

## SHIFT II

**LOYOLA COLLEGE (AUTONOMOUS), CHENNAI**  
**DEPARTMENT OF COUNSELLING PSYCHOLOGY**  
**ACTIVITY REPORT**

### General Information

Type of Activity	Seminar
Title of the Activity	Coping with Stress and Suicide Prevention
Date/s	24/03/2023
Time	11:30 AM -1:30PM
Venue	CAS 03, Department of Counselling Psychology, Loyola College
Collaboration/Sponsor (if any)	Institutional

### Speaker/Guest/Presenter Details

Name	Mr. Ilango
Title/Position	Suicide Awareness Team
Organization	Sneha Foundation.
Title of Presentation	Coping with stress and Suicide Prevention

*(Add/repeat above rows if there is more than 1 Speaker)*

### Participants Profile

Type of Participants	<b>Student/Faculty</b>
No. of Participants	Students - 18 Faculty - 2

### Synopsis of the Activity (Description)

Highlights of the Activity	<ol style="list-style-type: none"><li>1. Primary concern is prevention of suicide.</li><li>2. How to prevent, help and interact with the persons who are suicidal.</li></ol>
Key Takeaways	<ol style="list-style-type: none"><li>1. Steps to help people who go through suicidal thoughts</li><li>2. WHO model</li></ol>
Summary of the Activity	<ol style="list-style-type: none"><li>1. The seminar was conducted for 1<sup>st</sup> year of PG students on 24<sup>th</sup> of March.</li><li>2. The resource person also shared more information about suicide prevention, stress, levels of stress, emotion and pain involved in stress, overcoming stress, ways to identify a person who is suicidal, identifying a person who has suicidal thoughts, protective factors, risk factors, and the statistical ratio of suicide were discussed</li><li>3. The resource person shared more information about suicide prevention and about reducing stigma.</li><li>4. The workshop was interesting and it gave us new insight into life. It makes us aware of what we all have now and how blessed we are to have them.</li><li>5. Students shared their own experiences with the class, which helps us to understand their coping and their effort to overcome their challenges.</li></ol>

	6. At last, questions were clarified which gave a complete feel about the seminar.
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**Report prepared by:**

Name of the Organiser	Prof. Linda M
Designation/Title	Assistant Professor, Department of Counselling Psychology
Signature	

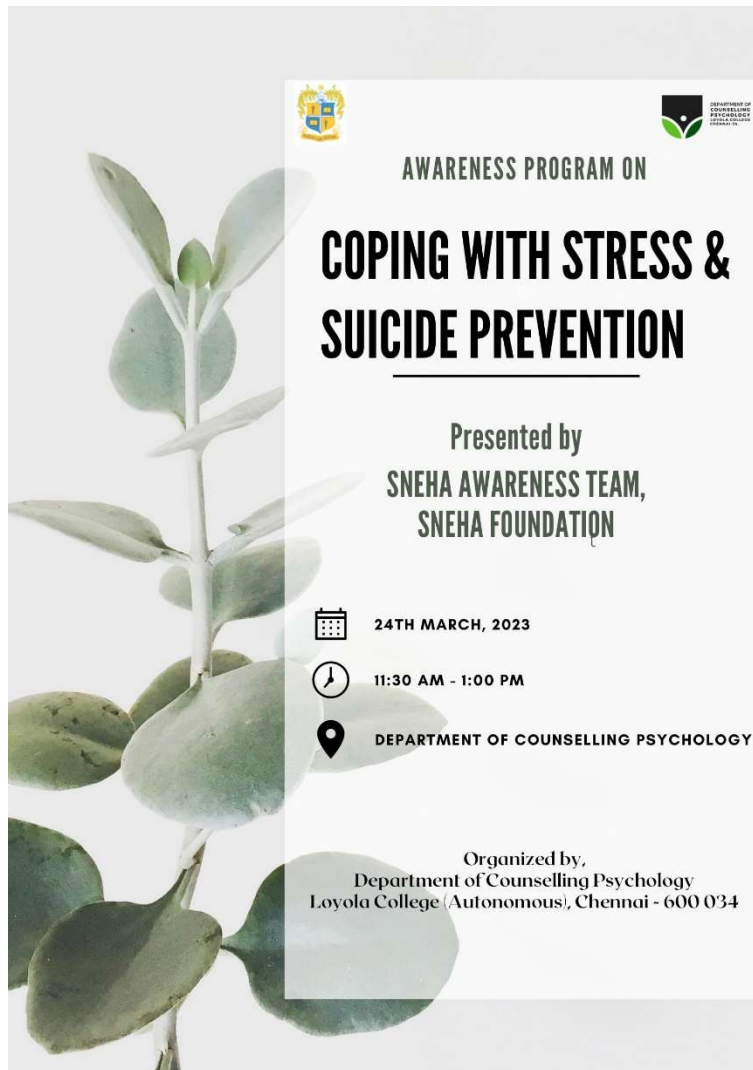
**Deputy Principal**

**Vice Principal**

**HoD/Coordinator**

**Annexure:**

1. Photos of the activity (not more than two)
2. Attendance list of participants





Shift II

Date: 24<sup>th</sup> March 2023

Time: 11:30 AM – 1:30 PM

Venue: CAS 03, Department of Counselling Psychology, Loyola College, Chennai

List of Attendees

I PG

<b>SL.NO.</b>	<b>DEPT.NO.</b>	<b>STUDENT NAME</b>
1	22-PCP-003	NIHAYA FATHIMA N
2	22-PCP-008	MIRIAM SHAVON DALY
3	22-PCP-009	KARTHIKEYAN. S
4	22-PCP-010	MERLIN A
5	22-PCP-011	SANGEETHA BEHERA
6	22-PCP-012	BHARATHI. R
7	22-PCP-013	MISBA SHARIFFA. M
8	22-PCP-014	SAMANTHA JOAN A
9	22-PCP-017	LAKSHANA. S
10	22-PCP-019	J. AMANDA DOROTHY
12	22-PCP-020	JEEVANA. R
13	22-PCP-021	DIVYA
14	22-PCP-023	RAHUL
15	22-PCP-024	HEMAROOPAN
16	22-PCP-026	JENNIFER J
17	22-PCP-027	GRACEMA D
18	22-PCP-028	MONICA SRI I