



# Gandhinagar Institute of Technology

A Report on

“Awareness Seminar on World Suicide Prevention Day”

09<sup>th</sup> September 2019

## Introduction:

Healthy Campus Committee (HCC) of Gandhinagar Institute of Technology works with an objective of making students aware regarding healthy living, social consciousness, stress management, building self-esteem, developing critical thinking & soft skills and leading a drug free life. Keeping up the tradition, it organized a ‘Awareness Seminar on World Suicide Prevention Day’ on 09<sup>th</sup> September 2019. The event was organized for the students of Semester 1 in the Seminar Hall of the institute.

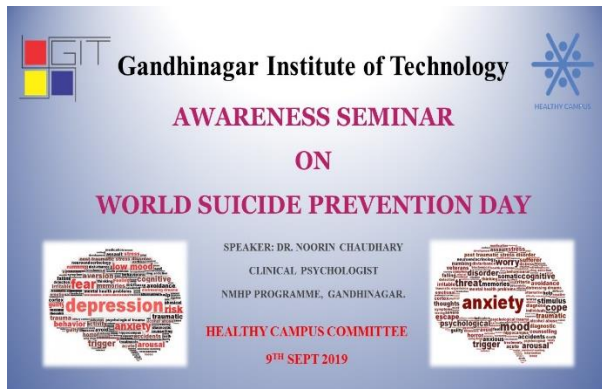
## Objective:

National Mental Health Program (NMHP) is targeted on spreading awareness about suicide prevention, depression, anxiety and other mental health related problems. In 2017-18 NMHP had conducted about 196 awareness programmes in 25 institutes & covered 7638 candidates in Gandhinagar district itself. Losing a loved one, failing in exam, rejection from loved one, getting fired from a job, going through a divorce, and other difficult situations can lead a person to feel sad, lonely and scared. In men it manifests often as tiredness, irritability and anger. They may show more reckless behavior and start drugs and alcohol. They also tend to not recognize that they are depressed and fail to seek help. In women depression tends to manifest as sadness, worthlessness, and guilt. In younger children depression is more likely to manifest as school refusal, anxiety when separated from parents, and worry about parents dying. Depressed teenagers tend to be irritable, sulky, and get into trouble in college and eventually lead to do suicide. Depression and anxiety disorders are different, but people with depression often experience symptoms similar to those of an anxiety disorder, such as nervousness, irritability, and problems sleeping and concentrating. These symptoms effectively contribute to the suicidal tendency. The aim of this seminar was to create awareness about mental health and help students identify the symptoms leading to suicidal attempts and its prevention.

## Program Overview:

The seminar was conducted by Dr. Noorin Chaudhary, who is doctorate in Psychology and is currently working as a Clinical Psychologist with NMHP program, Gandhinagar. She has done various seminars, events and programmes under the aegis of NMHP for mental health. The seminar was bifurcated into two sessions wherein the 1<sup>st</sup> session was conducted for the students of EC, EE, IT, ME and CL engineering department; and the 2<sup>nd</sup> session was conducted for the students of CE department. The seminar enlightened students about different causes that lead to suicide and also explained ways for preventing it. Students shared their personal experiences about their friends and family members who suffered from various mental diseases. Dr. Noorin suggested different solutions and motivated students to counsel them. Prof. Swapnil Panchal (HCC Faculty Member) gave a vote of thanks on the occasion and motivated students to lead a healthy and a stress-free life.

## Photo Gallery:



Awareness Seminar Banner



Dr. Noorin Chaudhary briefing the Session Outline



Dr. Noorin Chaudhary explaining the audience about suicide prevention



Dr. Noorin Chaudhary interacting with the crowd.



Prof. Swapnil Panchal giving a vote of thanks



Group photo with 1<sup>st</sup> Year engineering students and faculties