

RAIGANJ SURENDRANATH MAHAVIDYALAYA

ONE DAY SEMINAR

ON

PREVENTION OF SUICIDE

25th NOVEMBER, 2022

Organised by

HEALTH CLUB ,IQAC, RAIGANJ SURENDRANATH MAHAVIDYALAYA

In collaboration with

CMOH, Uttar Dinajpur

Report on Prevention of Suicide

Prevention of Suicide (25/11/22)

Dr. Subrata Ghosh, Assistant Professor of Economics,RSM conducted the event from the starting.

Mr. Sanat Singha, acting TIC for that day,RSM delivered the introductory speech. Being an Assistant Professor of Sociology, he emphasized the work of French sociologist, *Émile Durkheim* who is considered as one of the principal founders of modern sociology. In His book, *Suicide*(1897), Durkheim explained suicide *sociologically* by exploring the differing suicide rates and according to him incidence of suicide is mostly the results of variation among social environments, not the suicides of particular individuals.

There were TWO Resource Persons on that event.

1.Dr. Bidyut Banerjee,*Assistant Professor of Community Medicine* differed somewhat with the previous speaker's view and stressed upon the fact that suicide is very much related to individual's mental situation. Indeed it is a disease from a doctor's point of view. The impact of suicide in communities makes suicide a serious public health problem. Suicide is one of the leading causes of death. But He assured this disease is preventable too. Knowing the risk factors and recognizing the warning signs for suicide can help prevent suicide.

2. Tanaya Sengupta, *Psychiatric social worker* assists and supports patients who suffer from conditions such as depression, severe anxiety, and psychotic or substance-related disorders.

She explained that individual, relationship, community and societal factors can increase the risk of suicide .

What You Can Do

The Resource Parsons suggested five steps to take to support a loved one that may be experiencing suicidal thoughts.

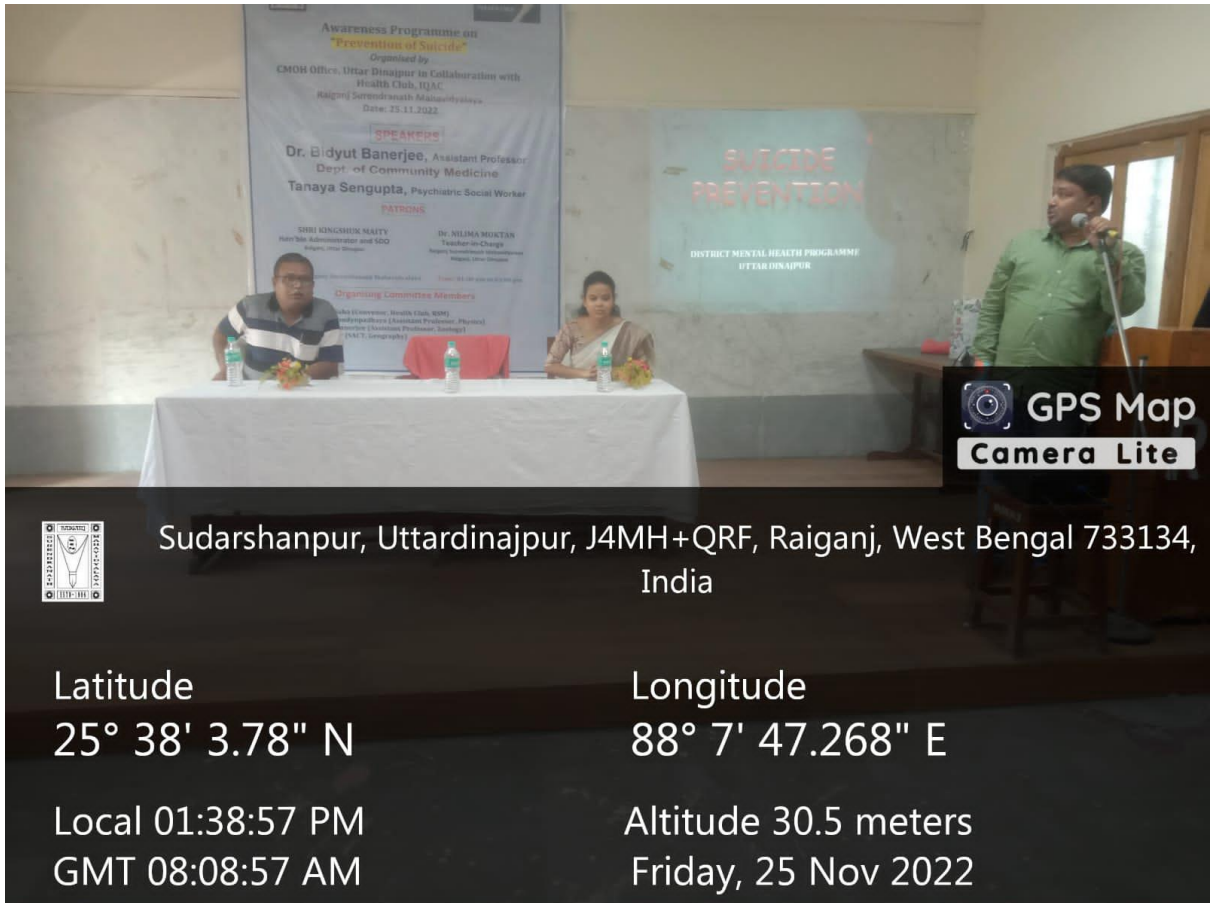
- **Ask someone** you are concerned about if they're thinking about suicide. Studies show that asking someone if they are having thoughts of suicide does not increase the likelihood of a completed suicide nor does it increase suicidal thoughts.
- **Be there for them.** This could be by phone or in person.
- **Keep them safe.** Reduce access to lethal means for those at risk.
- **Help them connect** with ongoing support.
- **Follow up.** Give them a call or visit. Send a text or an email to let them know that you are still present.

Vote of thanks was given by Dr. Simul Chandra Sarkar, Department of Bengali, RSM, and lastly he declared the end of the programme.

SOME SPECIAL MOMENTS OF THE PROGRAMME:



PICTURE 1: Inagural speech by Dr. Subrata Ghosh, Department of Economics, RSM



Sudarshanpur, Uttardinaipur, J4MH+QRF, Raiganj, West Bengal 733134, India

Latitude
25° 38' 3.78" N
Local 01:38:57 PM
GMT 08:08:57 AM

Longitude
88° 7' 47.268" E
Altitude 30.5 meters
Friday, 25 Nov 2022

PICTURE 2: Welcome speech by Shri Sanat Singha, Acting TIC on that day,RSM



PICTURE 3: Speech by Dr. Bidyut Banerjee,Assistant Professor of Community Medicine,



PICTURE 4: Speech by Tanaya Sengupta, *Psychiatric social worke*



PICTURE 5: Active participation from our audience of RSM



GPS Map
Camera Lite



Sudarshanpur, Uttardinaipur, J4MH+QRF, Raiganj, West Bengal 733134, India

Latitude
25° 38' 3.294" N

Longitude
88° 7' 46.656" E

Local 01:45:06 PM
GMT 08:15:06 AM

Altitude 28.2 meters
Friday, 25 Nov 2022

PICTURE 6: Vote of thanks by Dr. Simul Chandra Sarkar, Department of Bengali, RSM,



PICTURE 7: Faculties of RSM

GOVERNMENT OF WEST BENGAL
DEPARTMENT OF HEALTH AND FAMILY WELFARE

Office of The chief medical officer of Health
Karnajora, Raiganj, Uttar Dinajpur

Phone no 03523-246039, mail-cmohud2022@gmail.com

MEMO NO: DHFWS/UD/NMHP/ 3950 /22

DATE: 17/10/2022

ORDER

To,

1. The Vice Chancellor/Principals/Teacher-In-Charge
2. All the BMOHs

A Targeted Intervention on **Suicide Prevention** has been planned for the **Teaching & Non-teaching staffs of the Raiganj University, Different Colleges and Schools** of the district of Uttar Dinajpur.

The programme schedule is as follows:

| Sl. No. | Name of the College/School | Name of the Block & Municipality | Date |
|---------|--|----------------------------------|------------|
| 1. | Kaliyaganj College | Kaliyaganj Municipality | 09/11/2022 |
| 2. | Dalkhola Sri Agrasen Mahavidyalaya | Dalkhola Municipality | 11/11/2022 |
| 3. | Chopra Kamala Pal Smriti Mahavidyalaya | Chopra Block | 16/11/2022 |
| 4. | Islampur College | Islampur Municipality | 21/11/2022 |
| 5. | Raiganj University | Raiganj Municipality | 23/11/2022 |
| 6. | Raiganj Surendranath Mahavidyalaya | Raiganj Municipality | 25/11/2022 |
| 7. | Dr. Meghnath Saha College | Itahar Block | 30/11/2022 |
| 8. | *Name of the school will be decided by BMOHs | Islampur Block | 28/11/2022 |
| 9. | | Goalpokhar II Block | 01/12/2022 |
| 10. | | Goalpokhar I Block | 06/12/2022 |
| 11. | | Karandighi Block | 08/12/2022 |
| 12. | | Chopra Block | 13/12/2022 |
| 13. | | Raiganj Block | 16/12/2022 |
| 14. | | Kaliyaganj Block | 19/12/2022 |
| 15. | | Itahar Block | 21/12/2022 |
| 16. | | Hemtabad Block | 23/12/2022 |

So, you are requested to remain present and to co-ordinate 20-25 teaching and non teaching staffs and other arrangement for the venue and PPT presentation.

ZLO cum DNO, NMHP
Uttar Dinajpur

Chief Medical Officer of Health
Uttar Dinajpur

MEMO NO: DHFWS/UD/NMHP/ 3950 /22

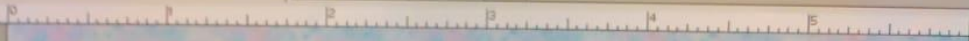
DATE: 17/10/2022

Copy forwarded for information and taking necessary action to the:

1. The DDHS, NCD-II, Health & Family Welfare, Govt. of West Bengal
2. The ADHS, NMHP, Health & Family Welfare, Govt. of West Bengal
3. The Dy.CMOH-I,II,III, DMCHO, DPHNO, DTO Uttar Dinajpur
4. The Account Officer, O/o CMOH, Uttar Dinajpur
5. The District Coordinator (Fin & Log), Uttar Dinajpur
6. Office copy

Chief Medical Officer of Health
Uttar Dinajpur

Requisition letter from CMOH,Uttar Dinajpur



Awareness Programme on "Prevention of Suicide"

Organised by

CMOH Office, Uttar Dinajpur in Collaboration with
Health Club, IQAC

Raiganj Surendranath Mahavidyalaya

Date: 25.11.2022

SPEAKERS

Dr. Bidyut Banerjee, Assistant Professor
Dept. of Community Medicine

Tanaya Sengupta, Psychiatric Social Worker

PATRONS

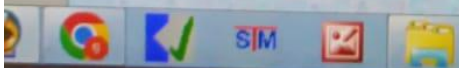
SHRI KINGSHUK MAITY
Hon'ble Administrator and SDO
Raiganj, Uttar Dinajpur

Dr. NILIMA MOKTAN
Teacher-in-Charge
Raiganj Surendranath Mahavidyalaya
Raiganj, Uttar Dinajpur

Venue: Raiganj Surendranath Mahavidyalaya Time: 01:00 pm to 03:00 pm

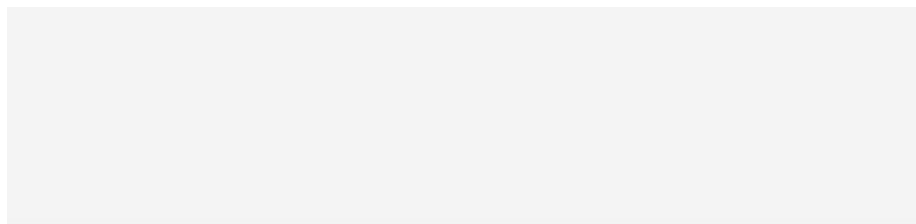
Organising Committee Members

Smt. Chandana Saha (Convenor, Health Club, RSM)
Dr. Debasmita Bondyopadhaya (Assistant Professor, Physics)
Dr. Priyanjalee Banerjee (Assistant Professor, Zoology)
Mr. Tarik Anowar (SACT, Geography)



DELL

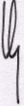
BROCHURE FOR THE SEMINAR PREVENTION OF SUICIDE



| RAIGANJ SURENDRANATH MAHAVIDYALAYA | | | | |
|---|---|--|-----|-----|
|  | RAIGANJ, UTTAR DINAJPUR, Pin -733134 TEL-03523-253055,251231 E-mail: mda_sunam@yahoo.co.in | NOTICE | | |
| | | <table border="1"><tr><td>864</td><td>RSM</td><td>2022</td></tr></table> | 864 | RSM |
| 864 | RSM | 2022 | | |
| Date- 23-11-2022 | | | | |

| |
|---|
| Notice For : Notice for Seminar on Prevention of Suicide |
| Subject : Notice for Seminar on Prevention of Suicide |
| Department: All |
| <p>It is hereby notified that a Seminar relating to "Prevention of Suicide" will be held on 25-11-2022 at 1.00 P.M. at Milanayatan Kakshya, 2nd Floor, Raiganj Surendranath Mahavidyalaya, jointly organized by CMOH Office, Uttar Dinajpur & Health Club, Raiganj Surendranath Mahavidyalaya. All the Teachers, non teaching staff are requested to attend the same.</p> <p>Speakers: Dr. Bidyut Banerjee, Assistant Professor, Dept. Of Community Medicine. Tanaya Sengupta, Psychiatric Social Worker</p> |
| <p>Dr. Nilima Moktan TIC Raiganj Surendranath Mahavidyalaya</p> |

NOTICE FOR THE PROGRAMME


Principal
Raiganj Surendranath Mahavidyalaya
Raiganj, U/D