



WORLD SUICIDE PREVENTION DAY 10TH SEPTEMBER 2022



National Mental Health Programme
Health & Family Welfare Department, Government of Sikkim
In Collaboration with

SAATHI, NAR BHADUR BHANDARI GOVERNMENT COLLEGE, TADONG

LIST OF GUESTS

1. Dr. Raj Prabha Moktan, Mission Director, National Health Mission
2. Mr. Shanti Ram Adhikari, Joint Director, SCERT
3. Mr. Madan Mani Dhakal, State Programme Officer, National Mental Health Programme
4. Mr. K. C. Nima, President, Freedom Organization
5. Dr. C. S. Sharma, HOD, Psychiatry Department, STNM
6. Dr. D. Purohit, Principal, NBBGC

Theme for World Suicide Prevention Day 2022: **“CREATING HOPE THROUGH ACTION”**

The programme started at 10:30 am. The welcome address was given by Dr. Sonam Ongmu Lassopa, Clinical Psychologist, STNM.

First speaker, Dr. C. S. Sharma enlightened the audience with a precise and clear overview of suicide- definition, trends, issues and challenges. He spoke on why the idea of celebrating a World Suicide Prevention Day became imperative. He touched upon the following topics:

- i. Suicide (what is suicide? What can be done to prevent it?)
- ii. Sikkim has one of the highest suicide rates in India.
- iii. How can we create hope?
- iv. What are the early signs of suicide?

- v. Behavioural warning signs identification.
- vi. Situational cues, what can be done?
- vii. QPR (Question Persuade Referral), persuade them to get help.

The second speaker, Mr. K. C. Nima, Suicide Helpline highlighted the work being carried on by FREEDOM Rehabilitation Centre. He also serves as the Coordinator, Suicide Helpline. It is the only 24/7 helpline in India which provides counseling services to the needy. In the last four years, they have attended more than 254 calls. He concluded with a beautiful phrase:

“HELP! A CALL AWAY”

Helpline Number: 18003453225/202111

MAMTA, a play was enacted on stage by the Sikkim Film Cooperative Society, Gangtok. The play has been written and directed by Mr. Ranjit Singh. The play spread the message of positivity and how important life is. Students were encouraged to tackle challenges sensibly instead of looking for short term solutions.

The third speaker, Dr. D.Purohit, Principal NBBGC thanked the Dept. of Health and SAATHI, NBBGC for organizing such a relevant programme. He tried to give hope to all with the following words:

- i. Hope gives strength to avoid suicidal tendency.
- ii. Perseverance towards the thing that you love helps to stay engrossed.
- iii. It might be very great to remind yourself now and then of your loved ones.
- iv. To stay fit and keep our mind healthy, meditation and yoga are important.
- v. Peers have an enormous power to change our life.

Dr. Raj Prabha Moktan, Mission Director, NHM recounted the facts. She encouraged students to stay vigilant and identify reasons that cause suicides. She concluded with encouraging words: **“SUICIDE DOES NOT LESSEN THE CHANCE OF GETTING WORSE, SUICIDE ELIMINATES THE CHANCE OF GETTING BETTER”**.

The Vote of thanks was given by Mr. Madan Mani Dhakal, State Programme Officer, NMHP.

The programme concluded at 12:30pm.

PHOTOS

Pic 1: Welcome address by Dr. Sonam O. Lassopa



Pic 2: Dr. C. S. Sharma addressing the gathering



Pic 3: Address by Dr. D. Purohit



Pic 4: MAMTA, the play

