

WORKSHOP on World Suicide Prevention Day – 2019

DATE: 09-09-2019

TIME: 3:00PM TO 04:30 PM

VENUE: SEMINAR HALL 3

PARTICIPANTS: STUDENTS - 23

FACULTY NAME: MS. SAMPRITHA SURESH

SUMMARY: YES

PHOTOS: YES

SCREEN SHOTS OF IMPORTANT CORRESPONDENCE: YES

POSTERS & BROCHURES COPY: YES

FEEDBACK: YES

**Workshop on:
World Suicide Prevention Day – 2019**

World Suicide Prevention Day is observed on September 10 each year to promote worldwide action to prevent suicides. For every person who completes a suicide, 20 or more may attempt to end their lives. About one million people die by suicide each year. Suicide is a major preventable cause of premature death which is influenced by psychosocial, cultural and environmental risk factors that can be prevented through worldwide responses.



Fig 1.1 Workshop organized on the occasion of World Suicide Prevention Day facilitated by Dr. Uma Warriar, Area Chair HR, speaker for the session for MBA students of CMS Business School on 9-9- 2019.



Fig 1.2 Workshop organized on the occasion of World Suicide Prevention Day facilitated by Dr. Uma Warriar, Area Chair HR, speaker for the session for MBA students of CMS Business School on 9-9- 2019.

International Association for Suicide Prevention (IASP) and WHO in their initiative to help suicide prevention came up with the theme “Working together to prevent suicide” and launched many activities across the world to support prevention and survivors.

The workshop was conducted on identifying red flags of people with suicide ideation and directing them towards the right actions to be taken at the point. The session was conducted by Dr. Uma Warriar, Chief Counselor of the university.



Fig 1.3: Dr. Uma Warriar and Ms. Sampritha Suresh during the session. Workshop organized on the occasion of World Suicide Prevention Day facilitated by Dr. Uma Warriar, Area Chair HR, speaker for the session for MBA students of CMS Business School on 9-9- 2019.

Students were briefed about the general physical, psychological and behavioral symptoms of any person with suicide ideation with key points on how to identify such symptoms. The session was interactive and was followed by a group discussion on the thought process of an individual with suicide attempts or ideas. The discussion was fruitful in understanding if the person attempting suicide is either brave or a coward. The group put across their opinion in the matter and it was concluded that the situation of a person makes their thought process in the way they think and the act of bravery or coward-ness is not part of their actions as their thoughts are not reasoned enough in the given condition.



Fig 1.5 Students during the workshop organized on the occasion of World Suicide Prevention Day facilitated by Dr. Uma Warriar, Area Chair HR, speaker for the session for MBA students of CMS Business School on 9-9- 2019.

The workshop adopted the module TAKE 5, which is used by IASP to help volunteers understand the process and steps to extend help. The module discusses about five steps everyone can take to help prevent suicide.

1. LEARN THE SIGNS - Take a few minutes to learn the warning signs of suicide.
2. KNOW HOW TO HELP - You CAN help. Know what to say and do if someone you care about is suicidal.
3. PRACTICE SELF CARE - Make mental wellness a priority in your life.
4. REACH OUT - Help is available and recovery is possible.
5. SPREAD THE WORD - Pledge to tell 5 people about Take 5 and WSPD.

The session went on to explain each in detail and later one of the activity introduced by IASP for suicide prevention was shared with the volunteers to perform.



Fig 1.7 Dr. Uma Warriar, interacting with the students during Workshop organized on the occasion of World Suicide Prevention Day facilitated by Dr. Uma Warriar, Area Chair HR, speaker for the session for MBA students of CMS Business School on 9-9-2019.



The volunteers were asked to light a candle near their window at night 8 PM on 10th of September to show support for suicide prevention. The candle is denoted as a symbol to hope for the life taking thoughts in the young minds and a reminder that there is always light when you seek for it. The same was asked to be shared by the volunteers on their social media for spreading awareness and increasing the support. The session ended with volunteers sharing their experience about these topics and discussion. Online feedback for the session was taken.

Feedbacks:

- This was a very informative session especially when it comes to the youth who are going through a completely transformative stage in their life.
- The session was interactive and informative. It helps to identify the people in need of better mental health.
- Awesome interaction with Uma ma'am and thanks for providing the needful information about the Suicide.
- Thanks for all the tips and tricks mam. we would surely support all the needy with your valuable suggestions. Thank a lot.
- This session was very much helpful to know about psychological behavior of people tending to commit suicide and how to approach them.
- Respected faculty members, it is a great privilege to be a part of vishwas team. I am thankful to vishwas for providing more knowledge about the important subjects in life to learn and think about. as an individual It has become much easier to understand what vishwas is going to state in every meeting and workshops...on a personal note I want to thank Dr. Uma Warriar mam and our beloved Sampritha Suresh mam for giving us an opportunity to be a part of the amazing team.
- It was a very helpful and an important session, especially where it could really be helpful for me as I was able to relate my own experience and helped to vision my thoughts in a better way.
- The session was very valuable for me. I came to know much about problems which relate to one committing suicide. Also debate session was very interesting because the discussions included many cases relating to suicidal attempt.
- The content that this program covered was need of the hour. I hearty thank all those who worked for this and made this happen. Thank you for this wonderful session and program.
- Eye opening and informative.
- It was very helpful for us to understand the actual reason why a person suicide. Would like to learn more about this session.

Attainment Calculation

Workshop

POs	Q1	Q2	Q3	Q4	Q5	Captured By	Total Attainment Score	Level Achieved
PO1	71%	64%			62%	Q1 Q2 Q5	66%	2
PO2								
PO3								
PO4								
PO5	71%	64%	66%			Q1 Q2 Q3	67%	2
PO6								
PO7	71%	64%	66%			Q1 Q2 Q3	67%	2
PSO1								
PSO2								
PSO3								

Feedback Analysis:

	Wt Score ▶	5	4	3	2	1	Total	Wt. Score	Max score	%age
Questions to Map Pos	List of Pos & PSOs	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree				
The Workshop helped me to learn new / Improve new skill and competency	PO1 PO5 PO7	3	11	6	2	1	23	82	115	71%
The workshops objectives were clearly stated and achieved	PO1 PO5 PO7	5	5	4	8	1	23	74	115	64%
The workshops content & coverage was relevant	PO5 PO7	4	7	5	6	1	23	76	115	66%
The time was well managed during the workshops		5	6	6	6	0	23	79	115	69%
The facilitator of the workshop was knowledgeable & resourceful	PO1	4	4	6	8	1	23	71	115	62%



9/14/2019

Jain University - Center For Management Studies Mail - Fwd: [CMSBS Faculty Members:276] World Suicide Prevention Day



charan KJ <charan_kj@cms.ac.in>

Fwd: [CMSBS Faculty Members:276] World Suicide Prevention Day

1 message

Sampritha Suresh <sampritha_s@cms.ac.in>
To: charan KJ <charan_kj@cms.ac.in>
Cc: Uma Warriar <umawarriar@cms.ac.in>

Sat, Sep 14, 2019 at 8:55 AM

Dear Charan,

PFA the mail thread for WSPD for reference.

----- Forwarded message -----

From: **Sampritha Suresh** <sampritha_s@cms.ac.in>
Date: Mon, Sep 9, 2019 at 1:01 PM
Subject: Fwd: [CMSBS Faculty Members:276] World Suicide Prevention Day
To: lakshmi D <lakshmi_d@cms.ac.in>
Cc: uma warriar <warriar.uma@gmail.com>

Please find the forward mail. Kindly display the session details on the back drop.

----- Forwarded message -----

From: **CMS Business School** <bschool@cms.ac.in>
Date: Mon, Sep 9, 2019 at 10:04 AM
Subject: [CMSBS Faculty Members:276] World Suicide Prevention Day
To: <cmsbs-facultymembers@googlegroups.com>
Cc: dineshnikant <dineshnikant@rediffmail.com>, Harold Patrick <harold.patrick@jainuniversity.ac.in>, <n.chandrasekhar@jainuniversity.ac.in>

Dear Faculty,

On the occasion of World Suicide Prevention Day which is identified on 10th of September, Vishwas is organizing a workshop on identifying red flags and prevention of suicide on 9th of September 2019 at 03:00 pm to 04:00 pm at Lecture Hall 210.

We invite all the faculty to attend the workshop.

Note: Faculty are requested to send all the volunteers of Vishwas to assemble for the same in the allotted room. kindly co-operate.

PFA the poster regarding the same. All are welcome.

Regards,

Dr Uma Warriar
Professor (OB & HRM) & Chief counselor
CMS Bschoo
Jain University

—
You received this message because you are subscribed to the Google Groups "CMSBS-FacultyMembers" group. To unsubscribe from this group and stop receiving emails from it, send an email to cmsbs-facultymembers+unsubscribe@googlegroups.com.
To view this discussion on the web visit https://groups.google.com/d/msgid/cmsbs-facultymembers/CA%2BMX7ysBgNvbfYAnGDLrQDE2H%3D-R_KmFz%3DxFSKUMZ1v84nTQ%40mail.gmail.com.

<https://mail.google.com/mail/u/07?ik=bc7f002fc&view=pt&search=all&permthid=thread-f%3A1644619445647514203&siml=msg-f%3A1644619445647514203> 1/2

SCREEN SHOTS OF IMPORTANT CORRESPONDENCE:

POSTERS & BROCHURES COPY:



WORLD SUICIDE PREVENTION DAY

10th SEPTEMBER 2019

Working together to prevent suicide

Workshop: Identifying red flags and suicide prevention for VISHWAS volunteers
9th September 2019
Room no. 210

ALL ARE WELCOME