



# ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University

Electronics City, Bengaluru - 100

Accredited with NAAC "A" Grade || Recognised under 2(f) & 12(b) of the UGC Act

A FRANSALIAN INSTITUTE OF HIGHER LEARNING

## Seminar on "Research on Suicide Prevention and Role of Psychologists"

**Date:** 27.08.2019 and 28.08.2019

**Venue:** Auditorium

**Event Organizers:** PsyLight Club, Dept. of Psychology-PG in association with Research & IP Cell.

**Event Coordinators:** Prof. Mamatha K, Prof. Shamala R and Prof. Dakshina U Kanthy

**RESOURCE PERSON :** Mr. Isaac Agarwal



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**PsyLight Club, Dept. of Psychology-PG**

**Research & IP Cell**

**Report on Two-Day National Seminar on "Research on Suicide Prevention and Role of Psychologists"**

**Event Name:** Two-Day National Seminar on "Research on Suicide Prevention and Role of Psychologists"

**Event Date:** 27.08.2019 and 28.08.2019

**Venue:** Auditorium

**Event Organizers:** PsyLight Club, Dept. of Psychology-PG in association with Research & IP Cell

**Event Coordinators:** Prof. Mamatha K, Prof. Shamala R and Prof. Dakshina U Kanthy

**Students Taken:** UG and PG Students from different colleges

**No. of Students Taken:** 80 Participants

**Resource Person Profile:**

Mr. Isaac Agarwal is the founder of Kinging Youths Foundation, which functions to create awareness on suicidal prevention through their "India Suicide Prevention Squad". Their vision is to make suicide free India by 2025 and their motto is "There is hope in Life". He is a B.Tech graduate in Food technology and he is the Director of Huio Technologies, a software company. He is also a social entrepreneur who provides training in Sanitary napkins, having several branches all over India and South East Asia. An International Speaker of "Power you Mind" program, he has trained over 10,000 students across India and also police personnel in Mumbai. Apart from his entrepreneurial skills, he is a lyricist, singer, script writer, director with two music albums and one movie to his credit.



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## Objectives:

- To enable students with research work in the field of suicide prevention.
- To bring awareness among students about the importance of suicide prevention and treatment techniques.
- To share knowledge about the role of Psychologists in preventing suicide and improving mental health in the society.

## Event Summary:

### Day 1:

**Session 1:** Kinging Youths International, Mumbai based Organization initiated to have address students on Suicide Prevention on account of Suicide Prevention Week. Mr. Issac Agarwal call themselves as India Suicide Prevention Squad. They have reached to over 3 lakh students and 300 schools in India. Vice Principal was contacted for the session and the same was arranged for Post Graduate students. Prof. Issac Agarwal and his team visited college on 27.08.2019. The event began with inauguration, by welcoming the guest and introducing the guest to the audience. Without much delay the session began at 11.00 a.m to 12.30 p.m.

The speaker started with icebreaking the silence among students. He started with a happy note, showing the importance of happiness in life. As the speaker calls himself a Suicide Prevention Squad, they have committed themselves in making people aware about the issue in large number and all over the country. The Organization aims to make India Suicide Free country, hence they visit various institutions addressing many population in bringing awareness. Causes and symptoms for suicide were explained in detail. Intervention was highlighted to make students aware about possible ways to deal with suicide and help others who are in distress. Many suggestions were given to identify people with tendencies and ways to handle the situations. The speaker focused on identification, as identifying the symptoms would help people to save lives. Unnoticed behaviours could act danger in future. Every action or behaviour will have to be immediately understood for better future. Young population is mostly affected by emotion distresses. Targeting young population for awareness would help in building a Healthy Youthful Country.

**Session 2: Survey:** Set of questions was prepared by students from Dept. of Psychology-PG. Students were divided into batches and the survey questions were asked to the participants from 12.30 p.m to 2.30 p.m. Participants were interviewed. Responses given by the participants were analyzed. The analysis of the survey was presented to the participants on Day 2.

### Day 2:

**Session 1:** Session started at 11.00 a.m and went on till 12.30 p.m. Prof. Mamatha K, Asst. Professor, Dept. of Psychology-PG spoke about the need of identifying suicidal symptoms among people. Participants were briefed about the term suicide, symptoms noticed, myths related to the term, treatments available and preventive measures to be taken to eradicate Suicide. An





activity was executed to make students realize about positive thinking. Binging awareness among young adults was a concern, as the rate of suicides is increasing every year and the young adults add to these numbers. Pressure, immaturity, emotional imbalance, need for seeking help, acceptance of any given situation, positive thinking was highly stressed throughout the session. Students were asked many questions during the session to know their interest and efforts for a healthy living. Psychological impact is always neglected. These points were made clear among students. Symptoms and ways to identify people affected with suicidal thoughts were discussed. Measures to be taken as responsible citizens were spoken in the session. Some of the helpline numbers were shared with students. Many people would have shared about their disappointments to their close associates; it's the duty of the person to alarm it in right time so that he/she can prevent them from committing suicide. Ill effects of suicides were also mentioned. Research in the field of Suicide was highlighted. Results of some of the studies were shared with the participants. The gap in the field of research was briefed. A small effort by the college in the form of survey was explained. Importance was given to conduct research in the field of mental health for a healthy society.

**Session 2:** Survey report was presented at 12.40 p.m. Survey report was presented by Prof. Shamala R, Asst. Professor, Dept. of Psychology-PG. Summary shows that people are aware about suicide, but unaware about the symptoms, causes and ways of prevention. Participants were briefed about the symptoms and ways to prevent it. Participants have also given suggestions in reducing suicides through improving well-being among people. Having better mental health would help people to face difficult situations and live a healthy life, was the key point noticed through survey.

**Session 3:** Panel Discussion: Two participants and three MSc. Psychology students from SFS College were selected for panel discussion. Each Panelist spoke about the measures to be taken for suicide prevention. Participants from audience interacted with the panelists. Unique, valuable, applicable and appropriate measures were the outcome of the panel discussion. Involving students for panel discussion was a major step. Students are the future of the country. Future Psychologists contributed to the seminar by giving valuable suggestions. The role of psychologists in preventing Suicide was highlighted. Solutions identified by them would be applicable for the present generation. The session was appreciated and acknowledged.

The seminar came to an end with Vote of Thanks. Prof. Dakshina U Kanthy proposed vote of thanks and expressed gratitude each and every person part of the event. Under the bale guidance of Vice Principal, the Awareness Program was a big success. A handout was prepared by the Psychology students, which were distributed for the participants. Session was well received by students.

#### **Positive Outcomes:**

The Two-Day National Seminar on "Research on Suicide Prevention and Role of Psychologists" was successful in bringing awareness about suicide prevention and measures o be taken for early prevention and build healthy society. Social responsibilities were discussed and participants could take home the responsibilities to be practiced. Efforts to be practiced to help people in





need support them and taking measures to create a healthy society was attained through the Seminar.



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**PRINCIPAL**

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DATE : 27, 28 AUGUST 2019

EVENT: RESEARCH ON SUICIDE PREVENTION AND ROLE OF PSYCHOLOGISTS

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2	KOMALA M	19NCS85022	Komala
3	MADHUSHREE M	19NCS85023	Madhushree
4	MADHUSUDAN P K	19NCS85024	Madhusudan
5	MATHEW ALAN X	19NCS85025	Mathew
6	MOHAMED TUFAIL M	19NCS85026	Mohamed
7	MOHAMMED ADIL K	19NCS85027	Mohammed
8	NANDEM MOHAN CHAITHANYA	19NCS85028	Nandem
9	NANDINI Y	19NCS85029	Nandini
10	NAVYA R	19NCS85030	Navya
11	PHILJOE JOSEPH	19NCS85031	Philjoe
12	POOJA R T	19NCS85032	Pooja
13	RENCY MATHEW	19NCSB85033	Rency
14	ROHIT V	19NCS85034	Rohit
15	SAHIL GEORGE KUNJUR	19NCS85035	Sahil George
16	SAIKISHORE L	19NCS85036	Saikishore
17	SAI RAM V	19NCS85037	Sai Ram
18	SANJAY K	19NCS85038	Sanjay
19	SANTHOSH KUMAR V	19NCS85039	Santhosh
20	SHASHIDHAR D E	19NCS85040	Shashidhar
21	SHRI NISARGA	19NCS85041	Shri Nisarga
22	SHYAM KUMAR	19NCS85042	Shyam
23	SWETHA B A	19NCS85043	Swetha
24	T TEJAVATHI	19NCS85044	T Tejavathi
25	TEJA K	19NCS85045	Teja
26	TEJASWINI S	19NCS85046	Tejaswini
27	VIDHYASHREE A	19NCS85047	Vidhyashree





28	VIKAS E	19NCS85048	Vikas E
29	YOGESWARY. M	19NCS85049	
30	AMRUTHA K	19NCS85050	Amrutha
31	ASHOK KUMAR B	19NCS85051	
32	CHAITHRA R	19NCS85052	Chaitra
33	CHALLA KISHAN CHOWDARY	19NCS85053	Challa Kishan
34	HARSHITHA K	19NCS85054	H. K.
35	HITHESH R	19NCS85055	Hithesh
36	KALAVATHI S	19NCS85056	Kalavathi
37	LIBIN S	19NCS85057	Libin
38	MANOJ KUMAR G	19NCS85058	Manoj
39	NAVYA G	19NCS85059	Navya
40	PUNITHA R	19NCS85060	Punitha
41	RASHMI	19NCS85061	Rashmi
42	ROJA E	19NCS85062	Roja E
43	SANDHYA V	19NCS85063	Sandhya V
44	SANDROSE ALEXANDER	19NCS85064	Sandrose
45	SANJAY SINGH	19NCS85065	Sanjay
46	SHASHIKIRAN A	19NCS85066	Shashikiran
47	SONIYA V	19NCS85067	Soniya V
48	SOUNDAR R	19NCS85068	Soundar R
49	SRIMANIGANDAN N	19NCS85069	Srimanigandan
50	SUJINPAUL S	19NCS85070	Sujin Paul
51	SUMIKSHA S	19NCS85071	Sumiksha
52	VANDANA V	19NCS85072	Vandana V
53	YOGASATHISH S	19NCS85073	Yogasathish
54	ANUSHA M	19NCS85074	Anusha
55	ANUSHEKAR H S	19NCS85075	Anushekar
56	ARUN M	19NCS85076	Arun M
57	ASHISH ROBIN BARA	19NCS85077	Ashish
58	AUXILIYA J P	19NCS85078	Auxiliary
59	BHAVANA B S	19NCS85079	Bhavana
60	BHAVANA RAJU RATHOD	19NCS85080	Bhavana
61	CHANDANA B S	19NCS85081	Chandana
62	CHAYASHREE K	19NCS85082	Chayashree
63	DEEPTHI V	19NCS85083	Deepthi
64	DEVI P	19NCS85084	Devi P
65	JACKWIN J	19NCS85085	Jackwin
66	JHANVI S	19NCS85086	Jhanvi
67	JYOTHI G P	19NCS85087	Jyothi
68	JYOTI SINGH	19NCS85088	Jyoti
69	KAVANA J Y	19NCS85089	Kavana Jy





70	KUNAL THAKUR	19NCS85090	Kunal
71	M DUNDAIAH	19NCS85091	Dundaiah
72	MALLIKARJUN K	19NCS85092	Mallikarjun
73	MOHIT M S	19NCS85093	Mohit
74	MONISHA S	19NCS85094	Monisha
75	NITHIN A S	19NCS85095	Nithin
76	POOJASHREE N	19NCS85096	Poojashree
77	RIMI SARKAR	19NCS85097	Rimi
78	RINGKU MUSHAHARY	19NCS85098	Ringku
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