Indira Bahuuddeshiya Shikshan Sansthas Buldana's
Dr. Rajendra Gode Nursing Institute, Buldhana
Affiliated By Govt. of Maharashtra, MNC Mumbai, INC New Delhi & M.U.H.S. Nashik.
Old Ajispur Road, Rajendra Nagar, Sagwan Buldana Tq.Dist.,Buldana 443001
E-mail: conbuldana@gmail.com https://drgni.ac.in Mo.No:9673079217

DEPARTMENT OF MENTAL HEALTH NURSING

REPORT ON SUICIDE PREVENTION AWARENESS PROGRAMME

LISTEN • SUPPORT • SAVE LIVES

DRGNI	**EVERY LIFE MATTERS** **A compassionate, student-centred initiative promoting mental well-being and early help-seeking.**



You are not alone. Asking for help is a sign of strength.

Programme	Suicide Prevention Awareness Programme
Focus	Suicide prevention among students in the context of competitive examination paper-leak controversies and academic stress
Date	16 October 2026
Venue	Jijamata Mahavidyalaya, Buldhana
Organized by	Department of Mental Health Nursing, Dr. Rajendra Gode Nursing Institute, Buldhana
Coordinator / Resource Person	Mr. Vinay S. Jadhao, Head of the Department of Mental Health Nursing
Participants	Students of Dr. Rajendra Gode Nursing Institute, Buldhana

1. Introduction

A Suicide Prevention Awareness Programme was conducted at Jijamata Mahavidyalaya, Buldhana, on 16 October 2026 to promote mental health awareness and suicide prevention among students experiencing academic pressure and emotional distress. The programme addressed concerns associated with competitive examination paper-leak controversies, uncertainty about examination outcomes, fear of failure, and the psychological impact of perceived injustice in the examination system.

The programme was guided by Mr. Vinay S. Jadhao, Head of the Department of Mental Health Nursing, with the participation and support of nursing students: Juhi Yele, Nikita Wakpanajar, Nishika Zade, Anjali Wankhede, Snehal Ingle, Bhushan Umrane, Dipali Ingle, and Aryashree Lahase. The central message was clear: a person's life, dignity, and future possibilities are worth far more than any examination, rank, or result.

2. Objectives of the Programme

1. To create awareness about suicide prevention and the importance of mental health among students.
2. To explain the psychological effects of academic stress, competitive examination pressure, and paper-leak controversies.
3. To encourage students to express their feelings and seek help during periods of emotional distress.
4. To recognize warning signs of suicidal thoughts and emotional crisis.
5. To promote healthy coping strategies, resilience, and problem-solving skills.
6. To highlight the role of family, friends, teachers, counsellors, and mental health professionals in providing support.
7. To reduce stigma related to mental health problems and encourage timely help-seeking.

3. Proceedings of the Programme

The programme was conducted at Jijamata Mahavidyalaya, Buldhana, on 16 October 2026. Mr. Vinay S. Jadhao served as the resource person and led the awareness session with support from nursing students.

Students were sensitized to the emotional challenges faced by candidates preparing for competitive examinations. The discussion covered examination-related uncertainty, paper-leak controversies, fear of losing an academic year, family expectations, financial difficulties, and fear of failure as possible sources of distress.

The resource person emphasized that suicide is preventable and that no examination, result, or career setback should be considered more important than human life. Students were encouraged to speak openly with trusted friends, parents, teachers, counsellors, or mental health professionals when stress or hopelessness feels overwhelming.

The session also highlighted the importance of recognizing signs of emotional crisis, responding to distressed classmates with empathy, avoiding blame or judgment, and helping people at risk connect with appropriate professional support.

CORE MESSAGE No student should have to face distress alone. Listen without judgment, stay connected, and help them reach trusted or professional support.

4. Key Messages Conveyed

- Human life is more valuable than any examination, rank, or career outcome.
- Academic setbacks and examination controversies do not determine a person's entire future.
- Seeking help is a sign of strength; students should not face emotional distress alone.
- Parents, teachers, friends, and educational institutions have an important role in providing emotional support.
- Warning signs of suicide should be taken seriously; immediate danger requires urgent professional assistance.
- A safe, supportive, and non-judgmental environment can help students share concerns and access timely care.

5. Role of the Nursing Department

The Department of Mental Health Nursing, Dr. Rajendra Gode Nursing Institute, Buldhana, contributed by promoting mental health literacy, suicide prevention awareness, early recognition of emotional distress, psychological first aid, and referral to professional services. The involvement of nursing students reflected the nursing profession's commitment to community mental health, health education, empathy, and prevention of avoidable loss of life.

6. Outcome of the Programme

The programme provided an opportunity to emphasize suicide prevention and mental well-being among students. It highlighted the importance of timely emotional support, responsible communication, and professional intervention during examination-related stress and uncertainty.

The initiative reinforced the shared responsibility of educational institutions, teachers, peers, families, and healthcare professionals in creating a safer and more supportive environment where students feel able to discuss difficulties and seek help.

7. Conclusion

The Suicide Prevention Awareness Programme held at Jijamata Mahavidyalaya, Buldhana, on 16 October 2026 was an important initiative addressing student mental health in the context of competitive examination stress and paper-leak controversies. Under the guidance of Mr. Vinay S. Jadhao and with the participation of nursing students, the programme reinforced a compassionate and life-affirming message: every life is precious, every student deserves support, and help is always worth seeking.

Continued awareness activities, open conversations, and accessible support systems can help build an educational environment in which students feel safe to share their concerns and seek assistance before a crisis escalates.

Report Prepared By

Mr. Vinay S. Jadhao
Head, Department of Mental Health Nursing
Dr. Rajendra Gode Nursing Institute, Buldhana

Signature: _____
Date: _____


इंदिरा बहुउद्देशीय शिक्षण संस्था,बुलढाणा
डॉ. राजेंद्र गोडे नर्सिंग इन्स्टिट्यूट, बुलढाणा
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