

WORLD SUICIDE PREVENTION DAY, 2022

PRAJYOTI NIKETAN COLLEGE

PRAJYOTI NIKETAN COLLEGE
POSTGRADUATE AND RESEARCH DEPARTMENT OF PSYCHOLOGY
WORLD SUICIDE PREVENTION DAY
SEPTEMBER 10



TAKE A MOMENT  **TO REMEMBER:**



**THERE IS HELP,
THERE IS HOPE.**

THINGS YOU CAN CONTROL

- getting enough to sleep
- how kind you are to yourself
- how you treat your body
- taking mindful breaths
- your time & priority

5 minutes mental health check

- a Have I been nice to myself and others?
 - How am I feeling?
- Have eaten regularly and healthy?
- Have I had good enough sleep?
- Have my muscles been stretched?

World Suicide Prevention Day (WSPD) was established in 2003 by the International Association for Suicide Prevention in conjunction with the World Health Organization (WHO). The 10th of September each year focuses attention on the issue, reduces stigma and raises awareness among organizations, government, and the public, giving a singular message that suicide can be prevented. The event represents a global commitment to focus attention on suicide prevention.

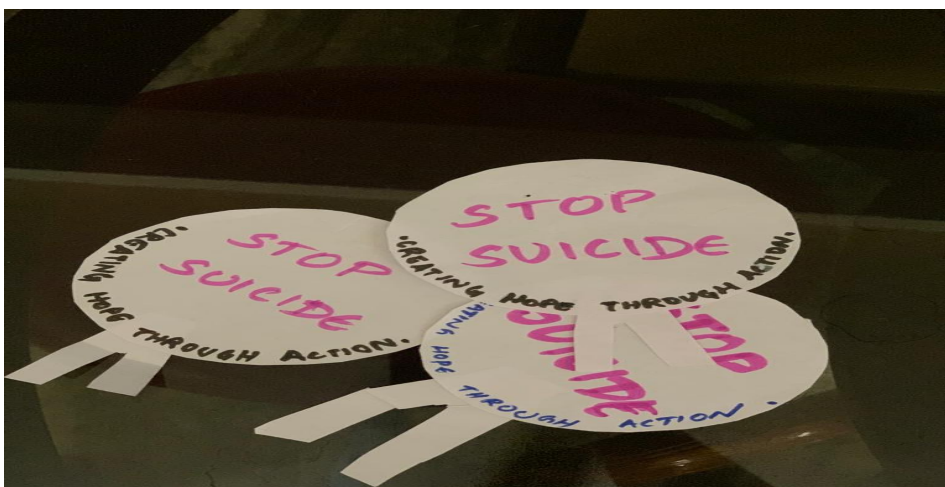
Suicide is a serious public health problem; however, suicides are preventable with timely, evidence-based and often low-cost interventions. While the link between suicide and mental disorders (in particular, depression and alcohol use disorders) is well established in high-income countries, many suicides happen impulsively in moments of crisis with a breakdown in the ability to deal with life stresses, such as financial problems, relationship break-up or chronic pain and illness.

“Creating hope through action” is the triennial theme for the World Suicide Prevention Day from 2021 - 2023. This theme is a reminder that there is an alternative to suicide and aims to inspire confidence and light in all of us.

On behalf of the World Suicide Prevention Day, under the guidance of Dr. Milu Maria Anto, HOD of Department of Psychology, the students of third-year BSc Psychology had held programs to commemorate the day. To start of the event, a message was delivered by Dr. Milu Maria Anto (HOD of Department of



Psychology) on the rising concerns of suicide and the methods that can be used to identify and overcome it. In general there has always been a misunderstanding about suicide and the ways it has been viewed. “Suicide is a mental illness”, but it is something that all fail to understand, thus stopping people from finding a solution or help. Her message was enlightening and promising.



It's a growing problem and the numbers tell a shocking story. Every 40 seconds someone takes their own life according to the World Health Organization (WHO). That's about 800,000 people worldwide every year — although some estimates put that number closer to 1 million. Suicide is the leading cause of death for people aged 15 to 29 and for every suicide that results in death, there are as many as 40 attempted suicides. What we know for sure is that there's a lot to live for. Check out National Suicide Prevention Month for more information.

Communication is the key to solve any hurdle. To mark the day an oath was taken by the students and faculty of the Prajyoti Niketan College, promising to protect and love oneself, also to understand and help those in need.

OATH

“ആത്മഹത്യ ചിന്തകളുമായി ഞാൻ ബുദ്ധിമുട്ടുന്നുണ്ടെങ്കിൽ, ഞാൻ:

- എനിക്ക് സഹായം ആവശ്യമാണെന്ന് ആരോടെങ്കിലും പറയും
- പിന്തുണയ്ക്കായി എന്റെ സുഹൃത്തുക്കളെ സമീപിക്കും
- ആത്മഹത്യ ചിന്തകളെ എന്നിലുണ്ടെന്ന് ആരെയെങ്കിലും അറിയിക്കും.

ആത്മഹത്യ ചിന്തകളുമായി നിങ്ങളുടേ ബുദ്ധിമുട്ടുന്നുണ്ടെങ്കിൽ, ഞാൻ:

- എനിക്ക് നിങ്ങളുടെ കാര്യത്തിൽ ശ്രദ്ധയുണ്ടെന്ന് നിങ്ങളെ സമീപിച്ച് അറിയിക്കും
- മുൻവിധികളില്ലാതെ നിങ്ങളുടേ പറയുന്നത് ശ്രദ്ധിക്കും
- നിങ്ങൾ ആത്മഹത്യയെ കുറിച്ച് ചിന്തിക്കുന്നുണ്ടോ എന്ന് നേരിട്ട് ചോദിക്കും
- നിങ്ങൾ ആത്മഹത്യയെക്കുറിച്ച് ചിന്തിക്കുകയാണെങ്കിൽ നിങ്ങളുടേ അതിലിനിന്ന് പിന്മാറാൻ വേണ്ട സഹായവും പിന്തുണയും നൽകും.”



Student representatives of the third year BSc psychology had taken the initiative to take classes in each department. The goal was to provide them with the idea of, ‘what is suicide and what can be the possible reasons leading to it, how to identify someone with suicidal ideations and how to help them’. The oath written by Bayana B (Psychology Research scholar).

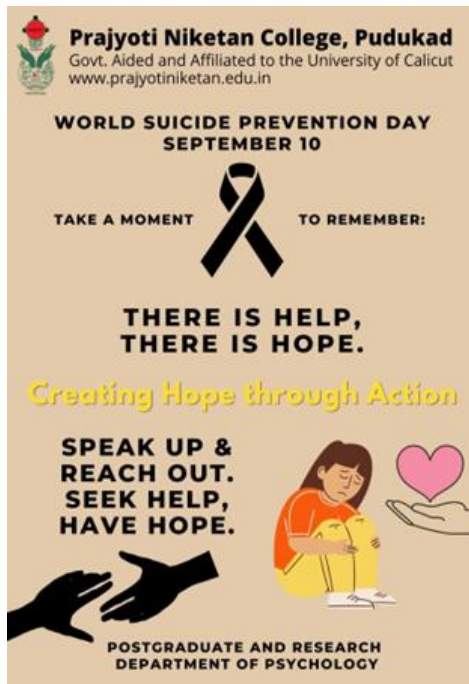
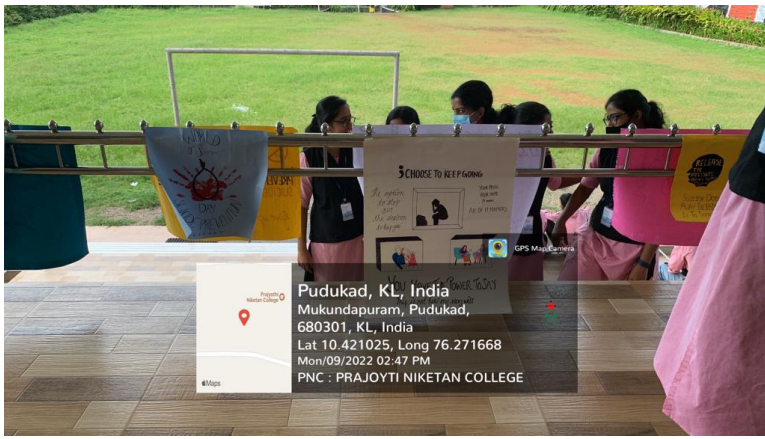
At the end , an award ceremony was conducted for the winners, as well as presenting their finished reports. The 2nd year Bsc Psychology students conducted and concluded,their study. Prizes were distributed by department.



The students were asked to repeat the oath so that they are aware of what they must be looking forward to and why WHO has decided to celebrate a day as world suicide prevention day.



The following two days comprised of the poster exhibition that was held in front of the department of psychology. The whole department had been part of it, the posters were filled with messages pointing towards the significance of the day. The enthusiastic participation of the students had made it an successful day. The exhibition consisted of digital as well as handmade posters. Posters were hung around the department.



The World Suicide Prevention Day 2022 had been a great success with purpose of the day observance served and being able to educate students on the big picture and its adverse effects. There is help provided by the teachers of the department of psychology through their very own clinic "Prajyoti Clinic". Students can either contact their concerned teacher

or come directly to the department clinic, then discuss the difficulties or troubles(emotional.mental and physical health) they face.

We can all play a role in supporting those experiencing a suicidal crisis or those bereaved by suicide whether as a member of society, as a child, as a parent, as a friend, as a colleague or as a person with lived experience. We can all encourage understanding about the issue, reach in to people who are struggling, and share our experiences. We can all create hope through action and be the light.