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Completion Report of Day 5 of the Workshop On

STONGER TOGETHER: BUILDING SKILLS FOR SUICIDE PREVENTION

Organised by Department of Psychology, SVU

SIMULATE SUPPORT, SAVE A LIFE: A ROLE-PLAY WORKSHOP ON SUICIDE PREVENTION

DATE: 08 NOVEMBER 2025

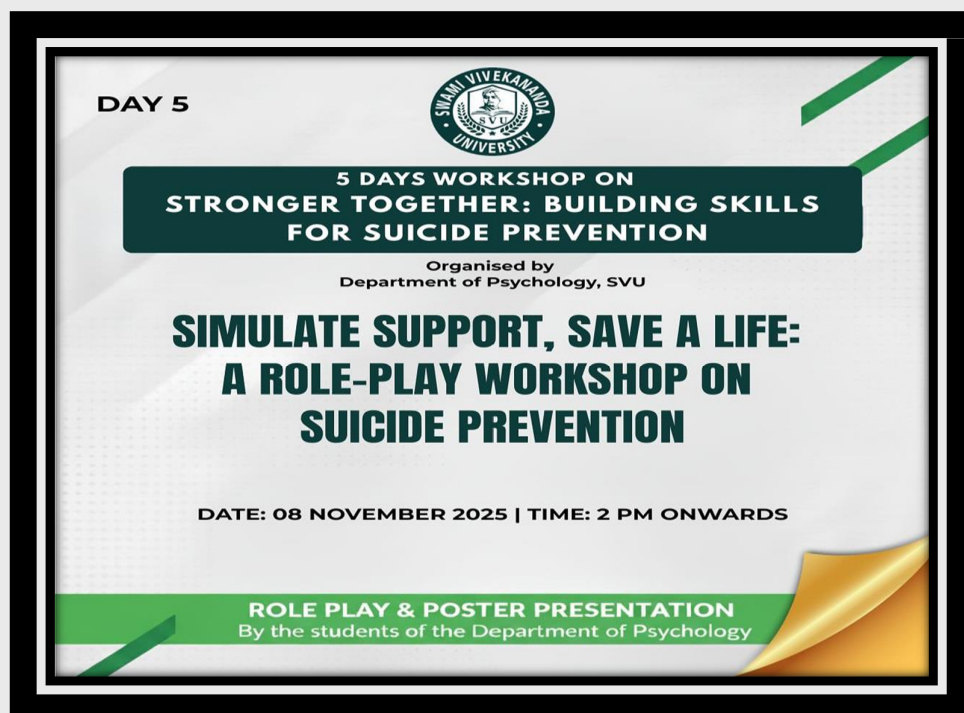
TIME: 2 PM ONWARDS

ROLE PLAY & POSTER PRESENTATION

**By the
students of the Department of Psychology**

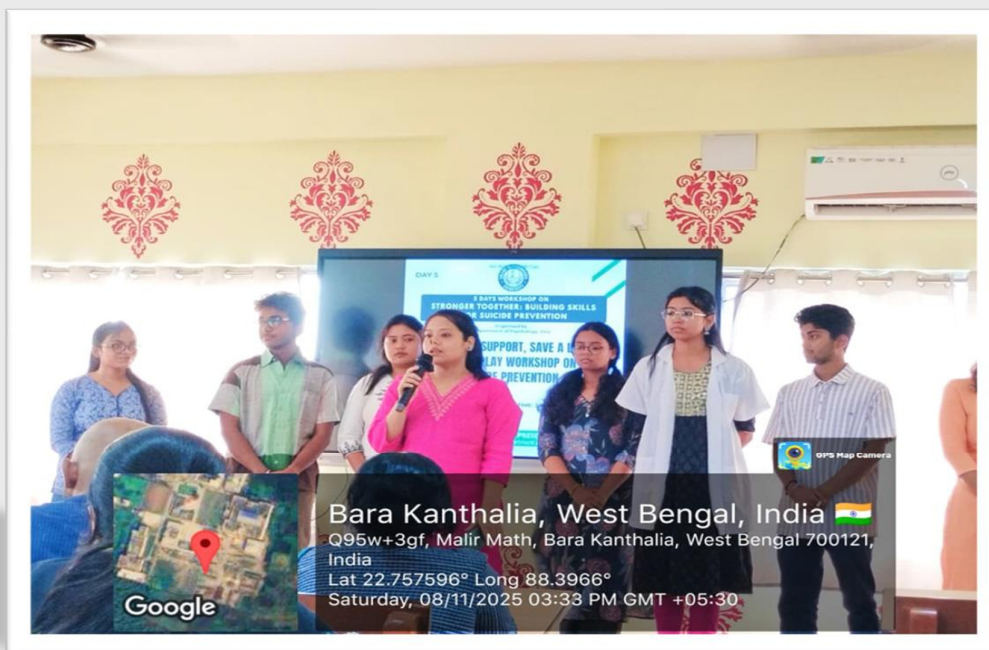
INTRODUCTION:-

As part of the five-day workshop titled “Stronger Together: Building Skills for Suicide Prevention,” Swami Vivekananda University conducted an interactive Role-Play Workshop and Poster Presentation on the fifth day of the program. Designed to strengthen practical support skills, the session “Simulate Support, Save a Life” aimed to help students understand, practice, and apply effective communication strategies for suicide prevention. Through engaging role-play scenarios and creative poster displays, participants explored crucial concepts related to mental health awareness and supportive intervention. Day 5 served as a meaningful and impactful conclusion to the workshop, reinforcing empathy, preparedness, and life-saving skills among students.



OBJECTIVES

- To raise awareness about how parental and societal pressure can push students toward emotional distress.
- To show that forcing career choices can lead to hopelessness and suicidal thoughts in young individuals.
- To emphasize the importance of listening to a child's dreams and respecting their individual interests.
- To highlight how psychological counselling helps families understand emotions and resolve conflict.
- To convey that supportive parenting and timely intervention can prevent suicide.
- To remind society that every career has dignity, and a child's happiness matters more than societal expectations.
- To promote the message that compassion, open communication, and acceptance can save lives.

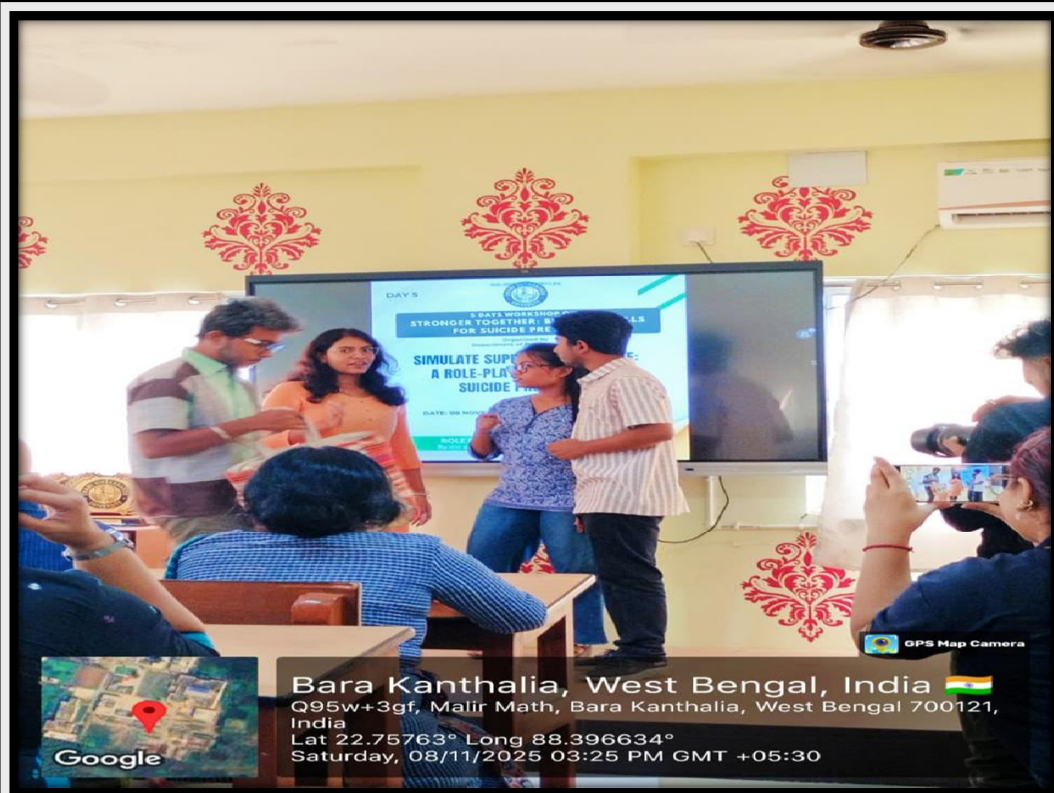
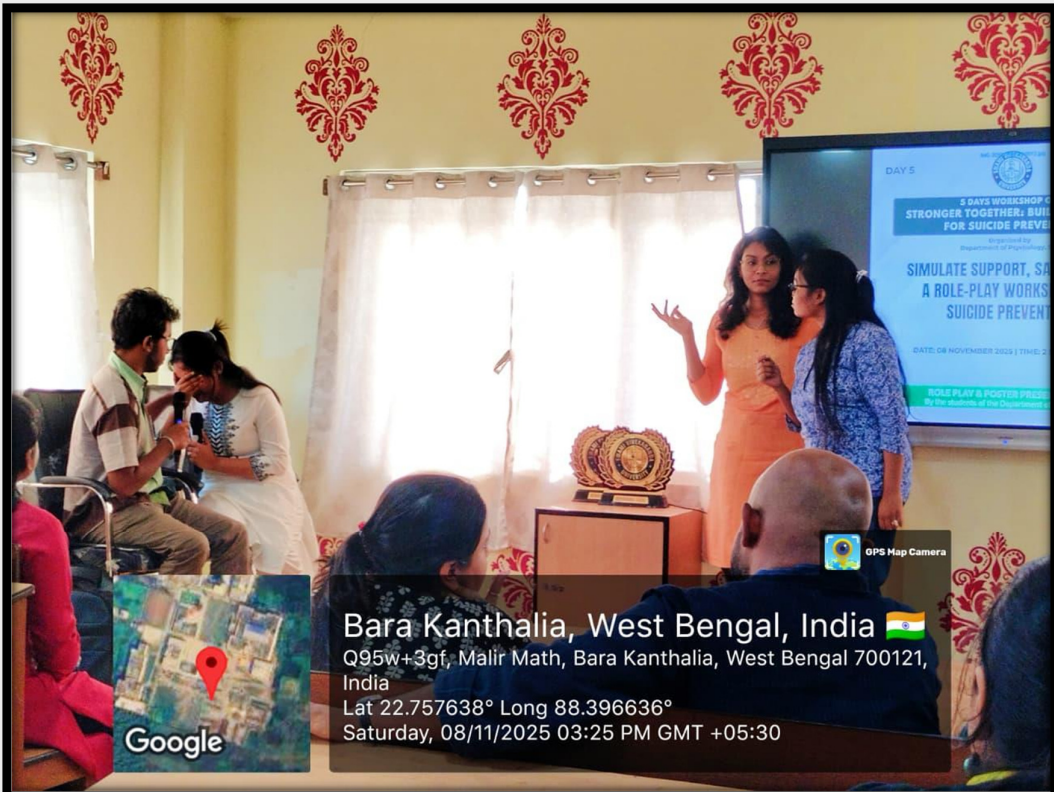


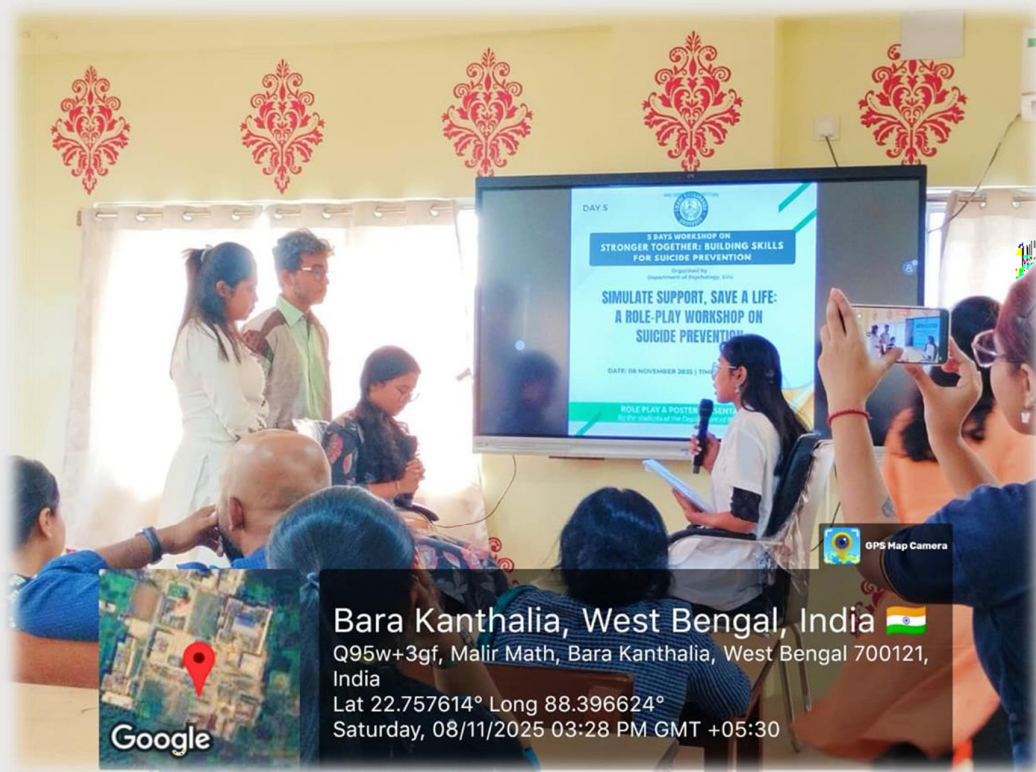
DESCRIPTION

The fifth day of the five-day workshop “*Stronger Together: Building Skills for Suicide Prevention*” featured a comprehensive and impactful set of activities aimed at enhancing awareness, empathy, and practical skills related to suicide prevention. The program commenced with a soulful and thought-provoking song presented by **Jhilam Bhattacharjee from M.Sc. semester 1**, which set a reflective and meaningful tone for the day’s events.

The highlight of the session was an engaging **Role Play** performed by the students of **B.Sc. semester 5**, under the meticulous guidance of **M.Sc. semester 3** students — **Sweta, Anjali, and Tithi**. The dramatization depicted the journey of a young student who aspired to become a teacher but was compelled by her parents and societal expectations to pursue more conventional professions such as medicine or engineering. The increasing pressure and lack of emotional support drove her toward extreme distress, eventually leading her to contemplate suicide. The turning point of the narrative came through timely psychological counselling and a compassionate shift in her family’s perspective, demonstrating how understanding, communication, and emotional support can save lives and empower individuals to follow their true calling.

In addition to the role play, the day also featured an insightful **Poster Presentations on Suicide Prevention**, conducted by the students of M.Sc. semester 3. The posters highlighted essential information on warning signs, coping strategies, mental health resources, and the significance of early intervention. This visual component served as an informative and engaging medium to spread awareness and reinforce the central theme of the workshop.





OUTCOME:

The Role-Play Workshop and Poster Presentation on Day 5 successfully achieved its objectives by creating awareness and fostering practical skills for suicide prevention. Participants gained a deeper understanding of the psychological and societal pressures that can lead to emotional distress and suicidal thoughts among students. The interactive role play illustrated the transformative power of empathy, communication, and timely psychological intervention, while the poster presentation reinforced knowledge about warning signs, coping strategies, and mental health resources. Students were able to engage actively, reflect on real-life challenges, and develop sensitivity toward the emotional needs of individuals facing distress. The session strengthened participants' preparedness to provide support, promoting a culture of understanding, acceptance, and proactive intervention.



CONCLUSION:

The fifth day of the workshop marked a meaningful culmination of the five-day program, successfully blending creative expression, academic insight, and practical skill-building. Through the combined efforts of the role play and poster presentation, the program highlighted the crucial role of parental support, societal understanding, and professional guidance in preventing suicide. By emphasizing empathy, open communication, and respect for individual aspirations, the workshop reinforced the message that every life has value and that timely intervention can make a life-saving difference. The session not only educated participants but also inspired them to become advocates of mental health awareness and supportive action within their communities.

