



Koneru Lakshmaiah Education Foundation

(Deemed to be University estd. u/s. 3 of the UGC Act, 1956)

Accredited by NAAC as 'A++' Grade University ❖ Approved by AICTE ❖ ISO 9001-2015 Certified

Campus: Green Fields, Vaddeswaram - 522 502, Guntur District, Andhra Pradesh, INDIA.

Phone No. 0863 - 2399999; www.klef.ac.in; www.klef.edu.in; www.kluniversity.in

Admin Off: 29-36-38, Museum Road, Governorpet, Vijayawada - 520 002. Ph: +91 - 866 -2577715, Fax: +91-866-2577717.

Date: 11-09-2020

A Report on World Anti Suicide Day **Conducted on 11-09-2020**

KL Deemed to be University (Koneru Lakshmaiah Education Foundation) National Service Scheme (NSS) and Youth Red Cross (YRC) Conducted Webinar on “**World Anti Suicide Day**” on 11-09-2020. All NSS Unit Volunteers and Program Officers joined the webinar and G. Sumathi was the speaker of the webinar.

As per World Health Organization:

- Close to 800 000 people die by suicide every year. Furthermore, for each suicide, there are more than 20 suicide attempts.
- Suicides and suicide attempts have a ripple effect that impacts on families, friends, colleagues, communities and societies.
- Suicides are preventable. Much can be done to prevent suicide at individual, community and national levels.

So it is necessary to aware people regarding this, so that they can overcome the tendencies that provoke them to commit suicide or help their colleagues, friends or relatives not to commit suicide.

#saynotosuicide

The speaker explained various reasons why people tend to commit suicide and what situations make them to do so. Also the ways we can help people not to commit suicide. Finally the speaker also clarifies the queries of the attendees.

Date of the Event: 11-09-2020

Name of the Event: World Anti Suicide Day

Venue: Online

No. of Participants: Students- 118, Faculty- 04

Organised by

NSS National Service Scheme

Dr. G SUMATI
 Asst. Professor,
 Value Educational Cell,
 KL University

Registrations Link:
<https://docs.google.com/forms/d/e/1FAIpQLSeV-RhKSUJLKeUOXU-uc8r1OmEhn74akvZ5Zi7Y6idunfhw/viewform?vc=0&c=0&w=1&fl=0>

Date & Time:
 12/09/2020, 2:30 pm

Webinar Link:
<https://kluniversity.webex.com/kluniversity/j.php?MTID=mt21b3aff19572d0fe65c6d902dafcd4>

Contact Details:
Dr. J. Venkata Ramana
 Asst. Professor,
 KL-Business School, KLEF
 Mobile No: 9848896393

Zoom Meeting: Sumati Gurtaka

Participants (18)

- P. Suresh
- CLASS ROOM 128
- Sumati Gurtaka
- 170040630 SURSET...
- 170541048 Sai Av...
- 170541214 Gunk...
- 170541221_KRISHN...
- 180040422 Panch...
- 180050106 RIDD...
- 180541067 vyeth...
- 180541096 MEGHAL...
- 190030331_Shan...
- 190031709 Venk...
- 180050101 RIDD...
- 190060031 Surja...
- 190541048 G. VEM...
- 4795 D-P VELLA...

Viewing Sumati Gurtaka's shared content...

HOW TO REACT TO SUICIDAL PERSONS

Very often when people say "I am tired of life" or "There is no point in living", they are brushed off, or are given examples of other persons who have been in worse difficulties. Neither of these responses helps the suicidal person. The initial contact with the suicidal person is very important. Often the contact occurs in a private conversation.

1. The first step is to find a suitable place where a quiet conversation can be held in reasonable privacy.
2. The next step is to allocate the necessary time. Suicidal persons usually need more time to unburden themselves and one must be mentally prepared to give them time.
3. The most important task is then to listen to them effectively. "To reach out and listen is itself a major step in reducing the level of suicidal despair".

Viewing Sumati Gurtaka's shared content...

Overall, 40.9% of 5,476 respondents reported an adverse mental or behavioral health condition, including those who reported symptoms of anxiety or depressive disorder (39.9%), those with TSRD symptoms related to COVID-19 (26.3%), reported having started or increased substance use to cope with stress or emotions related to COVID-19 (13.3%), and those who reported having seriously considered suicide in the previous 12 months (10.7%). At least one adverse mental or behavioral health symptom was reported by over half of respondents who were aged 18-24 years (74.9%) and 25-44 years (51.9%), who were of ethnicity (52.1%), and who held less than a high school diploma (66.2%), as well as those who were essential workers (54.0%), unpaid caregivers for adults (66.6%), and who reported a pre-diagnosed anxiety (72.7%), depression (68.8%), or PTSD (88.0%) at the time of the survey.

Zoom Meeting: Dr. kowshik

Participants (18)

DK

"Don't close the book, just turn the page"

Programme Coordinator
KLEF, NSS Cell

Associate Dean
Extension Activities

Dean, Students Affairs
K.L.E.F