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Completion Report of One Day Workshop on

STONGER TOGETHER: BUILDING SKILLS FOR SUICIDE PREVENTION “NUKKAD NATAK”

Organised by Department of **PSYCHOLOGY**

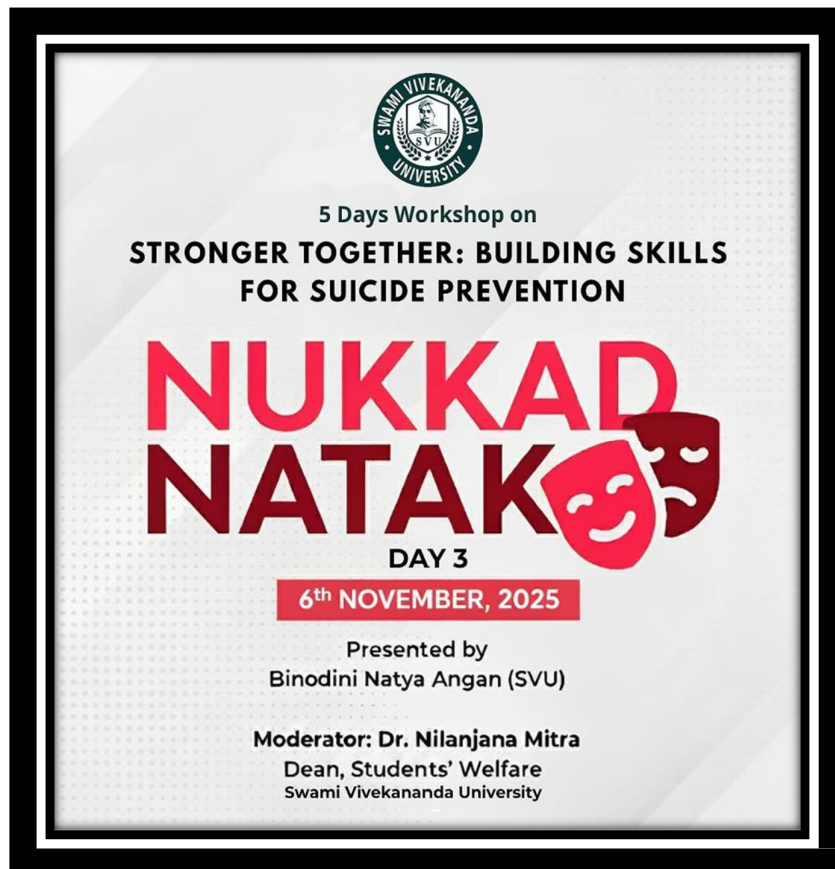
Presented by **BINODINI NATYA ANGAN(SVU)**

**Under the guidance of *Shri Probir Guha*, Director, Centre for
Performing Arts**

Moderator: Dr. Nilanjana Mitra
Dean, Students' Welfare
Swami Vivekananda University

INTRODUCTION

As part of the five-day workshop titled “Stronger Together: Building Skills for Suicide Prevention,” Swami Vivekananda University conducted a Nukkad Natak (street play) on the third day of the program. The workshop aimed to spread awareness about mental health and to develop essential life skills among students that can help in preventing suicide. The Nukkad Natak was chosen as an innovative and impactful medium to convey these crucial messages to a wider audience.



Objective:

The objectives of the Nukkad Natak were:

- To raise awareness about the importance of mental health and emotional well-being.
- To encourage open discussion on suicide prevention.
- To promote empathy, communication, and community support.
- To use performing arts as a tool for social awareness and education.



Description of the Event:

The Nukkad Natak was performed by the talented members of Binodini Natya Angan (SVU) under the guidance of Shri Probir Guha, Director, Centre of Performing Arts at the Swami Vivekananda University Campus, Barrackpore. The performers, dressed in coordinated black outfits, used powerful expressions, symbolic body movements, and creative props like bamboo sticks to depict various stages of emotional struggle, isolation, and hope.

The play showcased different real-life scenarios involving stress, depression, and lack of social support, while emphasizing the importance of reaching out for help and standing by one another. The audience gathered around the open performance area and watched with deep engagement and emotion.

Later, the performers and faculty gathered for a group photo session with Dr. Papia Mukherjee, who appreciated the effort and message of the play.





Outcome:

The street play left a lasting impression on the audience. It successfully conveyed the message that suicide prevention is a shared responsibility that requires understanding, compassion, and action. The performance encouraged students to be more open about mental health and to support peers facing emotional difficulties. It also highlighted how theatre can serve as a powerful platform for social change and awareness building.



Conclusion:

The Nukkad Natak on the third day of the workshop was a meaningful and thought-provoking event. It not only raised awareness about suicide prevention but also inspired collective responsibility among students and faculty members. The combination of emotion, performance, and message made the event a memorable part of the five-day workshop. The day concluded with a renewed sense of unity and commitment toward promoting mental health awareness.

