



D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)

Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand

Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097

E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in

REPORT

Title of the Programme	: World Suicide Prevention Day
Date of the Competition	: 31-08-2024
Event Name-1	: Inter School - College Competition on Mental Health Awareness
Venue	: R.M.S. School, Khutadih, Jamshedpur
No. of Participants	: 12
Organiser	: "JEEVAN", NGO, Jamshedpur
Date of the Rally	: 03-09-2024
Event Name-2	: Awareness Rally on Mental Health for Suicide Prevention Day
Event Type	: Community Outreach Activity
Conducted By	: D.B.M.S. College of Education
Collaboration With	: JEEVAN, NGO, Jamshedpur
Teacher in charge	: Mrs. Pamela Ghosh Dutta
No. of Participants	: 75 (Students), 15 (Staff)

CONTEXT

To observe World Suicide Day, 'Jeevan', Jamshedpur, organised an inter-school and college competition on mental health and suicide prevention on 31st August 2024. 'Jeevan' is an NGO, a voluntary organisation which provides free and confidential support to those who are suffering from mental health issues. Every year they organise events for students to create awareness about mental wellness. This year a rally for community awareness was organised by Jeevan in collaboration with D.B.M.S. College of Education on 3rd September 2024. Other events like nukkad natak, debate,



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T-shirt painting was also organised by NGO Jeevan. Selected students of D.B.M.S. College of Education, participated in the competition and won prizes in every segment. All the teachers, non-teaching staff, and students participated in the rally to raise awareness on suicide prevention.

OBJECTIVES:

The primary objective of the events is to educate individuals and communities about mental health and suicide risk factors to reduce social stigma and help in opening up about mental health issues. The rally aimed to encourage students and the local community to discuss mental health, with a special emphasis on addressing the rising cases of suicide and the need to create supportive environments. This rally also ensured the availability of counselling and therapeutic services for those in need.

ACTIVITY DONE

INTER COLLEGE COMPETITION: 31 – 08-2024

Students, along with their teacher, went to the venue at 10:30 A.M. After registration, they were sent to different rooms for debate and T-shirt painting competition. ‘Nukkad Natak’ was organised in the school auditorium. 14 schools and 6 colleges participated in the event.

D.B.M.S. College of Education bagged the following prizes in this competition.

- 1st Prize in Nukkar Natak in the college category.
- Prabha Kumari Honhaga – 1st Prize in Debate,
- Madhuri Kumari – 2nd Prize in Debate
- Priya Boipai – 1st Prize in T-shirt painting
- Ritu Lakra – 2nd Prize in T-shirt painting



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RALLY: 03-09-2024

Students and staff gathered at the college gate at 10 a.m. to begin the rally. Students prepared handmade placards featuring powerful slogans to spread awareness. The rally commenced at D.B.M.S. College of Education and moved through the surrounding areas of Kadma, engaging the local community. After covering the local area, the rally proceeded to D.B.M.S. Kadma High School, where all secondary section students and their teachers assembled on the school ground. Throughout the rally, students were given slogans to raise awareness about suicide prevention in the community. College students performed a Nukkad Natak, raising awareness about the serious issue of suicide prevention and mental health. Students of D.B.M.S. Kadma High School observed the Nukkad Natak and shared their views on the increasing cases of suicide in society. Thoughtful interactions and personal experiences were shared between the teacher and students to prevent suicidal attempts among youths.

SUICIDE PREVENTION DAY: 10 - 09 -2024

On 10th September 2024, 'Jeewan' organised a programme in the Michel John Auditorium, Bistupur to observe the World Suicide Prevention Day. D.B.M.S. College of Education was invited to this program. Secretary of the college, Mrs. Sripriya Dharmarajan, Principal Dr. Joohi Samarpita, Mrs Pamela Ghosh Dutta, along with students, attended this program. Speakers shared their insight on mental health. The programme ended with prize distribution.

LEARNING OUTCOMES:

By participating in the competition and rally, students gained a deeper understanding of mental health issues and suicide prevention strategies. They also understood how they could deal with an individual who seeks



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help in this situation. Engaging students in activities helped them develop empathy for individuals struggling with mental health challenges.



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LETTER OF CORRESPONDENCE - JEEVAN

6/27/25, 9:33 AM

Gmail - Participation in activities to observe World Suicide Prevention Day



DBMS COLLEGE OF EDUCATION <dbms.edu23@gmail.com>

Participation in activities to observe World Suicide Prevention Day

4 messages

Jeevan Jamshedpur <gurpreet.jeevanjamshedpur@gmail.com>

Sun, Aug 11, 2024 at 3:08 AM

To: DBMS Office <office@dbms.edu.in>, Dbms.edu23@gmail.com, Soma Banerjee <bsoma673@gmail.com>, dbmscareeracademy@gmail.com, dbmsjam@yahoo.com, dbmskhs@yahoo.co.in, rajaanishkhar142@yahoo.co.in

Dear Sir / Madam,

Warm greetings from Jeevan Parivar.

I trust the past year was good for you as well as the faculty, students and staff of your institution in terms of physical as well as mental fitness.

As the challenges being faced by people keep on increasing everyday, each one of us needs to help create awareness in removing the stigma attached to talking about mental health. We ourselves also need to understand the symptoms of anxiety, stress and depression in order to be able to understand the behavioural changes in those around us and be able to help them.

As you may be aware, we at Jeevan conduct workshops for students to make them understand stress and educate them on how to handle it. We would be happy to organise one such workshop for your students. It would help them empower themselves emotionally for any kind of situation.

As you are aware, 10th September is observed as the World Suicide Prevention Day. **The theme given by International Association for Suicide Prevention for 2024-27 is 'Changing the narrative on suicide' - start the conversation.** It aims to promote talks on mental health, suicide and suicidal behaviour, helping reduce the stigma attached to it.

Like previous years, this year too we are organising a few activities to observe this day and create awareness in youth. We request you to encourage your students to participate in them. The details of the same are as follows:

1. Taking out a rally around an area close to your premises.

We request you to select a date between 3rd and 10th September to take out a rally, with at least 50 students. Minimum of two volunteers from Jeevan would join in the rally. We would be sharing the soft copies of slogans with you. Children can be given printouts of the same to make placards. Our volunteers would be bringing some handbills to be distributed to the passersby, residents and shop owners of that area. Please inform us of the date, time, and number of students participating to help us plan a roster.

2. We would be organising the following competitions on Saturday, 31st August:

i) Nukkad natak:

Message to be conveyed:

'Changing the narrative on suicide' - start the conversation.

Time allotted: Maximum 3 minutes. Teams exceeding time limit would be penalised.

Language: Hindi



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Number of Participants: Minimum 6 | Maximum 8

Props: Allowed. To be brought by the team.

Songs: A few lines of two songs need to be included in the script. One of them has to be on importance of life and the other on starting a conversation (sharing feelings related to anxiety, stress).

Bollywood songs could be used.

Names of the participants should be emailed to wspdcompetition2021@gmail.com latest by 25th August.

Decision of the panel of judges would be final. Top three would be selected for prizes. Certificates would be given to all the participants.

ii) T shirt painting:

We would be providing white T shirts. Only the front side of the T shirt needs to be worked upon. The participants have to bring their own pencils, erasers, fabric colours, etc. Acrylic or other washable colours may also be used for painting. Those wishing to use boards may bring them.

Theme: Slogans on importance of mental health

Time allotted: One hour

Language of slogan: English or Hindi

Number of Participants: Maximum 2 (participating individually)

Names of the participants should be emailed to wspdcompetition2021@gmail.com latest by 25th August.

Decision of the panel of judges would be final. Top three would be selected for prizes. Certificates would be given to all the participants.

iii) Debate :

Topic: The effectiveness of Essential Mental Health Education in Educational Institutions

Time allotted: 2 minutes to each speaker

Language: English or Hindi (Both participants have to select the same language)

Number of Participants: 2 (one to speak for the motion and one against)

Names of the participants should be mailed to wspdcompetition2021@gmail.com latest by 25th August.

Decision of the panel of judges would be final. Top three would be selected for prizes. Certificates would be given to all the participants.

Venue for the events to take place on 31st August would be RMS, Khutadih school auditorium.

Please note that the certificates for all participants and prizes for the winners would be handed over during the WSPD program to be held on 10th September.

The winning teams for the nukkad natak competition would be requested to perform during the WSPD program on the 10th September evening.

Looking forward to a good participation from your institution.

Together we can change the narrative and remove the stigma related to mental health.
Thanking you for your continuous support to this cause,

With warm regards,

Gurpreet Kaur Bhatia,



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6/27/25, 9:33 AM

Gmail - Participation in activities to observe World Suicide Prevention Day

Deputy Director, Outreach,
'Jeevan', Jamshedpur.

M-9234200411

f

Dr Jeoraj Jain,
Director, 'Jeevan'

M: 9431301905

Jeevan Jamshedpur <gurpreet.jeevanjamshedpur@gmail.com>

To: Dbms.edu23@gmail.com, Joohi Samarpita <joohisamarpita1@gmail.com>

Mon, Aug 12, 2024 at 1:55 PM

[Quoted text hidden]

DBMS COLLEGE OF EDUCATION <dbms.edu23@gmail.com>

To: Jeevan Jamshedpur <gurpreet.jeevanjamshedpur@gmail.com>

Thu, Aug 22, 2024 at 10:09 AM

Dear Madam,

We are pleased to confirm our participation in the above program.

We will be taking out a RALLY in the Kadma Market area on 3rd September 2024 at 8:30 am. Please do send the slogans that are required for the Placards to be used in the rally.

We will be confirming the participants names for T shirt Painting, Nukkad Natak and Debate shortly.

Thanks and regards

Dr Joohi Samarpita

Principal

[Quoted text hidden]

—
Thanks and Regards,

D.B.M.S. College of Education.

Ph : 0657-2309097

Website : www.dbmscollege.in

DBMS COLLEGE OF EDUCATION <dbms.edu23@gmail.com>

To: Jeevan Jamshedpur <gurpreet.jeevanjamshedpur@gmail.com>

Thu, Aug 29, 2024 at 10:53 AM

----- Forwarded message -----

From: **DBMS COLLEGE OF EDUCATION** <dbms.edu23@gmail.com>

Date: Thu, Aug 22, 2024 at 10:09 AM

Subject: Re: Participation in activities to observe World Suicide Prevention Day

To: Jeevan Jamshedpur <gurpreet.jeevanjamshedpur@gmail.com>

Dear Madam,

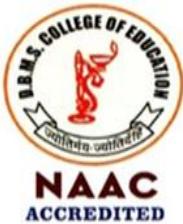
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[Quoted text hidden]

[Quoted text hidden]

[Quoted text hidden]



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LETTER OF CORRESPONDENCE – D.B.M.S. COLLEGE OF EDUCATION

6/27/25, 9:35 AM

Gmail - Participation in activities to observe World Suicide Prevention Day



DBMS COLLEGE OF EDUCATION <dbms.edu23@gmail.com>

Participation in activities to observe World Suicide Prevention Day

DBMS COLLEGE OF EDUCATION <dbms.edu23@gmail.com>
To: Jeevan Jamshedpur <gurpreet.jeevanjamshedpur@gmail.com>

Thu, Aug 22, 2024 at 10:09 AM

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We will be confirming the participants names for T shirt Painting, Nukkad Natak and Debate shortly.

Thanks and regards
Dr Joohi Samarpita
Principal
[Quoted text hidden]

—
Thanks and Regards,

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PHOTOGRAPHS OF THE COMPETITION



PIC 2 – GROUP PHOTOGRAPH AFTER THE COMPETITION WITH JUDGES



NAAC
ACCREDITED

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PHOTOGRAPHS OF THE RALLY



**PIC 01: D.B.M.S. KADMA SCHOOL
GROUND**



**PIC 02: D.B.M.S. KADMA SCHOOL
GROUND**



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PIC 03: ENTHUSIASTIC STUDENTS MARCHING IN THE RALLY



**PIC 04: MARCH FOR MENTAL HEALTH
AND SUICIDE PREVENTION**



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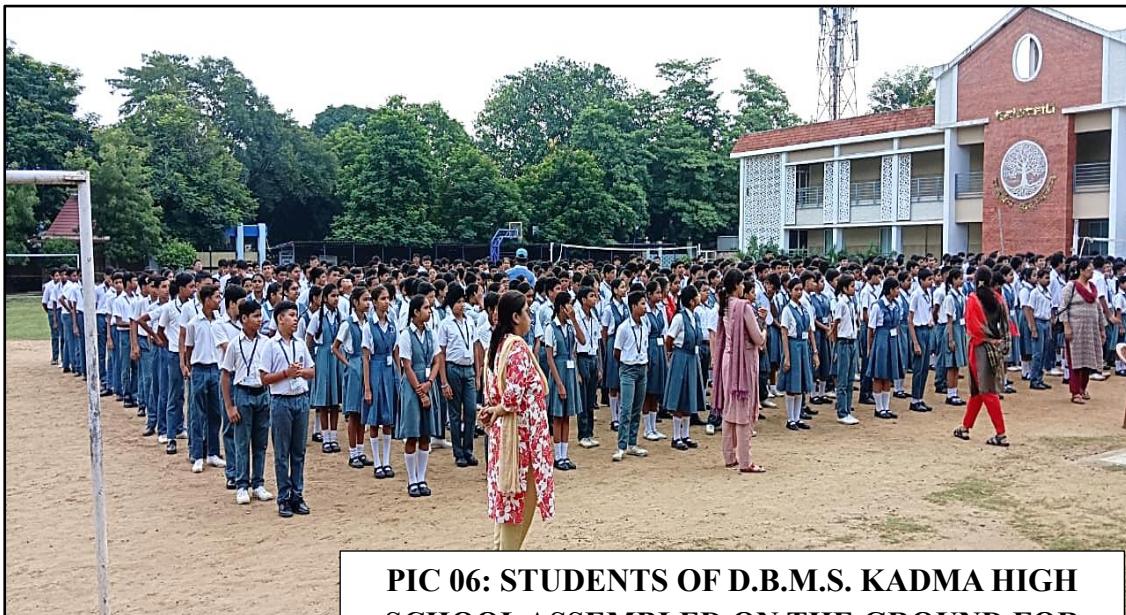
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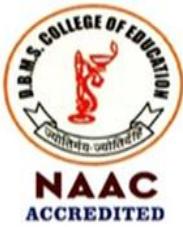
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PIC 05: STUDENTS MOVING FORWARD WITH PLACARDS



PIC 06: STUDENTS OF D.B.M.S. KADMA HIGH SCHOOL ASSEMBLED ON THE GROUND FOR NUKKAD NATAK ON SUICIDE PREVENTION



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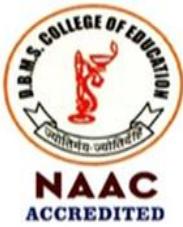
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**PIC 06: STUDENTS OF D.B.M.S. COLLEGE OF EDUCATION
PERFORMING NUKKAD**



**PIC 07: STUDENTS OF D.B.M.S. COLLEGE OF EDUCATION
PERFORMING NUKKAD AND THE PRINCIPAL OF D.B.M.S.
KADMA HIGH SCHOOL ADDRESSING THE STUDENTS**



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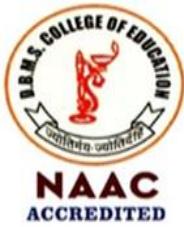
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PHOTOGRAPH OF THE PROGRAMME ON SUICIDE PREVENTION DAY





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PIC 3 – GROUP PHOTO WITH THE CHIEF GUEST AND ORGANISERS



PIC 4 – COLLEGE RECEIVING THE PRIZE FOR ORGANISING THE RALLY





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ATTENDANCE SHEET

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Community Outreach Activity - Rally for Suicide Awareness			
Attendance Sheet			
S.NO	CLASS ROLL NO	STUDENT'S NAME	PRESENT
1	1	AKANSHA KUMARI SINGH	P
2	2	AKASH KUMAR	P
3	3	ALKA SHARMA	P
4	4	AMISHA PRAMANICK	P
5	5	ANEEQA MANZAR	P
6	6	ANIMISHA VISHNU GUPTA	
7	7	ANISHA SHARMA	P
8	8	ANITA SARDAR	P
9	9	ANKUR KUMAR	P
10	10	ANNU MAHATO	P
11	11	ANTARA SARKAR	P
12	12	ANU MAZUMDAR	
13	13	ANURADHA MAHATO	P
14	14	ARPITA KERKETTA	P
15	15	ASHRITA LAGURI	
16	16	BABITA KUMARI	P
17	17	BABLU MAHTO	P
18	18	BALRAM PRADHAN	P

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19	19	RHABATA RINI MUNDA	P
20	20	BHAWANA SHARMA	P
21	21	BIBIYANA TIRU	P
22	22	BINITA KUMARI HANSDA	P
23	23	DIVYA JYOTI HONHAGA	
24	24	DIYA PRAMANIK	P
25	25	FATIK PRAMANIK	
26	26	GOURI RANI KARMAKAR	
27	29	HENA PARVEEN	P
28	30	JASBIR KOUR	
29	31	JAYANTI JERAI	P
30	32	JYOTI KUMARI GORAI	
31	33	KAJAL KUMARI	P
32	28	KANCHAN MAHTO	P
33	34	KIRAN MAHATO	P
34	35	KUMARI RUMPA JHA	P
35	36	KUNIKA SINGH KUNTIA	P
36	37	KUNTI SINKU	P
37	38	LOVELY KUMARI	P
38	39	MADHURI YADAV	P
39	40	MADHUSMITA BEHERA	P
40	41	MAMONI NAMTA	P
41	42	MANJU MAHATO	P

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42	43	MAUSAMI MAHATO	P
43	44	MEERAJFATIMA	P
44	45	MENAKSHI KUMARI	P
45	46	NATASHA MARY JOSEPH	P
46	47	NEHA RANI	P
47	48	NIPU RANI PAIRA	P
48	49	NISHA KUMARI	P
49	50	NITISH KUMAR GHOSH	P
50	51	NITU KUMARI	-
51	52	NITYA NAND UPADHYAY	-
52	53	PANGELA JAMUDA	P
53	54	PAYAL MURMU	P
54	55	PINKY KUMARI GUPTA	P
55	56	PRABHA KIRAN HONHAGA	P
56	57	PRERNA MUKTI BARA	-
57	58	PRIYA BOIPAI	P
58	59	PRIYA KUMARI	-
59	60	PRIYANKA CHANDRA	P
60	61	PRIYANKA KUMARI	-
61	63	PUJA PAUL	P
62	62	PUJA TANDON	P
63	64	PUMMY KUMARI	P
64	65	PRINCIPAL PUNAM KUMARI	P

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65	67	RAGINI KUMARI	
66	68	RAHIL HORO	P
67	69	RANI KUMARI CHOUHAN	P
68	70	RANI KUMARI LOHAR	P
69	71	RASHIKA DADIYALA	.
70	72	RASHMI SOREN	P
71	73	RAYSINGH LOWADA	P
72	74	REETU LAKRA	P
73	75	RITU SINGH	P
74	76	SABITA KUMARI	P
75	77	SAIMA NAZ	
76	78	SANSKRITI SINGH	P
77	79	SAVITRI ICHAGUTU	P
78	80	SELONA PRADHAN	.
79	81	SHAMBHAWEE PUKAR	.
80	82	SHASHI RANI MAHTO	.
81	83	SHREYA BHARTI	P
82	84	SIMRAN KUMARI	P
83	85	SOMA DEY	P
84	86	SONALI	P
85	87	SUBHANGI GHOSH	P
86	88	SUMEDHA DUTTA	P
87	89	PRINCIPAL D.B.M.S. COLLEGE OF EDUCATION JAMSHEDPUR	UMITRA HANSDA



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88	90	SUSHMITA BARUA	
89	91	SWEETY KUMARI	P
90	93	TANYA KUMARI	P
91	94	TAZEEN WAHAB	P
92	95	VANDANA KUMARI	P
93	96	VANDANA PRASAD	P
94	97	VIJAY LAXMI KUMARI	.
95	98	VINEETA KUMARI	P
96	99	VINEETA KUMARI CHATTAR	.
97	100	VISHAL KUMAR	P

PRINCIPAL
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MEDIA COVERAGE

डीबीएमएस कॉलेज के एट्रेक्ट क्लब और जीवन संस्था की संयुक्त पहल ईली निकाल और नाटक का मंचन कर आत्महत्या रोकने के लिए किया जागरूक

वरीय संवाददाता, जमशेदपुर

डीबीएमएस कॉलेज ऑफ एजुकेशन के एट्रेक्ट क्लब और जीवन संस्था के संयुक्त तत्वावधान में आउट रीच प्रोग्राम के तहत मंगलवार को एक ईली निकाली गयी, जिसका मकसद आत्महत्या रोकने के लिए लोगों को जागरूक करना था। ईली कॉलेज गेट से निकलकर रोड नंबर 23 स्थित डीबीएमएस कदमा हाई स्कूल तक गयी, यहां कॉलेज के छात्रों ने नुक्कड़ नाटक के जरिये आत्महत्या के लिए लोगों को जागरूक किया। संदेश दिया कि जीवन बहुमूल्य है, निराशा और अवसाद ग्रस्त लोगों से बातचीत करके उन्हें आत्महत्या करने से रोका जा सकता है।

जीवन प्रदान करता है निःशुल्क सेवा : जीवन संस्था की मीनू रायसुराना, माधुरी और पूनम दास



जागरूकता ईली निकालते छात्र-छात्राएं व शिक्षक।

ने इस विषय पर छात्रों को संबोधित किया। उन्होंने जीवन संस्था द्वारा निःशुल्क सेवा प्रदान करने की जानकारी दी। मौके पर संस्था का हेल्पलाइन नंबर भी साझा किया गया। कदमा हाईस्कूल की प्राचार्य गुरमीत भामरा ने कॉलकाता की दरिदरों को सामने रखा। उन्होंने लड़कों की मानसिकता बदलने की जरूरत पर बल दिया। डॉ जूही समर्पिता ने नुक्कड़ नाटक द्वारा समाज को सकारात्मक

संदेश देने के लिए बीएड के छात्रों को बधाई दी। डॉ मोनिका उपल ने धन्यवाद ज्ञापन किया। नुक्कड़ नाटक में नीतिश कुमार घोष, विशाल कुमार, अंकुर कुमार, प्रियंका कुमारी, पम्मी कुमारी, शुभांगी घोष, कुंती सिंकू, अर्पिता केरकट्टा ने अभिनय किया। पामेला घोष दत्ता, श्रीप्रिया धर्मराजन, अंजलि गणेशन के साथ सभी शिक्षक और शिक्षकेतर कर्मचारियों ने ईली में शामिल होकर इसे सफल बनाया।

Wednesday, September 4, 2024
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NATIONAL NEWSPAPER COVERAGE ON PRABHAT KHABAR (04-09-2025)

आत्महत्या रोकने को निकाली ईली

जमशेदपुर: 10 सितंबर को मनाए जाने वाले विश्व आत्महत्या रोकथाम दिवस के अवसर पर आत्महत्या निवारण



केंद्र जीवन की ओर से शहर में जागरूकता अभियानों की शुरुआत की हैं। मंगलवार को आरएमएस स्कूल खूटाडीह और डीबीएमएस कॉलेज ऑफ एजुकेशन के स्टूडेन्ट्स ईली में शामिल हुए, कुल 240 प्रतिभागियों ने ईली में भाग लिया, जिनमें से 150 आरएमएस स्कूल और 90 डीबीएमएस कॉलेज से थे। जीवन के समर्पित स्वयंसेवक भी इस ईली में शामिल हुए, ईली के दौरान लोगों में जीवन के हेल्पलाइन संपर्क विवरण के साथ पर्चे भी बांटे गए, ताकि जरूरतमंद लोग सहायता के लिए संपर्क कर सकें। 6 सितंबर

को दयानंद पब्लिक स्कूल और जुस्को स्कूल कदमा में रैलियां आयोजित की जाएंगी। 9 सितंबर को डीबीएमएस करियर अकादमी और विवेक विद्यालय टेल्को और 10 सितंबर को अरका जैन यूनिवर्सिटी में ईली होगी।

LOCAL NEWSPAPER COVERAGE ON CHAMKTA AINA (04-09-2025)