

Maharashtra National Law University, Nagpur

presents, a Two-day event on

WORLD SUICIDE PREVENTION DAY 2021

Mental Health Army in association with Gender
Sensitization Committee



**HON'BLE VC, PROF. DR.
VIJENDER KUMAR**

Maharashtra National Law University, Nagpur is an Institution with a student-centric outlook. Established by the Government of Maharashtra in 2015, the University started its Academic activities from August 1, 2016 and currently is in its fifth year of academic pursuits with five batches of B.A.LL.B.(Hons.) Five Year Integrated degree course]; four batches on one-year LLM Programme; and three batches of Ph.D. Scholars; as well as a new course of B.A.LL.B Justicing and Adjudication, specially curated to create best judicial minds.

The Gender Sensitization Committee in furtherance of its ultimate goal to sensitize genders and its related issues continuously works under the guidance of Dr. Ragini Kubalkar, Faculty Coordinator of the University. Its aim is to ensure a secure environment in University for all the students and raise awareness about gender related issues. It enables an environment where students can study with a sense of security and assurance.



**FACULTY ADVISOR TO GSC,
DR. RAGINI KHUBALKAR**

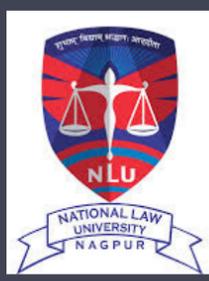


**UNIVERSITY COUNSELOR, MRS.
ROWENA A. PHILLIPS**

The Mental Health Team is a body of students under the guidance of the University's Consulting Psychologist/Counselor Mrs. Rowena Ajay Phillips. The team organizes various Mental Health Awareness events throughout the year like Mental Health Camps, How You Doing Fest, Secret Santa, and Counseling sessions named 'Inspiring Friday' and 'Exciting Wednesday'. The Objectives of the team is to drive the Development and Promotion of Healthy Minds.

THEME OF THE YEAR - CREATING HOPE THROUGH ACTION

'Creating Hope Through Action' is a reminder that there is an alternative to suicide and aims to inspire confidence and light in all of us; that our actions, no matter how big or small, may provide hope to those who are struggling. Preventing suicide is often possible and you are a key player in its prevention. Through action, you can make a difference to someone in their darkest moments - as a member of society, as a child, as a parent, as a friend, as a colleague or as a neighbour. We can all play a role in supporting those experiencing a suicidal crisis or those bereaved by suicide.



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Day -1 Virtual Mental Health Camp

The flagship event of the Mental Health Team are the Camps it conducts bi-annually. The camps include University and Guest Counselors meeting and talking to the students regarding issues that affect them. The previous camps have been huge successes and have been conducted with relative ease even during the pandemic.

This year, two guest Counselors- Dr. Dipti Christian and Mrs. Kartika Jamdar alongside the University Counselor, Mrs. Rowena Philips are participating in the Virtual Mental Health Camp.



Dr. Dipti Christian



Mrs. Kartika Jamdar

Guest Counselors

Picture and Caption Competition

Theme -

'What makes you feel alive?'

In this competition, the participants are to send entries of anything, activity, or person that signifies life to them, along with a suitable caption. It could be a person, a thing, or an idea. Entries would be posted on the team's Instagram page.

Instagram handle, Mental Health Team - **@mha_mnlun**

Theme -

'Mental Well-Being'

In this competition, the participant's expression will become the voice to our collective cause through the most popular source of expression- REELS.

**Express it
through
Reels
Competition**



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Day-2 International Guest Webinar

Following the suit of World Suicide Prevention Day from last year, this year, the Mental Health Team alongside Gender Sensitization Committee has organized a webinar with a keynote speaker who would be talking to people through this platform, raising awareness, answering questions and motivating to see the best in life.



MR. KEITH ANTOINE, Coach for Olympic and Paralympic Team UK, Tokyo 2020

Mr. Keith Antoine, a revered speaker and a primetime coach, set his foot long ago on the belief of absolute human understanding and management of two reigning skies of achievers i.e. time and hard work. Unyielding on his ability to relive the past and present of his audience. Mr. Keith has successfully enhanced the development skills of two very different professions i.e. forge the adamantine business leaders and brace, yet another batch of athletes for summons of and beyond Rio into Tokyo Olympics. Mozart in the art of evaluation, understanding and guidance Mr. Keith prefers to low keynote of advice and more of an emotional engagement and interventions with his assemblage thereby transforming them to an epitome of aficionado. His sublime techniques and principles have successfully enabled him to create the proud and historic triumph of two-time Olympic gold medallist Richard Whitehead in London and Rio.

Meeting/ Webinar Specifics:

Date: September 10, 2021

Time: 5:30 pm to 7:00 pm IST

RegistrationLink:

<https://forms.gle/5sFeS3K8VHfYaAsu8>

Direct Link to Webinar:

<https://bit.ly/3hegram>

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