

SRIJAN (2023-24)

Suicide Awareness Workshop Report

11th September 2023

10th September is considered to be the Suicide Awareness Day. Recognising the importance of this day, Srijan, society of Department of Psychology organised a Suicide Awareness Workshop in collaboration with Arahata, society of BA Program at Aryabhata College, University of Delhi on 11th September 2023. The event took place in the Student Activity Centre at 1:00 pm. It was attended by a students from different courses including psychology hons, BA program (History, Political Science, English) and Maths Hons. The workshop was also attended by the faculty from the psychology department and the convenor of BA Program, Dr. R.K. Dwivedi. The workshop had an approximate attendance of about 120 students and faculty members.

Ms. Sonakshi Gandhi was invited as the guest speaker. She has approximately 10 years of experience in the field of clinical psychology and is the founder of The Mind Garden, mental health clinin. She holds an MPhil from IHABS, Delhi. The event began with Sukhnoor, the President of Srijan, providing an introduction and extending a warm welcome to the honoured guest, followed by Dr. Neera felicitating Ms. Gandhi with a plant.

The Teacher-in-charge of the Psychology department, Dr. Halley S. Thokchom's began with

an introduction to suicide and the need to discuss it. Ms. Sonakshi Gandhi thereafter initiated the workshop by providing some cautions/ warnings, along with a staggering fact: suicide being the second leading cause of death, with 15 million attempts annually. She urged a change in the perception of individuals suffering from suicidal thoughts, emphasising that **"People don't commit suicide; they die by it."**

Ms. Sonakshi then delved into an intriguing clarification about the difference between self-harm and suicide. She highlighted the multifaceted nature of suicide and expressed systemic and social concerns regarding the lack of safety nets and inclusivity in society. The session transitioned into a simple quiz designed to illustrate existing stereotypes in society. Ms. Gandhi then explored possible solutions to the problem, urging proper identification of signs of suicide, access to professional help, and other measures. At the end of the sssion, helpline numbers were shared for those in need of professional assistance.





The session concluded with questions from the attendees providing answers to their queries. The entire event was underscored by the assertion that "one cannot pour from an empty cup," emphasising the importance of prioritising one's own well-being as well before one can help others. The session witnessed active participation from the faculty as well. Dr. R. K. Dwivedi delivered the vote of thanks to the speaker and shared a few words with the students, highlighting the escalating issue of the commercialisation of help.

The entire event epitomised an enlightened future for society with the valuable expectation of reducing suicide statistics. Through the collective efforts of the Srijan and Arahata team along with the faculty, the event became a small effort in the direction of destigmatising suicide and developing sensitivity.



11 Sep 2023

Attendance

Suicide Awareness Workshop

Name	Roll No.	Course	Year
Rashi Singh	PSY/22/44	Psych. Hons.	2 nd yr
Ahan Sen	PSY/23/6	Psych Hons	1 st year
AKASH DUTTA	PSY/23/9	Psych Hons	1 st year
Binnay Patra	BAP/23/136	B.A. Program (History)	1 st year
Bhupendra	BA/23/31	BA (H) Hons.	1 st year
Anisha	PSY/22/7	BA (Psy) Hons.	2 nd yr
Jiya	PSY/22/22	BA (Psy) Hons.	2 nd yr
Khushboo	PSY/22/27	BA (Psy) Hons.	2 nd yr
Teasha Daluja	PSY/21/22	BA (Hons) Psychology	3 rd year
Vandana Gourea	PSY/21/10	BA (Hons) Psychology	3 rd year
Rashi	PSY/21/19	BA (Hons) Psychology	3 rd year
Namit Gupta	PSY/21/46	B.A. (H) Psychology	3 rd year
Avi Jain	PSY/21/2	BA (H) Psy	3 rd year
Aditya	PSY/21/60	BA (H) Psy	3 rd year
Gaurav	PSY/21/56	BA (H) Psy	3 rd year
Aditya	PSY/23/05	BA (H) Psy	1 st year
Arvi	PSY/23/62	BA (H) Psy	1 st year
Komal	PSY/22/31	BA (H) Psy	2 nd year
Shruti	PSY/22/59	BA (H) Psy	2 nd year
Harshita	PSY/22/20	BA (H) Psy	2 nd year

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11 Sep 2023

Name	Roll No.	Course	Year
Vanshika	PSY/22/64	PSY	2 nd
Ashish Chhajjan	PSY/22/12	Psych Hons	2 nd year
JS JOSHUA	PSY/22/23	PSY	2 nd
Dev Vratn Goshi	PSY/22/13	PSY	2 nd
Hajot Singh	PSY/22/19	PSY	2 nd
Yashna Kar	PSY/22/68	PSY	2 nd
Sumit Singh	PSY/22/76	PSY	2 nd
Rehan	PSY/22/45	PSY	2 nd
Tanika	-	-	-

11 Sep 2023

Name	Roll No.	Course	Year
Kashish	PSY/22/25	B.A. (Hons) Psychology	2 nd year
Apoorva Singh	N/A	B.A. (Hons) Psychology	1 st year
Moksh Manchanda	PSY/23/68	BA Psychology hono.	1 st Year
Charu Sahu	PSY/21/17	BA Hons PSY	3 rd year
Ajush Singh	ENGL/21/58	BA Eng Hons.	3 rd year
Yashaswini	PSY/21/62	BA Psychology hns.	3 rd year
Punya Sharma	PSY/22/43	BA Psych Hons	2 nd yr
Rupinder Bains	PSY/22/47	BA Psych Hons	2 nd yr
Vishu Verma	PSY/22/66	BA Psych Hons.	2 nd year
Anand R Pillai	PSY/22/4	BA Psych Hons.	2 nd yr
Nishit Singh	BBE/22/38	BBE	2 nd year
Bhavi Bhandhara	PSY/23/15	BA Psych hon	1 st yr
Tanishk Bhat	PSY/23/53	BA hons psych.	1 st yr
Engunmoi Baiti	PSY/23/19	PSY Hons (BA)	1 st yr
Ritika	Mat/23/33	B.Sc Math (hon)	1 st yr
Sonia	Mat/23/42	B.Sc Math (hon)	1 st yr

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11 Sep 2023

Name	Roll No.	Course	Year
Ashish Kapoor	PSY/22/12	Psychology honours	2022
Pranav Raj	PSY/23/39	Psychology honours	2023
Poorva Tiwari	BAP/23/158	B.A. (eco + math)	2023
Laranya Singh	BAP/23/19	B.A. (eco + math)	2023
Pamari Nagar	PSY/21/34	B.A. (Hons) Psych	3 rd year
Kushboo	PSY/21/54	Bachor Psych	3 rd year
Anusha	PSY/21/18	B.A. (Hons) Psy	3 rd year
Rishi	PSY/21/5	B.A. (Hons) Psy	3 rd year
Khusli	PSY/23/27	B.A. (Hons) Psy	1 st year
Kashish	BAP/21/123	B.A. (His + Pol)	3 rd year
Dev	BAP/21/32	B.A. (His + Pol)	3 rd year
Ayush	BAP/21/02	B.A. (His + Pol)	3 rd year
Nehanshi Gaur		BA (Psy Hons)	1 st year
Manya Bhatt	PSY/23/34	Hons (Psycho)	1 st year
Kritu Shri	PSY/23/66	BA (Psycho Hons)	1 st year
Sumaiya Khan	PSY/23/70	"	"
Rashi Gaur	PSY/23/69	"	"
Mamta Gadav	PSY/23/30	"	"
Garvita	BAP/21/51	B.A. (His + Pol)	3 rd year
Ravindra	BAP/21/78	B.A. (Eco + Pol)	3 rd year
Lohak	BAP/21/26	B.A. (His + Pol)	3 rd year
Rohit	BAP/21/10	B.A. (His + Pol)	3 rd year

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11 Sep 2023

Name	Roll No.	Course	Year
Daksh	PSY/23/17	Psych Hons.	1st year
Prisha	PSY/23/140	"	"
Tanisha	PSY/23/54	"	"
Tanya	65	"	"
Dinya Bodua	63	"	"
Abdul	03	"	"
Jasroth	25	"	"
Harshita	21	"	"
Manwendra	33	"	"
Pangajot	41	"	"
Raghu	42	"	"
Smriti	50	"	"
Shubika	47	"	"
darjati	18	"	"
Shashank	46	"	"
Vidhi	58	"	"
Vedika	56	"	"
Kashish	26	"	"
Yash	59	"	"
Starvin Padma	51	"	"
Jasmine	24	"	"
Harshika	31	"	"
Shivani	16	"	"
Prat	45	"	"

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Name	Roll No.	Course	Year
Kavik	PSY/23/65	Psych Hons	1st year
gaurav khia	PSY/23/20	"	"
Anugrah	PSY/23/10	"	"
Sarvjit	BAP/23/43	B.A.	1st year
Yash	BAP/23/151	B.A. prog.	1st year
Abdul Basit	BAP/23/47	B.A. prog.	1st year
Piyanshu	PSY/22/42	Psychology	2nd year
Kavi	PSY/22/26	Psych	2nd year
Harshik	PSY/22/18	Psychology	2nd year
Pragati	PSY/22/37	Psychology	2nd year
Sanskriti	BAP/22/61	B.A. Program	2nd Year
Hemansh	PSY/23/22	Psych. Hons	1st year
Vishwan	PSY/23/57	Psych. Hons	1st year
Starvin Ananya	PSY/23/51	Psych. Hons	1st year
Gaurav	PSY/22/16	Psych. Hons	2nd year
Gagan	PSY/22/15	"	2nd year
Shivanshi	PSY/22/56	"	"
Shwari	PSY/22/55	"	"
Sejal	PSY/22/53	"	"
Avi	PSY/21/2	"	3rd year
Sukhnoor	PSY/21/37	"	"
Chanchal	PSY/21/63	"	3rd year
Tanish	PSY/22/61	"	2nd year
Shravya	PSY/22/54	"	2nd year
Riddhi	PSY/22/46	"	2nd year

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