

September Monthly Thematic Project - World Suicide Prevention Day Awareness Seminar

Project Number: 22
Date: 10th September 2026
Location: Namuna School, Biratnagar
Collaborated with: Rotaract Club of Biratnagar
Specified Committee: Community Service
Sponsoring Organization(s): N/A
Guests: N/A
Project Type: Hosted

Area of Focus:
Disease Prevention and Treatment & Youth Development



About "World Suicide Prevention Day Awareness Seminar"

Introduction:

The Interact Club of Arniko College (ICAC) successfully hosted a World Suicide Prevention Day Awareness Seminar on 10th September 2026 at Namuna School, Biratnagar, as its September Monthly Thematic Project, in collaboration with the Rotaract Club of Biratnagar. The seminar was conducted to promote awareness of emotional well-being, mental health, prevention, and the importance of seeking appropriate support during periods of emotional difficulty. The program brought together students from various secondary schools, creating a wider platform for youth-focused awareness and meaningful discussion.

The initiative aimed to encourage young participants to approach mental and emotional well-being with greater understanding, empathy, and responsibility. It also highlighted the importance of open communication, supportive relationships, and timely access to trusted adults and professional support. Through this initiative, ICAC and the Rotaract Club of Biratnagar sought to foster a more informed, caring, and supportive environment for young people.

Project Summary:

The World Suicide Prevention Day Awareness Seminar was hosted by the Interact Club of Arniko College, with the Rotaract Club of Biratnagar collaborating in the delivery of the awareness program. The seminar was conducted at Namuna School, Biratnagar, with students from various secondary schools participating in the session. The diverse participation created an opportunity to extend awareness beyond a single institution and engage a broader group of young people in an important conversation surrounding mental and emotional well-being.

The session focused on the importance of maintaining positive mental health, understanding emotional challenges, and creating supportive environments where young people can communicate their concerns without fear of judgement. Participants were encouraged to recognise the value of speaking with trusted individuals, seeking appropriate support when facing difficulties, and looking out for the well-being of their friends and peers.

A significant part of the seminar focused on the role of awareness and early support in prevention. Students were encouraged to practise empathy, listen respectfully, avoid judgement, and respond responsibly when someone may be experiencing emotional distress. The session also emphasised that seeking help is an important and responsible step and that trusted adults, school authorities, and qualified professionals can provide appropriate guidance and support.

The participation of students from different secondary schools contributed to a broader exchange of perspectives and helped create an engaging learning environment. The seminar encouraged participants to think about the role they can play in building supportive peer communities within their schools and among their friends. By promoting understanding and responsible communication, the program aimed to encourage young people to contribute towards safer and more caring environments.

The collaboration between ICAC and the Rotaract Club of Biratnagar further strengthened the initiative, bringing together Interactors and Rotaractors in support of a meaningful youth-focused awareness program. The joint effort demonstrated the importance of collaboration within the Rotary family when addressing issues relevant to young people and the wider community.

The program also provided ICAC members with valuable experience in organizing and supporting an educational awareness initiative. Their involvement strengthened skills in coordination, communication, teamwork, public engagement, and community service, while allowing them to contribute to an initiative with a strong focus on youth well-being.

The successful completion of the seminar reinforced the importance of creating spaces where young people can learn about mental health, discuss emotional well-being responsibly, and understand where appropriate support can be sought. It also strengthened the relationship between the Interact Club of Arniko College and the Rotaract Club of Biratnagar and demonstrated their shared commitment to meaningful awareness and youth development initiatives.

Overall, the project served as a platform for awareness, education, empathy, prevention, and responsible support, encouraging participating students to value their own well-being, support their peers appropriately, and contribute towards building more understanding and compassionate communities.

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Photo Gallery



Feedbacks of Participants:

- “The seminar provided valuable awareness about mental and emotional well-being and the importance of seeking appropriate support when needed.”
- “The session encouraged us to communicate more openly, listen with empathy, and become more supportive towards our friends and peers.”
- “Having students from different secondary schools participate made the program engaging and allowed us to learn from different perspectives.”
- “The seminar helped us understand the importance of awareness, early support, and responsible communication in promoting community well-being.”
- “The program was informative and meaningful, encouraging us to contribute towards creating a more caring, understanding, and supportive environment in our schools and communities.”

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