



Activity Report
Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib
(An Autonomous College)
SUICIDE PREVENTION AWARENESS PROGRAMME

February 2, 2026

Under the aegis of the Mentor Health Wellness Cell, Sri Guru Teg Bahadur Khalsa College, Anandpur Sahib organized a suicide prevention awareness Programme on February 2 to promote mental health awareness among students and staff. The initiative aimed to educate participants about the warning signs of suicide and the importance of timely intervention. The Programme was graced by the Principal, **Dr. Jasvir Singh**, who addressed the gathering and emphasized the need to prioritize mental well-being. He encouraged students to speak openly about their challenges and support one another during difficult times.

A key highlight of the programme was an insightful lecture delivered by **Prof. Paramjit Kaur**, who elaborated on the psychological and social factors contributing to suicidal tendencies. She stressed the importance of early identification of warning signs such as isolation, drastic mood changes, and expressions of hopelessness. Prof. Paramjit also guided students on effective coping mechanisms, including stress management techniques and maintaining positive relationships.

The event concluded with a message by **Dr. Gurpreet kaur** highlighting the importance of awareness, empathy and some wearing jackets have been distributed to students. Such initiatives play a vital role in fostering a safe and supportive environment within educational institutions.

Social Media link : <https://www.instagram.com/p/DUQEmEckmxi/?igsh=d2E4bXI4M29ud3Jq>



SHRI GURU TEG BAHADUR KHALSA COLLEGE

SRI ANANDPUR SAHIB

FEEDBACK FORM

ACTIVITY: Awareness Program

DATE: 2 Feb 2026

SR.NO	NAME	ROLL NO	REMARKS
1.	Charandeep Kaur	240512	Good
2.	Amna Sharma	240521	Good
3.	Manjewan Kaur	240520	Good
4.	Palak	240524	Good
5	Ankushi	230025	Good
Artun 6.	Artun	230178	Good
7.	Jagdeep	230152	Good
8.	Harmman	230127	Good
9	Lakhuvir Singh	230198	Good
10	Sukhwinder Singh	230008	Good
11	Deepak Kumar	230183	Good
12.	Sukmeekha	250097	Good.
13.	Konekhar Dev	250100	Good.
14.	Ritika	250177	Good.
15.	Simran Devi	230118	Good.
16.	Jas Karanpreetkaur	230193	Good.
17.	Arshdeep Kaur	230115	Good.
18	Alisa.	250187	Good
19	Riya Devi	250121	v. Good.
20	Sikander	250033	Good.
21	Sandhya	250079	v. Good.