

**Maharishi Markandeshwar Medical College & Hospital
Maharishi Markandeshwar University
Kumarhatti-Solan, H.P.-173229(India)**

(Established under H.P. Govt. Act No. 22 of 2010 and approved by the UGC Under Section 22 of the UGC Act, 1956)

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Dated:-09.09.2023

DEPARTMENT OF PSYCHIATRY

To

The Principal
Maharishi Markandeshwar Medical College & Hospital
Kumarhatti, Solan (H.P)

Subject :-Celebrating the Eve of "World Suicide Prevention Day".

Respected Sir,

The "**World Suicide Prevention Day**" is celebrated round the globe **on 10th September every year.**

The Department of Psychiatry, MMMC&H, Kumarhatti - Solan celebrated the eve of "World Suicide Prevention Day" on "09th September 2023". The theme for this year was "Creating hope through action". Preparatory activities to mark the event had started a day before when a **rangoli** was made by the MMBS students at the premises of the venue. Faculty members, guest speakers, delegates, PG students, MBBS Batch 2023 & B.Sc. Nursing 4th year students attended the event.

The dignitaries present for this event were **Dr. Ravi Chand Sharma (Principal & Professor of Psychiatry), Dr. J.S. Sandhu (Vice Principal and Professor, Department of Physiology), Dr. Kamaljeet Jaswal (Prof.& HOD Surgery-cum-Dean Studies), Dr. Neelam Grover (Prof. & HOD Paediatrics -cum-Dean PG Studies), Dr. Jasbir Kaur (Principal Nursing College MMU Solan).**

Various events were organized on this occasion, including lectures & a skit. The event started with **Saraswati Vandana** and **lamp lighting ceremony**.

Dr. Ramanpreet Kaur, Assistant Professor, Department of Psychiatry, MMMC&H delivered the introductory lecture. She spoke about the current theme of suicide Prevention "Creating hope through action" & suicide Prevention.

Dr. Ramandeep Kaur, Assistant Professor, Department of Psychiatry, delivered a talk discussing the Myths and facts circling around suicide. A skit was prepared and supervised by **Dr. Bhawna** (Psychiatry Resident) highlighting the theme '**CREATING HOPE THROUGH ACTION**' was presented by MBBS students.

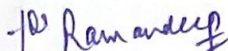
Mrs. Harpreet kaur Vice Principal, Nursing College, MMU, Solan discussed the role of nursing staff regarding warning signs and strategies to prevent suicide.

Dr. Ravi Chand Sharma (Principal & Professor, MMMC&H), who has been serving people of Himachal Pradesh for past 35 years shared his valuable views regarding importance of the day, role of medical health professionals including role of **gate keepers** in the prevention of suicide at individual and community level.

The event was concluded with a **pledge taking ceremony** by all medical and nursing students. This pledge was specially prepared for this occasion by the Principal and was administered to students by Dr. Nikhil (Resident Psychiatry) and Ayush Rana (MBBS student). **Vote of thanks** was presented by Dr. Ravleen kaur Jaggi (Resident Psychiatry).

Thanking you,

Yours Sincerely,


Professor & Head

Department of Psychiatry