

## REPORT OF UGC SPONSORED NATIONAL CONFERENCE

On

### Educational Reforms and its Impact on Suicidal Ideation of students.

The last decade has seen increase in the number of students committing suicide. The Indian Crime Bureau report states a varied socio-cultural reason behind it, such as education system, the evaluation pattern, over expectations of parents & teachers, heightened peer pressure, apathy of schools-colleges-institution, and the commercialization of higher education etc.

10<sup>th</sup> September being World Suicide Prevention Day, WHO released its first **World Suicide Report (WSR) on that day**. The report followed the adoption of the Comprehensive Mental Health Action Plan 2013-2020 by the World Health Assembly. All 194 member countries have committed to reduce their suicide rates by 10% by 2020, including INDIA.

On this occasion a two day conference was conducted and organized by department of Psychology. It intended to bring out the hidden facts & truth behind the educational reforms so as to make them better. Thus, this National Conference was conducted to seek and identify the various ways to reduce stress, rationalize expectations, analyze self, and help parents, teachers, and the policy makers to understand the adolescents better.

A detailed report follows:

**Day one:** On this occasion of World Suicide Prevention Day Dr. Dipti Christian Principal Hislop College, Nagpur inaugurated the conference as key note speaker in presence of Shri. Ashok Kumar Gandhi President Nagpur Shikshan Mandal, Nagpur. Mrs. Snehal Paldhikar Principal made the introductory remarks and Mrs. Deepa Balkhande HOD Psychology Briefed the gathering about rationale behind the conference.



In total 125 Participants registered and 62 Papers were published as conference proceedings, with ISBN Number: ISBN-978-91-926267-1-0



As scheduled the first Session was conducted by Dr. Shailesh Pangaonkar (Psychiatrist & Director Central India Institute of Behavioral Sciences, Nagpur). He elaborated the inside story of suicidal behavior specific for the adolescents. Detailed study conducted by Central India Institute of Behavioral Sciences, Nagpur over a period of last 5 years was presented. The report made it very clear the facts that girls in the region are more susceptible to committing suicide, and the educational institutions can help them by providing a mentoring support.



The first paper presentation session had in total 12 papers being presented on the theme of “Educational Reforms & Suicidal Ideation”, the Session was chaired by Dr. Garima Sapre [HOD Psychology, LAD College Nagpur]. The session concluded with a note from the chairperson that a severe change in educational reforms is desired right from the primary schooling.

The second technical session was panel discussion with Dr. Sujala Watve (Dnyan-Prabodhini, Pune), Dr. Ramesh Singru (Retd.HOD Physics IIT Kanpur), Mrs. Samiksha Amte (Gadchiroli), regarding Educational Reforms yesterday, today & tomorrow. All three panelists firstly briefed about the essentials of educational reforms to reduce the stress & burden on today’s students. Mrs. Amruta Gokhale-Bhuskute (Asst Professor Dept of Psychology) was the moderator of the session.

The entire panel discussed at length the various reforms that have been incorporated during the last decade & need to be done in the coming years. The session ended with a detailed note on the essentials of change in the educational pattern governing the marks. Dr. Watve & Dr. Singru

focused on need of special training to be given to intellectually superior, and for development of SKILLS in today's youngsters. The day ended with a positive note that even if the systems do not change, teachers & individual institution can make the difference.

**The second day** i.e. 11<sup>th</sup> Sept 2014 began with panel discussion on "Role of Counselors & Importance support system". Dr. Shishir Palsapure (Director - Morph Minds) & Mrs. Swati Dharmadhikari (HOD-Psychology Tirpude College of Social Work) were the panelist. Both the panelist discussed about role of teachers as regular counselor & Dr. Palsapure emphasized the need of Mentoring system in each school & college.

Dr. Nilam Deshmukh HOD Dept of Psychology, Amravati, chaired the next paper presentation session. In total 11 papers were presented. The theme of papers was "Mental Health & Life Skills development" in students.

The second technical session was conducted by Dr. Sudhir Bhave (HOD Psychiatry dept NKP Salve Institute of Medical Sciences). The session was on "Emotional Intelligence Need of today's Adolescents". Dr. Bhave stressed on imparting compulsory training to the students below 18 years of age regarding Emotional Intelligence & Various Life Skills.

Dr. K. Nimbalkar (Chairman Board of Studies, RTM Nagpur University) was the resource person for valedictory session of the conference. Dr. Nimbalkar suggested that some basic concepts of Psychology, like Emotions, Memory, Learning, Structure of brain & its importance, need to be taught to all students irrespective of the gender, class & category.

In total 125 participants registered themselves, out of which 18 were students & remaining 107 were faculties. Details of the receipts & expenses are given separately along with the report.

The conference successfully concluded with the following findings.

1. The numbers of female students prone to committing suicide are twice than that of the boys so the female students need more support.
2. All schools / colleges must have a psychologist / counselor for addressing the problems of the students.
3. Teachers must be trained to be mentors & counselors.
4. Compulsory life skills training to be imparted to all students. At least twice a year.
5. Independent School / College suicide help line to be initiated with help of either UGC or the University.

