

**D.K.M COLLEGE FOR WOMEN(AUTONOMOUS), VELLORE-1**

## **DEPARTMENT OF PSYCHOLOGY**



## **WORLD SUICIDE PREVENTION WEEK**



## **ORIENTATION SEMINAR ON**

**“CREATING HOPE THROUGH ACTION”**

**&**

**Mime Act, Short video making, Poster presentation**

**16.09.2022**



**D.K.M COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE**

## **DEPARTMENT OF PSYCHOLOGY**

**ACADEMIC YEAR 2022-2023**

<b>NAME OF THE PROGRAMME</b>	<b>:</b>	<b>INTERDEPARTMENTAL ORIENTATION SPEECH ON “CREATING HOPE THROUGH ACTION”</b>
<b>NO. OF BENEFICIARIES</b>	<b>:</b>	<b>300 PARTICIPANTS</b>
<b>DATE</b>	<b>:</b>	<b>16.09.2022</b>
<b>VENUE</b>	<b>:</b>	<b>BRAHMAPUTRA CONFERENCE HALL</b>
<b>TIME</b>	<b>:</b>	<b>10.00 a.m to 11.00 a.m</b>



**DKM COLLEGE FOR  
WOMEN (AUTONOMOUS),  
VELLORE-1**



**DEPARTMENT OF PSYCHOLOGY**

**Cordially invites all  
Aided first UG students  
to observe**

*World Suicide Prevention Day'2022*



**One day seminar  
On**



**"Creating hope through action"**

**Ms.Naveena.V.,M,Sc Applied Psychology**

**Counseling Psychologist**

**Department of Nephrology**

**Sri Narayani Hospital and Research center, Sripuram, Vellore**

**Psychologist and Acting tutor**

**NGO Uyirmei Trust**

**Cheyyar, Thiruvannamalai**

**TIME**

**DATE**

**VENUE**

**10.00 a.m – 11.00 a.m**

**16.09.2022**

**D -Conference Hall**

**Chief Patrons**

**Patron**

**Organising Committee**

Dr.T.Sivakumar, President, DKMC  
Er. D.Maninathan, Secretary, DKMC

Dr.R.Banumathy,  
Principal, DKMC

Mrs.Aarthi.D., Asst Prof & Head  
Ms.Soniya.K., Asst Professor  
Ms.Elakiya.V., Asst Professor





DKM COLLEGE FOR WOMEN (AUTONOMOUS),VELLORE-1

**DEPARTMENT OF PSYCHOLOGY**



Invite participants for various competitions  
to observe

**WORLD SUICIDE PREVENTION DAY**  
**#WSPD'2022**

Last date  
of  
submission  
:15.9.2022



**SHORT FILM**



**MIME**



**POSTER MAKING**

Creating **Hope**  
Through **Action**

Submission @ D III 8  
Mime venue: D-  
Conference Hall  
Date: 16.9,2022  
Time 12.00 p.m to 1.00

Event Organisers

Ms.Aarthi.D.,Asst Prof & head

Ms.Soniya.K.,Asst.Prof

Ms.Elakiya.V.,Asst.Prof

p.m



# **DKM COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE-1**



## **DEPARTMENT OF PSYCHOLOGY**

### **WORLD SUICIDE PREVENTION DAY '2022**

#### **EVENT RULES AND REGULATIONS**

##### **POSTER MAKING**

- ❖ **Poster theme: Instilling hope**
- ❖ **One poster from each department**
- ❖ **Medium: Hand written/ Painted/collection of pictures**
- ❖ **Submission should be made in person to**


**Ms.Elakiya.V., Assistant Professor  
Department of Psychology (D III 8)**

##### **MIME**

- ❖ **Mime theme: Creating hope through action**
- ❖ **Five members for a team from each department**
- ❖ **Time: 3 to 5 min**
- ❖ **Mime to be conducted on 16<sup>th</sup> September 2022.( 12.00 p.m to 1.00 p.m)**
- ❖ **Lunch will not be provided**
- ❖ **Name list to be submitted on or before 15<sup>th</sup> September 2022 to**

**Ms.Soniya.K., Assistant Professor  
Department of Psychology (D III 8)**

##### **SHORT VIDEO MAKING**

- ❖ **Video theme: Life is beautiful, give it a chance**
- ❖ **Five members can act from each department**
- ❖ **Time:30 seconds –2 minutes video**
- ❖ **Video submission can be sent through WhatsApp  8903442570**
- ❖ **Along with video, please send the Name list of the students & name of the Department**

##### **General instruction**

- ❖ **Registration can be made in person in D III 8, Department of Psychology**
- ❖ **Last date of submission of poster and video making-15<sup>th</sup> September 2022**
- ❖ **One member can participate in one event only**

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# **SESSION-I**

## **ORIENTATION SEMINAR**

**ON**

## **CREATING HOPE THROUGH ACTION**

### **RESOURCE PERSON**

**Ms. Naveena.V M.Sc Applied psychology**

**Counseling Psychologist**

**Narayani hospital and research center,**




**Sripuram, Vellore**



**DKM COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE**

**DEPARTMENT OF PSYCHOLOGY**

**WORLD SUICIDE PREVENTION WEEK 2022**

<b>EVENT</b>	<b>WORLD SUICIDE PREVENTION WEEK 2022</b>
<b>DATE</b>	<b>16.09.2022</b>
<b>VENUE</b>	<b>BRAHMAPUTRA CONFERENCE HALL</b>
<b>TIME</b>	<b>10.00 a.m to 11.00 a.m</b>
<b>TITLE</b>	<b>One day orientation seminar on “<b>Creating hope through action</b>”</b>
<b>RESOURCE PERSON</b>	<b>Ms. Naveena.V M.Sc Applied psychology</b> Counseling Psychologist Narayani hospital and research center, Sripuram, Vellore
<b>PROGRAM SCHEDULE</b>	 <b>Seminar on “Creating hope through action”</b>  <b>Mime show</b>  <b>Short video presentation</b>
<b>PARTICIPANTS</b>	<b>Aided I UG students</b>

**Write up:**

The session was organized to observe World Suicide Prevention Week 2022 under the theme of the year “Creating hope through action”. The seminar session was started by 10.00 a.m where all the aided I UG students were invited as participants. Mrs.Aarthi.D, Head of the Department of Psychology has presented the welcome address and introduced the resource person Ms.Naveena.V to the participants. Ms.Soniya.K and Ms.Elakiya.V, Assistant Professor of Psychology were acted as organizers for the second session short video making and Mime show. The resource person was presenting about the causes, symptoms, cope up with suicidal thoughts, Government suicidal prevention contact numbers for emergency among the students. The session winded up by 11.30 a.m after the feedbacks shared by the participants and vote of thanks proposed by Ms.Soniya.K,Assistant Professor of Psychology.



**The resource person Ms.V.Naveena, sharing about the causes and prevention of suicidal thoughts under the seminar topic “Creating hope through action” to the students on 16.09.2022**



**Group photo was organized to be taken with the resource person Ms.Naveena.V after the seminar on “Creating hope through action” at 16.09.2022**



**SESSION-II**

**EVENTS FOR INTERNAL AND EXTERNAL  
PARTICIPANTS**

**MIME**

**SHORT VIDEO PRESENTATION**

**POSTER PRESENTATION**

**SHARING OF WSPD BAGDE**

**BOX OF JOY AND SORROW**

**ORIENTATION ON EXPERIMENTAL PSYCHOLOGY**

## MIME

Mime was conducted for internal participants under the topic “creating hope through action” for the people who are struggling with suicidal thoughts. Two teams were participated for mime, II M.Sc Mathematics and I M.Sc Zoology students were taken part and performed the mime between 12.00 p.m to 1.00 p.mon 16.09.2022 at Brahmaputra Conference Hall. The winner and runner wereannounced and gifted them with prizes and certificates.



The students of II M.Sc Mathematics performing mimeact on the topic “creating hope through action through newly married girl’s life theme” on 16.09.2022 afternoon and wonfirst place

The students of I M.Sc Zoology is performing mime act on the topic “creating hope through action through friendship theme” on 16.09.2022 afternoon and won second place

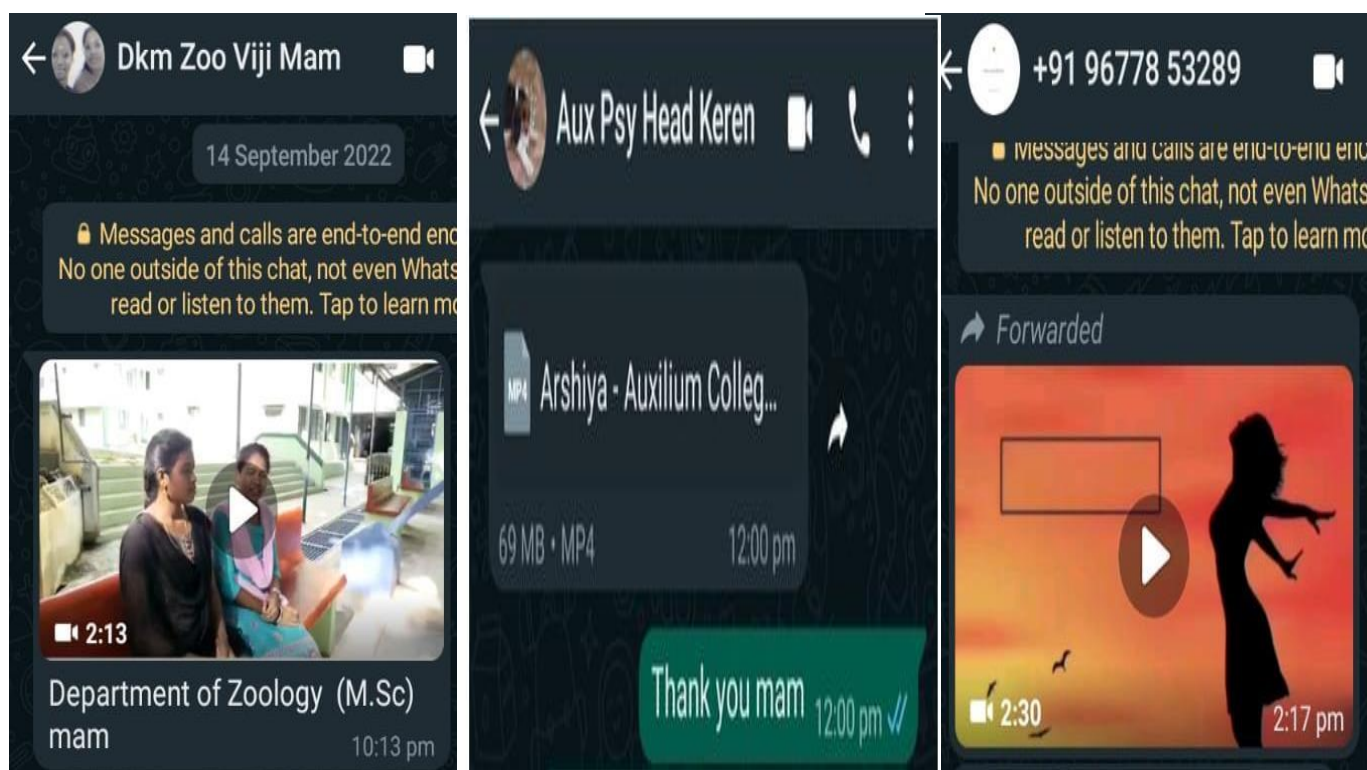


## SHORT VIDEO PRESENTATION

The short video making was conducted for both internal and external participants. Three short videos had reached for competition under the topic “ Life is beautiful, give it a chance”.

Team I	- Internal participant	- Students of I M.Sc Zoology,DKMC,Vellore
Team II	- External participant	- Ms.Arshiya, Auxilium College,Katpadi
Team III	- External Participant	- Ms.Grista Gillis and team- MKJC Vaniyampadi

All the short videos were shown to our students and selected the prize list. The certificates and prizes were sent through postal to respective external participants.



The screenshots of short videos received from M.Sc Zoology students, Ms.Arshiya of Auxilium College and MKJC.Vaniyampadi.

## POSTER PRESENTATION

The poster presentation was also conducted for both internal and external participants. Since many posters were received from internal and external participants. We announced the prize winners separately for internal and external competitors. Internally few students from B.Sc Computer science, B.Sc.,ISM,B.A English,B.Sc Mathematics had submitted the poster prepared on the topic “Instilling hope” on 16.09.2022.The posters were kept for the display to our students. Two posters were received from Auxilium College and MKJC, Vaniyampadi. All the external participants were gifted with prizes and certificates through postal. The internal participants were called over in person and distributed the prizes.



Ms.Sharon, Poster presentation,Auxilium College,Katpadi.



Ms.Honerine Joseph, Poster presentation, Auxilium College, Katpadi.



Ms.Farheen Poster presentation ,MKJC ,Vaniyampadi





## SHARING OF WSPD BAGDES

Our students prepared badges manually for all the staffs and students of DKM College for Women to pin the badge to observe World Suicide Prevention Week and also to create awareness to the students to say no to suicide at any point of time in their life



**The glimpse of WSPD badges manually preparing by our students**



**The WSPD badges distributed to the staffs and students on 16.09.2022**



**The snap of WSPD badge pinned to our beloved Principal Madam by the resource person on 16.09.2022**



## BOX OF JOY AND SORROW

Our students organized a special event at the end of seminar session for the participants to write their most joyful moment and most worst moment which they would like to regret or forget in life. The theme of this activity is just to let the participants to double their happy moments and forget their sad moments once for all. The happy memories were dropped in white box and sad moments were dropped in black box.



**The participants are dropping their happy and sad moments in white and black boxes set by our students on 16.09.2022**

# ORIENTATION ON EXPERIMENTAL PSYCHOLOGY



The final year students of Department of Psychology were introducing experiments for first and second years and were giving them awareness on methodology of conducting mental and educational assessments using the equipments on 16.09.2022.



The session ended successfully by 2.00 p.m after the Group picture was taken at the end of the session with the mime participants 16.09.2022