

TED TALKS

In order to understand the importance of World Suicide Prevention Day, Parivartan, the NSS unit of Mata Sundri College for Women organised a 'Ted Talk' session on the same. The session took place on the 10th of August, 2021 via google meet.

Volunteers were shown a Ted Talk video of a suicide attempt survivor, Sadie Penn. She talked about her story and encouraged and made people understand how to deal with someone who is having suicidal thoughts. She specially emphasized on the fact that never ignore or take lightly of someone who is expressing such thoughts.

Further all the volunteers talked about their experiences in regards of the same. A lot of volunteers found comfort in sharing their stories even though the topic was sensitive. 45 volunteers participated in this event and not only they shared their experiences, they also helped each other understand that what should be and should not be done such specific situations.

Topics like how one should support the person in need, how to help and make someone understand that suicide is not the option, not to joke about the term 'suicide' and understand its severity were discussed. The documentary was very insightful and heart-warming. In the end, it was ended on a happy note with the motto 'Never give up'.