

WORLD SUICIDE PREVENTION DAY

Theme: “Changing the Narrative on Suicide” Celebrated on 10th September 2025 at EJM College.

The Department of Psychology, EJM College, observed World Suicide Prevention Day on 10th September 2025 at the MP Hall. The event, themed “Changing the Narrative on Suicide” (as declared by IASP & WHO), aimed to raise awareness, reduce stigma, and promote mental well-being.

The program began with a Khataq offering to the guest speaker, Miss Kunzes Dolma (Clinical Psychologist), followed by welcome speeches by students Zeskit and Rigzen Dolma. Highlights included:

- A soulful performance by the EJM College Band.
- A thought-provoking skit “Behind the Silence”, portraying unseen struggles and the value of resilience.
- A vibrant dance performance celebrating life and expression.
- A powerful keynote session by Miss Kunzes Dolma, focusing on suicide prevention, warning signs, coping strategies, and the importance of empathy and communication.

The interactive Q&A session saw active participation from both students and faculty, creating a safe space for dialogue.

Objectives Achieved:

Raised awareness on suicide prevention.

Promoted mental health literacy & reduced stigma.

Encouraged early intervention and resilience.

Fostered empathy and solidarity through creative performances.

The event concluded with a Vote of Thanks by Assistant Professor Miss Stanzin Youdon, under the coordination of Dr. Syed Ali Shah (HOD, Psychology) and the department team. The program was well received, leaving participants more aware, connected, and hopeful serving as a reminder to support one another and value life.





