

Report on an Event Titled “Voices of Hope-An Open Mic” on the Occasion of World Suicide Prevention Day

Title of the Event: COPE – Open Mic on Mental Health & Suicide Prevention

Organized by: Mental Health Club, College of Engineering and Management Kolaghat
Under the Aegis of: Institution’s Innovation Council (IIC)

Date: 10/9/2025

Venue: J K Das Auditorium

Mode: Offline

Objective of the Program

The objective of this event was to promote awareness on mental health, coping strategies, and suicide prevention among students through creative expression. By providing an open platform for students to share their thoughts through dance, music, recitation, speech, and motivational storytelling, the program aimed to destigmatize discussions around mental well-being and encourage peer support.

Description of the Event

The Mental Health Club of College of Engineering and Management Kolaghat, in association with IIC, organized an Open Mic event titled “COPE” on 10th September, 2025. The event witnessed enthusiastic participation from students who expressed their views and emotions on the theme of mental health and suicide prevention through various art forms:

- ☐ Dance performances showcasing the journey from struggle to resilience
- ☐ Songs on hope, self-belief, and encouragement
- ☐ Recitations and poetry highlighting coping and solidarity
- ☐ Speeches on awareness and suicide prevention
- ☐ Motivational storytelling sharing personal experiences and positive coping mechanisms

The open platform allowed students to creatively express themselves, normalize conversations on mental health, and inspire others to seek help when needed.



Outcomes / Impact

Over 135 students participated as performers and audience.

- ☐ Students gained awareness about suicide prevention and coping strategies.
- ☐ The event fostered peer solidarity and reduced stigma associated with mental health conversations.
- ☐ Creative expression helped participants build confidence, empathy, and resilience.

Snapshots





Conclusion

The COPE – Open Mic Event successfully provided a safe and supportive platform for students to express themselves and spread awareness on mental health and suicide prevention. Such programs are crucial in fostering a healthy, empathetic, and inclusive campus environment.