

**CHRIST (Deemed to be University),
Central Campus, Bangalore
Psychology Association
Department of Psychology**

Event report: Peer Volunteer Training on Suicide Prevention



The poster features a dark green background with a faint illustration of a hand holding a heart. At the top left, there are three circular icons: a lightbulb for 'PSYCHOLOGY RESEARCH', a heart with a pulse line for '3 GOOD HEALTH AND WELL-BEING', and an open book for '4 QUALITY EDUCATION'. At the top right is the CHRIST logo with the text 'CHRIST (DEEMED TO BE UNIVERSITY) BANGALORE | DELHI NCR | PUNE'. Below these, the text 'THE PSYCHOLOGY ASSOCIATION' and 'SCHOOL OF PSYCHOLOGICAL SCIENCES, BANGALORE CENTRAL CAMPUS' is displayed in yellow. The main title 'Peer Volunteer Training on Suicide Prevention' is in large white font. Below the title, location and time details are listed with icons: a location pin for 'PANEL ROOM, 2 FLOOR, BLOCK II', a calendar for '10 SEPTEMBER, 2025', and a clock for '11 AM TO 1 PM'. A yellow box contains the facilitator's name 'FACILITATOR', his title 'Dr Bharath R. Assistant Professor Expert on Suicide Prevention SRMIST, Chennai', and a portrait photo of him. Below this box, a yellow banner reads 'SCAN THE QR CODE BELOW TO REGISTER!'. At the bottom left, two bullet points state: '• Open to UG and PG Psychology Students' and '• 50 Seats (on a first come first serve basis)'. At the bottom right is a QR code.

PSYCHOLOGY RESEARCH

3 GOOD HEALTH AND WELL-BEING

4 QUALITY EDUCATION

CHRIST
(DEEMED TO BE UNIVERSITY)
BANGALORE | DELHI NCR | PUNE

THE PSYCHOLOGY ASSOCIATION
SCHOOL OF PSYCHOLOGICAL SCIENCES, BANGALORE CENTRAL CAMPUS

Peer Volunteer Training on Suicide Prevention

 **PANEL ROOM, 2 FLOOR, BLOCK II**

 **10 SEPTEMBER, 2025**

 **11 AM TO 1 PM**

FACILITATOR

Dr Bharath R.
Assistant Professor
Expert on Suicide Prevention
SRMIST, Chennai



SCAN THE QR CODE BELOW TO REGISTER!

- Open to UG and PG Psychology Students
- 50 Seats (on a first come first serve basis)



General information:

Title of Activity	Peer Volunteer Training on Suicide Prevention
Date	10 September, 2025
Time	11:00 AM to 1:00 PM
Venue	Panel Room, 2 Floor, Block II
Chief Guest	Dr. Bharath R. (Assistant Professor, SRMIST Chennai)
Audience	Registered Students from all UG and PG psychology courses

Event description:

- The event commenced with Sai Prasanth, the EmCee giving the welcome address to the guest workshop facilitator, faculty coordinators and the student participants.
- Dr. Dr. Bharath R., Assistant Professor, SRMIST, Chennai started the workshop by clearing some myths surrounding the concept of suicide followed by differentiating self-harm and suicide, warning signs of suicide, different degrees of risk and different assessments that can be used to assess this.
- The Emcee delivered the vote of thanks following which the guest facilitator was honored with a certificate of appreciation and a memento by the Head of Department of Psychology Dr. Sudhesh N.T.
- The facilitator expressed his appreciation for the active participation to the student attendees after which a group picture was taken leading to the conclusion of the event.

Geotagged photos:



Warning signs – Verbal signs

Talking about death/dying

- I wish I could die at once so I can get away from these problems.
- My death will be the only solution.
- I just want to end my life.
- I do not want to live any more, I feel I am done with everything.

Expressing being a burden to others.

- I am a burden to my family.
- My health problems and medical expenditures is affecting my family.
- My presence is of no use to my loved ones.
- I am spoiling the peace of everyone.

Expressing hopelessness

- I feel it is all done once and forever.
- There is no future for me.
- Nothing seems hopeful about my life.
- I do not know why should I be alive and for whom.

Expressing helplessness

- Everything looks like a dead end.
- I tried my best but could not find any help.
- There is no one to help me.
- I have no clue what to do next.



Bengaluru, Karnataka, India 🇮🇳

187, Tavarekere, Venkateshwara Layout, Sadduguntepalya,
Bengaluru, Karnataka 560029, India

Lat 12.93226° Long 77.608675°

10/09/2025 11:51 AM GMT +05:30

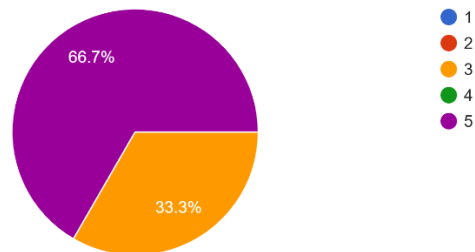
CHRIST (Deemed to be University)
Event Attendance - Psychology(10-09-2025)

Sl No	Register No	Name	University Email	Class
1	2230534	NILKER HARSHITA	nilker.harshita@pseco.	7BAPSY(H)
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19	2330529	NIMISHA K	nimisha.khode77@psy.christuniversity.in	1MEDP

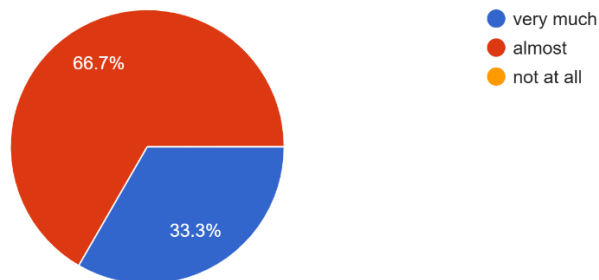
Feedback Analysis

How was the organization of the event on a scale of 0(very poor) to 5(very good)?

3 responses



Was the workshop aligned to the allocated time schedule?



what are your key takeaways from the workshop?

Identifying people at risk and helping them.

The ways we can identify and differentiate between various situations in order to know whether someone is in need of help or not

The actual practical difference between mild and no suicidal risk

Would you be interested to attend more of such workshops?

