







FREE STRESS CHECK-UP CAMP & EXHIBITION ON "AWARENESS OF SUICIDE PREVENTION"

On the occasion of WORLD SUICIDE PREVENTION DAY

(Theme: Creating Hope Through Action)

11 SEPTEMBER, 2023 11 AM- 4 PM VENUE: SWASTHI COUNSELLING CENTRE, DEPARTMENT OF PSYCHOLOGY, DDU GORAKHPUR UNIVERSITY

ORGANIZED BY
DEPARTMENT OF PSYCHOLOGY
DDU GORAKHPUR UNIVERSITY,
GORAKHPUR, UP

CONCEPT NOTE

Suicide sometimes may become the only way for some people to escape pain or sufferings. Talking about suicide makes most people cringe and makes them very uncomfortable but, at the same time, Suicide affects many people around the globe each year due to complex interactions of biological, genetic, psychological, sociological and environmental factors. One in every 100 deaths in the world is a suicide. The global burden of suicide is an estimate of 703 000 people every year. In 2021, 1.64 lakh people took their own lives, and the rate jumped to 12 % in 2022.

Hence, the department of psychology organizes various awareness programs each year on this day. Swasti Psychological Counselling Center of the department of psychology was established in 2020 aiming to provide preventive and affective counselling and care for the population undergoing stress, depression, suicidal thoughts and other mental health related issues fulfilling the theme of this year "Creating Hope Through Action".

On the occasion of World Suicide prevention day, it is a step taken by the counselling center and the department to spread awareness about prevention and alternative coping strategies to mitigate suicide ideation among people. So, find out your level of stress and gain information related to suicide prevention. After all, "Awareness is the first step to Healing"

PROGRAM SCHEDULE

ACTIVITY	TIME
Inauguration of Exhibition (Ribbon Cutting) by Hon. Vice Chancellor	11:00 am- 11:45 am
Showcasing of the Exhibition	11:45 am-12:15 pm
Inauguration of Free stress check-up camp by lighting of the lamp	12:15 pm- 12:40 pm
Demonstration of stress bursting techniques	12:40 pm- 01:00 pm
Continuation of free stress checkup Camp and Exhibition	01:00 pm- 04:00 pm

Patron Prof.(Dr.) Poonam Tandon Honorable Vice Chancellor, DDUGU, Gorakhpur		
Convener		
Prof.(Dr.) Anubhuti Dubey	Coordinator	
Head, Department of Psychology	Dr. Vismita Paliwal	
Co-Convener Prof. (Dr.) Dhananjay Kumar Department of Psychology Advisor Prof. (Dr.) Sushma Pandey	Organizing Team Dr. Girijesh Kumar Yadav Dr. Garima Singh Dr. Ram Kirti Singh Dr. Rashmi Rani Dr. Priyanka Gautam	

EVENT: Free Stress Check-Up Camp & Exhibition for "Awareness of Suicide Prevention" on the occasion of "World Suicide Prevention Day".

DATE: 11 September, 2023

TIME: 11 am- 4 pm

VENUE: Swasti Psychological Counselling Centre, Department of Psychology, DDU Gorakhpur University,

Gorakhpur.

Minute to Minute Programme

ACTIVITY	TIME
Inauguration of Exhibition (Ribbon Cutting) by Hon'ble Vice Chancellor	11:00 am- 11:05 am
Floral Tribute to Goddess Saraswati & Lighting of the lamp	
• Kulgeet	11:05 am- 11:10 am
Felicitation of Dignitaries	11: 10 am- 11: 15 am
• Felicitation of Hon'ble Vice Chancellor by Head,	
Department of Psychology	
Felicitation of Dean , Faculty of Arts by the Organizing	
Secretary	
Felicitation of The Registrar by the Co-Convener	
 Welcome Address by Head, Department of Psychology 	11:15 am- 11:20 am
Words of Blessings by Dean , Faculty of Arts	11:20 am- 11:25 am
 Inaugural Address by Hon. Vice Chancellor 	11:25 am
Book Release	
 Vote of Thanks by Organizing Secretary 	
Showcasing of the Exhibition	After inaugural address
 Inauguration of Free Stress Check-up Camp by ribbon cutting 	
Demonstration of Stress Busting Techniques	
 Plantation of Sapling by Hon'ble Vice Chancellor 	
Continuation of Free Stress Check-up Camp and Exhibition	Till 4 pm

REPORT

On the occasion of World Suicide Prevention Day (10.09.2023), Department of Psychology, Deen Dayal adhyay Gorakhpur University, Gorakhpur organized a free stress checkup camp and an exhibition for suicide prevention awareness on 11.09.2023. On this occasion, the program was inaugurated and presided over by Prof. Poonam Tandon, Honorable Vice Chancellor, Deen Dayal Upadhyay Gorakhpur University, Gorakhpur.

Formal welcome of all the guests in the program was done by Prof. Anubhuti Dubey, Head, Department of Psychology. In her address, she said that every year on this day, various types of awareness programs have been organized by the department, where there has been full support from the entire university.

On this occasion, Prof. Kriti Pandey, Dean, Faculty of Arts, during her address, while making reference to Durkheim's theory, said that as specialization was promoted in the society, our aspirations also increased due to which self-realization took place due to which the average number of suicides increased.

In the presidential address of the program, the Honorable Vice Chancellor said that mental health and suicide prevention are linked to each other. Paying attention to adopting a positive mental health never leads to stress and suicidal thoughts. Madam also highlighted that many such adverse situations arise in the life of students, in order to adjust with or cope from them, there is a need to understand the concept of positivity and happiness.

In the program, The book entitled, "Communication Skills and Personality Development" written by Prof. Anubhuti Dubey and Prof. Aradhana Shukla was released by the dignitaries.

The students displayed and presented the models made by them related to various causes and solutions of suicide, after observing which the honorable Vice Chancellor praised them. In their models, students drew attention to topics like academic stress, unemployment, farmer suicide, domestic violence, cyber bullying, ragging, exam stress, etc. The program was coordinated by Dr. Vismita Paliwal and compared by Prof. Dhananjay Kumar.

After this, while inaugurating the free stress checkup camp at Swasti Psychological Counseling Centre, Madam Vice Chancellor also inspected the centre. Under the Stress Checkup Camp, stress prevention measures and techniques were demonstrated through various tests and therapeutic interventions. The free stress checkup camp continued till 4 pm for all the students, teachers and other staff of the university, in which more than 50 people got their stress measured.

On this occasion, a tree plantation ceremony was also done in the Psychology Department by the Honorable Vice Chancellor. In this program, Prof. Shantanu Rastogi (Registrar), Dr. Satyapal Singh (Chief Proctor), Prof. Dharma Vrat Tiwari, Prof. Umesh Nath Tripathi, Prof. Ravi Shankar Singh, Prof. Vinod Kumar Singh, Prof. Shivkant, Prof. Sangeeta Pandey, Prof. Ajay Shukla, Prof. Pradeep Yadav, Prof. Sandeep Dixit, Prof. Harsh Kumar Sinha, Prof. Divya Rani Singh, Prof. Usha Singh, Prof. Gaurahari Bahra, Prof. Sunita Murmu, Dr. Mahendra Kumar Singh, Dr. Deependra Kumar Singh, Dr. Tulika Mishra, Mr. Shashank Singh, etc. were present in the program. The vote of thanks for the program was given by Dr. Vismita Paliwal.



















शि महराजगंज-गोररवपुर-कुशीनगर-देवरिया-भिर्जापुर-वाराणसी-इलाहाबाद सिद्धार्थनगर । मंगलवार, 12 सितंबर 2023 📑

आत्महत्या के रोकथाम में मानसिक स्वास्थ्य की आवश्यकताः प्रो.अनुभूति दुबे

दैनिक बुद्ध का सन्देश गोरखपुर । विश्व आत्महत्या रोकथाम दिवस के उपलक्ष्य में मनोविज्ञान विभाग,दीन दयाल उपाध्याय गोरखपुर विन्वविद्यालय के तत्वावधान में सोमवार को फ्री स्ट्रेस चेकप कैम्प एवं आत्महत्या के रोकथाम की जागरूकता हेतु प्रदर्शनी का आयोजन किया । कार्यक्रम का उद्यादन एवं अध्यक्षता प्रो. पनम टंडन , माननीया कुलपति , दीन दयाल उपाध्याय गोरखापुर विश्वविद्यालय द्वारा किया गया कार्यक्रम में सभी अतिथियों का स्वागत प्रो. अनुभूति दुवे विभागाध्यक्ष मनोविज्ञान विभाग द्वारा किया गया । अपने उद्बोधन में उन्होंने बताया कि विमाग में प्रतिवर्ष इस दिवस पर अनेक कई बार यह लक्षण आसानी से विशेषीकरण को बढावा मिला दूसरे से जुड़े हुए हैं । मानसिक करने हेतु सकारात्मकता एवं खुनी मनोवैज्ञानिक परीवाणीं द्वारा तनाव रहे।

समझ नहीं आते हैं जिसके हेतु. वैसे ही हमारी आकांक्षों की खास्थ्य पर ध्यान देने से कमी की अवचारणा को समझने की का अवलोकन कर उसके रोकधान आवस्यकता है । कार्यक्रम में करने के उपायों एवं तकनीकों



होतेरहे हैं जहाँ पूरे विश्वविद्यालय इस अवसर पर प्रो. ति पांडे , आत्महत्वा का औसत बढ़ता गया उत्पन्न होने की स्थिति ही नहीं कार्जसिलेंग सेंटर में मुत स्ट्रेस बहरा ,प्रो. सुनीता चुनूँ, डॉ. महेंद्र का सम्पूर्ण सहयोग रहा है । संकायाध्यक्ष, कला संकाय, द्वरा ।कार्यक्रम के अध्यक्षीय उद्योधन आती। महोदया ने इस बात पर चेकप कैम्प का उद्घाटन करते कुमार सिंह, डॉ दीपेन्द्र कुमार सिंह, आत्महत्या के लक्षणों का मापन अपने उद्बोबन में दुरकहिम्म के में आदरणीय कुलपति महोदया भी प्रकाश हाला कि छात्र जीवन हुए कुलपति महोदया ने संदर अहें तुलिका निश्ना, श्री श्रमांक रिश्न करन उनकी सही समय पर सिद्धांत का संदर्ग देते हुए ताया ने कहा कि मानशिक स्वारक परिश्वतियों का अवलोकन मी किया । स्ट्रेस , आदि समेत सभी किमागीय शिक्षक पहचान करना अतिआवश्यक है। कि समाज में जैसे—जैसे और आत्महत्या रोकथाम एक आ जाती है जिससे समयोजन चेकप कैंग्य के अंतर्गत विभिन्न एवं विद्यार्थी कार्यक्रम में उपस्थिति

प्रकार के जागरूकता कार्यक्रम विशेषझों की राय महत्वपूर्ण है। बढोतररी हुई जिसके कारण

तनाव और आत्महत्या के विचार

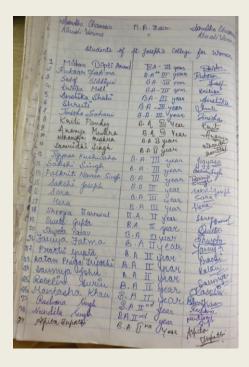
प्रो. अनुमूति दुवे एवं प्रो. आराधना का प्रदर्शन किया गया । मुत द्वारा लिखात स्ट्रेस चेकप कैम विश्वविद्यालय च्याउउनदपर्यजपवदौपससे दक के सभी विद्यार्थियों, शिक्षकों एवं च्म ते व द[']स प ज ल अन्य के लिए अपराहन 4 बजे क्मअमसवचउमदज* पुस्तक का तक चला , जिसमे लगमग 50 विमोचन किया गया । लोगों ने अपने तनाव का मापन छात्र-छात्राओं ने अपने द्वारा कराया । इस अवसर पर माननीय बनाए गए विभिन्न कारणों एवं कुलपति जी द्वारा मनोविज्ञान निवारणों से संबंधित मॉडेल्स का विभाग में क्वारोपण भी किया गया प्रदर्शन किया , जिनका । इस कार्यक्रम में कुलसचिव प्रो. अवलोकन करते हुए कुलपति शांतनु रस्तोगी, नियंता डॉ. सत्यपाल जी ने उनकी प्रशंसा की । सिंह , प्रो. घर्म व्रत तिवारी, प्रो. छात्र—छात्राओं ने अपने मॉडेल्स सुमना पढ़ि ,प्रो. उनेत नाथ त्रिपाठी, में रीक्षणिक तनाव, बेरोजगारी, प्रो। रवि शंकर सिंह, प्रो। विनोद किसान आत्महत्या , घरेलू हिंसा कुनार सिंह ,प्रो. शिवकान्त, प्रो. , साइवर बुलईनग, रैगिंग, संगीता पांडे, प्रो. अजय शुक्ला, प्रो. प्रायोगिक परीक्षा तनाव , इत्यादि प्रदीप यादव, प्रो. संदीप दीक्षित , जैसे विषयों पर ध्यान आकर्षित प्रो. हर्ष कुनार सिन्हा, प्रो. दिव्या किया । इसके पश्चात स्वस्ति रानी सिंह, प्रो. उगा सिंह, प्रो. गौरहरि

PARTICIPANTS OF THE EXHIBITION- 95

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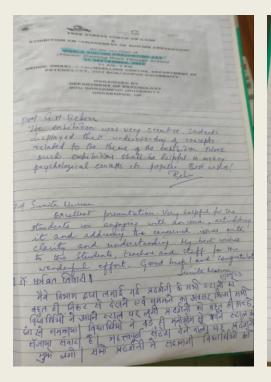


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FEEDBACK OF THE EVENT BY PARTICIPANTS



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बहुत नहुत नुभाहें हमसे लीन प्रकृतकार को ने हैं। प्रतन्ते निर्मा कार हो। तमे मिस्स हिंदी हैं ने पर है। परिश्वास से मह महोत्री नामाई है। इस शिक्षारी हो भी वहत नवहत से मह महोत्री का महिंदी है। यह से पर होनी में नुभाहें मिन्सीनों हम विभाविता की उपनहीं पर होनी में
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