

USBT presents seminar on



World Suicide Prevention Day

Changing the Narrative on Suicide

The seminar will:

- Raise awareness about the importance of mental health
- Educate students on recognizing early warning signs of distress
- Provide information on accessible support systems and coping strategies
- Break stigma surrounding conversations on suicide and mental-wellbeing

Speakers:

- **Phuntsog Dolkar**, Psychologist
- **Shefali**, Psychologist

Venue:

A-313 (Seminar Room), A Block (3rd floor), USBT, GGSIPU

Date & Time:

Wednesday, 10th September 2025 | 3 PM – 5 PM

Followed by Tea