

Report of Suicide Prevention Day 2022

The suicide prevention awareness event for the general public was held at PVR, Grand mall, Velachery on 20th September 2022. The program started with the face-painting event. The general public were very interested and they actively took part in the painting session. Kids and even older couples who visited the mall took part in the painting sessions. These paintings were of creative designs with a semi colon symbol as part of it. These designs were intended to spread the message about positive hope and suicide prevention. The messages were painted on their faces, forearms, and wrists. Shortly, a verbal announcement regarding the necessity for suicide prevention awareness was made and charts carrying messages of positivity were displayed to the public.

The students and teachers joined together holding suicide prevention awareness charts to convey the messages of reaching out when you need help and to believe in self to lead a happy life. The posters containing crisis helpline numbers and self-care activities were also displayed. The students then performed a flash mob to spread message about suicide prevention. The flash mob was accompanied with a verbal note on importance of life and that every single life matters. The face painting session continued and active participants from general public continued to show up for the painting sessions. The suicide prevention batches (yellow colour) were distributed to public with empowering messages of self-worth and positivity. The whole event was well received by the general public and the event was a grand success.