



# SWAMI VIVEKANANDA UNIVERSITY

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COMPLETION REPORT OF ONE DAY WORKSHOP ON

**GATEKEEPER TRAINING ON SUICIDE PREVENTION**



ORGANISED BY

DEPARTMENT OF PSYCHOLOGY

**SWAMI VIVEKANANDA UNIVERSITY**

IN ASSOCIATION WITH

**PSYChEDGES**



Mode: Offline

Workshop Date: 22/09/2025

Workshop Time: 12PM – 2PM

Venue: Swami Vivekananda University, Barrackpore.

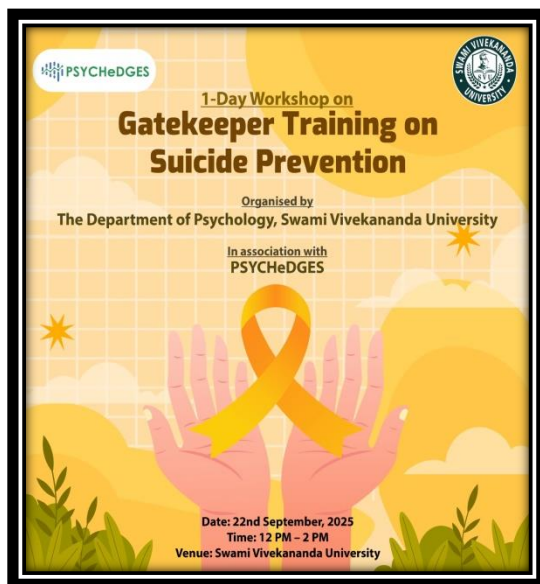
## Mission

The mission of the Suicide Prevention Workshop was to build awareness, knowledge, and skills to identify warning signs of suicide, provide initial support, and refer individuals at risk to appropriate care. The program aimed to equip students, teachers, and community members with life-saving skills, fostering a compassionate and vigilant community.

## Vision

The vision of this workshop was to reduce stigma surrounding mental health and suicide, promote early intervention, and cultivate a network of “gatekeepers”—individuals trained to recognize and respond to suicidal behavior with empathy and responsibility.

## CONCEPT NOTE



The Department of Psychology at Swami Vivekananda University, in association with PSYCHeDGES, organized a one day state level workshop on Gatekeeper Training on Suicide Prevention on 22<sup>nd</sup> September 2025. This workshop catered to a diverse group of participants, including undergraduate and postgraduate students, and academicians. The workshop emphasized the urgent need for awareness in a world where mental health challenges are increasing rapidly.

The concept behind the workshop was to create a network of “gatekeepers” who serve as first line defense. . The Training was designed to equip individuals to recognize someone at risk of suicide and act appropriately. The Gatekeepers Training focuses on prevention, not just crisis response, teaches how identify suicidal ideation and improves conversations around the topic of suicide. The workshop also emphasized the importance of students, high suicide risk groups, internal and external predisposing factors, direct-indirect verbal cues, behavioral and emotional warning signs, the ACT model, myths vs. facts etc.

Throughout the day, expert speakers and facilitators led discussions and hands-on sessions that emphasized the relevance of suicide prevention in the academic and in the world. Participants were encouraged to actively engage with the content and ask questions to clarify doubts, enabling them to build a strong foundation for their future.

By bringing like Swami Vivekananda University and PSYCHeDGES, the workshop also fostered collaboration and networking among academic communities, promoting knowledge-sharing and collective growth.

## **PARTICIPANTS DETAILS:-**

The workshop had a total of 50 participants. These participants hailed from various districts across the state of West Bengal.

### **➤ Academician**

SL No.	Name(Block Letter)	Designation	Department	Institution
1.	Dr. Nilanjana Mitra	Assistant Professor & HOD	Psychology	Swami Vivekananda University
2.	Ms. Lina Sarkar	Assistant Professor & Coordinator	Psychology	Swami Vivekananda University
3.	Dr. Papia Mukharjee	Assistant Professor	Psychology	Swami Vivekananda University
4.	Ms. Rudrani Mitra	Assistant Professor	Psychology	Swami Vivekananda University

## ➤ Student

SL No.	Name (Block Letter)	Department	Institution
1.	ANNOYEE CHAKRABORTY	Psychology	Swami Vivekananda University
2.	SHALINI CHAKRABORTY	Psychology	Swami Vivekananda University
3.	TANUSHKA MAITY	Psychology	Swami Vivekananda University
4.	DEEPOSHREE GHOSH	Psychology	Swami Vivekananda University
5.	SAYANTI ROY	Psychology	Swami Vivekananda University
6.	SOMOSHREE PANJA	Psychology	Swami Vivekananda University
7.	JHILAM BHATTACHARJEE	Psychology	Swami Vivekananda University
8.	AGNIVA BANIK	Psychology	Swami Vivekananda University
9.	SRINITA BHATTACHARYA	Psychology	Swami Vivekananda University
10.	RAHUL MANNA	Psychology	Swami Vivekananda University
11.	ANUSHKA GHOSH	Psychology	Swami Vivekananda University
12.	RAJESWARY GHOSH	Psychology	Swami Vivekananda University
13.	SNEHA SARKAR	Psychology	Swami Vivekananda University
14.	SREEPARNA KARMAKAR	Psychology	Swami Vivekananda University
15.	ENAKSHI LAHA	Psychology	Swami Vivekananda University
16.	SHREYA MALAKAR	Psychology	Swami Vivekananda University
17.	DEBANGANA CHAKRABORTY	Psychology	Swami Vivekananda University
18.	SOURAV KARMAKAR	Psychology	Swami Vivekananda University
19.	SUBHODIP SENGUPTA	Psychology	Swami Vivekananda University
20.	RUBI KARMAKAR	Psychology	Swami Vivekananda University
21.	SAYANTI BASU	Psychology	Swami Vivekananda University
22.	AKASH ROY BHOWMIK	Psychology	Swami Vivekananda University
23.	SREYA DAS	Psychology	Swami Vivekananda University
24.	RANKITA BANIK	Psychology	Swami Vivekananda University
25.	ANWESHA GHOSH	Psychology	Swami Vivekananda University
26.	DEBANWITA DUTTA	Psychology	Swami Vivekananda University
27.	ARCHISMITA GUPTA	Psychology	Swami Vivekananda University
28.	RUPLEKHA KAR	Psychology	Swami Vivekananda University
29.	SIDHARTH KUMAR	Psychology	Swami Vivekananda University
30.	KUNE NIANG	Psychology	Swami Vivekananda University
31.	SINJINI ROY	Psychology	Swami Vivekananda University
32.	RITIKA MAITY	Psychology	Swami Vivekananda University
33.	PRIYAM ADHIKARY	Psychology	Swami Vivekananda University

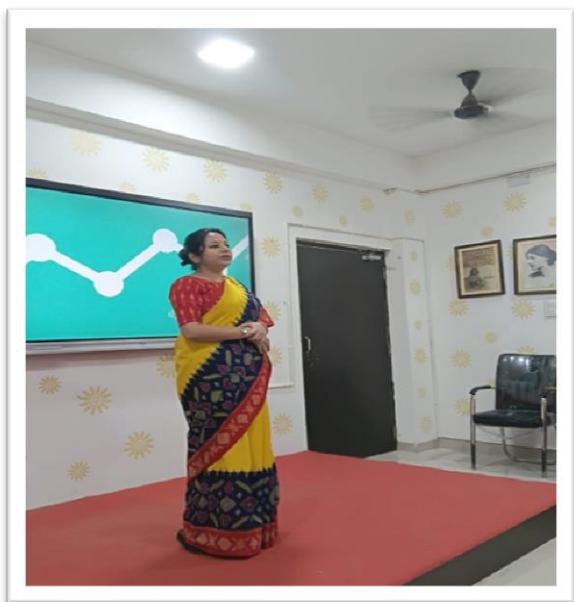
34.	TITHE DAS	Psychology	Swami Vivekananda University
35.	SMRITI DAS	Psychology	Swami Vivekananda University
36.	ANUSHREE SARKAR	Psychology	Swami Vivekananda University
37.	SHREYASHI DAS	Psychology	Swami Vivekananda University
38.	ANJALI SAROJ	Psychology	Swami Vivekananda University
39.	SWETA GOSAI	Psychology	Swami Vivekananda University
40.	DEBOSMIT GHOSH	Psychology	Swami Vivekananda University
41.	TANISHA MAITY	Psychology	Swami Vivekananda University
42.	RICHA SONKAR	Psychology	Swami Vivekananda University
43.	SONALI BAG	Psychology	Swami Vivekananda University
44.	DR. ARYA KAMAL ROY	Psychology	Swami Vivekananda University
45.	ARUNIMA PATRA	Psychology	Swami Vivekananda University
46.	PRITAM SANTRA	Psychology	Swami Vivekananda University

## **Topic: - GATEKEEPER TRAINING FOR SUICIDE PREVENTION**

Aiming to help those who passionately wants to help others in the need of emotional support the Gatekeeper Training was happened by the respected professionals Dr. Sudeshna Roy and Ms. Shubhashree Roy.

Any sensible mind considers that the prevention is far better than cure as a cure leaves its alarming scar. According to that the training focused on prevention of suicide mainly then then the crisis response. It tried to teach how to identify suicide ideations, as cure is good but it leaves its red alarming scar too.

The training focused on the effective empathetic communication with the suicidal person to provide direct support or/and considerable care giver , parents, responsible authority who can take care of the person . Including that the gate keeper plays the role of the bridge to build connection between the suicidal person and a mental health therapist. Overall the main goal of the Gatekeeper Training was to create a applicable network of the 'gatekeepers' who who serves as first line defense.



Dr. Sudeshna Roy ma'am explained that nowadays in the world attempting suicide becomes the main big cause of deaths. Where, generally women are finding the way of suicide for the ill marriages, dowry pressure, infertility issues, and abuses. There, men attempt suicide for the excessive family pressures and financial problems. Other hand students, job seeker service persons of corporates in the age range of 18 to 30 attempt suicide for fast lifestyle changes, peer pressures, competitive work culture and workloads; teachers are doing it for the excessive multiple work pressure and insufficient income etc.

Providing progressive helps to those who are in need is the crucial responsibility of us for being the social beings. Where 21% suicide cases linked with mental health illnesses Dr. Sudeshna ma'am reassured us that the new generations' awareness regarding mental health well-being is more appreciable than before.

She mentioned that it's expected from the students of psychology being the future psychologist we will be the much more responsive part of suicide prevention mission. She also included that assessing the suicide risks we need skilled eyes and dynamic helpful approaches. She provided us the helpline numbers of Tele Manas Ph.No.144-16 and Sahai's Ph.No. 080-25497777.



Ms. Shubhashree Roy ma'am presented few essential details regarding suicide and its prevention model.

She explained that suicide can be the result or behavioral reflection of high level of mood swing issue, chronic depression, grief for losing loved one or break up, bipolar disorder, substance abuse disorder, traumatic experience , long term and never curing physical illness, etc.

Ms. Shubhashree ma'am also had been presenting the behavioral and emotional warning signs, predisposing internal and external factors, myths and facts regarding suicide to make a enough broad idea of the whole matter. Then she mentioned that the people who have better resilience capacity they are more able to cope with the difficult situation. At the Same time they can better support others who are less resilience and feel trapped in difficult situations. In workshop she gave us a psychological test Warwick Edinburgh Mental Well-being Scale to measure individual's range of resilience. She also presented ACT model.

**ACT Model:-** ACT model's 'A' stands for acknowledge means validating the intense emotions, feelings, the sufferings the person is going through; 'C' stands for care means with the empathetic approach giving support support

the vulnerable person; 'T' stands for tell means telling the needed information (respecting the person's consent and the confidentiality right) to the responsible care giver and making connection between the psychological counselor/therapist, hotline and the suicidal person as soon as possible.



## **Closing Remarks:-**



The closing remarks for the Gatekeeper Training Workshop were delivered by Dr. Nilanjana Mitra, Assistant Professor and HOD in the Department of Psychology, Swami Vivekananda University and Convener of the Workshop. Dr. Mitra extended a heartfelt vote of thanks to all the distinguished speakers, participants, and organizers for their invaluable contributions throughout the workshop. She expressed her sincere gratitude to the speakers for sharing their expertise and to the participants for their active engagement and thoughtful participation. In her closing remarks, Dr. Mitra commended the collaborative efforts of all involved, noting that such workshops are vital for fostering a deeper understanding of mental health and suicide prevention and enhancing awareness about suicide and its causes. She concluded by thanking everyone for making the workshop a successful and enriching experience and expressed hope for future academic collaborations.

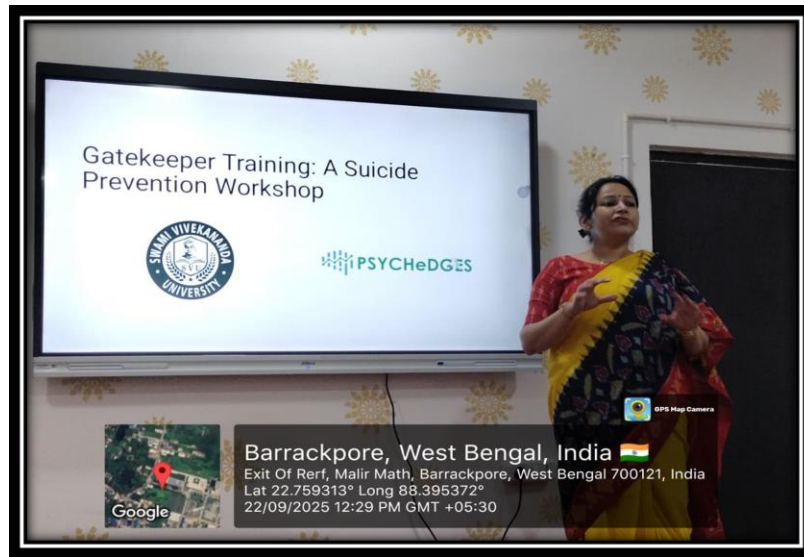
## GLIMPSES OF THE PROGRAMME:-



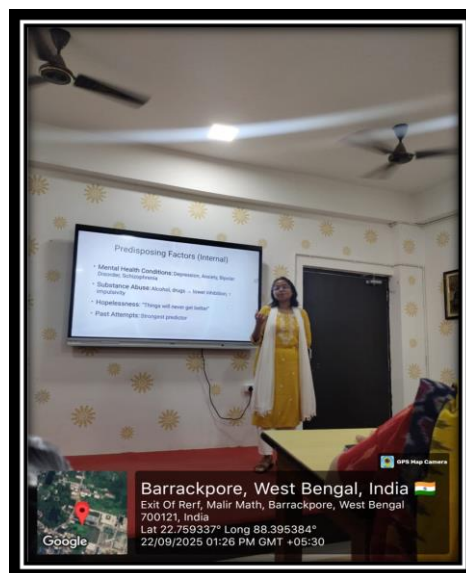
**Dr. Papia Mukharjee (Assistant professor, Department of Psychology, Swami Vivekananda University) felicitating Dr. Sudeshna Roy and Ms. Subhashree Roy**



**Dr. Nilanjana Mitra , Assistant professor and HOD, Department of Psychology , SVU, and convener of the workshop introducing Dr. Sudeshna Roy and Ms. Subhashree Roy to the participants.**



**Dr. Sudeshna Roy delivering lecture on Gatekeeper Training**



**Ms. Subhashree Roy delivering lecture on Understanding cues and causes behind suicide**

## **CONCLUSION:-**

Lastly it must be addressed that the workshop of Gatekeeper Training for suicide prevention was enormously enriching to us. We are thankful to Dr. Sudeshna Roy ma'am and Ms. Shubhashree Roy ma'am for giving us awareness regarding prevention and the guide lines to be a gatekeeper if needed and off course for giving us chance to share our personal experiences and questions to be more open up. We are also thankful to our respected faculty of Psychology department to give us the chance to attend the workshop.

