



# P.P.N. (P.G.) College, Kanpur

96/12 Mahatma Gandhi Marg, Kanpur -208001

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## 3.2.2: Number of workshops/seminars/conference including programs conducted on Research Methodology, Intellectual Property Rights (IPR) and entrepreneurship (Session: 2018-19)

### Report on Guest Lecture on "Guest Lecture on Suicide Prevention: Social and Emotional Research in Preview of Psychological Perspective" held on 10<sup>th</sup> September 2018

Suicide is a serious public health problem that can have lasting harmful effects on individuals, families and communities. On the occasion of suicide prevention day the department of psychology organised a guest lecture on suicide prevention by **Professor Braj Bhushan** from IIT Kanpur, he focused the causes and prevention of suicides. Preventing suicide requires strategies at all the level of society. This includes prevention and protective strategies for individual, family and community. It can be prevented by learning the warning signs, promoting prevention and resilience and committing to social change.

He focused the role of psychologist in preventing suicide and supporting youth. Dr. Braj Bhushan guided specially the therapeutic method and their uses to the students. It helps a student that how to navigating these challenges to deal effectively, the lecture is convened by **Dr. Abha Singh Associate Professor** and Head, Department of Psychology.

In conclusion this guest lecture on "suicide prevention social and emotional research in preview of psychological perspective" develops insight and practical exposure to the students that how to manage these situations effectively and convert negative thoughts into positive thoughts. The lecture is attended by 93 students and many faculty members. Professor Braj Bhushan answered all the questions asked by the participants, so, the event was useful, meaningful and successful for both individual level and Social level.



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### Guest Lecture on Suicide Prevention

Social and Emotional Research in Preview of Psychological Perspective

Organized by

**Department of Psychology**

Speaker:

**Prof. Braj Bhushan, I.I.T. Kanpur**

Date:

10.09.2018

Coordinator:

**Dr. Abha Singh**

**Department of Psychology**

**PPN College, Kanpur**

Guest Lecture of Suicide Prevention organized by Dept. of Psychology, 10.09.2018



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मंगलवार • 11.09.2018

महिला • संस्कृति • समाज

## बच्चा ज्यादा बोले या चुप रहे तो ध्यान दें

बढ़ती आत्महत्याओं पर पीपीएन कॉलेज में संगोष्ठी, आत्महत्या बढ़ने का मुख्य कारण लोगों का अंतरमुखी होना

अमर उजवाला ज्योशी

काणपुर। अक्सर सुन रहने वाला बच्चा अगर ज्यादा बोलने लगे या ज्यादा चुप रहने लगने पर माता पिता को अविश्वस्यक आसर्ट हो जाए। बच्चे से बात कर उसके मन की बात जानने की कोशिश करें। अगर बच्चा चुप रहने लगे तो माता पिता को उस पर ध्यान दे जानने। उसके बर्तव्यविचारों पर ध्यान देना। यह जानकारी आईआईटी काणपुर के पर्यवेक्षण विभाग के प्रो. सुब्रह्मण्यन देवें। वे सोवियत हिस्ट्री कनिज में पर्यवेक्षण विभाग की ओर से आयोजित संगोष्ठी में बोल रहे थे।

विश्व आत्महत्या रोकथाम दिवस पर आयोजित संगोष्ठी में प्रो. सुब्रह्मण्यन देवें ने कहा कि आत्महत्या बढ़ने का मुख्य कारण लोगों का अंतरमुखी होना है। जब वह अपनी बात किसी से कर नहीं पाते और चुप हो चुकते हैं तब तक रहते हैं।



जबका कम करने सबसे ज़रूरी है-संवेदनशील होना प्रो. सुब्रह्मण्यन देवें। संगोष्ठी में बोल रहे हैं।

जो वह किसी तककी अवस्था को और भी जल्दी है। तबसे से बचने के लिए हमसे जल्दी है कोशिश करना। अपने दोस्त, रिश्तेदार, अध्यापक या किसी किसी से भी बात करें। समय पर चुप हो मुकाम से बचकर किसी को मदद लें।

उत्तम अवस्था के ही सबसे बड़ा है। तबसे से बचने के लिए पर्याप्त रूप से संवेदनशील होना जरूरी है। तबसे से बचने के लिए पर्याप्त रूप से संवेदनशील होना जरूरी है। तबसे से बचने के लिए पर्याप्त रूप से संवेदनशील होना जरूरी है।

- पैरों के साथ आत्महत्या में मदद करें।
- आत्महत्या की, सहायक रूप को विकसित करें।
- आत्महत्या करने के लिए तैयार न करें। मुकाम को ही आसर्ट है, तबसे बचते रहें।
- बच्चा अकेले रहने परत है, तब भी ध्यान दें कि उसकी सुरक्षा कर लें।
- आत्महत्या करने की कोशिश करें।
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- आत्महत्या करने की कोशिश करें।

Guest Lecture of Suicide Prevention organized by Dept. of Psychology, 10.09.2018



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