

DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE
Shavige Malleshwara Hills, Kumaraswamy Layout, Bengaluru - 560111

Health and Wellness Unit
in association with NIMHANS

**Report on Training Program for Student Well-Being and
Suicide Risk Reduction**

Date: 19.05.2025 - 20.05.2025

Timings: 9:30 am - 4:30 pm

No. of faculty participants: 10

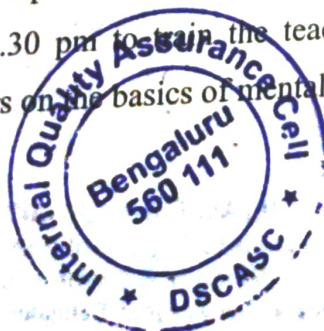
National Institute of Mental Health and Neurosciences (NIMHANS) as a part of the Indian Council of Medical Research (ICMR) initiative, considering the growing concerns surrounding student mental health and the alarming rise in suicide rates among youth, organized a **Training Program on Student Well-Being and Suicide Risk Reduction**. The program aimed to equip faculty, staff, and student leaders with the skills necessary to identify early warning signs of distress, provide appropriate support, and promote a healthy and inclusive environment on campus.

Objectives of the Program

- To raise awareness about mental health challenges faced by students.
- To train participants in identifying signs of emotional distress and suicidal ideation.
- To educate on effective communication strategies for supporting students in crisis.
- To establish a referral mechanism for professional counselling and interventions

The training was conducted over two days and included the following key sessions:

1. Gatekeeper Training Program for Teachers on Suicide Prevention held at MV. Govindaswamy Seminar Hall, NIMHANS, from 9.30 am to 4.30 pm with main focus on equipping the teachers with the skills to identify signs of emotional distress, assess suicidal risk, offer immediate support, and refer for further professional support as may be needed.
2. Teachers Training for Youth Champion Training Program Govindaswamy Seminar Hall, NIMHANS, from 9.30 am to 4.30 pm to train the teachers to learn to select student volunteers and train the volunteers on the basics of mental health and peer support.



Learning Outcomes of the two-day training Session

- Participants were trained to identify behavioural and emotional changes indicating potential distress.
- Role-playing activities and case studies provided hands-on experience in managing crisis situations.
- A resource booklet with mental health contacts and referral guidelines was distributed.
- Participants committed to promoting awareness and inclusivity on campus.
- Increased awareness and sensitization toward mental health challenges.
- Strengthened support network among faculty and students.
- Enhanced coordination between academic departments and the Counselling Center.
- Identification of peer leaders to act as mental health ambassadors.

The Training Program for Student Well-Being and Suicide Risk Reduction served as a critical initiative in fostering a culture of empathy, awareness, and preventive care on campus. Continued efforts in this direction, with periodic training and collaborative support systems, will significantly contribute to reducing mental health stigma and improving student life



Glimpse of the training programme



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