

## **REPORT OF SEMINAR ON SUICIDE PREVENTION DAY AWARENESS**

The Department of Psychology Vimala College (Autonomous) Thrissur in Collaboration with Jeevani Centre for students well being organized an awareness class for suicide prevention day on 12 September at 2.00 pm. The resource person of the seminar was K A Manikandan, Consultant Psychologist. The programme was commenced by Malavika K S, Jeevani Student Counsellor. The resource person conducted a wonderful interactive session. The meaning and importance of life and drawing real life experiences into the topic was truly remarkable. The value and importance of every single life and how to maintain a good and satisfying relationship with others was also included in the session. He gave a detailed synopsis raising awareness. After the resource person's address the Counsellor delivered the vote of thanks. The seminar was concluded at 3.00 pm.