

## **Webinar On Creating Hope Through Action**

September 10,2021

In connection with world suicide prevention day, webinar was organised by the department of psychology, Vimala college on 10<sup>th</sup> September 2021 from 6:00 to 7:00pm. The webinar was aimed at raising awareness among students about the importance of preventing suicide. It was a well organised webinar with participation of many students.

The webinar was conducted by the faculty coordinator Dr.Sinto P Anto, assistant professor and head of department of psychology, Vimala college. Malavika Menon and Farzana Lishad from the department of psychology were the student coordinators.The webinar started with prayer by Neenu T. S. The gathering was welcomed by Dr.Sinto P Anto. The resource person SR. Jincy P.D consultant clinical psychologist Ansar hospital Perumpilavu and Malankara medical mission hospital Kunnamkulam gave a very informative talk about the importance of preventing suicide. She explained about the Moto of WHO of world suicide prevention day 2021-Creating Hope Through Action. She explained about the suicidal rate , also about the gender difference in taking part in suicidal attempts. The studies says that men's suicide rate is approximate 1.8 times higher than the females.

She discussed about the causal factors ( Exogenous and Endogenous) of committing suicides. She also told about the types of suicide and risk factors. She also included the point that who can prevent suicide?

She explained about QPR gate keeper training programme – Question , Persuade , Refer. She also added her own life experiences regarding suicidal attempts. She concluded the session by explaining about how can help myself as an individual from suicide and how can help family members from the suicidal tendencies. Then there was an interactive session between resource person and the students.

The webinar was concluded with vote of thanks by Alfa Thomas and E-certificates were also issued to the students for their participation.