

KU's DSW to organise month-long Suicide Prevention Programme



Srinagar, July 30: The University of Kashmir is organising a Suicide Prevention Programme (SPP) across Kashmir Valley to help curb the 'rising' trend of suicides. Registrar Dr Nisar Ahmad Mir on Friday unveiled the poster of the month-long SPP being organised by the varsity's Department of Students Welfare (DSW).

Addressing officials of the DSW on the occasion, Dr Mir said that academic institutions can play an important role in preventing suicides by raising community-level awareness about various aspects concerning this serious issue.

"We need to involve teachers as well as students in our endeavour to help curb the rising trend of suicides in Kashmir. A collective effort is required to address this very serious issue in a determined manner," he said, assuring the varsity's full support to the SPP.

Dean Students Welfare Prof Raies A Qadri said the SPP is being held in degree colleges in 10 Kashmir districts, including Anantnag, Baramulla, Ganderbal, Shopian, Pulwama, Kulgam, Srinagar, Kupwara and Bandipora.

"Apart from involving health experts, we will try to involve local religious preachers and officials of district administrations in raising awareness on how to curb suicides," he said. Prof Qadri said that public health institutions, NGOs, academic institutions and community-level organisations will have to come together and join hands to help prevent suicides.

The SPP includes teaching people, especially youth, coping skills, management of challenges, importance of staying connected and putting in place an effective and well-coordinated strategy to curb suicides.

The programme is being coordinated by Zahid Jeelani, Junior Coordinator DSW.