SUICIDE PREVENTION DAY

Date: 10th September, 2026

Time: 1:15pm - 2:45 pm

Venue: Concert Hall

Resource Person: Ms. Sayani Banerjee & Ms.Sudhanya Roy Chowdhury

Organized by: Department of Psychology

The Department of Psychology organized a session for suicide prevention day on the 10th of September 2026 from 1:15 pm till 2:45 pm in the Concert hall. The session was conducted with the objective to raise awareness, debunk myths and start a conversation around suicide as an act and it's prevention.

The programme commenced with the formal welcome to the first resource person Ms. Sayani Banerjee who delivered an engaging and informative speech on mental health, suicide and the mental health clinic of Loreto College, "SWOSTI". She emphasised the importance of mental health, seeking professional help and nurturing a safe environment for all.

Then a session on debunking myths about Suicide and presenting facts about suicide and the individuals was conducted by Undergraduate Semester 1 students of the Department of Psychology where they challenged myths widely known by the general people and presented facts instead that helped garner more awareness not just towards the act but also the individuals who attempt it. The session covered widely known and talked about reactions that general people have over someone who attempted suicide and was an effort to change the perspective and narrative towards the act and the reasoning behind it.

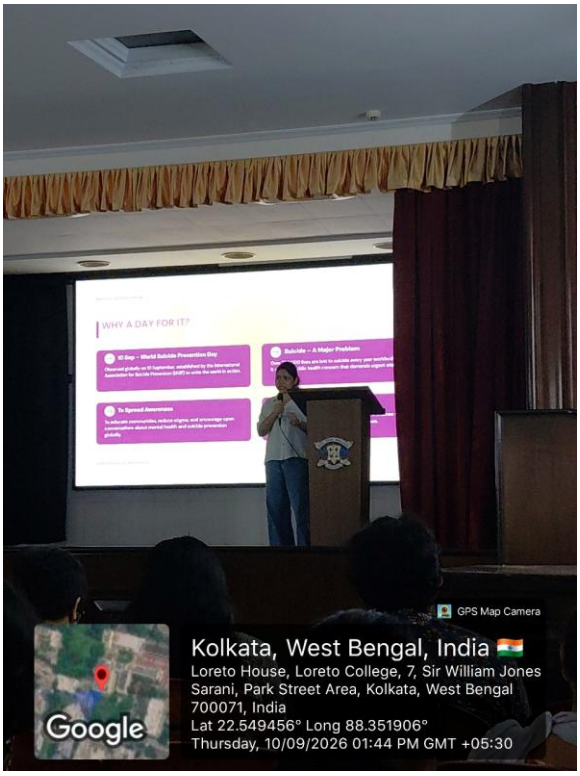
After that a session was conducted by the Postgraduate students of Department of Psychology on lived experiences and stories of famous individuals who didn't just struggle with their mental health, attempted suicide but also lived on, and are doing way better in their respective careers. The session was conducted to make people aware that an attempt isn't the end but one can bounce back and thrive afterwards and to show how there's so much life beyond it.

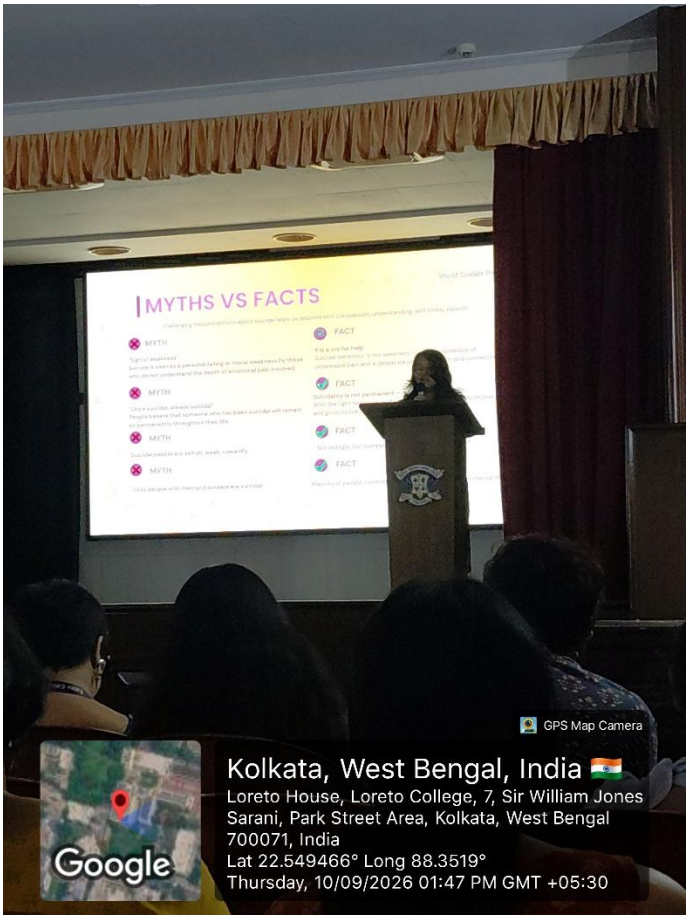
The final session of the event was conducted with the formal introduction of the second resource person Ms. Sudhanya Roychoudhury, where she conducted a presentation on "HOLDING SPACE : Beginning conversations on suicide prevention", where she presented an elaborate, accessible and deeper understanding of not just the act of suicide, the individual who attempts it but also a guidance to people who are present around them on how they should act and how they can hold space, prevent as well as help support their close ones.

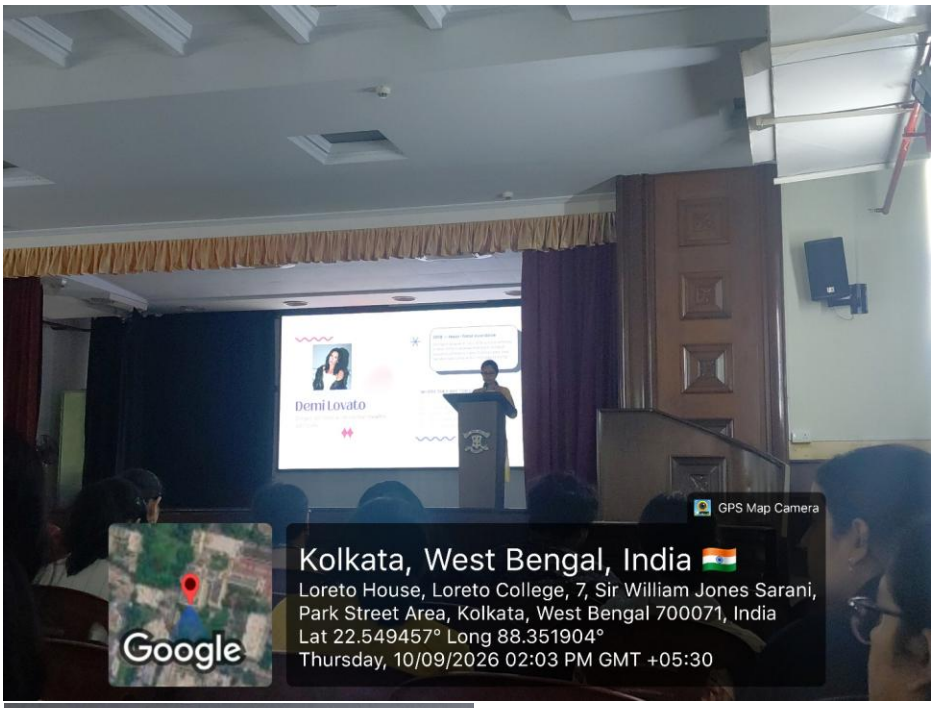
The core objective of the programme was to foster a safe, supportive, and empathetic community by increasing participants' understanding of the underlying factors and complexities associated with suicide. The programme sought to challenge and dismantle long-standing stigma surrounding suicide and mental health by creating a space for open, respectful, and non-judgmental dialogue. Through meaningful conversations and awareness-building activities, attendees were encouraged to develop greater empathy, recognize warning signs, and respond to individuals experiencing emotional distress with sensitivity and compassion. The programme also aimed to equip participants with

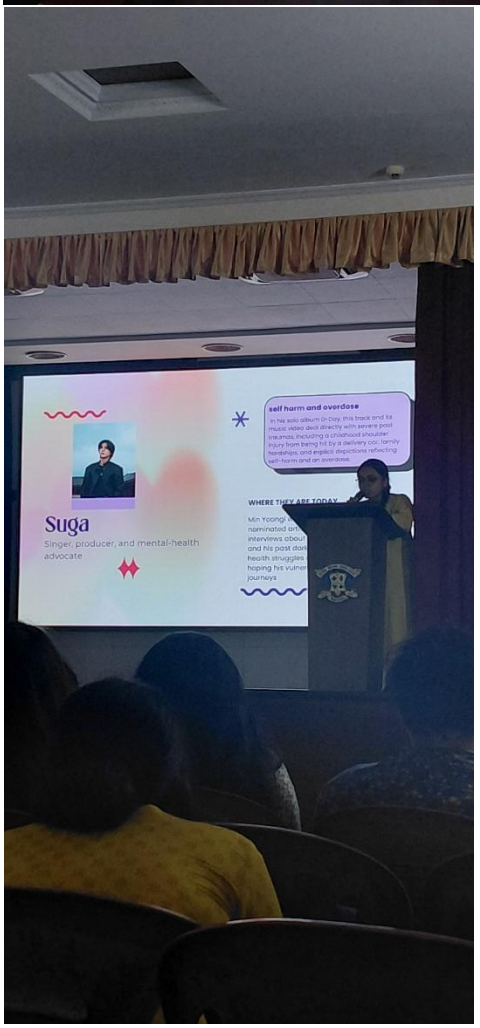
practical, actionable tools and skills to provide appropriate support, initiate difficult conversations, and hold compassionate space for those who may be struggling, while reinforcing the importance of seeking professional help when needed.




WHY A DAY FOR IT?
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