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Completion Report of One Day Workshop on STONGER TOGETHER: BUILDING SKILLS FOR SUICIDE PREVENTION

Title: Prevention of Suicide through Mental Health Promotion

Organized by Department of **PSYCHOLOGY**

Presented By **Dr. Priyankar Singha**

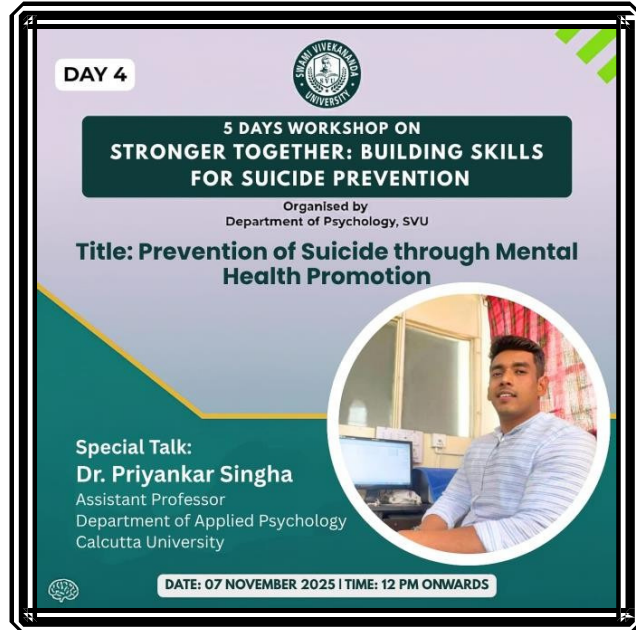
Moderator: **Dr. Nilanjana Mitra**

Dean, Students' Welfare

Swami Vivekananda University

INTRODUCTION-

As part of the five-day workshop “Stronger Together: Building Skills for Suicide Prevention” organised by the Department of Psychology, SVU, Day 4 featured an insightful and interactive session led by Dr. Priyankar Singha, Assistant Professor, Dept. of Applied Psychology, University of Calcutta. This session helped students to understand suicide prevention through practical learning, meaningful discussions, and experimental activities. Dr. Singha highlighted the growing importance of recognizing early warning signs, building emotional support systems, and promoting open conversations about mental health. He combined theoretical knowledge with a hands-on group activity, which promoted students to actively engage with the theme of suicide prevention and understand the crucial role of teachers, friends and family members in supporting vulnerable individual.



OBJECTIVE-

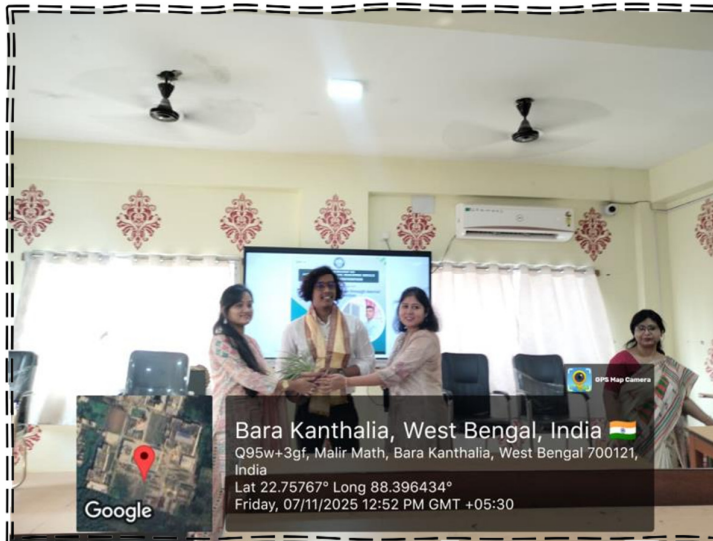
The objectives of this session were:

- To understand the early warning signs of suicidal thoughts and behaviour.
- To promote awareness about the psychological, emotional, and social factors that may lead an individual towards suicidal ideation.
- To encourage open and safe conversations about mental health and suicide prevention.
- To highlight the role of teachers, friends and family members in supporting someone who may be struggling.
- To strengthen collective responsibility toward creating a supportive environment that reduces stigma and promotes help-seeking.

DESCRIPTION OF THE EVENT-

On the fourth day of the five-day workshop “Stronger Together: Building Skills for Suicide Prevention”, a special interactive session was conducted by Dr. Priyanka Singha, Assistant Professor, Dept. of Applied Psychology, University of Calcutta. This session took place in SVU campus and it focused on understanding the psychological indicators of suicidal tendencies and strengthening preventive approaches through active participation. Sir began the session by discussing the early warning signs of suicidal thoughts, such as, sudden withdrawal, behavioural changes, expressions of hopelessness, and emotional distress. His explanations were engaging, practical, and deeply insightful, that helps a student to understand the seriousness of

recognizing subtle cues that often go unnoticed.



He made the learning more experiential, by introducing a grouped-based activity. Students were divided into groups of four each consisting of – one victim, one teacher, one friend and one family

member. Each group was

given to identify behavioural indicators that the “victim” might show before attempting suicide. Then the participants discussed how the teacher, friend, and family member could respond effectively using empathy, communication and support. This activity helps students to think critically about real life situations and how they are going to approach others who were in distress and ensure that help is accessible. Many students came up on stage and shared their ideas, creating a engaging and reflective learning environment. Later the photo-session was also done by thanking our honourable guest.

OUTCOME-

This session, that was followed under Dr. Singha's guidance made a significant impact on the participants. Through the interactive session students gained a clearer understanding of the complex emotional and behavioural signals associated with suicidal ideation. Students got a deeper appreciation for the roles played by them in preventing suicide, which enhanced an empathetic communication skill in themselves.



CONCLUSION-

This session was truly meaningful and eye-opening. Through discussion and the group activities, students learned how important it was to notice small changes in someone's behaviour. The role-play helped to understand how teachers, friends and family members can work together to help a person in distress, and prepare a gatekeeper to support anyone who might be struggling.

