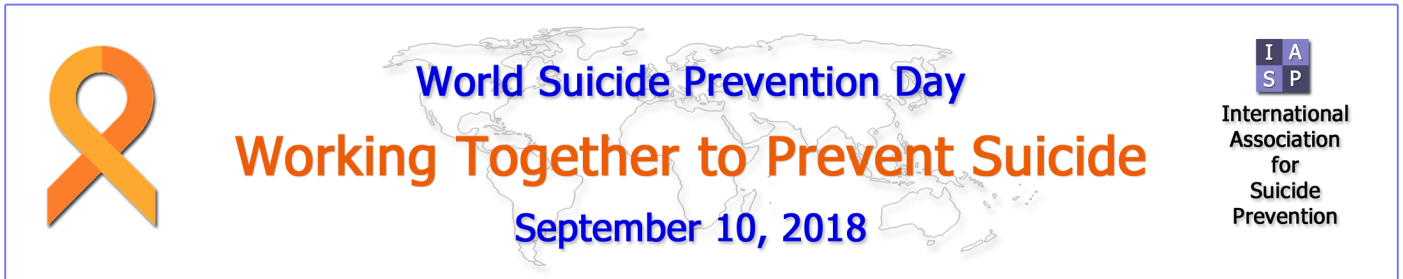




DAO Govt. Reg. No:
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The School of Psychology Nepal (TSOP Nepal)



Day: 10 September 2018:

World Suicide Prevention Day Activities

Activity 1 - Outdoor Program

1. Walkathon

- a. Time: 7am to 8.30 am
- b. Route

Kathmandu: Maitighar – Bhadrakali – Shahidgate – Sundhara – Newroad - Basantapur

All 7 Provinces headquarters

The Program objective is to be shared before starting walkathon. Different people representing different organization will participate on that rally.

Attractions:

- Suicide Selfie
- Byte Corner
- Every individual will have the opportunity to address the closure ceremony.
- Ribbon distribution for walk

Activity 2 - Indoor Program

1. "Role of Media for Suicide Prevention in Nepal"

Time Duration: 2hrs (10am -12am)

Venue: Kathmandu

TSOP Nepal to sensitize and inform Journalists in suicide prevention and how journalists can well inform mass.

Program Details:

Speakers:

1. Dr.Narendra Singh Thagunna, Cross Cultural Psychologist, Suicide Prevention Activist
2. Dr.Usha Kiran Subba, Clinical Psychologist.

Attractions:

- 25-30 journalists from renowned journals and newspaper will participate.
- 10-15 recited each poem will be uploaded in our webpage and Youtube.
- Byte Corner

2. National level open Art competition: "Working together to Prevent Suicide"

- Last date of submission : 25 Aug 2018
- Final Evaluation: 28 August 2018
- Prize Distribution ceremony: 10 September 2018.

3. National level Poetry Recitation Program: "Working together to Prevent Suicide"

Time Duration: 2hrs (10am -12am)

Venue: Kathmandu (Finalized later)

4. Panel discussion on Mental Health Issues and Suicide Prevention

- **Time Duration: max. 2 hour (1-3PM)**
- **Venue: 25 hour Tangal whood Kathmandu**
- **Speakers: 3 speakers including Dr.Narendra Thagunna, (Finalized on last week of August 2018)**

Attractions:

1. 200-250 women and girls from different communities will participate.
2. Byte Corner

Activity 3 - Outdoor Program

4. Candle Light Tribute to deceased ones

- a. Time: 6.30 pm to 7.30 pm
- b. Venue: All seven provinces(Finalized later.)

Program Details:

The program will be on 7 places of Kathmandu Valley and 7 provinces . The main focuses of the program is to remember all those dead people who die because of suicide last year.

Attractions:

5. Candle Light
6. Art (Candle Art)
7. Byte Corner

Organizers

1. TSOP Nepal
2. Psychedesk Foundation

Collaborating partners: (will be finalized on 28th Aug 2018)

Association of Psychologists in Nepal

Media Partners: (will be finalized on 28th Aug 2018)

For Details of the program

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