**REPORT ON PANEL DISCUSSION SESSION ON THE TOPIC**

**“SUICIDE PREVENTION: CREATING HOPE THROUGH ACTION”**

**Date: 13th September, 2022**

Psychological Counselling Cell organized panel discussion session on the topic “Suicide Prevention: Creating Hope through Action” on 13th of September, 2022. The programme was held in backdrop of the World Suicide Prevention Day which is celebrated on 10th of September every year. The day is celebrated in order to raise awareness regarding suicide and the ways in which we can prevent it. The theme for the current year was “Creating Hope through action”. Following the same theme, panel discussion was organized in the college conference hall. The panelists for the event were Prof Shabir Ahmad from Department of Sociology, Dr Suhail Ahmad from Department of Psychology and Dr Irfan Jajal from Department of Islamic Studies. The session was moderated Coordinator, Psychological Counselling Cell Dr Mohd Altaf Paul. The session was students as well as faculty members.

At the outset Dr Altaf discussed the theme and background of Suicide Prevention Day. He informed the participants that the day was established in 2003 by the international Association for Suicide Prevention in Conjunction with the world Health Organisation. He highlighted the prevalence of suicide throughout world which is alarming. He said that more than 7 lakh people die because of suicide in the world every year and suicide attempts are more than that. He also mentioned that it is the 4th leading cause of death in the age group of 15-29 years. So he emphasized the need to work collectively in order to create hope in hopeless people by small and joint efforts individually as well as collectively.

This was followed by deliberation from Dr Irfan Jalal who emphasized that suicides are the result of increasing inclination of people towards materialism. He said that the only remedy for such problem is to adopt religious teachings in order to live a healthy and satisfied life. Later Prof Shabir gave a comprehensive sociological perspective of suicide. He held social institutions and moral degradation responsible for suicide. He said that in such a society, people do not value their life as they should, resulting in ending their lives. Last panelist, Dr Suhail presented psychological perspective of suicide and linked it with physical and emotional pain. He highlighted suicide as a maladaptive coping at the time of sufferings and mental disorders. At the end, there was open discussion on the theme in which students and faculty took an active part and the theme was thoroughly discussed. Finally concluding remarks were given by Principal sahab Prof Mazsoor Ahmad Lone who, by his wise words, created new hope and zeal for life in students. At the end of the program Prof Mohammad Ashraf from Department of Education presented note of thanks. The programme was real success as the topic of suicide was discussed from psycho-social and religious perspective leaving all the participants well satisfied.

     