

# **GOVERNMENT ARTS AND SCIENCE COLLEGE, KANGEYAM – 638108**

## **REPORT OF THE NTF PROGRAMME**

**Title of the Programme:**

**A One Day Programme on Mental Health of Students and Prevention of Suicides in Higher Education Institutions**

**Date: 23rd December 2025**

**Time: 11.00 a.m.**

**Venue: Seminar Hall**

**A One Day Programme on “Mental Health of Students and Prevention of Suicides in Higher Education Institutes” was successfully organized by the National Task Force (NTF – Mental Health) Committee at Government Arts and Science College, Kangeyam, on 23rd December 2025 at the Seminar Hall.**

**The programme commenced at 11.00 a.m. with a warm welcome to the dignitaries, faculty members and students. The session was presided over by Dr. K. Jayanthi, Principal, Government Arts and Science College, Kangeyam. In her presidential address, she emphasized the importance of addressing students’ mental health issues with empathy, care and timely support.**

**The Keynote Address was delivered by Dr. B. Devaki, Coordinator – National Task Force Committee, who highlighted the growing challenges faced by students in higher education institutions. She stressed the crucial role of teachers, parents and institutions in identifying early signs of mental stress and providing emotional support to students.**

**The Special Address was given by Dr. K. Sivakumar, Guest Lecturer, who spoke in detail about mental health awareness, coping strategies, stress management techniques and preventive measures to reduce suicidal tendencies among students. His session was highly informative and interactive, and it created a strong impact among the participants.**

**The programme witnessed active participation from faculty members and students. The students gained valuable insights into managing stress, overcoming academic and personal pressures, and seeking help without hesitation. The session helped in creating awareness and reducing stigma related to mental health issues.**

**The programme was highly successful and meaningful. It fulfilled its objective of creating awareness about mental health and suicide prevention among students and faculty members. The programme concluded with a vote of thanks by Mr.A.Tamilarasan, Member, NTF Committee, expressing gratitude to all the organizers, speakers and participants for making the event a grand success.**