

Press Release

For Immediate Publication



Fortis Malar conducts an impactful session on mental fitness for college students

Chennai, 9th September 2019: On the Occasion of World Suicide Prevention Day, Fortis Malar Hospital today conducted an enlightening session for students of Kumararani Meena Muthiah College of Arts And Science. The two hour session was led by **Ms. Sneha George, Counselling Psychologist, Fortis Malar Hospital** focussing on understanding of suicide and how to start critical conversations.

Commenting on the occasion, Ms. Sneha George said, “The focus of the event was to break the taboo around suicide and let the students know that no problem is too big to solve. Our aim was to tell the young generation that people who take their lives, do not want to end their life but they only want to stop hurting. Suicide prevention starts with recognizing the warning signs and taking them seriously. So we taught them to how identify triggers in oneself or among their loved ones”.

The event included a fact sharing session around mental health and suicide. Interactive activities like the feelings chart were shared for the students to express their feelings. This chart was to help them understand and introspect that their feelings change over a period of time. The final activity involved the students stacking paper cups to see how overwhelmed they were. For each cup that is stacked, the student was told to express what was bothering them.

Suicide is the second most leading cause of death among 15 to 29-year-olds in the world. Almost 8,00,000 people die because of suicide yearly, which is one person every 40 seconds. One student commits suicide every hour according to National Crime Records Bureau data study in 2015.

About Fortis Healthcare Limited

Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai and Sri Lanka with 43 healthcare facilities (including projects under development), approximately 9,000 potential beds and over 400 diagnostics centres.

About Fortis Malar Hospital:

Fortis Malar Hospital was acquired by Fortis Healthcare (India) Limited in early 2008. The hospital founded in 1992, is established as one of the largest corporate hospitals in Chennai providing quality super specialty and multi-specialty healthcare services. Fortis Malar Hospitals, with 180 beds, focuses on providing comprehensive medical care in the areas of Cardiology and Cardiac Surgery, Neuro Surgery, Gynaecology, Orthopaedics, Gastroenterology, Neurology, Paediatrics, Diabetics, Nephrology and Internal Medicine. Fortis Malar Hospital has a state of the art Cath Lab and multiple dedicated cardiac operation theatres and intensive coronary care units. Several rare and complex Adult and Paediatric Cardiac surgeries, Orthopaedic and Joint replacements, Neurosurgeries and Plastic reconstruction surgeries have been performed at this hospital. The hospital’ Obstetrics and Gynaecology services are among the busiest in the city, successfully performing many complicated deliveries and surgeries. They are supported by a dedicated Neonatology unit.

For more information, please contact:

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