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Completion Report of Day 2 Workshop on

STRONGER TOGETHER: BUILDING SKILLS FOR SUICIDE PREVENTION

Topic: Understanding Suicidal Ideation & Pain – Empathy as a Lifesaver

Organized By: Department of Psychology, SVU

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

Speaker: **Ms. Rudrani Mitra** (Consultant Psychologist & Assistant Professor, Department of Psychology, SVU)

Date: 04 November 2025 | Time: 2 Pm Onwards | Venue: SVU Campus, Barrackpore

INTRODUCTION

The Department of Psychology, Swami Vivekananda University, organised a five-day workshop titled “Stronger Together: Building Skills for Suicide Prevention.” On the second day, a highly insightful session was held on the topic “Understanding Suicidal Ideation & Pain: Empathy as a Lifesaver.” The workshop emphasized awareness about suicide prevention and understanding the emotional and psychological complexities behind suicidal thoughts. The session highlighted the importance of empathy and supportive communication as powerful tools to save lives.



The poster features the Swami Vivekananda University logo at the top center. Below it, a red banner contains the text "5 DAYS WORKSHOP ON STRONGER TOGETHER: BUILDING SKILLS FOR SUICIDE PREVENTION". Underneath the banner, it says "Organised by Department of Psychology, SVU" and "DAY 2". The title of the session, "Title: Understanding Suicidal Ideation & Pain: Empathy as a lifesaver", is written in red. The speaker's name, "Speaker: Ms. Rudrani Mitra", is also in red, followed by her credentials: "Consultant Psychologist", "Assistant Professor", and "Department of Psychology, SVU". A photograph of Ms. Rudrani Mitra, a woman with long dark hair wearing a peach-colored sari and a necklace, is on the right side. At the bottom left, a red box contains the date and time: "DATE: 04 NOV 2025" and "TIME: 2 PM ONWARDS".

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

Organised by
Department of Psychology, SVU
DAY 2

**Title: Understanding
Suicidal Ideation & Pain:
Empathy as a lifesaver**

Speaker:
Ms. Rudrani Mitra
Consultant Psychologist
Assistant Professor
Department of Psychology, SVU

**DATE: 04 NOV 2025
TIME: 2 PM ONWARDS**

OBJECTIVE

- To understand the concept and levels of suicidal ideation.
- To explore the emotional and psychological pain experienced by individuals at risk.
- To emphasize empathy and communication in suicide prevention.
- To reduce stigma about mental health and encourage awareness.
- To inspire students to become supportive and responsible peers.



DESCRIPTION OF THE EVENT

The session was conducted by Ms. Rudrani Mitra, Consultant Psychologist and Assistant Professor, Department of Psychology, SVU. She explained how suicidal ideation ranges from passive thoughts to active planning and imminent risk. Through real-life relatable examples, interactive discussions, and multimedia resources, the audience gained a deeper understanding of the emotional burden behind suicidal thinking. She stressed that suicidal thoughts arise from emotional pain and a feeling of helplessness rather than personal weakness. The importance of empathy—listening without judgment and validating emotions—was emphasized as a life-saving approach.



OUTCOME

The session created a strong impact on students, enabling them to recognize early warning signs, provide emotional support, and promote professional help. Participants expressed that the workshop increased their awareness about mental health concerns and motivated them to communicate openly and sensitively. The environment encouraged meaningful discussions about emotional well-being and peer responsibility.

CONCLUSION

The Day-2 workshop session was informative, inspirational, and emotionally engaging. It reinforced the message that suicide prevention is a collective responsibility and that empathy can truly save lives. The workshop concluded with gratitude to the speaker and faculty members, followed by photographs with participants to commemorate the event.

