

#### 1. Title of the activity:

Role play and Screening of Academic Stress on the occasion of World Suicide Prevention Day

- 2. <u>Date:</u> 11<sup>th</sup> September 2023
- 3. Location of the activity: TRH Public School, Badli, Gurugram
- 4. <u>Organizing Faculty/Department/Association:</u> Nightingale Association of Stress Management under the Department of Mental Health Nursing, Faculty of Nursing, SGT University

#### 5. Participating Team Members with Designation:

- 1. Ms. Poonam Ahlawat (Assistant Professor), Faculty of Nursing
- 2. Ms. Jyoti (Assistant Professor), Faculty of Nursing
- 3. Ms. Nicky (PG Tutor), Faculty of Nursing
- 4. Ms. Parul (PG Tutor), Faculty of Nursing
- 5. Ms. Ritika (PG Tutor), Faculty of Nursing

#### 6. Banner:-



#### **NIGHTINGALE ASSOCIATION OF STRESS MANAGEMENT**

CONSTITUTED UNDER DEPARTMENT OF MENTAL HEALTH NURSING

## FACULTY OF NURSING

IS ORGANIZING



# A ROLE PLAY

ON THE OCCASION OF

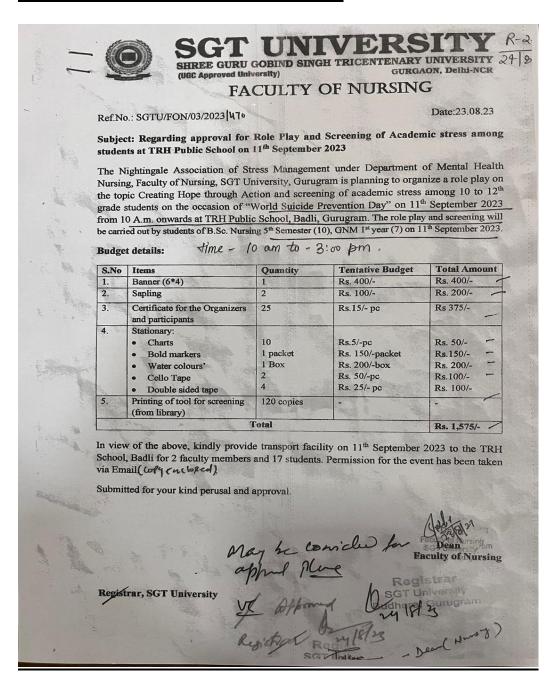
## **WORLD SUICIDE PREVENTION DAY**

THEME: CREATING HOPE THROUGH ACTION

ON - i 11<sup>th</sup> September, 2023 💛 10:00 AM ONWARDS

AT - TRH PUBLIC SCHOOL, BADLI, GURUGRAM

#### 7. Approval letter from Registrar, SGT University



#### 7. Objective of the Activity:

The objective of this programme was to focus attention on the ways to overcome academic stress, reduces stigma and raises awareness among students regarding importance of mental health and giving a singular message that suicides are preventable

#### 8. Brief Write-up on the event

Nightingale Association of Stress Management under the Department of Mental Health Nursing, Faculty of Nursing, SGT University organized a Role play on the topic Creating Hope through Action and Screening of Academic Stress among 10 to 12th-grade students on the occasion of World Suicide Prevention Day on 11th September 2023 at TRH Public School, Badli, Gurugram, 10:00 am onwards.

The event was organized under the guidance and direction of Prof. (Dr.) Sunil Kumar Dular, Dean, Faculty of Nursing, SGT University & Ms. Poonam Ahlawat, H.O.D of Mental Health Nursing Department, Faculty of Nursing and was coordinated by Ms. Nicky and Ms. Ritika, Tutor, Department of Mental Health Nursing. Students from various branches of the faculty of Nursing have participated in the event.

The objective of this programme was to focus attention on the ways to overcome academic stress, reduces stigma and raises awareness among students regarding importance of mental health and giving a singular message that suicides are preventable.

#### 9. Number & Description of Beneficiaries:

- 1. 10<sup>th</sup> -12<sup>th</sup> Grade School Students (80)
- 2. Teachers (7)

#### 10. Student's List

#### GNM 1st Year:

- 1) Ms.Komal
- 2) Ms.Neha
- 3) Mr.Priyatosh Pandey
- 4) Mr.Ankit pandey
- 5) MS.Madhuri Kumari
- 6) Ms.Sunny
- 7) Ms.Supriya
- 8) Ms.Soniya
- 9) Ms.Anjali chauhan
- 10) Ms. Chetna
- 11) Ms.Neeraj

#### Msc 1st year:

- 1) Ms. Neeraj
- 2) Ms.Aparna

#### Msc 2<sup>nd</sup> year:

1) Karen

#### 11.Outcome of the Activity & its relevance to Health Sciences:

The event was highly appreciated by the Principle, Teachers and students. The teachers and students were educated through a role play about ways to overcome academic stress and importance of mental health.

#### 12. Relevant Photographs with captions



Inaugration of Role Play in TRH Public School, Badli

# SGT UNIVERSITY SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY

(UGC & AlCTE Approved) Gurugram, Delhi-NCR



#### **Audience in Suicide prevention Day**



Group photo with students with Organizing
Team members



**Screening of School Students for Academic Stress** 

11. Feedback from Beneficiaries/ Photo of Letter of Appreciation/ Testimonials

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