

## **Report on Seminar for Suicide Prevention**

Venue – Mata Gujri Hall

Date – 13.09.2023

Time – 1 pm onwards

Description – A seminar for Suicide Prevention was held on the 13<sup>th</sup> of September, 2023, organized by Parivartan, the NSS unit of MSCW, in collaboration with the Psychology Department. Dr. Supreet Bhasin addressed the gathering. Dr. Pranita Gaur, the TIC of the Psychology Department also voiced out her opinion on the subject. A song depicting the theme was played, the statistics about people who committed suicide were displayed, and the conventional definition of suicide was discussed. The myths about suicide were debunked, and the “Dos” and the “Don’ts” of helping someone with suicidal ideation were discussed. The importance of being kind was demonstrated using a short film, explaining how the smallest amount of appreciation or kind words can prevent someone from giving up on themselves and committing suicide. The depiction of suicides in paintings was also brought to light. Certain self-help techniques such as having Crisis Cards, creating a Safety Plan, and having one’s emergency contacts in digital or written form were also discussed. All attendees were handed sticky notes to write hopeful messages, share their experiences or opinions, and a message board was created.





