

# **NARAYANA MEDICAL COLLEGE**

Chinthareddypalem, Nellore

## **Prevention of Suicide & Mental Health Awareness Program**

Under the aegis of Dr.NTR University of Health Sciences, a program is organized and conducted on 24<sup>th</sup> March 2026 from 9 AM to 1 PM on awareness on mental health and suicide prevention. This program is basically intended for emotional assessment of students by educators and referral in A.P. this program is organized as a part of MOU between Dr.NTR University of Health Sciences, Andhra Pradesh and QPRI India Private Limited headed by medical director Dr.Aparna Vuppala ,M.D, a national AAPI member and training director Mr.Nelson Vinod Moses who is master trainer and founder of QPR Institute India and suicide prevent India foundation.

The program was inaugurated in the presence of Dean Dr.P.Sreenivasulu Reddy, accompanied by Dr.R.Viswa Kumar, Vice Principal and Dr.Seshamma HOD department of Psychiatry. Mr Nelson Vinod Moses interacted with the students of First Year MBBS with a gathering of about 250 students using power point presentation and role model scenarios by making the students enact to carry the message across the students community sensitizing them about signs and symptoms presentation of the students in despair seeking the help directly or indirectly.

Peer mentor training is primarily intended for the said program and the students have been made aware of the peer mentoring and its advantages over conventional counselling by professionals. Students have been trained such that they can recognize any such symptoms pointing to anxiety, depression or suicidal ideation and they bring it to the notice of faculty or elders or counselors where they can be attended well in time and do the needful. The program was concluded by explaining the options for gate keeper training keeping it accessible for the students who are interested to avail this opportunity.

The program has been covered by the electronic media and the feedback was obtained from couple of students and faculty as well.

YouTube Video Link

<https://www.youtube.com/watch?v=Gp9LUbGpmGk>



