

Suicide Prevention Awareness 2Km walk is organized to Commemorate "World Suicide Prevention Day on 10th September 2014. THEME: Conquer DEPRESSION TALK ABOUT IT

World Suicide Prevention Day is marked globally on September 10 each year.

The main objective was to raise awareness about Suicide which is preventable, if left untreated may lead to Suicidal Death and to raise Awareness across the Globe and Encourage People to Adopt Help Seeking behavior and Prevent Death through Suicide. The international theme for World Suicide Prevention Day was "One World Connected"

Keeping this theme in mind Makro Foundation, Roshni, Seva, Lions Club International-Dist -316 C, Dist 316 B,Kukatpally, COVA and YWCA of Secunderabad commemorated this day by organizing a 2 Kilometer walk in Kukatpally, Hyderabad, Andhra Pradesh.

The Objective of the Walk:

- To show solidarity for people affected by Suicide
- Support the case Suicide Prevention
- Generate awareness that Mental Illness is Treatable

Rationale:

World Suicide Prevention Day is marked globally on September 10 each year. The international WHO theme for 2014 is "One World Connected". It is more than a day about suicide prevention. It is a day to celebrate life, to remind everyone why we should all value our lives as people, and "We need to encourage each other that anything is possible, that the darkest of times never last, and to remember that there's light at the end of the tunnel.



Makro Foundation, Roshni, Seva, **Lions Club International Dist.316-C, YWCA of Secunderbad, COVA, Lions Club of Hyderabad-Kukatpally-316B** has joined hands to do an awareness drive about Suicide & Depression. Suicide prevention is about supporting the development of coping skills and resiliency, and it's about reconnecting to our culture, our families, our communities, and us. Restriction of access to means of suicide, such as toxic substances, firearms, identification and management of persons suffering from mental and substance use disorders, improved access to health and social services, and responsible reporting of suicide by the media are effective strategies for the prevention of suicide.

Date	Time	Program	Speaker/Resource Person/Guest	Outcome
10/9/2014	3:00 pm-5:30 pm	Conquer Depression-Talk About It – Suicide Prevention 2 Km Walk to support people affected with suicide. To generate awareness and show solidarity for People Living With Mental Illness.	Ms. Tinky Bharadwaj-Director Mr. Mahesh Malneedi,CEO Makro Mr. Thiagarajan Arunachalam-Director SEVA Lion Deepak Bhattacharjee, Lions Club International, 316 C Ms. Neomi Francis- Treasurer, YWCA of Secunderabad Mr. Mazhar Hussain-Director,COVA Lion N N Murthy,PDG, Lions Club of Hyderabad-Kukatpally, 316B Ms.Reshma Rathore- Film Actress Mr. Naveen Chandra-South India Film Actor	500 people participated in the rally, 5000 pamphlets of Makro Foundation,Roshni and SEVA were distributed. 30 people from Press and Media



Present on this occasion were eminent personalities from the city including

- Mrs. Tinky Bhardwaj, Director- Roshni
- Mr. Mahesh Malneedi, CEO Makro Group & Director Makro Foundation
- Mr. Thiagarajan Arunachalam, Director-SEVA
- Mr. Jawaharlal Nehru-Jt Secretary -SEVA,
- Lion Deepak Bhattacharjee, - IPDG,Multiple Council , Vice Chairperson Dist- Lions Club 316 C
- Ms. Neomi Francis, Treasurer, YWCA of Secunderabad
- Dr. Mazhar Hussain- Director, COVA
- Lion NN Murthy, Past District Governor, District 316B
- Ms. Reshma Rathore-Indian Film Actress
- Mr. Naveen Chandra-South Indian Film Actor.

Highlights of the Event

- **Ms. Aparna G Adhikari,** Manager, Makro Foundation, gave the objective of the program.
- **Ms. Tinky Bharadwaj,Director Roshni** spoke some facts about suicide, depression and how it can impact life if help is not taken at the right time.
- **Mr. Mahesh,** CEO, Makro Group, talked importance of joining together for the same cause.
- **Mr. Jawaharlal Nehru, Jt Secretary, SEVA** stressed on the fact that Suicide is a cry for help . he spoke a lot about importance of self esteem and concentrating on self reliance.
- **Lion Mr. Deepak Bhattacharjee,** Dist Governor Lions Club spoke about how Suicide has become one of the major causes of death amongst Youth. Its important to talk about it and remove stigma and barrier. He assured support of the Club in future also.
- Mr. Mazhar Hussain,Director COVA spoke to the youth mainly asking them to be watchful, seeking help whenever feeling stressed and help each other, society and be happy person.
- **Ms Reshma Rathore,** Actress spoke mainly about 3 main important ways to deal with Depression-Awareness, Attitude, and Action in order to conquer depression.



- **Mr. Naveen Chandra, Actor** spoke that let us teach our youth to face life positively support them and teach them to face challenges/failures in positive way. Many of his friends have suffered depression due to relationship failures and sudden losses and he has helped them come out of it with lots of emotional support. He assured from Tollywood lots of support for this cause in future also.
- The rally followed by flagging off the 2 K Walk by Dignitaries on the Dias. The walk moved from Ram Dev Rao memorial Hospital at Kukatpally towards JNTU.
- Participants were: 500
    - 100 Corporate employees
    - 40 volunteers from ROSHNI
    - 10 Volunteers from SEVA
    - 10 Volunteers from YWCA of Secunderabad
    - 95-LIONs Clubs International 316C- 20 members, School of Lions Club 316C-participant

      75 students from SSD Grammar High School, Kukatpally,
    - 60 -Lions Clun 316B-20 members of Lions Club, 10 people from Vivekananda housing Society, 30 students from Govt Junior College Kukatpally students
    - 100 students from St. Anns College, Mehdipatnam, ImamBakhs High School, volunteers mobilized by COVA,





10th Sept. 2014

Suicide Prevention Awareness 2K Walk

Conquer Depression
Let's talk about it!

YWCA Secunderabad, AP
SEVA
MaFo Makro Foundation
roshni
Lions International Dist. 316-C, Dist. 316-B Kukatpally
COVA





