

**2024-2025**



**REPORT ON ONE DAY STATE-LEVEL SEMINAR ON  
SUICIDE PREVENTION FOR STUDENTS**

# **REPORT**

**INTERNAL QUALITY ASSURANCE CELL  
SRIPAT SINGH COLLEGE**

## **REPORT ON ONE DAY STATE-LEVEL SEMINAR ON SUICIDE PREVENTION FOR STUDENTS**

A one-day state-level seminar on “Targeted Intervention on Suicide Prevention for Our Students” was successfully organized by the Internal Quality Assurance Cell (IQAC) of Sripat Singh College in collaboration with Lalbagh Sub-Divisional Hospital, District Mental Health Programme, Murshidabad, Government of West Bengal. The event took place on March 19, 2025, at 1:00 PM in Rabindra Sabhakaksha. The seminar aimed to address critical issues related to mood aversion, cognitive fear, depression, behavioral activities, anxiety, and psychological triggers affecting students. Smt. Shaoni Singha Roy, President of the Governing Body of Sripat Singh College, was the Chief Patron of the event.

The seminar commenced with a welcome speech by Dr. Kamal Krishna Sarkar, Principal of Sripat Singh College, who emphasized the growing concerns over student mental health and the urgent need for intervention. The resource person, Ms. Debalina Mukhopadhyay, a Clinical Psychologist from Lalbagh Sub-Divisional Hospital, delivered a detailed presentation on the psychological and social factors contributing to student suicides. She discussed early warning signs, coping mechanisms, and the role of educational institutions in mental health support. Participants were actively engaged in discussions about depression, anxiety, and emotional well-being, making the session highly interactive and informative.

The seminar also focused on practical strategies to manage stress and mental health challenges among students. Ms. Mukhopadhyay explained how targeted interventions, including counseling, peer support, and mental health awareness programs, can help prevent suicidal tendencies. She highlighted the importance of timely identification of distress signals, professional counseling, and creating a supportive academic environment. Various real-life case studies were shared to illustrate the impact of early intervention. The session encouraged students, teachers, and parents to actively participate in mental health initiatives and seek help whenever necessary. 81 Students & 7 teachers participated in the program.

The event concluded with an open Q&A session where participants shared their thoughts and concerns. The organizers assured that mental health support would be strengthened in the institution. As a token of participation, certificates were provided to all attendees. The limited seats were fully occupied, reflecting the growing awareness and importance of mental health education. The seminar successfully served its purpose by fostering a dialogue on suicide prevention and equipping students with essential coping skills. The collaborative effort between Sripat Singh College and Lalbagh Sub-Divisional Hospital set a precedent for future initiatives to promote student well-being.



# One Day State Level Seminar Targeted Intervention on Suicide prevention for our students

Organized by  
IQAC, Sripat Singh College  
In association with  
Lalbagh Sub Divisional Hospital,  
District Mental Health Programme, Murshidabad,  
Government of West Bengal

Venue : Rabindra Sabhakaksha Date:19.03.2025, Time:1.00 P.M.

## Organizing Committee

Dr. Sagar Simlandy  
Coordinator, IQAC

Dr. Mitali Tikader  
Teachers Council Secretary

Dr. Amritendu Halder, Arunava Kumar Choudhury, Debraj  
Roy, Dr. Abhisekh Basu, Dibarkar Das, Rakesh Paul, Syam  
Sundar Sett

## Chief Patron

Smt. Shaoni Singha Roy  
President, Governing Body, Sripat Singh College

**Seat Limited**

## August Presence

Dr. Kamal Krishna Sarkar  
Principal - Sripat Singh College

Debalina Mukhopadhyay  
Clinical Psychologist  
Lalbagh Sub-Divisional Hospital

Registration link <https://forms.gle/xwhahNxb59I2ARt4NG>

All are invited to join this program Certificate will be provided to all participants

# Banner of the program



## Sripat Singh College

(Estd. 1949. Govt. Sponsored)

P.O.: Jiaganj • Dist. Murshidabad • West Bengal-742123

Phone: (03483) 255351, Tele Fax: (03483) 256961,

www.sripatsinghcollege.edu.in E-mail: sscollege2009@gmail.com

Ref. No.:

Date: 18/03/2025

### Notice

No.- 290

It is hereby notified for information of all concerned that a One-day State Level Seminar on **“Targeted Intervention on Suicide Prevention”** will be organised by IQAC, Sripat Singh College in association with Lalbagh Sub-Divisional Hospital, District Mental Health Programme, Murshidabad, Govt. of West Bengal on **March 19, 2025 (Wednesday) at 1:00 pm** at ‘Rabindra Sabhagriha (Room No. 5)’.

All are requested to attend the conference.

18.03.25

DR. KAMAL KRISHNA SARKAR

Principal

Sripat Singh College

Jiaganj, Murshidabad

Notice

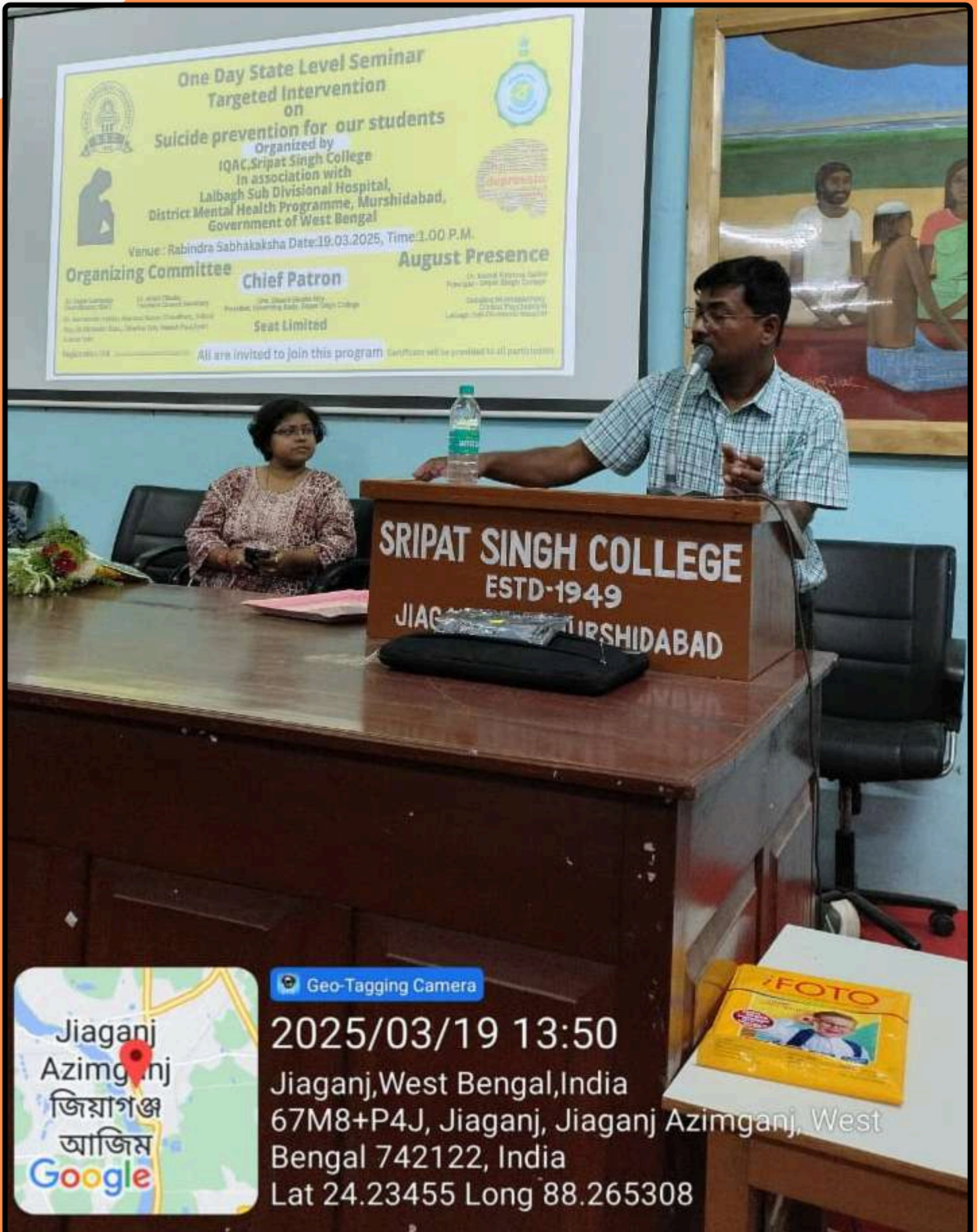


**ONE DAY STATE LEVEL SEMINAR**  
**ON**  
**TARGETED INTERVENTION ON SUICIDE PREVENTION FOR OUR**  
**STUDENTS**  
**DATE-19/03/2025, Time-1.00 P.M.**  
**VENUE- Room No-5**

**-:Program Schedule:-**

<i>Program Name</i>	<i>Time</i>
Welcoming The Guest	1.00-1.05 PM
Inaugural Song by Students	1.05-1.10 PM
Inaugural Speech by Principal	1.10-1.15 PM
Speech By Chief Guest (Debalina Mukhopadhyay)	1.15-2.00 PM
Discussion/ Inter- action	2.00-2.15 P.M.
CERTIFICATE DISTRIBUTION & VOTE OF THANKS	2.15-2.30 PM
NATIONAL SONG	2.30-2.33 P.M.

**Program Schedule**



Glimpse of a moment





Glimpse of a moment



Glimpse of a moment





**Glimpse of a moment**



**Glimpse of a moment**



<https://forms.gle/xwhaNxrbS9i2A8HN9>

Registration Link

<https://forms.gle/V6u5R3aihkgqWEc4z6>

Feedback Link

<https://www.sangbadekalavya.in/2025/03/workshop-on-mental-health-at-sripath-singh-college.html?m=1>

Media Link

শ্রীপৎ সিং  
কলেজে  
কর্মশালা



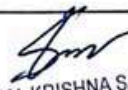
সারিউল ইসলাম ● মুর্শিদাবাদ  
আপনজন: শ্রীপৎ সিং কলেজে  
আত্মহত্যা প্রতিরোধ ও মানসিক  
স্বাস্থ্য সচেতনতা বিষয়ে এক  
আলোচনা সভা অনুষ্ঠিত হল  
বুধবার। অনুষ্ঠানে প্রধান বক্তা  
লালবাগ মহকুমা হাসপাতালের  
ক্লিনিক্যাল সাইকোলজিস্ট ডাঃ  
দেবলীনা মুখোপাধ্যায় তরুণদের  
মানসিক স্বাস্থ্যের গুরুত্ব, উদ্বেগ ও  
বিষণ্ণতা মোকাবিলার উপায় নিয়ে  
আলোচনা করেন। কলেজের  
অধ্যক্ষ ড. কমলকৃষ্ণ সরকার  
শিক্ষার্থীদের মানসিক চাপ বৃদ্ধির  
বিষয়ে উদ্বেগ প্রকাশ করেন।

One day State Level Seminar on "Targeted Intervention on Suicide Prevention"

Attendance Sheet

Date: 19/03/2025

Sl. No.	Name	Department	Semester	Full Signature
1	Sahanaj Begam	History	1st	Sahanaj Begam
2.	Ria Rabi das	History	1st	Ria Rabi das
3.	JAMIRUNNESA	History	1st	Jamirunnesha
4.	SARJINA KHATUN	History	1st	Sarjina Khatun
5.	Hamida Sultana			
5.	Manisha Chakraborty	P.g Bengali	3rd	Manisha Chakraborty
6.	Farhaan	English	1st	Farhaan
7.	Siladitya Ghosh	English	1st	Siladitya Ghosh
8.	Koyel Pramanik	Bengali	1st	Koyel Pramanik
9.	Dolom Mondal	Bengali	1st	Dolom Mondal
10	Priya Mondal	Bengali	1st	Priya Mondal
11.	Lilima Mondal	Bengali	1st	Lilima Mondal
12	AZAJUL ALI MOLLAH (Hising)		1st	Azajul Ali Mondal
13)	Suprotik Das	English	1st	Suprotik Das
14.	Ranit Saha	English	1st	Ranit Saha
15)	Kader Sk	Zoology	6th	Kader Sk
16)	Khadija parvin	philosophy	1st	Khadija parvin
17)	Mitra Das	Bengali	1st	Mitra Das
18.	Aniket Biswas.	Philosophy	1st	Aniket Biswas.
19.	Susampurna Dutta	History	1st	Susampurna Dutta.

  
DR. KAMAL KRISHNA SARKAR  
Principal  
Sripat Singh College  
Jaganj, Murshidabad

List of participants



**One day State Level Seminar on "Targeted Intervention on Suicide Prevention"**  
**Attendance Sheet**  
**Date: 19/03/2025**

120	Tithi Ghosh	History	Semester -3	
121	Rikta Ghosh	Zoology	Semester -6	Rikta Ghosh.
122	Farikul hoque	Botnay	Semester -6	
123	Biplab Biswas	Computer Science		Biplate Biswas
124	Laboni khatun	Philosophy	Semester -3	
125	Indrani Ghosh	Philosophy	Semester -1	
126	Rohan Mondal	B.A General	Semester -6	
127	Sachin Mandal	History	Semester -1	
128	Priti Mandal	Political Science	Semester -1	Priti Mandal
129	Abu Taher sk	Bengali	Semester -3	
130	Monika Islam	Botnay	Semester -6	Monika Islam
131	SOUMITA PRAMANIK	Chemistry	Semester -6	Soumita Pramanik
132	Arpita Mondal	Chemistry	Semester -6	Arpita Mondal
133	Gourab Ghosh	Botnay	Semester -3	Gourab Ghosh
134	Rathindra nath pramanik	History	Semester -1	
135	Shilpi Ghosh	Bengali	Semester -6	
136	Sneha Rajak	English	Semester -1	Sneha Rajak
137	Roni Mandal	History	Semester -1	
138	Monalisha mandal	Political Science	Semester -1	Monalisha Mandal
139	Naziya khatun	History	Semester -3	Naziya Khatun
140	Rimpa khatun	Botnay	Semester -1	
141	SANIA Khatun	Bengali	Semester -1	Sania Khatun
142	Sulagna rajak	Bengali	Semester -1	

*[Signature]*  
DR. KAMAL KRISHNA SARKAR  
Principal  
Sripat Singh College  
Jiaganj, Murshidabad

List of participants

**One day State Level Seminar on "Targeted Intervention on Suicide Prevention"**  
**Attendance Sheet**  
**Date: 19/03/2025**

96	Bristi Pal	English	Semester -1	
97	Sneha das	English	Semester -1	Sneha Das
98	Ebrahim Sk	Botnay	Semester -1	
99	Ruma sardar	History	Semester -6	
100	Jhumki Das	Bengali	Semester -1	Jhumki Das
101	Bishnupada Sarkar	History	Semester -6	
102	Arjina khatun	Botnay	Semester -1	
103	Sahanaj begum	History	Semester -1	Sahanaj Begam
104	Kanika das	Sanskrit	Semester -1	
105	Golam Masum	History	Semester -1	
106	ABU SAMAD	Zoology	Semester -1	
107	Mehedi Hasan	History	Semester -1	
108	Abdullah Sk	History	Semester -1	
109	Risha das	Sanskrit	Semester -1	
110	Manisha Khatun	Sanskrit	Semester -1	
111	Tiyasa Sikdar	English	Semester -1	
112	Anny Pramanik	English	Semester -1	
113	Nabanita Kundu	Botnay	Semester -1	
114	Sangita Biswas	Sanskrit	Semester -1	
115	Soma das	English	Semester -1	Soma Das
116	Simran Giri	History	Semester -1	Simran Giri
117	Tina khatun	English	Semester -1	
118	Sourodeep Chatterjee	English	Semester -1	
119	Soumen Mondal	History	Semester -1	

*[Signature]*  
 DR. KAMAL KRISHNA SARKAR  
 Principal  
 Sripat Singh College  
 Jaganj, Murshidabad

List of participants

One day State Level Seminar on "Targeted Intervention on Suicide Prevention"

Attendance Sheet

Date: 19/03/2025

72	Iyamin SK	English	Semester -1	
73	Mamoni Das	English	Semester -1	Mamoni Das
74	Koyel paul	MBBT	Semester -1	Koyel Paul
75	Sohana Parvin	English	Semester -3	
76	Masuma Khatun	English	Semester -6	
77	Baitulla Sk	English	Semester -1	
78	Sujata Das	English	Semester -1	
79	Ratri Chakraborty	English	Semester -1	
80	DEV YADAV	English	Semester -1	Dev yadav..
81	Lilufa yeasmin	History	Semester -1	
82	Barsha Pramanik	English	Semester -1	Barsha Pramanik
83	Rahima Khatun	Philosophy	Semester -1	
84	Pipasa Das	English	Semester -1	Pipasa Das
85	Nitin Singha	Bengali	Semester -3	
86	SURAJIT HALDAR	Botany	Semester -6	SURAJIT HALDAR...
87	Sangita mondal	History	Semester -1	
88	Piyarul sk	Botany	Semester -1	
89	PRIYA GHOSH	History	Semester -1	Priya Ghosh
90	Mamoni mondal	History	Semester -1	Mamoni mondal
91	Sahul sk	History	Semester -1	
92	Sajida khatun	ENVS	Semester -1	
93	Trisha Ghosh	Botany	Semester -1	Trisha Ghosh
94	RANAJIT MONDAL	History	Semester -1	
95	Ruksar khatun	English	Semester -1	

List of participants



**One day State Level Seminar on "Targeted Intervention on Suicide Prevention"**

**Attendance Sheet**

**Date: 19/03/2025**

Sl. No.	Name	Department	Semester	Full Signature
1	Md Sujauddin	Physics	Semester -1	
2	Nasrin Akhtar	Botnay	Semester -1	
3	Md Babar Ali	Botany	Semester -1	
4	Ankita Ghosh	Botnay	Semester -1	Ankita Ghosh
5	Debraj Bosu	Botnay	Semester -1	
6	Mukesh Halder	MBBT	Semester -1	Mukesh Halder.
7	Rabia Khatun	PG-4 in Bengali	Semester -4	Rabia Khatun
8	Mir Robiul Ali	Physics	Semester -1	
9	Miskat Sk	History	Semester -3	Miskat Sk
10	Kabirul sk	History	Semester -1	KABIRUL SK
11	Md Yousuf sk	Zoology	Semester -1	
12	Priyanka Mandal	Philosophy	Semester -1	Priyanka mandal.
13	Surajit Mahato	History	Semester -1	Surajit Mahato
14	Sania Akter	History	Semester -1	
15	Debajit Kumar Mondal	History	Semester -1	Debajitkumarmondal
16	Nasir Aktar	History	Semester -1	NASIR AKTAR
17	Rasida Khatun	History	Semester -1	
18	Abdul Maid	Physics	Semester -6	
19	ANISUZZAMAN	Zoology	Semester -6	Anisuzzaman
20	Swaralipi Das	Sanskrit	Semester -1	Swaralipi Das
21	Ali Hossain	Philosophy	Semester -1	
22	Samiran Roy	Sanskrit	Semester -1	Samiran Roy
23	Mahabuba Khatun	Botnay	Semester -6	Mahabuba Khatun

List of participants

**One day State Level Seminar on "Targeted Intervention on Suicide Prevention"**

**Attendance Sheet**

**Date: 19/03/2025**

24	Priyanka soren	Philosophy	Semester -1	Priyanka Soren
25	Sushoma soren	Philosophy	Semester -1	Sushoma Soren
26	Tamanna Khatun	Philosophy	Semester -1	
27	Sonali Rai	Philosophy	Semester -1	Sonali Rai
28	Hamida Sultana	MBBT	Sem-1	Hamida Sultana
29	Karina khatun	Philosophy	Semester -1	
30	Jyotirmayee sarkar	Bengali	Semester -1	
31	Prabir Saha	Political Science	Semester -1	
32	Tanushree sarkar	History	Semester -6	
33	Debu mondal	Philosophy	Semester -1	
34	Samu ghosh	Physical Education	Semester -1	Samu Ghosh
35	Ronajit Ghosh	Sanskrit	Semester -3	
36	SORIF HOSSAIN	Computer Science	Semester -1	
37	Nabakumar Mondal	History	Semester -1	
38	Priyangshu Das	Zoology	Semester -6	Priyangshu Das
39	ARIF HOSSAIN	B.Sc General	Semester -6	
40	Anamika Pramanik	History	Semester -1	Anamika Pramanik
41	Aleya khatun	History	Semester -1	
42	Ananta saireen Iva	PG-2 in Bengali	Semester -3	
43	MD ASHIK HOSSAIN	Bengali	Semester -1	
44	Sumi khatun	History	Semester -1	
45	IMAM ALI	Zoology		
46	SHER AFGAN	History	Semester -1	Sher Afgan
47	Samima Khatun	History	Semester -1	

DR. KAMAL KRISHNA SARKAR  
Principal  
Sripat Singh College  
Jiaganj, Murshidabad

List of participants




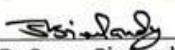
## CERTIFICATE OF PARTICIPATION


This is to certify that Saibul Islam of Sripat Singh College, actively participated in the One-Day State-Level Seminar on "Targeted Intervention on Suicide Prevention for Our Students" organized by IQAC, Sripat Singh College, in association with Lalbagh Sub-Divisional Hospital, District Mental Health Programme, Murshidabad, Government of West Bengal.

The seminar was held on 19th March 2025 at Rabindra Sabhakaksha, Sripat Singh College, Murshidabad, at 1:00 P.M. It aimed to raise awareness about mental health and suicide prevention strategies for students.

We appreciate the participant's engagement and contribution to this important initiative.

  
Debalina Mukhopadhyay  
Clinical Psychologist  
Lalbagh Sub divisional Hospital

  
Dr. Sagar Simfandy  
COORDINATOR, IQAC  
SRIPAT SINGH COLLEGE

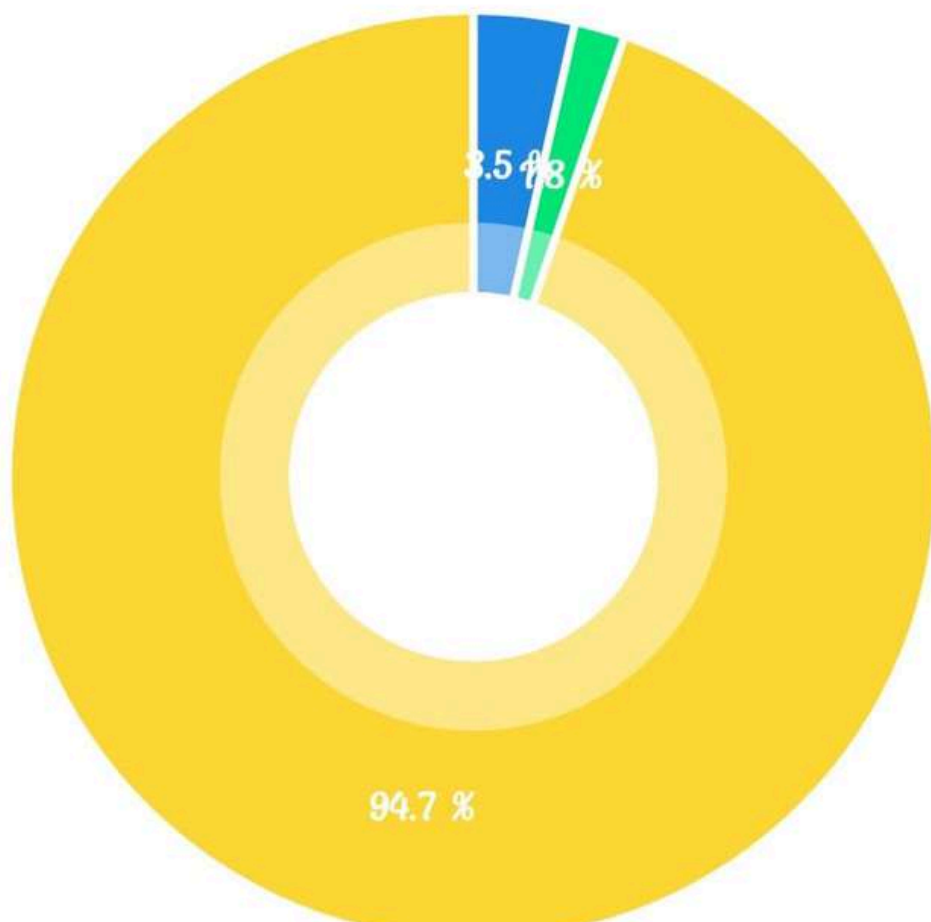
  
Dr. Kamal Krishna Sarkar  
PRINCIPAL  
SRIPAT SINGH COLLEGE

Certificate



## PIE CHART

- Teaching - 2
- Non teaching - 1
- Student - 54



Feedback

## **Program Outcomes for Students**

- 1. Awareness on Suicide Prevention – Gained knowledge about early warning signs, psychological triggers, and preventive measures.**
- 2. Understanding Mental Health Issues – Developed insights into mood disorders, anxiety, depression, and cognitive fears affecting students.**
- 3. Coping Mechanisms – Learned stress management techniques and practical strategies to handle emotional distress.**
- 4. Importance of Seeking Help – Encouraged to reach out to counselors, teachers, and peers for mental health support.**
- 5. Role of Peer Support – Understood how friends and classmates can play a vital role in preventing suicidal tendencies.**
- 6. Breaking the Stigma – Helped reduce the fear and hesitation associated with discussing mental health issues.**
- 7. Building Emotional Resilience – Gained skills to improve self-confidence, self-care, and emotional well-being.**
- 8. Engagement in Mental Health Programs – Motivated to participate in college-led mental health initiatives and awareness campaigns.**
- 9. Practical Knowledge from Experts – Benefited from clinical psychologist insights and real-life case studies on suicide prevention.**
- 10. Certification and Recognition – Received certificates acknowledging participation, boosting confidence and academic credentials**