

## Psychology students at Ambedkar University being trained to identify suicidal tendencies

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Psychology students at the Ambedkar University Delhi (AUD) are being trained to identify suicidal tendencies and provide psychological first-aid to prevent a "suicide attempt", varsity officials said.

It is also a major misconception that suicide prevention is the sole responsibility of mental health professionals like clinical psychologists and psychiatrists, they said.

Vice Chancellor Anu Singh Lather said the varsity's School of Human Studies has been organising many programmes to spread awareness among its students about suicidal behaviour

"The students of psychology are also being provided with professional skills required to identify the signs of suicide and provide psychological first-aid and referral in order to prevent the 'suicide attempt' or 'suicide death'," she said.

As part of the varsity's initiative, a training session was organised on October 3 for the fifth semester Psychology (H) students of the university's Karampura Campus.

The session was on being "gatekeepers" of the society (Psychological First-Aid providers) in the context of 'suicide prevention'.

This programme was jointly conducted by the School of Human Studies, AUD and Suicide Prevention Foundation of India (SPFI) Bangalore, the varsity said.

In the session spanning four hours, consisting of theory, practice and role play, the students were trained to broaden their sensitivity towards the intriguing human behaviour of suicidal tendency, it said.

Students were provided awareness on as to how impulsive a decision to commit suicide can be and how just being sensitive to it can prevent such mishaps from occurring in the immediate neighbourhood, the university stated.

They were equipped to pick up the verbal, behavioural and social signs of suicidal intention, it said.

They were imparted the knowledge of provision of QPR (Question, Persuade, Refer, a technique of Psychological First-Aid) to potential suicide victims.

They were also empowered with discretion to make appropriate referrals to mental health professionals (clinical psychologist, psychiatrists or psychiatric social workers), it added.

## एयूडी ने विद्यार्थियों को दिया आत्महत्या की प्रवृत्ति पहचानने का प्रशिक्षण

जनसत्ता संवाददाता  
नई दिल्ली, 13 अक्टूबर।

आंबेडकर विश्वविद्यालय दिल्ली (एयूडी) में विद्यार्थियों को आत्महत्या की प्रवृत्ति की पहचान करने और आत्महत्या के प्रयासों को रोकने के लिए प्राथमिक मनोवैज्ञानिक उपचार मुहैया कराने का प्रशिक्षण दिया गया।

एयूडी की कुलपति अनु सिंह लाठर ने बताया कि विश्वविद्यालय का स्कूल ऑफ ह्यूमन स्टडीज आत्महत्या वाले व्यवहार के बारे में अपने विद्यार्थियों के बीच जागरूकता फैलाने के लिए कई कार्यक्रमों का आयोजन कर रहा है। उन्होंने बताया कि मनोविज्ञान के विद्यार्थियों को आत्महत्या के संकेतकों की पहचान के लिए जरूरी कौशल से प्रशिक्षित किया जा रहा है। इसके अंतर्गत प्राथमिक मनोवैज्ञानिक उपचार मुहैया कराने व खुदकुशी के प्रयास और ऐसी घटनाओं को रोकने के लिए उन्हें तैयार किया जा रहा है। मनोविज्ञान के पांचवें सेमेस्टर के विद्यार्थियों के लिए कर्मपुरा परिसर में प्रशिक्षण सत्र का आयोजन किया गया। स्कूल ऑफ ह्यूमन स्टडीज, एयूडी और सुसाइड प्रिवेंशन फाउंडेशन ऑफ इंडिया (एसपीएफआइ), बंगलुरु ने संयुक्त तौर पर इस कार्यक्रम का आयोजन किया।



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PTI

NEW DELHI, 13 OCTOBER

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