



Poona Jesuit Schools' Society's

ST. VINCENT COLLEGE OF COMMERCE

Behind Mira Society, off Shankarseth Road, Pune-411 037.

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Affiliated to Savitribai Phule Pune University

ID.No. PU/PN/C/024/1970

Senior College Code: 072

Jr. College Code: J11-15-006

Notice

Date: 30th November, 2018

Subject: Workshop on Providing Emotional Support and Prevention of Suicide

Dear Students,

We are pleased to announce a workshop on "Providing Emotional Support and Prevention of Suicide" to be conducted at St. Vincent College of Commerce, Pune. The workshop aims to address an issue of utmost importance - mental health. In today's fast-paced world, where stress levels are on the rise, it becomes imperative to equip ourselves with the necessary tools to support each other emotionally and prevent instances of suicide.

Objectives of the Event:

Raise awareness about mental health issues and the importance of emotional support.

Provide insights into identifying signs of distress and suicidal behavior.

Equip participants with effective communication skills to offer support to those in need.

Educate on the resources available for seeking help and support.

Foster a supportive and empathetic environment within the college community.

Date: 3rd Dec, 2018 **Time:** 5:30:00pm-7:00pm **Venue:** St. Vincent college of commerce, Pune.

We encourage all students to participate actively in this workshop to gain valuable knowledge and skills that can make a difference in someone's life. Together, let's create a culture of empathy and support within our college community.

AB Adsule

Dr. Anil Adsule
Principal





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Workshop Report

Providing Emotional Support and Prevention of Suicide

Introduction: The workshop on "Providing Emotional Support and Prevention of Suicide" held at St. Vincent College of Commerce, Pune, on 3rd December 2018, was organized with the aim of addressing the pressing issue of mental health within our college community. 24 students attended the workshop. Recognizing the increasing levels of stress and the importance of fostering a supportive environment, the workshop sought to equip participants with the necessary knowledge and skills to offer emotional support and prevent instances of suicide.

Objectives of the Workshop:

Raise Awareness: The primary objective of the workshop was to raise awareness about mental health issues and emphasize the significance of emotional support in combating them.

Identification of Signs: Participants were provided insights into identifying signs of distress and suicidal behavior in individuals, enabling them to intervene and offer timely support.

Communication Skills: Effective communication is crucial in offering support. Therefore, the workshop aimed to equip participants with communication skills essential for providing empathetic and supportive responses.

Educating on Resources: Participants were educated on the various resources available for seeking help and support, both within and outside the college community.

Fostering Empathy: Finally, the workshop aimed to foster a culture of empathy and support within the college community, emphasizing the importance of looking out for one another.

Workshop Outcomes:

The workshop was successful in achieving its objectives, with participants actively engaging in the sessions and discussions. Several key outcomes emerged from the workshop:

Increased Awareness: Participants gained a deeper understanding of mental health issues and the importance of emotional support in addressing them.

Enhanced Skills: Through interactive sessions and role-plays, participants developed effective communication skills, enabling them to offer support in a compassionate and non-judgmental manner.

Resource Utilization: Participants were made aware of the various support services available within the college and the wider community, empowering them to seek help when needed.

Community Building: The workshop served as a platform for building a supportive and empathetic community within the college, fostering a sense of belonging and solidarity among participants.

Conclusion:

In conclusion, the workshop on "Providing Emotional Support and Prevention of Suicide" was instrumental in raising awareness, imparting essential skills, and fostering a culture of empathy and support within the college community. By equipping participants with the necessary tools and knowledge, the workshop has laid the foundation for creating a more inclusive and supportive environment where individuals feel empowered to seek and offer help when needed. Moving forward, it is imperative to continue organizing such initiatives and building upon the momentum generated by the workshop to ensure the well-being of all members of the college community.

Photos of Workshop on Providing Emotional Support and Prevention of Suicide



AB Adsule
Dr. Anil Adsule
Principal



St. Vincent College, Pune

Academic Year 2018-19

Program: Workshop

Topic: Providing Emotional Support & Prevention of Suicide

Date: 31/12/2018

Time: 5:30 PM.

R.No	Name	Mobile No	Class	Gender	Signature
1	Menon Rafeev	8767707852	6Y Bcom	Male	<u>Mr Rafeev</u>
2	Utsav Thakkar	8799826036	5Y Bcom	Male	<u>Utsav</u>
3	Anoop Singh	8208110726	S.Y Bcom	Male	<u>Anoop</u>
4	Jashveer Vaidya	9890041961	S.Y Bcom	Male	<u>Jashveer</u>
5	Abhishek Gaikwad	960586228	S.Y Bcom	Male	<u>Abhishek</u>
6	Phoomi H. Dhanesha	9307069039	S.Y Bcom	Female	<u>Phoomi</u>
7	Diya Agarwal	8208569207	5Y Bcom	Female	<u>Diya</u>
8	Dipti Parihar	8805902972	5Y Bcom	Female	<u>Dipti</u>
9	Soham Patole	8380027456	5Y Bcom	Male	<u>Patole</u>
10	Joel Santiago	8405051356	S.Y Bcom	MATHE	<u>Joel Santiago</u>
11	Anand Lohar	8625056772	5Y Bcom	Male	<u>Anand</u>
12	Arya Sabkhe	9689426050	S.Y Bcom	Female	<u>Arya</u>
13	Pooja Anuji	9766899357	S.Y Bcom	Female	<u>Pooja</u>
14	Jarvi Chandole	9422025121	S.Y Bcom	Female	<u>Jarvi Chandole</u>
15	Kiran Varna	9765452634	S.Y Bcom	Female	<u>Kiran</u>
16	Kalpna Bhalga	8007530491	S.Y Bcom	Female	<u>Kalpna</u>
17	Shrushti Sonawane	9830889292	S.Y Bcom	Female	<u>Shrushti</u>
18	Pranav Gaur	7020242352	5Y Bcom	Male	<u>Pranav</u>
19	JOSHUA NIKAM	9322209628	5Y Bcom	Male	<u>Joshua</u>
20	Nimesh M. Pawar	7719802490	5Y Bcom	Male	<u>Nimesh</u>
21	Yash. Daravade	9021085456	S.Y Bcom	Male	<u>Yash Daravade</u>
22	Piyush Singh Peddyar	9406981492	5Y Bcom	Male	<u>Piyush</u>
23	Sifer Khate	9876543210	S.Y Bcom	Male	<u>Sifer</u>
24	Sahil Waghmare	9145486956	5Y	Male	<u>Sahil</u>
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