



# SWAMI VIVEKANANDA UNIVERSITY

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## **5-day Workshop on: Stronger Together: Building Skills for Suicide Prevention**

Organised by Department of **PSYCHOLOGY**

Moderator: Dr. Nilanjana Mitra, Head of the Department of Psychology

**Swami Vivekananda University Report on Day 1 of the Workshop:  
“Stronger Together: Building Skills for Suicide Prevention”**

## **INTRODUCTION**

**The Department of Psychology, Swami Vivekananda University organized a Five-Day Workshop titled “Stronger Together: Building Skills for Suicide Prevention” aimed at creating awareness, enhancing prevention skills, and promoting emotional resilience to combat suicide risks in society. Day 1 of the workshop was successfully conducted on 3rd November 2025 from 1 PM onwards.**

The poster is for a 5-day workshop titled "Stronger Together: Building Skills for Suicide Prevention". It is organized by the Department of Psychology at Swami Vivekananda University (SVU). The specific theme for Day 1 is "Turning Pain into Purpose: The Path towards Prevention". A special talk is scheduled for Day 1, featuring Dr. Payel Talukdar, an Associate Professor and Head of the Department of Psychiatry at R.G. Kar Medical College & Hospital. The workshop is taking place on 03 November 2025, starting at 1 PM. The poster includes the SVU logo and a circular photograph of Dr. Payel Talukdar.

**DAY 1**

**5 DAYS WORKSHOP ON  
STRONGER TOGETHER: BUILDING SKILLS  
FOR SUICIDE PREVENTION**

Organised by  
Department of Psychology, SVU

**Title: Turning Pain into Purpose: The Path  
towards Prevention**

**Special Talk:**  
**Dr. Payel Talukdar**  
Associate Professor & Head,  
Department of Psychiatry,  
R.G. Kar Medical College & Hospital

**DATE: 03 NOVEMBER 2025 | TIME: 1 PM ONWARDS**

## **MISSION OF THE WORKSHOP**

- **To reduce stigma around mental health and encourage open conversations on suicide prevention.**
- **To equip students, educators, and professionals with the skills required to identify early warning signs of suicidal tendencies**
- **To promote a culture of care, empathy, and peer support within the community.**

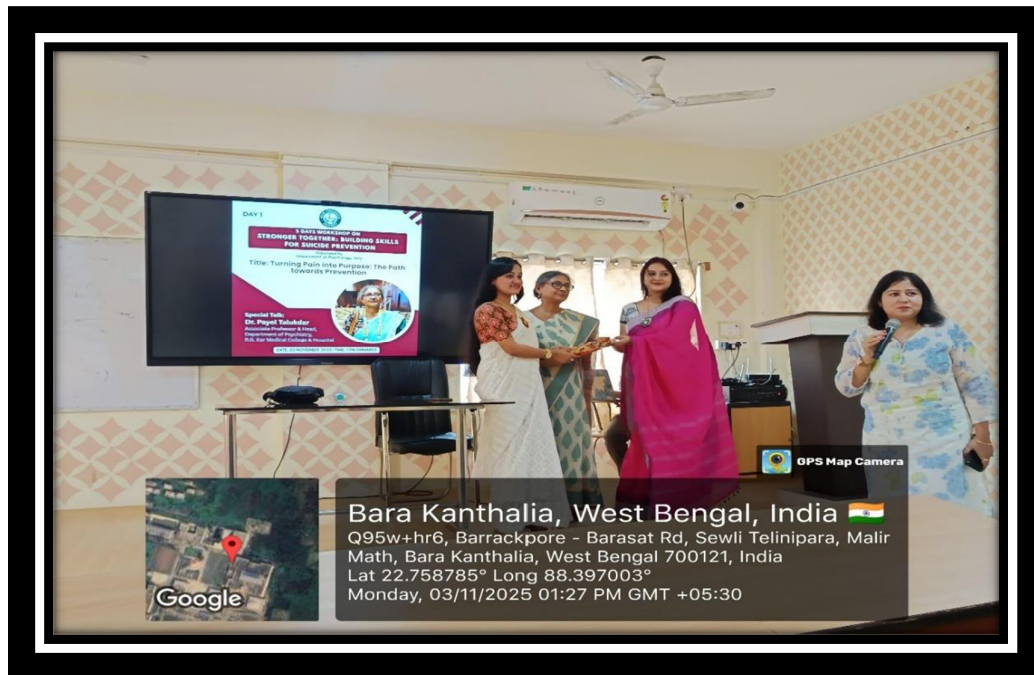
## **VISION OF THE WORKSHOP**

- **To build a mentally healthy society where every individual feels heard, valued, and supported.**
- **To develop trained youth who can contribute to psychological well-being and prevention of self-harm in their surroundings.**
- **To spread awareness and make psychological service accessible and proactive rather than reactive.**

## **THEME OF THE DAY 1 SESSION**

***“Turning Pain into Purpose: The Path towards Prevention”***

**This theme emphasizes transforming emotional suffering into strength and hope with proper psychological support and preventive strategies.**



## **SPECIAL TALK**

**SPEAKER: Dr. Payel Talukdar Associate Professor & Head, Department of Psychiatry , R.G. Kar Medical College & Hospital**

**Dr. Talukdar shared valuable insights on:**

- Psychological causes and risk factors associated with suicidal behaviour
- Role of family, schools, and society in early intervention
- Strategies to transform emotional pain into constructive motivations
- Importance of resilience-building and mental health services
- The session was interactive, informative, and emotionally impactful. Students participated actively and clarified their doubts regarding mental health challenges.

## KEY TAKEAWAYS

- Suicide is preventable with timely intervention and awareness.
- Communication, empathy, and listening skills are powerful tools in preventing suicide.
- Community support systems and trained helpers play a significant role in mental well-being.
- Encouraging individuals to convert pain into purposeful effort promotes recovery and hope.



## OUTCOME OF THE SESSION

### Participants gained:

- Enhanced understanding of suicide prevention
- Practical strategies to support individuals in crisis
- Emotional sensitivity towards mental health sufferers
- Motivation to advocate for mental health awareness in society



## CONCLUSION

**Day 1 of the workshop was a remarkable success, setting a strong foundation for the upcoming sessions. The insightful talk by Dr. Payel Talukdar encouraged students to become ambassadors of suicide prevention and support those who struggle silently. The Department of Psychology aims to continue such meaningful initiatives to contribute towards a healthier and emotionally balanced society.**

