

# TILAK MAHARASHTRA VIDYAPEETH PUNE

## INSTITUTE OF NURSING EDUCATION AND RESEARCH PUNE.

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**NAME OF THE EVENT – “Seminar On awareness regarding suicide”**

**ORGANIZER –** Tilak Maharashtra Vidyapeeth Nursing Department

**DATE AND TIME –** 14/09/2022 Time 5pm

**PARTICIPANTS –** IVth&IIIndBasic B.Sc. Nursing Students

**SPEAKER –** Ms. Sonali Satpute

**VENUE –** IV Basic B.Sc. classroom, INER, TMV

### **Topic Addressed –**

- Introduction to suicide.
- Definition of suicide ideation, suicide attempt and complete suicide.
- List down risk factors of suicide.
- Elaborate warning signs of suicide.
- Explain prevention of suicide.

### **Theme – “Creating Hope through action.”**

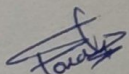
World suicide preventionDay in India is celebrated on 10th of September every year by the people, government organizations and other related professions in order to create awareness regarding prevention of suicide and suicidal behaviour.

The objective of this day is to raise the awareness regarding prevention of suicide and suicidal behaviour. Under the guidance of Dr. Madhuri Shelke (Principal INER, Pune) Ms. Sonali Satpute conducted the seminar on the occasion of World suicide preventionDay. The goal of conducting the programme was to create the awareness regarding prevention of suicide and suicidal behaviour and to understand the value of it. Following points were presented in the seminar:-

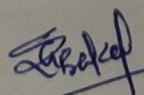
- Suicide is a global public health problem that deserves the attention to know it's risk factors and preventive measures. Worldwide more than 800,000 people die by suicide a year and it is the third leading cause of death among adolescence.

- Suicide is a purposefully taking one's own life. Suicidal behaviour with suicidal ideation which initiate the person to commit suicide.
- Risk of suicide increases in presence of risk factors. The risk factors for suicidal behavior are as family history, psychiatric history, stress and depression, loss of love one, child maltreatment, alcoholism and drug abuse and so on.
- Being aware of the warning signs of suicide can allow individuals to direct people who may be considering suicide to get help. Warning signs are:
  1. Talking about wants to die
  2. Talking about feeling empty, hopeless, and having no reason to live
  3. Making a plan or looking for a way to kill themselves, such as searching online, stockpiling pills, or buying a gun
  4. Talking about great guilt or shame
  5. Talking about feeling trapped or feeling that there are no solutions
  6. Talking about being a burden to others
  7. Using alcohol or drugs more often
  8. Withdrawing from family and friends
  9. Talking or thinking about death often
  10. Displaying extreme mood swings, suddenly changing from very sad to very calm or happy
- For the prevention of suicide there is so many measures like counselling, relaxation as arranging short trips or recreational activity, ventilating emotions and at advance stage there is rehabilitative treatment.
- B. Sc. IV year students perform **Skit on "Creating Hope through action."** for the students to create awareness regarding sign and symptoms, warning signs and preventive factors of suicidal behaviour.

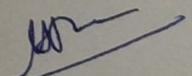
The session was very interactive along with discussion regarding the topic and resolution of their queries. At the end of the session, the effectiveness of the seminar was assessed through the question answers

  
Ms. Sonali Satpute

Assistant Professor

  
Mrs. Shilpa Bakal

Programme Co-ordinator

  
Prof. Dr. Madhuri Shelke

Principal

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