



Koneru Lakshmaiah Education Foundation

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Seminar on “The Role of Mental Health in Suicide Prevention”

Name of the Event : Seminar on “The Role of Mental Health in Suicide Prevention”

Organized by : Women Development Cell (WDC), in collaboration with State Bank of India, Vijayawada

Date of Event : 11th September 2025

Venue : Jasmine Hall, KLEF

Introduction:

The Women Development Cell (WDC) of KL Deemed to be University, in collaboration with State Bank of India, Vijayawada, organized a seminar on “The Role of Mental Health in Suicide Prevention” on 11th September 2025. The program aimed to create awareness among students, staff, and faculty about the importance of mental well-being and the need for early intervention to prevent suicidal tendencies.

Programme Details:

Date: 11 September 2025

Time: 11:30 AM – 12:50 PM

Venue: Jasmine Hall, KLEF

Resource Person:

Ms. CH. Sirisha, Senior Agency Manager, State Bank of India & Life Skill Coach, Vijayawada.

Faculty Coordinators:

- Dr. Koneru Sireesha, Associate Professor, MD&IE, KLEF (7995504921)
- Mrs. N. Sri Lakshmi, Assistant Professor, Pharmacy, KLEF (7989336288)
- Dr. Vijay Ratnam, Assistant Professor, VEC, KLEF (8106079479)

For queries, participants could contact Dr. K. Ruth Ramya, Associate Dean (SA) & Convener, WDC (9440307606).

Event Proceedings:

The seminar commenced with a welcome address by the Women Development Cell members. The session highlighted the increasing concern surrounding mental health issues and their significant role in suicide prevention. The resource person emphasized the importance of creating safe spaces for open conversations and reducing societal stigma related to mental health.

Speakers including Mr. K. Sridhar Banu and Mr. Suresh Babu reinforced the need for developing strong emotional resilience. They elaborated on several key aspects that contribute to recognizing and managing suicidal thoughts.

Key Takeaways from the Seminar:

- Importance of Self-Love: Cultivating positive self-affirmations to develop confidence and emotional stability.
- Coping Mechanisms: Engagement in yoga, meditation, exercise, and mindful breathing techniques.
- Support Systems: Building trustworthy networks of friends, family members, and counselors.
- Purpose and Meaning: Understanding one's role and purpose in life to strengthen motivation.
- Hope and Resilience: Developing the ability to bounce back from adversity and staying hopeful.

Inspirational Quotes Shared:

- "Suicide is a permanent solution to a temporary problem."
- "You don't want to die, you just want the pain to go away."
- "You aren't alone. You won't always feel this way. The world is better with you in it."

Understanding Suicidal Thoughts:

Suicidal ideation includes thoughts ranging from passing ideas to detailed plans about self-harm. These thoughts often arise from untreated mental health issues such as depression, anxiety, trauma, or prolonged stress.

Warning Signs

- Talking about self-harm or death
- Feelings of hopelessness or emotional numbness
- Withdrawal from friends or activities
- Substance abuse
- Dramatic mood or behavioral changes
- Disturbed sleep patterns

Suicide Prevention Measures:

1. Seek Professional Help: Consult psychologists, psychiatrists, and counselors.
2. Support Networks: Stay connected with loved ones and trusted individuals.
3. Coping Strategies: Practice mindfulness, exercise, journaling, and stress reduction.
4. Reduce Stigma: Encourage open discussions about mental health.
5. Safety Planning: Identify triggers, create coping plans, and eliminate harmful means.
6. Use Helplines: Access national mental health helplines, crisis centers, and online support.

Observance of World Suicide Prevention Day

The seminar was conducted in alignment with World Suicide Prevention Day observed globally on September 10th. This year's theme, "Changing the Narrative on Suicide," focused on promoting hope, reducing stigma, and encouraging empathy-driven conversations.

Felicitations

The event concluded with the felicitation of the honorable chief guests and resource person. The WDC and university officials appreciated their valuable insights and contributions toward promoting mental well-being among the academic community.

Photo Descriptions



Resource Person Addressing Audience— **Suresh Babu** Art of Living (AoL) Andhra Pradesh State Co-Convenor and Faculty Member **delivering an insightful session on mental health awareness and suicide prevention, emphasizing emotional well-being.**



The hall is filled with faculty, staff, and students attentive to the speaker on stage. Students and faculty members listening actively, reflecting the importance of the topic and their involvement.



WDC coordinators presenting a token of appreciation to the chief guests and resource person.



A collective photograph featuring all dignitaries, coordinators, and participants marking the successful completion of the event.

Conclusion

The seminar provided students and faculty with essential knowledge and tools to understand mental health challenges and support individuals experiencing suicidal thoughts. The event successfully achieved its aim of spreading awareness and equipping the university community with strategies for suicide prevention.