

Prajyoti Niketan College Pudukad
The Research and Post Graduate Department of Clinical Psychology
DR.VARGHESE PAUL AND DR.MONSY EDWARD ENDOWMENT
LECTURE – II
REPORT

25/03/2022


Lecture by: Dr.Vidya Kishor, Clinical Psychologist, Daya Hospital, Thrissur.

Organized by: The Distinguished Alumni of The Research and Post Graduate Department of Clinical Psychology

Topic: ‘Identifying and Managing Suicidal Ideation and Self Harm among Adolescents’

The Department of Psychology was led by two well-known personalities, Dr.Varghese Paul and Dr.Monsy Edward. They played a major role in bringing glory and achievements to the department. In connection with their retirement, an endowment was instituted by the Alumnae and Staff in 2020 under the initiative of the IQAC of the college. This endowment is utilized every year to organize an Endowment Lecture and an Intercollegiate Quiz Competition. Dr.Varghese Paul and Dr. Monsy Edward Endowment Lecture – II was conducted on 25th March, 2022 in Assisi Hall. The lecture was presented by Dr.Vidya Kishor on the topic “Identifying and Managing Suicidal Ideation and Self Harm among Adolescents”. Dr.Vidya Kishor is a consultant Clinical Psychologist at Daya Hospital, Thrissur. She is also an alumna of BSC 1998-2001 batch and Msc Clinical Psychology 2001-2003 batch Prajyoti Niketan College, Pudukad. The programme commenced at 9:30 a.m. with the prayer led by Miss.Sneha Maria Sunny of 1st Msc. Psychology. The event was compered by Mr.Amal Joshi of first Bsc. Psychology and Miss.Anna Therese of second Bsc.Psychology. The prayer was followed by the welcome speech presented by the Head of the Department of Clinical Psychology , Dr.Milu Maria Anto and the presidential address by Vice Principal Dr.Simi Varghese. Dr.Vidya Kishor, clinical psychologist, Daya hospital, Thrissur presented the inaugural speech. The felicitation speech was presented by Ms. V A Ajitha, another alumna of Prajyoti Niketan College and a fellow classmate of Dr.Vidya Kishor. This was followed by the reply speeches presented by Dr.Varghese Paul and Dr.Monsy Edward. Dr.Soumya Starlet CT presented the vote of thanks, after which Dr.Vidya Kishor commenced her lecture. The lecture shone light on various topics.

The students were informed about the difference between deliberate self-harm and suicide, suicidal ideation, basic intervention skills to use with suicidal behaviour, and suicidal management. It also gave the students insight on the warning signs, risk factors and protective factors of deliberate self-harm and suicide. The students were informed about the various ways in which they can help an individual overcome such thoughts and maladaptive behaviours and manage it. It was then followed by the Q&A session which provided a platform for the students to interact freely with the resource person. The programme concluded with the vote of thanks presented by Miss.Gisha Reji of first Bsc. Psychology. The technical team that supported the event consisted of Miss.Akifah Jamsheed Hamza of second Bsc. Psychology and Mr. Anson Roy Mathew of first Bsc. Psychology.




Prajyoti Niketan College, Pudukad
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www.prajyotiniketan.edu.in

By the Distinguished Alumni of
**The Research & Post Graduate Department of
Clinical Psychology**

**Dr Varghese Paul & Dr Monsy Edward
Endowment Lecture - II**



Dr Varghese Paul
Asso. Professor & Head
1995 - 2018



Dr Monsy Edward
Asso. Professor & Head
1995 - 2020


The Department of Psychology was led by two well-known personalities, Dr. Varghese Paul and Dr. Monsy Edward, in the past. The Department was established in the year 1995, with the B.Sc. & MSc. Clinical Psychology was established for the first time under the University of Calicut in 2001. They played a major role in bringing glory and achievements to the department. Their visionary zeal and energy has given our department a new impetus to face the challenges of future years. In connection with the retirement of Dr Varghese Paul & Dr Monsy Edward, an endowment was instituted by the Alumnae and Staff in 2020 under the initiative of the IQAC of the college. This endowment will be utilized every year to organize an Endowment Lecture and an Intercollegiate Quiz Competition on a topic of current relevance. We are pleased to invite the faculty and students of your esteemed institution to participate in the Endowment Lecture and make it a grand success.

Identifying and managing suicidal ideation and self harm among adolescents


Resource Person



Dr Vidya Kishor
MPhil (NIMHANS) PhD
Consultant Clinical Psychologist
Daya Hospital, Thrissur
Alumna of Prajyoti Niketan College
BSc Psychology (1998 - 2001)
MSc Clinical Psychology (2001 - 2003)

 **MARCH 25, 2022 | FRIDAY**

 **10 AM**

 **ASSISI HALL**

Founder Manager
Rev Dr Fr Harshajan Pazhayattil

Principal
Dr Binu P Chacko

Coordinator
Dr Nicemary Francis P

HOD
Dr Milu Maria Anto

Organizing Secretary
Dr Soumya Starlet CT

Program Committee
Dr Jaya AT
Dr Sukanya B Menon

PRAJYOTI NIKETAN COLLEGE, PUDUKAD

**THE RESEARCH AND POST GRADUATE
DEPARTMENT OF CLINICAL PSYCHOLOGY**

ENDOWMENT

LECTURE II

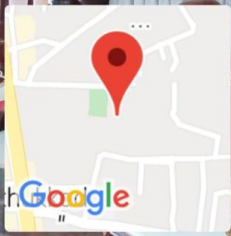
25th MARCH 2022 10:00 A.M

SCHEDULE OF EVENT

INTRODUCTORY SPEECH PRAYER	BY SNEHA MARIA
WELCOME SPEECH	BY DR. MILU MARIA ANTO (HOD)
PRESIDENTIAL ADDRESS	BY DR SIMI VARGHESE (VICE PRINCIPAL)
INAUGURAL SPEECH	BY DR. VIDYA KISHOR
FELICITATION	BY V.A. AJITHA (ALUMINI)
REPLY SPEECH	BY DR. VARGHESE PAUL (ASSO PROFESSOR AND HEAD 1995•2018) AND DR. MONSY EDWARD (ASSO PROFESSOR AND HEAD 1995•2020)
VOTE OF THANKS	BY DR. SOUMYA SCARLET (ASST. PROFESSOR AND ORGANIZING SECRETARY)
MAIN SPEECH	BY DR. VIDYA KISHOR
Q AND A SESSION	
VOTE OF THANKS	BY GISHA REJI MC: ANNA THERESE AND AMAL JOSHI TECHNICAL TEAM : AKIFAH JAMSHEED AND ANSON ROY MATHEW

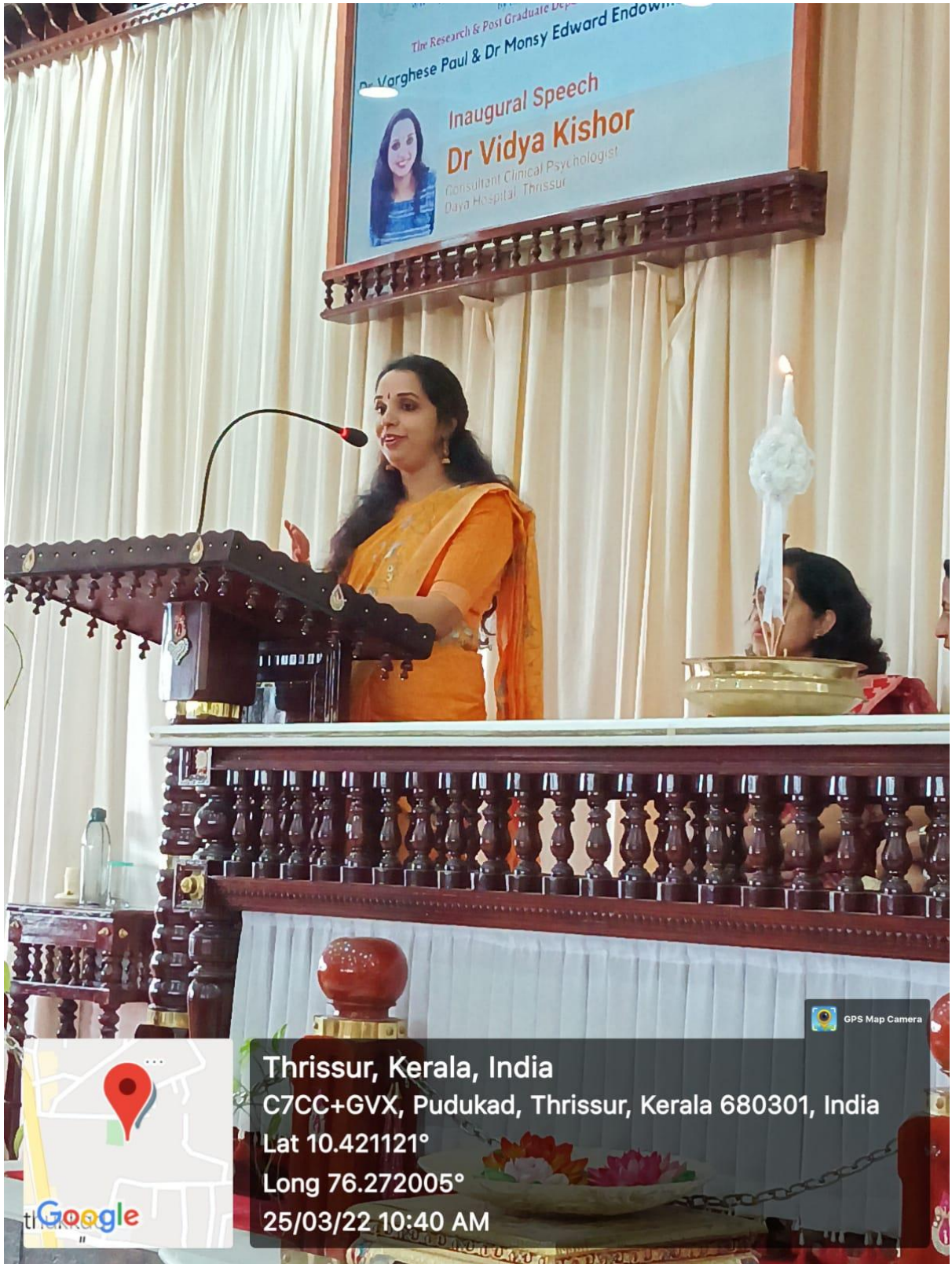


Prajyoti Niketan College, Pudukad
Coimbatore, India
www.prajyotinicetan.edu.in
In the Department of Clinical Psychology
The Varghese Paul & Dr. Monsy Edward Endowment Lecture - II
Inaugural Speech
Dr. Vidya Kishor
Department of Clinical Psychology
Prajyoti Niketan College, Pudukad

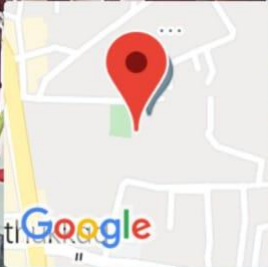


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Long 76.272134°
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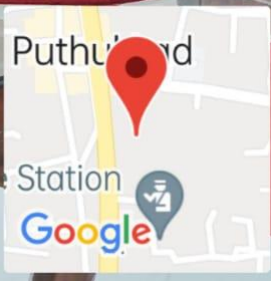
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By the Distinguished Alumni of
The Research & Post Graduate Department of Clinical Psychology
Dr Varghese Paul & Dr Monsy Edward Endowment Lecture - II
Welcome Speech
Dr Milu Maria Anto
HOD



Puthukkad, Kerala, India
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Thrissur, Kerala, India

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Puthukkad, Kerala, India

Puthukkad Center Bus Stop, Salem - Kochi Hwy, Puthukkad, Kerala 680301, India

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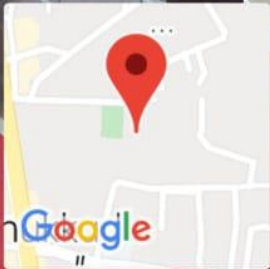
Thrissur, Kerala, India

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Long 76.27217°
25/03/22 10:55 AM





SR NO. + ... Endeavour Lecture - II

Resource Person - Dr. Vidya Kishan.
 Theme - Identifying and managing suicidal ideation and self harm among adolescents.

Date: 25/03/2022.

PARTICIPANTS

SIGNATURES

- | | |
|-------------------------|-----|
| 1. Malavika Menon | |
| 2. Aina Elizabeth v.s | 216 |
| 3. Arathi Mohan M.V | |
| 4. Ann Miriam Gonsalves | |
| 5. Preethi IS | |
| 6. Sandra Joshy | |
| 7. Sridura P. | |
| 8. Ananava Benny | |
| 9. Elz Maria. | |
| 10. Maya Krishnan CH | |
| 11. Meera Mathilal | |
| 12. Vismaya B | |
| 13. Kaithika Pradeep | |
| 14. Saif Zidan | |

- | | |
|-----------------------|--|
| 15. Susan Suseel | |
| 16. Gayathri V. Bina | |
| 17. Lakshmi TS | |
| 18. Lya Babu | |
| 19. Sanya Davis | |
| 20. Aaliya Ameen | |
| 21. Aswathi P.D | |
| 22. Anusree K.R | |
| 23. Aparna Surendran | |
| 24. Arinwarya K.D | |
| 25. Najala P | |
| 26. D. J. Lakshya | |
| 27. Sheha Maria Sunny | |
| 28. Nunu Lujaina P.P | |
| 29. Diya | |
| 30. Anshika Rishi-P | |
| 31. Hameena P | |
| 32. Devika P.L | |
| 33. Nastiin C. | |
| 34. Liya BORB | |
| 35. Resemasriya Babu | |
| 36. Sandra Delepan | |
| 37. Aswalby P.D | |
| 38. Neey. K. P | |
| 39. Sradhya V.P | |

M.Sc. Psych

B.com med

40	Chaistena Unny	Chaistena
41	Jayakrishnan P	Jay
42	Elwin Sabu	Elwin
43	Ajmer R	Ajmer
44	Justin Saji	Justin
45	Niffin Lonappan	Niffin
46	Deva T.N.	Deva
47	Akshay K.G.	Akshay
48	Midhunkaishna MR.	Midhun
49	Tomud Louis	Tomud
50	Sona Babu	Sona
51	JIFAN JOLLY	Jifan
52	Anna rose Johnny	Anna
53	Sherin Shajir	Sherin
54	Jaslin P.J	Jaslin
55	Maya Kumari	Maya
56	Gayathri K	Gayathri
57	Libby Leo Akkara	Libby
58	Dr Julie Elmekalt	Julie
59	Vanidina V.S	Vanidina
Psychology		
60	Rosena T. Roy	Rosena
61	Sriduma P	Sriduma
62	Chaitanya C.M	Chaitanya

63	Aiswarya Sunil	Aiswarya
64	Nikhila Subramanian	Nikhila
65	Danila Roy	Danila
66	Adithya Preman M	Adithya
67	Ashika B	Ashika
68	Navya S. Jyotash	Navya
69	Gopika G.S	Gopika
70	Sambuya Sherin M	Sambuya
71	Jed Joseph V.J	Jed
72	Nikhil Krishna P.R	Nikhil
73	Sreeraj Babu	Sreeraj
74	Najid M	Najid
75	Denho Manojch. O.M	Denho
76	STEVE SEBASTIAN	Steve
77	SOURABH	Sourabh
78	Anagha Jose	Anagha
79	Malavika Baijesh	Malavika
80	Ashika Gisy Jose	Ashika
81	Nandana E.S.	Nandana
82	MANUSHI BHASKARAN	Manushi
83	MARINA TERS Choby	Marina
84	Gayathri K	Gayathri
85	A...	A...

88.	Agnya I C	
89.	Shahana P.H	
90.	Katherin Solomon	
91.	Elizabeth P.A	
92.	Angel Raju	
93.	Devananda Unni	
94.	Aiswarya Dileep	
95.	Gisha Reji	
96.	Akshita	
97.	Azra Subhani	
98.	Abiyak. S	
99.	Aparna Johnson	
100.	Sansudra	
101.	Ravathy	
102.	B. Archana	
103.	Saena M.M	
104.	Babetto Vincent	
105.	Aparna Sankar	
106.	Renuka Raveendras	
107.	Aparna Raveendran Pariyanghat.	
108.	Teena Suresh	
109.	Jelba. M. Ramesh.	
110.	Nimisha E.T	
111.	Aparna	
112.	Delina Dennis	



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113.	Sireeshma. M.M	
114.	Lakshmypriya P.S	
115.	Devangana.P	
116.	Henna	
117.	Jovin Jose	
118.	Anna Therese Jaison	
119.	Amal Josh	
120.	Akifah Jamsheed Hamza	
121.	Anson Roy Mathew	
122.	Radhika. T.H	
123.	Hanna Sebn	
124.	Krishnurethra. M.S	
125.	Arishia Vincent	
126.	Aleesha Bastian	
127.	Mariyam Shifa	
128.	Amritha Sankosh	
129.	Siddhi Nair	
130.	Hannah Grace Jaison	
131.	Ashly Mexin Chacko	
132.	Elizabeth Roy	
133.	Elvrose Varghese	
134.	Vinny. V- vijayar	
135.	Bishmi. P.D	

DR. MILU MARIA ANTO
Head of the Department
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Dr. Milu Maria Anto (HOD)

Dr. Nice Mary Francis (Convenor)

Dr. Soumya Starlet CT (Organising Secretary)

