

LOYOLA COLLEGE (AUTONOMOUS), CHENNAI
DEPARTMENT OF SOCIAL WORK
ACTIVITY REPORT

General Information

Type of Activity	Workshop
Title of the Activity	World Suicide Prevention Day
Date	10 September 2022
Time	5 .00 pm – 6. 00 pm
Venue	Seminar Hall, Social Work Department
Collaboration	Shadithya Hospital

Speaker/Guest/Presenter Details

Name	Mr. Jayandrakumar
Title/Position	Psychiatric Social Worker
Organization	Shadithya Hospital
Title of Presentation	Clinical Depression/ Case scenarios/ Creating Hope through action/ Understanding suicidal thoughts

Speaker/Guest/Presenter Details

Name	Ms. Kamali Priyadarshini
Title/Position	Counselling Psychologist
Organization	Shadithya Hospital
Title of Presentation	Clinical Depression/ Case scenarios/ Creating Hope through action/ Understanding suicidal thoughts

Participants Profile

Type of Participants	Student
No. of Participants	80


Synopsis of the Activity (Description)

Highlights of the Activity	<p>The session started with an explanation of the rise in suicidal cases in Tamil Nadu. The resource persons explained the importance of preventing suicides in our country. The resource persons presented 3 case vignettes and asked 3 students to volunteer by providing solutions to the problems.</p> <p>Later on, they explained in detail clinical depression and anxiety disorders.</p> <p>Depression(Mild, Moderate, Severe)</p> <p>The individual usually suffers from depressed mood, loss of interest and enjoyment, and reduced energy leading to increased fatiguability and diminished activity. Marked tiredness after only little effort is expected. Other common symptoms are:</p>
----------------------------	--

	<p>(a)reduced concentration and attention;</p> <p>(b)reduced self-esteem and self-confidence;</p> <p>(c)ideas of guilt and unworthiness (even in a mild type of episode);</p> <p>(d)bleak and pessimistic views of the future;</p> <p>(e)ideas or acts of self-harm or suicide</p> <p>(f)disturbed sleep</p> <p>(g)diminished appetite.</p> <p>No single approach works for everyone.</p> <p>People who are suicidal may feel trapped or like a burden to their friends, family, and those around them and thus feel like they are alone and have no other options.</p> <p>The COVID-19 Pandemic has contributed to increased feelings of isolation and vulnerability.</p>
Key Takeaways	<p>1. Creating Hope through Action</p> <p>Reach In:</p> <p>We do not need to tell them what to do or have solutions, but simply making the time and space to listen to someone about their experiences of distress or suicidal thoughts can help.</p> <p>Encourage Understanding to seek professional help:</p> <p>Changing the narrative around suicide through the promotion of hope can create a more compassionate society where those in need feel more comfortable in coming forward to seek help</p> <p>Share Experiences:</p> <p>It's really important that the person sharing their story knows how to do so in a way that is safe for them and for those who hear their story.</p> <p>We can help give someone hope by showing that we care.</p> <p>Encourage understanding:</p> <p>Stigma is a major barrier to help-seeking. We can all do something to live in a world where suicide is recognized and we can all do something to help prevent it.</p> <p>Share experiences: The insights and stories of people with a lived experience of suicide can be extremely powerful in helping others understand suicide better and encourage people to reach in to support someone, and for individuals to reach out for help themselves. It's really important that the person sharing their story knows how to do so in a way that is safe for them and for those who hear their story. Personal</p>

	<p>stories of an individual's experiences of significant emotional distress, suicidal thoughts or attempts, and their experiences of recovery from being bereaved by suicide can inspire hope in others that they too can move through the period of distress or crisis, and their insights can help others understand what it means to feel suicidal and how they can support others.</p>
Summary of the Activity	<p>The session ended with a role play performed by first-year students, Ms. Vijayalakshmi and Mr. Agal Akash. The role play was the interaction between the social worker and the client. Through this, the resource person highlighted the importance of counseling skills which include:</p> <p>Posture (leaning forward), Body language, Eye contact, communication, and listening skills.</p> <p>The workshop ended with a vote of thanks, which was given by Ms. Yasmin (Fist year student, Department of social work) and the guests were felicitated with a memento.</p>
Follow-up plan	<p>1. What we do know is that there are certain factors and life events that may make someone more vulnerable to suicide and mental health conditions such as anxiety and depression can also be contributing factors.</p> <p>2. By creating hope through action, we can signal to people experiencing suicidal thoughts that there is hope and that we care and want to support them.</p> <p>The session was fruitful for all the students and it ended well.</p>

Report prepared by:

Name of the Organiser	Ms. P. Maria Celena under the guidance of Dr. Hannah Evangeline
Designation/Title	2nd year MSW, M&P. Coordinator & faculty
Signature	

Deputy Principal

Vice Principal


HoD/Coordinator


Annexure:

1. Speaker Profile

- Ms Kamali Priyadharshini. completed her post-graduation in applied psychology. Currently working as a counselling psychologist at Shadithya Health Care.
- Mr Jayandra Kumar K. is a Social worker specialized in medical and psychiatric Specialisation at Madras Christian College. He is an expert in

psycho social assessment and intervention. He is currently working as a case manager at Shadithya Health and Care.


 **LOYOLA COLLEGE (AUTONOMOUS)**
CHENNAI - 600 034

 **SHADITHYA**
HOSPITAL

DEPARTMENT OF SOCIAL WORK,
SHIFT-2
Cordially invite you to a work shop on

SUICIDE
PREVENTION

Commemorating the world suicide
prevention day



RESOURCE PERSONS

Ms. Kamali Priyadarshini, Psychologist, Shadithya Hospital
Mr. Jayandrakumar, Psych.Social Worker, Shadithya Hospital

SEMINAR HALL **10TH SEPT 2022**
DEPARTMENT OF SOCIAL WORK **SATURDAY 4.45 - 6.30 PM**



