



ST FRANCIS DE SALES COLLEGE

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Electronics City, Bengaluru - 100

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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



PsyLight Club, Dept. of Psychology-PG

Research & IP Cell

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

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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 Huios 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.



Electronics City P.O., Bengaluru - 560 100

Tel: 080-27836065 / 27834611, Fax: 080-27832299, Email: sfscollege.ecity@gmail.com | sfscollege@rediffmail.com
www.sfscollege.in



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 Sqaud, 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 to 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.



Co-ordinator
Internal Quality Assessment Cell
St Francis de Sales College
Electronics City Post, Bangalore - 560 100.


PRINCIPAL
St. Francis de Sales College
Electronics City Post, Bangalore - 560 100



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DATE : 27, 28 AUGUST 2019

EVENT:RESEARCH ON SUICIDE PREVENTION AND ROLE OF PSYCHOLOGISTS

SL.NO	NAME	ROLL NO	Signature
1	KARTHIK S	19NCS85021	Karthik
2	KOMALA M	19NCS85022	Komala
3	MADHUSHREE M	19NCS85023	Madhushree
4	MADHUSUDAN P K	19NCS85024	Madhushudan
5	MATHEW ALAN X	19NCS85025	Alan
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	Phil Joe
12	POOJA R T	19NCS85032	Pooja
13	RENCY MATHEW	19NCSB85033	Rency
14	ROHIT V	19NCS85034	Rohit
15	SAHIL GEORGE KUNJUR	19NCS85035	Sahil George
16	SAKISHORE L	19NCS85036	Sakishore
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	Tejavathi
25	TEJA K	19NCS85045	Teja
26	TEJASWINI S	19NCS85046	Tejaswini
27	VIDHYASHREE A	19NCS85047	Vidhyashree



28	VIKAS E	19NCS85048	<u>vikas.e</u>
29	YOGESWARY. M	19NCS85049	
30	AMRUTHA K	19NCS85050	<u>amrutha</u>
31	ASHOK KUMAR B	19NCS85051	<u>ashok</u>
32	CHAITHRA R	19NCS85052	<u>chaithra</u>
33	CHALLA KISHAN CHOWDARY	19NCS85053	<u>challa kishan</u>
34	HARSHITHA K	19NCS85054	<u>harshitha</u>
35	HITHESH R	19NCS85055	<u>hithesh</u>
36	KALAVATHI S	19NCS85056	<u>kalavathi</u>
37	LIBIN S	19NCS85057	<u>libin</u>
38	MANOJ KUMAR G	19NCS85058	<u>manoj</u>
39	NAVYA G	19NCS85059	<u>navya</u>
40	PUNITHA R	19NCS85060	<u>punitha</u>
41	RASHMI	19NCS85061	<u>rashmi</u>
42	ROJA E	19NCS85062	<u>roja</u>
43	SANDHYA V	19NCS85063	<u>sandhya</u>
44	SANDROSE ALEXANDER	19NCS85064	<u>sandrose</u>
45	SANJAY SINGH	19NCS85065	<u>sanjay</u>
46	SHASHIKIRAN A	19NCS85066	<u>shashikiran</u>
47	SONIYA V	19NCS85067	<u>soniya</u>
48	SOUNDAR R	19NCS85068	<u>soundar</u>
49	SRIMANIGANDAN N	19NCS85069	<u>srimanigandan</u>
50	SUJINPAUL S	19NCS85070	<u>suji</u>
51	SUMIKSHA S	19NCS85071	<u>sumiksha</u>
52	VANDANA V	19NCS85072	<u>vandana</u>
53	YOGASATHISH S	19NCS85073	<u>yogasathish</u>
54	ANUSHA M	19NCS85074	<u>anusha</u>
55	ANUSHEKAR H S	19NCS85075	<u>anushekhar</u>
56	ARUN M	19NCS85076	<u>arun</u>
57	ASHISH ROBIN BARA	19NCS85077	<u>ashish</u>
58	AUXILIYA J P	19NCS85078	<u>auxiliya</u>
59	BHAVANA B S	19NCS85079	<u>bhavana</u>
60	BHAVANA RAJU RATHOD	19NCS85080	<u>bhavana</u>
61	CHANDANA B S	19NCS85081	<u>chandana</u>
62	CHAYASHREE K	19NCS85082	<u>chayashree</u>
63	DEEPTHI V	19NCS85083	<u>deepti</u>
64	DEVI P	19NCS85084	<u>devi</u>
65	JACKWIN J	19NCS85085	<u>jackwin</u>
66	JHANVI S	19NCS85086	<u>jhanvi</u>
67	JYOTHI G P	19NCS85087	<u>jyothi</u>
68	JYOTI SINGH	19NCS85088	<u>jyoti</u>
69	KAVALA J Y	19NCS85089	<u>kavala</u>



70	KUNAL THAKUR	19NCS85090	<i>Kunal</i>
71	M DUNDAIAH	19NCS85091	<i>Dunde</i>
72	MALLIKARJUN K	19NCS85092	<i>Mallikarjun</i>
73	MOHIT M S	19NCS85093	<i>Mo</i>
74	MONISHA S	19NCS85094	<i>Monisha</i>
75	NITHIN A S	19NCS85095	<i>Nithin</i>
76	POOJASHREE N	19NCS85096	<i>Pooja</i>
77	RIMI SARKAR	19NCS85097	<i>Rimi</i>
78	RINGKU MUSHAHARY	19NCS85098	<i>Ringku</i>
79	SAGAR B NALATAWADA	19NCS85099	<i>Sagar</i>
80	SANDEEP KURALI	19NCS85100	<i>Sandeep</i>

