



# Gandhinagar Institute of Technology

A Report on

“Awareness Seminar on World Suicide Prevention Day”

9<sup>th</sup> September 2021

## Introduction:

The Healthy Campus Committee (HCC) of Gandhinagar Institute of Technology regularly organizes activities pertaining to the Healthy Campus initiative. The initiative has identified seven key areas: Healthy Living, Social Consciousness, Stress Management, Building Self Esteem, Developing Critical Thinking, Developing Soft Skills and leading a Drug Free Life. Keeping up with the tradition, an "Awareness Seminar on World Suicide Prevention Day" was organized on 9<sup>th</sup> Sept. 2021 for the 2nd year engineering students. Director sir, Dr H N Shah was instrumental in planning and execution of the seminar. HCC committee acknowledges the support of all Trustees and the Management in providing the necessary infrastructure and resources for conducting the event successfully. The seminar was coordinated by Prof. Juhil Kapatel (HCC Faculty Member, CE) under the guidance of Prof. Jatin Chakravarti (HCC Coordinator, EC).

## Objective:

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 objective of this seminar was to raise awareness about suicide and mental health in students which could help students identify the symptoms leading to suicidal attempts and its prevention; and possibly reduce the number of suicides and suicide attempts in the youth

## Program Overview:

Ms. Jahnvi Sharma and Mr. Sahil Pandya of Sem. 3, EC Dept. were the anchors of the event. They started the seminar with a prayer and introduced the speakers of the event. The seminar was conducted by Motherhood Foundation, Ahmedabad. Speakers of the seminar were Dr. Twinkal Patel and Dr. Kevin Patel. Dr. Twinkal Patel is the “Founder of Motherhood Foundation”, “MD at Midas Touch - Cosmetic & Skin Care” and “MD at Motherhood Women's & Child Care Hospital”. She also has a Fellowship in Psychology, from Singapore. She has a vast experience of 15+ Years in the medical field. She has been at the fore front of organizing events/seminars/workshops pertaining to Mental Health, Women Development and Drug Awareness in many schools and colleges in Gujarat. Dr. Kevin Patel is MD, Psychiatrist. Since

2019, he's serving the needy & underprivileged people at the Hospital for Mental Health, Ahmedabad which is the also the largest Mental Health set up in Gujarat. He has a keen interest in spreading awareness regarding Mental Health issues among society people. He has conducted numerous seminars of Health Care System for Anganwadi Workers, Staff Nurses, Medical Officers & also for general population. He has been invited as an Expert on Gujarati News channels & Print media.

Dr. Twinkal talked about the taboo associated with discussions around suicide. She said that the youth feels that nobody listens to them and they constantly need attention. The solution to that is, we can become a good listener for our friends, family and peers without judging them. She also discussed how an institute can create a stress-free environment for the students and also create a Counselling/Psychotherapy department at the institute. Dr. Kevin informed that 80% of the people with suicidal tendencies are diagnosed with Clinical Depression. As per WHO, suicide is the 2<sup>nd</sup> most common reason for death (after accident) in the age group of 15 to 29 years. The youth can overcome negative thoughts by sharing their feelings and thoughts with their family, friends, peers or a mental health expert. He further said that the happiness hormones (dopamine and serotonin) can be increased in depressed people by proper medication and counselling. Students shared their personal anecdotes and raised queries about mental health. The speakers suggested different solutions to overcome those queries. Prof. Jatin Chakravarti (HCC Coordinator) gave a vote of thanks at the end of the seminar. After the seminar, Dr H N Shah (Director) & Prof. Jatin Chakravarti engaged in an active dialogue with the speakers regarding the importance of Mental health post the pandemic.

### Photo Gallery:



Event Poster



Anchors Ms. Jahnvi Sharma and Mr. Sahil Pandya introducing the speakers to the audience



Prof. Juhil Kapatel welcoming the speakers with a bouquet



Dr. Twinkal Patel interacting with the crowd



Dr. Twinkal Patel conducting the seminar



Dr Kevin Patel conducting the seminar



Student asking a query during the seminar



Prof. Jatin Chakravarti giving a Vote of Thanks at the end of seminar



Group photo of speakers with 2<sup>nd</sup> Year engineering students and faculties



Interaction of speakers with Dr H N Shah (Director, GIT)