



National Service Scheme (NSS)

AAAM DEGREE COLLEGE, BEMINA

CLUSTER UNIVERSITY SRINAGAR

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Report on : Awareness Programme on Suicide Prevention

On **19th November 2024**, the **NSS Wing** of **AAAM Degree College Bemina**, in collaboration with **Helping Hand** and **IMHANS-K** (NGOs), organized an **Awareness Programme** on the theme "**Suicide Prevention: Everyone's Responsibility**" in the college auditorium. The event aimed to shed light on mental health issues, emphasize suicide prevention, and highlight the role of collective responsibility in addressing this critical concern.

The programme began with **opening remarks** by the esteemed **Principal of the college, Prof. (Dr.) Yasmeen Farooq**, who underscored the importance of **religious values** and fostering **patience among the younger generation**. Her insightful address encouraged the audience to embrace **empathy** and **resilience** as key virtues to overcome life's challenges.



The event featured an impressive line-up of **guest speakers** who brought diverse perspectives and valuable insights:

- **Mr. Aaqib Parray**, Chairman of Helping Hand, shared his organization's efforts in mental health awareness and community support initiatives.
- **Mr. Qazi Imran**, Sheikh-ul-Hadees, delivered a thought-provoking speech that intertwined religious teachings with practical approaches to mental well-being.
- **Ms. Azra Mufti**, a renowned writer, discussed the significance of self-expression, creativity, and finding purpose in combating mental health struggles.
- **Dr. Aijaz Suhaf**, a Psychiatry Counselor from **IMHANS-K**, provided a professional perspective on recognizing the signs of mental distress, breaking societal stigma, and the importance of seeking timely help.

The speakers collectively emphasized the need to build a **supportive environment** where individuals feel safe discussing their struggles without judgment. The session also included an interactive component, allowing participants to engage directly with the speakers and gain valuable insights.

The programme concluded with a **vote of thanks delivered by Dr. Abdul Raof Shah, NSS Program Officer**, who expressed heartfelt gratitude to the guests, collaborators, faculty, and students for their active participation and contribution to the event's success.

This impactful awareness programme served as a reminder that suicide prevention requires a **holistic approach**—one that involves understanding, support, and action at every level of society. The event inspired attendees to take meaningful steps toward promoting mental health and fostering a culture of care and compassion.

Sd/-

Coordinators

Dr. Riffat Basharat

Prof. Niyaz Ahmad Khan

Dr. Abdul Raof Shah

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