

Psy/19/1206
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Maharshi Dayanand University, Rohtak
Department of Psychology
Suicide Prevention Day (2019)

You're not alone; many of us have had suicidal thoughts at some point in our lives. Feeling suicidal is not a character defect, and it doesn't mean that you are weak. It only means that you have more pain than you can cope with right now. Life is full of ups and downs the only thing is you need to be Bold and Resilient.

To bring inspiration and words of wisdom to those who may need it, Department of Psychology, MDU organises an awareness and educational program themed **STOP Negative Self Talk** on 10-09-2019 (Tuesday) from 10AM onwards. The sub themes can be *Reaching out for help; Promoting mental health; Connected communities for Resilient individuals; Self-love: First step towards a stronger YOU; Building and strengthening the self or any other topic related to the broader theme.* The program will feature two categories- Declamation and Poster making. Entries are invited from University Teaching Departments as well as affiliated colleges. Prize winners will be declared in both the categories and all the participants will be issued appreciation certificates.

Facts and figures:

- An estimated 1 million people commit suicide every year that means 3000 every day; that counts to 1 suicide every 40 seconds.
- India has one of the world's highest rates of suicides among people; suicide kills one person every 4 minutes and overall nearly 1.5 lakhs people commit suicide every year.
- International Association for Suicide Prevention (IASP) in collaboration with WHO has declared 10th September as *The World Suicide Prevention Day (WSPD)*.

Sign and symptoms:

- Withdrawal from self and others.
- Excessive sadness or moodiness
- Increased risky behaviours
- Feeling helpless; trapped by emotional pain

Strategies to overcome suicidal thoughts:

- Involve in cheerful company
- Express yourself
- Stay positive and hopeful
- Reach out for help

Participation Rules

- Every department/college can send up to two entries for both the categories i.e. Oral Presentation and Poster Making on the theme **STOP Negative Self Talk**.
- First, second and third prizes shall be awarded for both the categories.
- Oral Presentation will be of the time duration 4-6 minutes.
- The medium of expression can be either English or Hindi.
- The posters can be of the size 30" x 22" or 15" x 11" and can be made using any colour medium like pencil, water, acrylic, oil, etc.
- No material will be provided for making the Posters. Participants may bring ready Posters with them on the day of competition.
- No TA/DA shall be given. The same may be charged from the parent Department /college.

For Registration and further inquiries- arjunsharmamdu@gmail.com / namitatayal72@gmail.com latest by 09.09.2019

*Program will be sponsored by DSW
Copy to all HODs UTD MDU Rohtak and College Principals with the request to disseminate information and ensure participation.

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