

## **Report: Training on suicide prevention.**

On the 11th and 12th of January 2024, an insightful online Zoom session focused on suicide prevention was conducted, spearheaded by Ms. Dhanashree Karandikar. Rizvi College of Education, in collaboration with Pillai College, actively participated in this enlightening event. The session aimed to delve into the root causes of suicide and explore effective prevention methods. The first day was dedicated to understanding the various cues, such as behavioral and situational cues, associated with suicidal tendencies.

The QPR method was used to discuss suicide-related issues, emphasizing early intervention and identifying at-risk individuals. The session highlighted the complexities of suicide and its impact on individuals, families, and communities. It highlighted the emotional toll of suicide, with over ten people dying daily in Canada, and the need for a comprehensive approach for effective prevention.

