



Manohar Memorial College Fatehabad (Haryana)



REPORT

Extension Lecture

*“Mental Health of Students and the
Prevention of Student Suicides in
Higher Education Institutions”*

August 29, 2025

Prepared by
Dr. Vikesh Sethi

Extension Lecture on
“Mental Health of Students and the Prevention of Student Suicides in Higher Education Institutions”

Speaker: Dr. Girish Kumar, Psychiatrist, Civil Hospital, Fatehabad

Date: August 29, 2025

Time: 11:30 am

Venue: Smt. Amarjeet Kaur Memorial Seminar Hall

College Officials:

- Dr. Gurcharan Dass, Principal
- Mrs. Pratibha Makhija, Programme Officer, NSS (Girls)
- Dr. Vikesh Sethi, Nodal Officer, NTF & Programme Officer, NSS (Boys)
- Mr. Vikas Beniwal, Assistant Professor of Psychology
- Ms. Shruri, Assistant Professor of Zoology

Introduction:

The NSS Units of Manohar Memorial College, Fatehabad organized an extension lecture on the vital topic of "Mental Health of Students and the Prevention of Student Suicides in Higher Education Institutions." The lecture aimed to create awareness among students about the importance of mental health and strategies for preventing student suicides.

Welcome Address:

Dr. Gurcharan Dass, Principal warmly welcomed the esteemed speaker, Dr. Girish Kumar and the audience. He emphasized the importance of mental health awareness and the need for institutions to provide support services to students. Dr. Dass expressed gratitude to the speaker for sharing valuable insights and expertise on the topic.

Brief on Psychology:

Mr. Vikas Beniwal, Assistant Professor of Psychology introduced the topic and highlighted the relevance of psychology in understanding mental health issues.

Speaker's Profile:

The speaker, Dr. Girish Kumar, is a renowned psychiatrist with extensive experience in the field of mental health. The speaker has worked with various institutions and organizations, providing counselling and therapy services to individuals and groups.

Lecture Summary:

Dr. Girish began by highlighting the alarming rise in student suicides in higher education institutions. The speaker emphasized that mental health issues such as stress, anxiety and depression are common among students and can lead to suicidal tendencies if left unaddressed.

The speaker discussed the following key points:

- **Risk factors:** The speaker identified various risk factors that contribute to student suicides including academic pressure, social isolation, family problems and mental health issues.
- **Warning signs:** The speaker emphasized the importance of recognizing warning signs of suicidal behaviour such as changes in mood, withdrawal from social activities and expressions of hopelessness.
- **Prevention strategies:** The speaker discussed various prevention strategies including:
 - Promoting mental health awareness and education
 - Encouraging help-seeking behaviour
 - Providing counselling and therapy services
 - Fostering a supportive college environment
- **Role of educators:** The speaker emphasized the crucial role educators play in promoting mental health and preventing student suicides. Educators can help by:
 - Being approachable and supportive
 - Recognizing warning signs of suicidal behaviour
 - Referring students to counselling services

Interactive Session:

The speaker engaged the audience in an interactive session addressing questions and concerns. The session provided a platform for students to share their experiences and seek guidance.

Conclusion:

The extension lecture was a resounding success with over 125 students. The speaker's insightful presentation and interactive session helped create awareness about mental health and strategies for preventing student suicides.

Recommendations:

Based on the lecture, the following recommendations are made:

- Regular mental health awareness programs: Organize regular mental health awareness programs to educate students and staff.
- Counselling services: Ensure that counselling services are readily available and accessible to students.
- Teacher training: Provide teachers with training on recognizing warning signs of suicidal behaviour and referring students to counselling services.

Future Plans:

The college plans to organize follow-up programs and workshops to reinforce the importance of mental health and prevention of student suicides. The college will also explore possibilities of collaborating with mental health professionals and organizations to provide support services to students.