



**Jayaraj Annapackiam College for Women
(Autonomous), Periyakulam**

Accredited with 'A⁺' Grade in (Cycle 4) by NAAC

(Counselling Cell)

(1st September 2025)

- 1. Title of the Programme** : Suicide Prevention Day
- 2. Name of the Co-ordinator/s** : Dr. Sr. A. Scarlet
- 3. Date** : 01.09.2025
- 4. Number of participants** : **Students & Staffs**
- 5. Resource Person/s** : Counselling Members
- 6. Brief description of the event** : Enclosed
- 7. Circular / Brochure of the event** : Enclosed
- 8. Photos (Minimum 2geotagged to be attached)** : Enclosed
- 9. List of participants** (Scanned list of participants with their signs): 1630

JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN (AUTONOMOUS)

PERIYAKULAM

Counselling Cell

Report on Suicide Prevention Day – 01.09.2025

Suicide Prevention Day was observed on 1st September 2025 at JAC. During the Moral Instruction class. The event aimed to raise awareness about mental health and the importance of seeking help during times of emotional distress. It included informative sessions on recognizing early signs of depression, coping strategies, and available counseling resources. Students actively participated in the sessions and discussions. The initiative successfully emphasized the value of mental well-being and encouraged a supportive and compassionate community among both students and staff.

Vice Principal & Coordinator



Vice-Principal
Jayaraj Annapackiam College
for Women (Autonomous)
Periyakulam - 625 601.
Theni (Dt) Tamilnadu

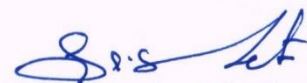
JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN (AUTONOMOUS)

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CIRCULAR - 30.08.2025

Suicide Prevention Day will be observed on 1st September 2025 at 9:15 a.m.
The Moral Instruction professors will conduct sessions for the students during the
Moral Instruction classes.



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