraged students to look at different situations from varied perspectives and reflect on how empathy, communication and support can play an important role in mental well-being and suicide prevention. The workshop helped students engage with the topic beyond a theoretical understanding and encouraged them to approach conversations around mental health with greater sensitivity and openness.

Given the sensitive and emotionally heavy nature of the topic, a video was screened towards the end of the workshop, providing the students with a positive and hopeful takeaway. The workshop concluded on a constructive note, reinforcing the importance of connection, support and looking out for one another.

Alongside the workshop, a stall by Saathi Support was also set up near the Gurudwara to spread awareness about mental health and available support. Information about the organisation and the support available to students was shared at the stall.

As part of the initiative, a poster submission activity was also organised, inviting students to create posters centred on suicide prevention and mental well-being. Students submitted posters featuring meaningful slogans, messages, illustrations and artwork, providing them with a creative medium to communicate messages of hope, support and awareness.

The College Counsellor also addressed the students towards the end of the workshop and familiarised them with the counselling and mental health support available within the college. This helped students become more aware of the avenues of support accessible to them and encouraged them to seek help when needed.

A feedback form was circulated in the end. A total of 147 students actively participated in the programme and the feedback received was highly positive. Students expressed their appreciation for the workshop, with several sharing that they had gained meaningful insights and learned a great deal from the activities and discussions. Students were also encouraged to wear yellow as a symbol of hope and solidarity towards suicide prevention.

Overall, the workshop served as an opportunity to promote awareness around suicide prevention and mental well-being while encouraging students to approach conversations surrounding mental health with greater sensitivity, openness, and compassion.