



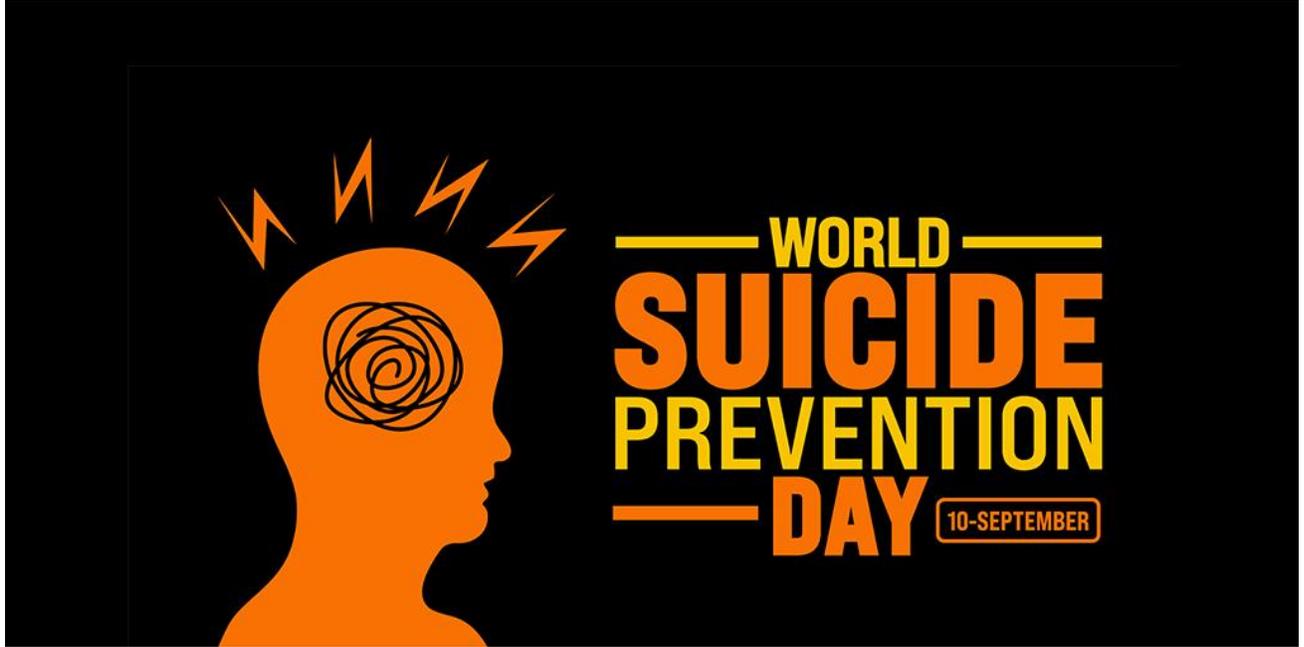
SHRI CHHATRAPATI SAMBHAJI SHIKSHAN SANSTHA'S  
**BAPUSAHEB THITE COLLEGE OF NURSING**

Shirur (Ghodnadi) Dist. Pune - 412210

(Approved by; Maharashtra Govt., Affiliated to MUHS, Nashik and MSBNPE, Mumbai)

**BAPUSAHEB THITE COLLEGE OF NURSING**

**WORLD SUICIDE PREVENTION DAY 2025**



Every year, more than 7,00,000 people lose their lives to suicide, which translates into more than one person every 40 seconds, accounting for about 1.3% of all global deaths. Strikingly, over half of these deaths occur before the age of 50, and suicide stands as the fourth leading cause of death among young people aged 15 to 29. For those who are left behind, the loss is not just a number, but a deep wound that changes families, friendships, and communities forever. World Suicide Prevention Day 2025 is a call to notice the quiet struggles around us, to listen without judgement, and to take small but powerful actions that can save lives.

Observed on 10 September each year, World Suicide Prevention Day is a global initiative led by the International Association for Suicide Prevention (IASP) with support from the World Health Organization (WHO). Its aim is to raise awareness, reduce stigma, and encourage actions that can help save lives.

The 2025 theme, “Creating Hope Through Action”, emphasises that even small gestures of kindness, compassion, and understanding can make a meaningful difference. It calls on

  
**Dr. Sheetal Barde**  
Principal  
Shri Chhatrapati Sambhaji Shikshan Sanstha's  
Bapusaheb Thite College of Nursing  
Shirur (Ghodnadi), Dist. Pune 412210



# SHRI CHHATRAPATI SAMBHAJI SHIKSHAN SANSTHA'S BAPUSAHEB THITE COLLEGE OF NURSING

Shirur (Ghodnadi) Dist. Pune - 412210

(Approved by; Maharashtra Govt., Affiliated to MUHS, Nashik and MSBNPE, Mumbai)

---

individuals, communities, and organisations to work together in creating supportive environments where mental health is prioritised and help is accessible.

This day is not only about acknowledging the challenge but also about inspiring collective action by breaking the silence, extending hope, and building pathways to prevention.

Help is available and reaching out can be the first step toward safety and recovery. Suicide prevention works best when people know where and how to find support.

Common options include:

- **Helplines and crisis services:** 24/7 confidential phone or text services that offer immediate emotional support.
- **Counselling and therapy:** Sessions with mental health professionals to address underlying issues and develop coping strategies.
- **Support groups:** Safe spaces to connect with others who understand similar challenges.
- **Community programmes:** Local initiatives offering workshops, peer mentoring, and awareness events.
- **Hospital-based mental health care:** Inpatient and outpatient services for those needing structured, professional treatment.

At Bapusaheb Thite College of Nursing, we observed World Suicide Prevention Day to raise awareness about the importance of mental health and the urgent need to support individuals facing emotional and psychological challenges. As future healthcare professionals, it is our responsibility to understand the signs of distress, promote compassionate care, and reduce the stigma associated with seeking help. By observing this day, we aimed to educate students and the community about suicide prevention strategies, encourage open conversations, and emphasize the role of empathy, early intervention, and professional support in saving lives. Our commitment to holistic health care includes not only physical well-being but also mental and emotional wellness, and this observance reflects our dedication to fostering a supportive and informed environment.



**SHRI CHHATRAPATI SAMBHAJI SHIKSHAN SANSTHA'S**  
**BAPUSAHEB THITE COLLEGE OF NURSING**

Shirur (Ghodnadi) Dist. Pune - 412210

(Approved by; Maharashtra Govt., Affiliated to MUHS, Nashik and MSBNPE, Mumbai)

**BAPUSAHEB THITE COLLEGE OF NURSING**  
**SUICIDAL PREVENTION DAY**

**DATE: 10<sup>th</sup> SEPTEMBER 2025**

**THEME: Creating Hope Through Action**

Comprehensive programme schedule for World Suicide Prevention Day (10th September) at a Bapusaheb Thite college of nursing, designed to raise awareness, build empathy, and empower students with knowledge and action-based learning.

**ACTIVITY:**

SR.NO	TIME	ACTIVITY	RESOURCE PERSON/ INCHARGE	VENUE
1	9:00 am – 9:30 am	<b>Yellow Ribbon Campaign</b> <ul style="list-style-type: none"><li>• Distribute yellow ribbons (symbol of suicide prevention).</li><li>• Encourage everyone to wear it all day.</li><li>• Optional: Take group photos with pledges.</li></ul>	Ms. Sanyogita Wakchaure	Bapusaheb Thite College of Nursing
2	9:30 am – 10:30 am	<b>Suicide Prevention Awareness Rally Plan</b> <b>Objective of the Rally</b> <ul style="list-style-type: none"><li>• To raise awareness about suicide prevention.</li><li>• To break the stigma around mental health.</li><li>• To educate the public about warning signs, resources, and the power of listening</li></ul>	Ms. Reshma Kane Ms. Sanyogita Wakchaure Ms. Vaishnavi Sinalkar Ms. Dnyaneshwari	Bapusaheb Thite College of Nursing to Rural Hospital Shirur



**SHRI CHHATRAPATI SAMBHAJI SHIKSHAN SANSTHA'S**  
**BAPUSAHEB THITE COLLEGE OF NURSING**

Shirur (Ghodnadi) Dist. Pune - 412210

(Approved by; Maharashtra Govt., Affiliated to MUHS, Nashik and MSBNPE, Mumbai)

3	10:30 am – 11:30 am	<b>Street Play / Skit &amp; Mime Act</b> <ul style="list-style-type: none"><li>• <b>Theme:</b> A student's emotional struggle &amp; the power of listening.</li><li>• <b>Objective:</b> Show how timely intervention saves lives.</li></ul>	Ms. Sanyogita Wakchaure Ms. Reshma Kane Ms. Sonia Daniel Ms. Nikita Kardile	<ul style="list-style-type: none"><li>• Vijayamala Junior College,</li><li>• Rural Hospital Shirur,</li><li>• Shirur bus stand</li></ul>
4	11:30 am – 12:30 pm	<b>Poster / Slogan Making activity</b> <ul style="list-style-type: none"><li>• <b>Topics:</b><ul style="list-style-type: none"><li>○ "Say Yes to Life"</li><li>○ "Your Life Matters"</li><li>○ "Stop the Stigma"</li></ul></li><li>• <b>Output:</b> Visual awareness placed around campus.</li></ul>	Ms. Sanyogita Wakchaure	Bapusaheb Thite College of Nursing

  
**Dr. Sheetal Barde**  
Principal  
Shri Chhatrapati Sambhaji Shikshan Sanstha's  
Bapusaheb Thite College of Nursing  
Shirur (Ghodnadi), Dist. Pune 412210



SHRI CHHATRAPATI SAMBHAJI SHIKSHAN SANSTHA'S  
**BAPUSAHEB THITE COLLEGE OF NURSING**

Shirur (Ghodnadi) Dist. Pune - 412210

(Approved by; Maharashtra Govt., Affiliated to MUHS, Nashik and MSBNPE, Mumbai)

---

## Report on Suicide Prevention Day

**Organized by: Bapusaheb Thite College of Nursing, Shirur**

**Date: 10 September 2025**

**Venue: Bapusaheb Thite College of Nursing, Shirur**

### Introduction

World Suicide Prevention Day is observed globally every year on **10th September**, coordinated by the International Association for Suicide Prevention (IASP) in collaboration with the World Health Organization (WHO). The day aims to raise awareness, reduce stigma, and promote hope in society. Suicide is a major public health issue, and nursing students, as future healthcare providers, play a crucial role in prevention through awareness, empathy, and advocacy.

With the theme “Creating Hope Through Action”, our nursing college organized a series of activities such as the **Yellow Ribbon Campaign, Awareness Rally, Role Play, and Slogan Competition** to spread awareness among students and the community.

### Objectives of the Program

1. To spread awareness about suicide prevention among students and the community.
2. To emphasize the importance of mental health and early intervention.
3. To encourage nursing students to take leadership roles in health education and awareness.
4. To reduce stigma and misconceptions related to suicide.
5. To foster teamwork, creativity, and social responsibility among students.



# SHRI CHHATRAPATI SAMBHAJI SHIKSHAN SANSTHA'S BAPUSAHEB THITE COLLEGE OF NURSING

Shirur (Ghodnadi) Dist. Pune - 412210

(Approved by; Maharashtra Govt., Affiliated to MUHS, Nashik and MSBNPE, Mumbai)

---

## Activities Conducted

### 1. Yellow Ribbon Campaign:

- The Yellow Ribbon, an international symbol of suicide prevention, was used to signify hope and life.
- Students and faculty members wore yellow ribbons throughout the day to express solidarity with individuals struggling with suicidal thoughts.
- Posters, charts, and educational materials were displayed in the college premises.
- Nursing students distributed awareness pamphlets and ribbons among peers and staff, spreading the message "*Your Life Matters*".

### 2. Suicide Prevention Awareness Rally:

- A rally was organized around the college campus and nearby community areas.
- Students carried banners and placards with motivational messages such as "*Say Yes to Life*", "*Stop the Stigma*", "*Your Life is Precious*", and "*Together We Can Prevent Suicide*".
- Slogans were raised loudly to attract the attention of the public.
- The rally created awareness in the local community about the importance of seeking help, supporting mental health, and encouraging open discussions.
- Faculty guided students to interact briefly with community members, stressing on available helpline services and counseling facilities.

### 3. Role Play and Mime Act:

- Nursing students performed a role play depicting real-life scenarios related to suicidal tendencies among youth.
- The drama highlighted:
  - **Causes:** academic stress, unemployment, family conflicts, relationship failures, mental illness.



# SHRI CHHATRAPATI SAMBHAJI SHIKSHAN SANSTHA'S BAPUSAHEB THITE COLLEGE OF NURSING

Shirur (Ghodnadi) Dist. Pune - 412210

(Approved by; Maharashtra Govt., Affiliated to MUHS, Nashik and MSBNPE, Mumbai)

---

- **Warning Signs:** withdrawal, hopelessness, isolation, changes in behavior.
- **Prevention:** importance of counseling, peer support, professional help, and positive coping strategies.
- The performance emphasized empathy, listening, and timely intervention.
- Audience feedback showed that the role play created a strong emotional impact and improved understanding of suicide prevention strategies.

#### 4. Slogan making activity:

- A slogan writing competition was organized for students on the theme “*Say Yes to Life – Your Life Matters*”.
- Students prepared slogans in English, Hindi, and Marathi, expressing powerful and creative ideas about suicide prevention.
- The best entries were selected and awarded by the faculty.
- Winning slogans were displayed on notice boards and in classrooms to continue spreading the message throughout the year.

#### Outcomes of the Program:

- Increased awareness among students and community members about suicide prevention.
- Active participation of nursing students helped them develop leadership qualities, communication skills, and community engagement.
- Students realized the importance of early recognition of warning signs and timely counseling.
- The program encouraged an open environment where mental health could be discussed without stigma.
- The Yellow Ribbon symbol served as a reminder of hope and support.



# SHRI CHHATRAPATI SAMBHAJI SHIKSHAN SANSTHA'S BAPUSAHEB THITE COLLEGE OF NURSING

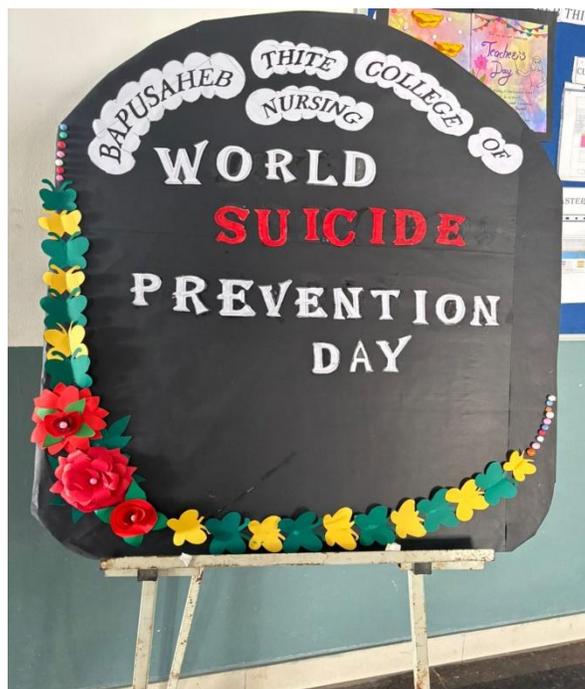
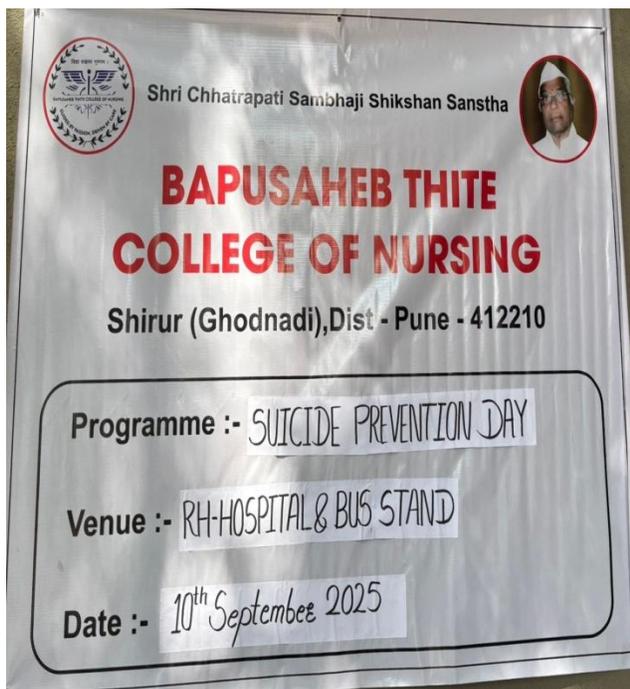
Shirur (Ghodnadi) Dist. Pune - 412210

(Approved by; Maharashtra Govt., Affiliated to MUHS, Nashik and MSBNPE, Mumbai)

## Conclusion:

The Suicide Prevention Day program at **Bapusaheb Thite College of Nursing** was a successful initiative that combined awareness, education, and community participation. Through activities like the Yellow Ribbon Campaign, Awareness Rally, Role Play, and Slogan Competition, the event promoted the message that **every life is valuable** and suicide can be prevented through collective action.

As future nurses, students pledged to continue spreading awareness and extending support to individuals struggling with mental health issues. The event reinforced the idea that **creating hope through action** is a shared responsibility, and together, we can make a difference in suicide prevention.



(World Suicide Prevention Day Observed: Bapusaheb Thite College Nursing Campus)



# SHRI CHHATRAPATI SAMBHAJI SHIKSHAN SANSTHA'S BAPUSAHEB THITE COLLEGE OF NURSING

Shirur (Ghodnadi) Dist. Pune - 412210

(Approved by; Maharashtra Govt., Affiliated to MUHS, Nashik and MSBNPE, Mumbai)



(World Suicide Prevention Day Observation: Inaugural by President Dr. Rajendra Thite at Bapusaheb Thite College Nursing Campus)



(World Suicide Prevention Day Observation: Yellow Ribbon Campaign at Rural Hospital Shirur)



# SHRI CHHATRAPATI SAMBHAJI SHIKSHAN SANSTHA'S BAPUSAHEB THITE COLLEGE OF NURSING

Shirur (Ghodnadi) Dist. Pune - 412210

(Approved by; Maharashtra Govt., Affiliated to MUHS, Nashik and MSBNPE, Mumbai)



(World Suicide Prevention Day Observed: Awareness Rally of Nursing students in Shirur)



(World Suicide Prevention Day Observed: Role plays at Bapusaheb Thite College Nursing Campus)

**Dr. Sheetal Barde**  
Principal  
Shri Chhatrapati Sambhaji Shikshan Sanstha's  
Bapusaheb Thite College of Nursing  
Shirur (Ghodnadi), Dist. Pune 412210