

REPORT ON WORLD SUICIDE PREVENTION DAY 2026

Don Bosco College of Engineering, Fatorda observed World Suicide Prevention Day on 10th September 2026 in collaboration with the District Mental Health Programme, South Goa District Hospital, Margao. The programme was organised for the First Year Mechanical Engineering students and was conducted by Ms Celeste Amor, Psychiatry Social Worker.

The theme for the programme was “Changing the Narrative on Suicide”.

The session focused on creating awareness about mental health, emotional wellbeing and suicide prevention. Students were encouraged to understand the importance of speaking openly about emotional difficulties and seeking help when needed. The session also highlighted the importance of listening to others without judgement, being aware of changes in a person’s behaviour and emotions, and showing care and understanding towards someone who may be struggling.

The students were reminded that academic life can come with different pressures and challenges, and that they do not have to face these difficulties alone. They were encouraged to reach out to trusted people and seek professional support when required. The programme also addressed the need to reduce the stigma around mental health and encourage more open and compassionate conversations.

The theme “Changing the Narrative on Suicide” encouraged the students to move from silence to conversation, from judgement to understanding and from isolation to connection. The session reinforced the message that every life matters and that a caring word, a listening ear and timely support can make a difference.

The programme was a meaningful initiative towards promoting mental health awareness and suicide prevention among the First Year Mechanical Engineering students and encouraged them to build a more caring, supportive and understanding community.



