

NATIONAL WEBINAR

ON

SUICIDAL THOUGHTS DURING COVID 19 & PREVENTION STRATEGIES

Join us on 02/08/2020 at 11:00 AM

PATRON



Prof.(Dr.) S.N. Munda
Vice-Chancellor
Dr. Shyama Prasad Mukherjee University, Ranchi

Chairman



Dr. Meenakshi Kujur
HOD
P.G. Dept. of Psychology & PGDGCR
DSPMU, Ranchi

Special Guest



Prof. Amool Ranjan Singh
Professor
Dept. of Clinical Psychology
RINPAS, Kanke

Eminent Speaker



Dr. Masroor Jahan
Additional Professor
Dept. of Clinical Psychology
RINPAS, Kanke

Convenor



Dr. Dinesh Tirkey
Proctor & Dean
Social Sciences
DSPMU, Ranchi

Moderators



Mr. Prakash Oraon
Clinical Psychologist
Sadar Hospital, Saraikela



Mr. Tetra Kumar
Clinical Psychologist
Sadar Hospital Khunti

Organized by:
Department of Psychology
(PGDGCR)
DSPMU, RANCHI



ABOUT THE WEBINAR

Since we know that due to an intrusion of COVID-19 our life events have been affected significantly. Taking into consideration of pandemic pressure Department of Psychology took initiative to organize this national webinar on ***SUICIDAL THOUGHTS DURING COVID 19 & PREVENTION STRATEGIES***. COVID-19 outbreak has affected millions globally. The number of people contemplating suicide and doing self-harm has risen, an online survey revealed. The Suicide Prevention India Foundation (SPIF) conducted the study, in May, where they interviewed 159 mental health professionals from across the country. The report also made recommendations for those experiencing mental distress, others around them, and therapists. The team initiated the study after noticing a spike in the number of people searching “suicide” in Google, seeing reports of virus-related suicides, and receiving nearly thrice the usual number of e-mails and calls related to suicide ideation and emotional distress. The “new normal” that the pandemic has forced people to adapt to has aggravated the deteriorating mental health conditions in the country. The lockdowns have not gone well for the mental health condition of people in India, which already records the highest number of suicides globally. Shivarama Varambally, additional professor of Psychiatry at the National Institute of Mental Health and Neurosciences (NIMHANS), who was not involved in the study, said, “ideas of suicide have definitely gone up among the disadvantaged sections of the society.” “The lockdown has increased the already prevalent risks related to mental illness, financial insecurity and work stress, and has added new ones like loss of control, depletion of social networks, job uncertainty, abuse and social isolation,” Nelson Vinod Moses, founder of SPIF, said. This has been true for almost all sections of the population regardless of economic and social backgrounds.

Alarming rise

Over 70% of the therapists who participated in the study reported an increase in the number of people who expressed a death wish or suicidal ideation after the outbreak of COVID-19. Although most therapists capped the spike in suicide ideation at less than 10%, some thought that it could be up to 50%. Nearly two-thirds of the therapists agreed that the number of people who had done self-harm had risen. While 29% responded in the affirmative, 36% thought it was likely. About 60% of the participants also witnessed increasing rates of relapse amongst people who had previously recovered or were recovering from mental health related issues. “A lot of patients are having relapses due to difficulties in accessing medication as well as therapy, especially in the rural areas,” Varambally said. Anxiety (88.7%), job loss (76.1%), stress (73.6%), loneliness (73%) and financial insecurity (73%) were the top reasons for mental distress in people seeking help. “Anxiety levels are very high in most cases. Although it is often not



directly related to the virus, other issues have exacerbated during this time. This has led to a feeling of overwhelm and, therefore, suicidal ideation,” June Thomas, a Bengaluru-based counsellor, said. In all, the report showed that the mental health situation in the country was bleak. While young working professionals, students, and women seeking help the most could mean that they are most open to help-seeking, “it does not take away from the fact that almost all demographics are affected adversely in the current situation,” Noor Malik, research consultant at SPIF, said. The lockdown has been very tough for a science student who wished to remain anonymous and has been on medication for bipolar disorder since 2014. “On a normal day, I’d be busy with my lab work for the most part and wouldn’t get much time to worry about anything else, and that used to keep me calm. The lockdown forced me to stay home with nothing much to do, besides the normal chores, but to think about the past, present and future. This elevated my anxiety levels a lot and I went into depression,” she said. She has not been able to visit her doctor in-person since February and has been using WhatsApp for therapy sessions. But the “virtual therapy has not been as effective as normal therapy sessions, because there’s a limit to what we can express over a video chat when compared with an in-person conversation.” And poor internet connectivity, due to the heavy rains, has added to the woes. Nevertheless, she has been talking to friends, trying to learn new languages, planning her project work, and sleeping for a longer time during the day, which is helping her.

Many seeking therapy for the first time

More than half of the therapists reported that they were seeing people who sought therapy for the first time. About 69% of the therapists said that they were seeing more people and spending more time than before on their sessions. Although it is a good sign that more people are seeking help, the sudden rise in the number of people seeking help and long therapy sessions are causing burnouts among mental health professionals. Over 62% of the therapists were experiencing caregiver fatigue due to the pandemic situation, lockdown pressures, and virtual therapy, and 75.8% conceded that it had compromised their ability to give the best. Both Varambally and Thomas corroborated this finding. Thomas said that counsellors have been talking about it and intentionally taking steps toward better self-care and work-life balance during this time. The report also recommended therapists to seek help from their supervisors and counsellors to ease the burden of their stressful profession. The report recommended those experiencing mental distress to seek help on helpline numbers, stay connected with people, exercise, and talk to therapists when needed. It also called people to proactively check on friends and family, look out for signs of depression and suicidal tendencies, ask the right questions and get trained as ‘gatekeepers’ to identify warning signs and assist those who are suicidal. “Gatekeepers are extremely critical in these difficult



times and may be the difference between life and death for many people who are not able to access mental health care immediately,” Varambally said. During the COVID-19 pandemic, SPIF has trained well over 600 people, of whom over 350 are mental health professionals, and others are working professionals, students and laypersons. The foundation is also planning to initiate a gatekeeper community, moderated by mental health professionals, to help them communicate with each other while making a suicide intervention. Despite the UN recommendations to make mental health services an essential part of the national response to COVID-19, and the efforts of government and non-government bodies in setting up helplines, the measures do not seem to be adequate. The acute shortage of well-trained staff, who can attend these calls, as *The Print* reported, compounds this problem. While the suicide of Bollywood actor Sushant Singh Rajput has led many to discuss mental health on social media platforms, there is still a lot of stigma attached. There is a grave need to “mainstream mental health conversations, create awareness, increase help-seeking and shedding stigma.” Malik added that the government must also increase socio-economic safety nets, and think of ways to support those suffering abuse. “This might be a good time for the government to more seriously implement the Mental Health Care Act, 2017 that promises mental healthcare for all with a rights-based approach,” Moses said. In this webinar special guests & eminent speakers will share their expertise to deal with suicidal thoughts.

ABOUT THE UNIVERSITY

Historical Background

Situated on the tropic of cancer, at an altitude of 651m from sea level amidst tropical flora and fauna, Ranchi College, Ranchi (now upgraded as a Unitary State University and known as Dr. Shyama Prasad Mukherjee University, Ranchi) had been established during the Pre- Independent India. Established in 1926 as a Government Intermediate College, it marched ahead and began Under-Graduate and post-graduate Courses in various subjects of Arts/Science in the year 1946.

Even after Independence, Ranchi College continued to celebrate its recognition as Government College. Till the creation of Ranchi University, Ranchi on 12th July, 1960, it functioned as a Unit of Patna University, imparting quality Higher Education in faculties of Humanities, Science and Social Science.

And, the Growth and Expansion continued

Following the creation of Ranchi University, Ranchi on Saturday, July 12th, 1960, Ranchi College had been placed as a Unit of Ranchi University by the then Government of Bihar. Meanwhile, a new 28th state of India, Jharkhand was carved out of the Southern part of Bihar on November 15, 2000. Now the pressure was high on it. And, it took the responsibility well. Based on its performance, the UGC accorded it the status of an “Autonomous College” in 2009. Also, it had been recognized by the UGC as “College with Potential for Excellence”. This primer college of the Capital has set its mood and it never looked back.

And, on Tuesday, April 11, 2017 Ranchi College, Ranchi scripts a history and is upgraded as Unitary University, named as **Dr. Shyama Prasad Mukherjee University, Ranchi**

Status:

Traversing over 110 acres of land, in the heart of the Capital city of Jharkhand, Dr. Shyama Prasad Mukherjee University, Ranchi has an elephantine Building Architecture, strong base of Human Resources, well- furnished Laboratories and digitally equipped classrooms, Language Laboratory for Development of Communicative Skills, Attractive Classrooms (some are heritage classrooms), Expanded Gardens and Botanical Gardens catching its span till a nearby Oxygen park.

Carrying a sense of pride to be located in a state who values sports, art and culture, we have an amphitheatre AKHRA for promoting folk and tribal dance & theatre, separate Independent large playgrounds for games and sports which has produced many gems of national and International stature.

Further, we have Campus Placement Cell, Media Cell, Grievance against Women Cell, Anti-Ragging Cell, three Units of N.S.S., N.C.C., Discipline Cell, C.P. Grams Cell, Boys’ Hostel, a Colossal Auditorium, Literary Club of Students monitored by teachers, Provisions for Educational Tours for

students and Escort teachers, digitally equipped campus with Wi-Fi facility promoting cashless and paperless transactions and online facilitation.

And Development work continues...

As to meet out the new expectations and responsibilities, the University is going through a two-tier development process which shall be completed by the end of the year 2018: The first is the new construction of Administrative Building, the Academic Building, The Examination Department Building, A 3 star-Canteen and Guest House. The second level of works, which are on the verge of completion, are: Repair and Renovation of the University Boys' Hostel 1 & 2, Roof tops of the complete areas of the Old Buildings and the repair and renovation of the existing Building premises of the University.

Programme Schedule

- 11:00 am - Welcome Address - Dr. Meenakshi Kujur
- 11:10 am - Words of Blessing - Dr. S.N. Munda & Dr. Dinesh Tirkey
- 11:20 am - Need of Mental Health Care - Prof Amool R. Singh
- 11:40 am - Keynote Speaker - Dr. Masroor Jahan
- 12:30 pm - Query and solution - Mr. Prakash Oraon
- 12:50 pm - Vote of Thanks - Mr. Tetra Kumar

To Join Us

**Please meet at google meet at 11:00 AM on
02/08/2020**

<https://meet.google.com/mku-ghvs-qwg>