

## **RUSA**

### **A Workshop on causes of suicide Attempt and its prevention through psycho-Social and spiritual streams.**

#### **Sponsored by RUSA**

#### **B.C.S. Govt P.G. College, Dhamtari– Organized by Department of Psychology BCS Govt P.G. College, Dhamtari**

A One day work shop sponsored by RUSA was organised by the Department of Psychology, BCS Govt P.G. College, Dhamtari on 27<sup>th</sup> November 2017. The workshop was on the cause of suicide attempt and its prevention through Psycho-social and spiritual streams. The programme started with worshipping of Goddess Saraswati by the guests present on the Dias and the principal Dr Chandra Shekhar Choubey along with a chant of the hymn attributed to the goddess. The invited guests were honoured with specially prepared flower vase with beautiful Flower plants and coconuts designed in a very attractive way by the students of the Psychology Department.

After the auspicious inaugural session the technical session began with a brief note on the theme of the workshop by Prof. P.C. Choudhury, the anchor of the programme, HOD Department of English and the professor-in-charge RUSA. Then Dr Sarala Divedi, HOD Department of Psychology presented brief introduction of the resource persons for the occasion. The inaugural lecture was by Dr. Mini Alex, Asst. Prof. Psychology, Art and commerce girls college, Devendra Nagar, Raipur. Dr. Alex attributed suicide attempt to depression caused due to mental Health Condition involving emotional thinking and action. She emphasised that stressful events of life due to ups and down lead to a situation causing broken heart. Action geared with negative thought, emotional out burst and withdrawal results in attempt to suicide. She suggested that if one can replace "I" of Illness with "we" - then the negative attitude could be avoided. That is to say "Illness" became "wellness". The warning sign comes when the individual thinks "I wish I was dead" She was of the opinion that suicide can be hundred percent preventable. If we can provide help to the person in between ideation and threatening stage the attempt to suicide can be avoided. This can be done through speak up, reach out or direct talk. Psychotherapy, family therapy and counselling can be the tools to help the person. Public Awareness can be a helping hand to the society in prevention of suicide attempts.

After the tea break second lecture was delivered by Smt. Mamta Ransingh, chairperson CWC, Dhamtari. She, in her power point presentation, reiterated the fact that people of different age attempt suicide because of different causes. The Age group 8-11 year's make the attempt for failure of fulfilment of desire may be any equipment clothe etc. This happens because of intolerance after their feeling is hurt. The teen agers (11-18 years) have the idea of attempting suicide due to pressure of educational programme performance, unsuccessful love or any family

problem. The Age group of person 18-60 year commit suicide because of work pressure, addiction of drugs etc or inferiority complex. She said that teachers can be best counsellors in preventing suicide as they do this selflessly. She also suggested that spiritual activities can also minimize the hazard in the society.

The next speaker in the morning session was Dr. Anita Rajpuria, HOD Sociology department B.C.S.Govt.P.G.College, Dhamtari. She highlighted the social aspects of suicidal attempt and brought out the causes and prevention of suicidal cases. The world level problem has drawn the attentions of the people. She put forward several figurative- data of suicide all over the world. Brazil happens to be the country with most suicidal case in the world and India is in the 10<sup>th</sup> position. She also presented a comparative data as the suicide attempt by students in india. Maharastra is having the first position in students' suicidal cases where as Chhattisgarh is in the third place. She also focused interesting rate of husband and wife ratio in attempting suicide. The causes leading to suicidal cases are mainly due to failure, expectations ,parental conflict and romantic relations. So, they are situational causes for ending the life. When the person thinks much about what other would say of his action, then he is prone to suicidal attempt. She finally touched upon the remedial steps which could save people from committing suicide.

After a sumptuous lunch, the afternoon session began with the speech of a spiritual person, Shant shree Ravikar Sahebji from Kabeer Ashram, Dhamtari. He emphasised that everything we do should be for the attainment of happiness. If we achieve something ourselves that gives us more happiness than it we get something from somebody. If there is always desire to live, then no body would go for the extreme point of committing suicide. Self confidence could avoid the attempt to suicide. We should always be on self start mode but not on the kick-start. Every individual now-a-days leads an artificial life "away from nature. We should live in and live with nature. One should follow the golden rule of life: "live and let live." He was of the opinion that attempts to suicide could be avoided through four important things in life : healthy body, financial stability, balance in the family and spiritual meditation. Mind happens to be a collection of ideas. Hence we should always have good ideas, always listen to good things and meditate regularly. We should provide our soul with some food. So the stress was laid on a practical life based on the principle suggested in our spiritual literature.

The second lecture in the afternoon session was delivered by smt. Rani Gajendra, counsellor, child and women welfare, Dhamtari. She told that the complexity of success and failure have been the root cause of attempting suicide. Single family system might be one of the reasons of suicidal attempts. Hence she emphatically said that joint family would be an essential tool to prevent suicide. She also focused on the emphasis on meditation and yoga which could help one preventing the suicidal cases. Cowards only commit suicide. Parents should have an eye on their ward's activity manly watching TV shows or using social media these days. Blue whale game resulting in suicide could have been avoided through parent's alertness.

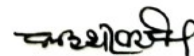
The last lecture of the workshop was by Dr.Suman Kumar, clicnical psychologiht, District Hospital Dhamtari. According to him suicide is a mental sickness as stressed by WHO. Depression is at the root of committing suicide because that creates misconception in the mind. Sometimes incurable diseases lead to commit suicide. He explained ABC theory that is of Antecedent, Behaviour and Consequences as used in psychology. He suggested to be alert for the warning signs , and one should give oneself more time of concern and try not to stay alone. For the preventive measures he suggested psycho-education, group theory ,shopping theory,talking theory, dance therapy,music therapy, psycho-drama etc. One should never be demotivated by the stress of more work but he should divide the work into smaller division and accomplish them step by step. He was of the opinion that one would stand in front of a mirror and say "I am the best". This attitude will never prompt one to even think about suicide. Writing diary daily, playing with pets, reading holy books, keeping oneself away from drugs and meditation would help people to have positive attitude which never allows a person to have depression. Hence controlling your thoughts would ultimately control your action. He wound up his speech with a mention of helpline numbers that would save the people thinking of committing suicide.

Finally Dr.C.S.Choubey, Principal, B.C.S.Govt.P.G.College, Dhamtari addressed the gathering. In his speech he drew many examples from the society to awaken the andience to save people from committing suicide. He said that "Living" is essential and one should never think about death. Drawing an example from the film "Sauda" he emphasised that there is always a solution for every problem. Strong desire to live is always helpful for an individual to keep himself away from negative thinking.

Dr.Sarla Dwivedi, HOD Department of psychology, in her vote of thanks praised distinguished guests for sparing their valuable time for the programme. Dr.C.S.Choubey's support for the programme was also laudable she said. She also thanked Prof.P.C.Choudhury for extending help for the workshop from RUSA. No doubt ,she was also thankful for the audience for the success of the programme for their patient listening to the resource persons. And with that a praiseworthy effort to make the youngsters aware of the negative approach to end their valuable life which is very important for the family and the society, came to an end. But it has been the beginning of the awareness campaign.



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# बी.सी.एस.शासकीय स्नातकोत्तर महाविद्यालय, धमतरी (छ.ग.)

ग्रन्थालय विभाग द्वारा लाईब्रेरी ऑटोमेशन एवं ई-रिसोर्सस विषय पर  
कार्यशाला का आयोजन (दिनांक 13.02.2020 को)

रूठ दिवसीय कार्यशाला

दिनांक :- 13/02/2020

बी.सी.एस. शासकीय स्नातकोत्तर महाविद्यालय धमतरी में ग्रन्थालय विभाग द्वारा रूठ दिवसीय कार्यशाला का आयोजन लाइब्रेरी ऑटोमेशन एवं ई-रिसोर्सस विषय पर किया गया। जिसमें मुख्य वक्ता श्री माधव पांडे संध्यापाल हाई विद्यालय रामपुर थे। विशेष वक्ता श्री विनोद आहिरवार संयुक्त शासकीय किबनाथ यादव तामरकर स्वशासी महाविद्यालय जूने ने अपनी उपस्थिति से कार्यशाला को सार्थकता दी।

रूठ दिवसीय कार्यशाला में सर्वप्रथम आतिथ्य का अभिवादन प्रातः 10:30 बजे महाविद्यालय के मुख्य संयालय में हुआ। तत्पश्चात ग्रन्थालय टीम तथा अन्य महाविद्यालय से आए हुए ग्रन्थालय अध्यक्ष / प्रभारी एवं प्राचार्य के साथ, होने वाले नैक मूल्यांकन के संबंध में चर्चा किया गया। चर्चा के साथ साथ स्वस्पाहार भी मुख्य ग्रन्थालय में लिया गया। स्वस्पाहार के बाद ग्रन्थालय का निरूपण किया गया जिसके आधार पर ग्रन्थालय के विकास एवं विस्तारण पर विशेष दिशा निर्देश तथा मार्गदर्शन दिया गया। जिससे नैक मूल्यांकन में तथा भविष्य में सुविकास के लक्ष्य को ग्रन्थालय अपनी अल्प क्षमता निभा सके। इस चर्चा में श्री माधव एवं श्री विनोद आहिरवार जूने ने ग्रन्थालय के स्वरूप में होने वाली लक्ष्य को बारे में अवगत कराया तथा अपने अनुभव भी बांटे।

कार्यशाला का शुभारंभ माँ सरस्वती की प्रतिमा में माल्यापर्ण, दीप प्रज्ज्वलन के साथ राज्य गीत "अरवा पैंरी के चार महानदी टे अपार" गीत के साथ किया गया। इस गीत की प्रस्तुती महाविद्यालय के सहप्रमुख साध्यापक (आतिथ्य) कु. अंकिता वेल्ह के द्वारा दी गई।

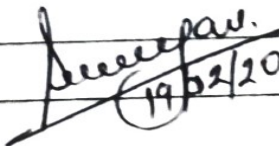
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इसके अलावा मैं संजय सिंह सिन्हा के माध्यम से प्रकाश  
की फीस में दो लाख रुपये का निशाना सर्वप्रथम सहायक  
सचिव को प्रतीक देवगन के द्वारा कार्यशाला के विषय  
पर प्रकाश प्रकाश करा गया।

अंश केवल दीर्घ रिवर प्रवाह के द्वारा वर्तमान के  
ई-रिसोर्सिबल एवं संस्था की उपयोग पर व्यवधान नि  
गया, उनके द्वारा बताया गया की परम्परागत प्रणाली  
तथा वर्तमान की अनुमति प्रणाली में इस संबंध स्थापित  
किया जाते हैं।

कार्यशाला के मुख्य कर्ता श्री विनोद कुमार  
अहिरवार जी ने व्याख्यान की आरंभ में आयुक्त  
को मेरे अंतर्गत पाठ्य सामग्री अधिक मात्रा में उपलब्ध  
तो है किन्तु अधिकतर तथा अन्य वास्तविक पाठ्य  
सामग्री को प्राप्त करें। इसके लिए उन्होंने  
INFLIBNET की N-LIST सदस्यता से कार्यशाला  
को अवगत कराया तथा अपने स्कूल से प्रवेश  
के लिए होजेक्स के माध्यम से कार्यशाला में  
व्यक्तिगत सदस्य को जानकारी दी। एवं कार्यशाला  
में उपस्थित छात्र-छात्राओं तथा साध्यापकों के  
द्वारा पूछे गए सवालों के जवाब भी मिलनी  
से छूट गया।

  
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19/02/20



## लाइब्रेरी ऑटोमेशन को ले कार्यशाला



धमतरी, शासकीय पीजी कॉलेज  
धमतरी में प्राचार्य डॉ. चन्द्रशेखर चौधरी  
के निदेशन में एवं पीवीपराइकर,  
प्रतीक देवगन के मार्गदर्शन में ग्रंथालय  
विभाग के द्वारा लाइब्रेरी ऑटोमेशन  
एवं ई-रिसोर्सिबल विषय पर कार्यशाला  
का आयोजन किया गया। मुख्य वक्ता

के रूप में इंदिरा गांधी कृषि विविध रायपुर  
के ग्रंथपाल डॉ. माधव पाण्डेय, साईंस  
कॉलेज दुर्ग के ग्रंथपाल विनोद कुमार  
अहिरवार, अनुराग पांडे एवं डॉ. अनंत  
दीक्षित उपस्थित थे। कु. अंकिता पटेल  
के द्वारा राज्यगीत अरपा पैरी के धार की  
शानदार प्रस्तुति दी गई। प्रो. पंकज जैन

ने कार्यशाला के उद्देश्यों पर प्रकाश  
डाला। उक्त अवसर पर प्रतीक देवगन  
ने महाविद्यालय में ग्रंथालय में उपलब्ध  
सुविधाओं, डिजिटल लाइब्रेरी,  
लाइब्रेरी ऑटोमेशन एवं ई-रिसोर्सिबल  
विषय पर महत्वपूर्ण जानकारी दी। डॉ.  
अनंत दीक्षित ने लाइब्रेरी में उपलब्ध  
रिसोर्सिबल का अधिक से अधिक लाभ  
उठाने की अपील की। मुख्य वक्ता डॉ.  
माधव पांडेय ने रिसोर्सिबल एडवेंस  
लाइब्रेरी साइंस, ऑटोमेशन, ई-रिसोर्सिबल,  
लाइब्रेरी का महत्व, विभिन्न देशों में  
लाइब्रेरी में उपलब्ध सुविधाओं की  
जानकारी दी। साईंस कॉलेज रायपुर  
के ग्रंथपाल विनोद कुमार अहिरवार ने  
भी अपनी बात रखी।

