

**ACTIVITY V**  
**WORLD SUICIDE PREVENTION DAY**  
**Monday, 11<sup>th</sup> September 2023**

**Venue:** IISU Campus

**No. of Participants:** 10 PDCP Trainees

**No. of Beneficiaries:** All IISU students and staff

**Summary/Description:**

On the account of World Suicide Prevention Day, the School of Behavioral Sciences (Department of Clinical Psychology, Counselling and Career Development Centre (CCDC) and Department of Psychology) organized following activities in the University campus:

▪ **Poster Competition:** A theme based poster competition was announced on 5<sup>th</sup> September, 2023 for all the students of the University wherein they could submit both handmade/ digital posters by 11<sup>th</sup> September, 2023. The students were required to make poster on any one of the themes { *Creating Hope-Through Action/ Prevent Suicide: Speak Up and Reach Out/ Working Together to Prevent Suicide* }. The students participated with great enthusiasm and the posters reflected their individual perspectives on the given theme. The posters were then displayed near the Counselling Cell for the University students and staff. Through the posters there was an awareness spread about the World Suicide Prevention Day. The posters were creative and attractive in their own way and promoted understanding about the themes and the issue of Suicide.

The winners of the competition were:

- 1<sup>st</sup> Position – Shivani Bhardwaj [ BA (Hons) Psychology Sem I]
- 2<sup>nd</sup> Position – Riddhi Sharma [BBA Sem III]
- 3<sup>rd</sup> Position – Ishika Agarwal [MA Psycholgy Sem I]
- Consolation Prize – Akansha Mishra [B.Sc. (Hons) Psychology Sem I]
- **Awareness Drive:** The PDCP trainees distributed badges (World Suicide Prevention Day) along with spreading awareness about Suicide Prevention. The trainees covered the whole University and they interacted with students, staff members and the helping staff. During the awareness drive, the trainees educated about Suicide as an issue prevailing in the society and how one can identify early warning signs of Suicide in people close to them. The helpline numbers were shared by the trainees which can offer help to anyone struggling with feeling suicidal. The trainees encouraged the beneficiaries to take initiative in supporting the people who are suffering from suicidal thoughts or any related mental issue. The staff members and students also asked a few questions related to the issue and during the interaction the trainees tried to resolve the queries. All in all, it was an informative and interactive activity which enlightened people about this sensitive issue.
- **Confession Room:** A confession room was a set up in the Counselling and Career Development Centre (CCDC) wherein students who wanted to make confession about anything could come and do the same. The arrangements for the confession room were done in a manner so that the students' identity remained confidential. The Counsellor was part of the confession room wherein she was listening to the students and was providing a comfortable environment to them to ventilate. Some of the students also acknowledged that they felt good after the confession and were grateful for a conduction of this kind of activity in the University.

**Feedback report of the event:**

The activities held on the account of World Suicide Prevention Day was a huge success in promoting an awareness about the issue and at the same time providing an insight of how to identify warning signs and how help can be provided to people dealing with this. The awareness drive came out to being a good initiative towards the elimination of Suicide as an issue prevailing in our society. Through the confession

room, the students were provided a safe space where they could confess anything they wish to share. This helped them vent out any feelings which were bothering them. The posters aided in drawing attention towards the topic through the creative illustrations made by the students.

**Photographs:**





