

Sangam University, Bhilwara
Internal Quality Assurance Cell

Session on “Student Mental Health and Suicide Prevention”

Detailed Report

Organized by IQAC and Student Welfare Office Sangam University

Date: 04 December 2025

The Internal Quality Assurance Cell (IQAC) and Student Welfare Office of Sangam University collectively organized an awareness session on “*Student Mental Health and Suicide Prevention*” on 4th December 2025 as part of its continuous initiative to promote student well-being and a positive campus environment.

Resource Person: Ms. **Neha Goel (Srivastava)** — Counselor, Therapist, NLP Practitioner, Positive Parenting & Mental Wellness Coach — served as the expert speaker for this session. She shared valuable insights on the early signs of mental distress, coping mechanisms, and strategies to prevent suicidal thoughts among students. She highlighted the significance of building emotional resilience, seeking timely help, and supporting peers experiencing psychological difficulties.

Hon’ble Vice Chancellor **Prof. Karunesh Saxena** addressed the students and emphasized the importance of such interactive and preventive mental health programs. He stated that today’s student community often faces academic, social, and personal pressures, and therefore institutions must ensure the right support systems to safeguard their mental well-being.

Prof. **Preeti Mehta**, Director IQAC & Dean Student Welfare, introduced the theme and stated that the core objective of the session is: “To promote awareness, coping skills, early identification, and support systems to enhance student mental health and prevent suicide through education and intervention.” She stressed that mental health education is essential for developing a safe, inclusive, and empathetic campus culture.

Pro President **Prof. Manas Ranjan Panigrahi** and Registrar **Dr. Alok Kumar** also graced the event and appreciated the content, highlighting IQAC's initiative toward student welfare. Faculty members, staff, and a large number of students from various departments enthusiastically participated in the session.

Session Highlights

- Understanding mental health challenges faced by youth
- Signs and symptoms of stress, depression, and suicidal tendencies
- Techniques for emotional regulation and positive thinking
- Role of peers, teachers, and counselors in timely intervention
- Encouraging openness, communication, and seeking professional help

The session was highly interactive, with students discussing real-life concerns and receiving practical guidance on maintaining mental wellness. Informational resources and helpline details were also shared to ensure continued support.

Conclusion

The event concluded with a vote of thanks to the resource person and dignitaries. The session successfully enhanced awareness, encouraged healthy emotional practices, and reinforced Sangam University's commitment to the safety and well-being of its students.

Glimpses



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**Internal Quality Assurance Cell
(IQAC)**

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Session
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Prevention”**
4 December, 2025

SANGAM UNIVERSITY BHILWARA
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