



AN INTERNATIONAL WORKSHOP ON
“UNDERSTANDING THE REASONS OF SELF HARM
AMONG
SOUTH ASIAN YOUTH”

BY
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(TRIBHUWAN UNIVERSITY, KATHMANDU, NEPAL)

19-20 OCTOBER, 2023
2 PM ONWARDS
VENUE: DEPARTMENT OF PSYCHOLOGY,
DDU GORAKHPUR UNIVERSITY

ORGANIZED BY
DEPARTMENT OF PSYCHOLOGY
DDU GORAKHPUR UNIVERSITY,
GORAKHPUR, UP

CONCEPT NOTE

Self-harm is a complex and deeply concerning behavior that involves deliberate, intentional harm to one's own body. It is not limited to any particular age group, gender, or socioeconomic background and it can manifest in various forms, such as cutting, burning, or other acts of self-injury. Self-harm is often indicative of underlying emotional or psychological distress and is a critical issue that requires attention and support. This concept note aims to outline the importance of understanding and addressing self-harm as a health concern for youth. Self-harm affect the youth around the globe each year due to complex interactions of biological, genetic, psychological, sociological and environmental factors.

Self-harm is not confined to any specific region, and South Asian countries are no exception. In these countries, the issue of self-harm is often stigmatized and underreported due to cultural and societal norms. Nevertheless, it remains a significant concern, and there is a pressing need to address it more effectively. Therefore, to address this issue, we have Dr. Narendra S. Thagunna from Nepal who has done extensive research on the topic to be the resource person for this interactive workshop.

PROGRAM SCHEDULE

ACTIVITY	DATE & TIME
• Inauguration of Workshop	19/10/2023, 02:00 pm- 02:05 pm
• Felicitation of the resource person	19/10/2023, 02:05 pm -02:10 pm
• Welcome address by HOD, Department of Psychology	19/10/2023, 02:10 pm- 02:15 pm
• Interaction with the students	19/10/2023, 02:15 pm- 02:30 pm
• Continuation of the workshop (Day 1)	19/10/2023, 02:30 pm onwards
• Continuation of the workshop (Day 2)	20/10/2023, 2:00 pm onwards
• Validation of the Workshop	20/10/2023, 04:30 pm- 4:45pm

Patron

Prof.(Dr.) Poonam Tandon
Honorable Vice Chancellor, DDUGU, Gorakhpur

Resource Person

Dr. Narendra Singh Thagunna
Padma Kanaya Campus, Tribhuvan University, Kathmandu, Nepal

Convener

Prof.(Dr.) Anubhuti Dubey
Head, Department of Psychology

Co-Convener

Prof. (Dr.) Dhananjay Kumar
Department of Psychology

Advisor

Prof. (Dr.) Sushma Pandey

Coordinator

Dr. Vismita Paliwal

Organizing Team

Dr. Girijesh Kumar Yadav

Dr. Garima Singh

Dr. Ram Kirti Singh

Dr. Rashmi Rani

Dr. Priyanka Gautam

REPORT

मनोविज्ञानविभाग , दीन दयालउपाध्याय गोरखपुरविश्वविद्यालयमें दोदिवसीय अंतरराष्ट्रीयकार्यशालाका आयोजन किया गया ।इस कार्यशाला का विषय “दक्षिणएशियाईयुवाओंमें आत्म-हानिके कारणों की व्याख्या”था।डा. नरेंद्रएस. थगुन्ना,मनोविज्ञान विभाग,त्रिभुवन विश्वविद्यालय,काठमांडू,नेपाल ने इसकार्यशाला में व्याख्यान प्रस्तुत किया। दिनांक 19.10.2023 को कार्यशाला के प्रथम दिवस पर प्रो.अनुभूति दुबे,अधिष्ठाता , छात्र कल्याण एवम विभागाध्यक्ष, मनोविज्ञान विभाग , दी. द. उ. गोरखपुर विश्वविद्यालयने मुख्यअतिथिएवम व्यक्ताका शॉलएवम भागवतगीता से अभिनंदन एवम स्वागत किया।कार्यक्रमका संचालन डा. विस्मितापालीवाल द्वारा किया गया ।

अपने व्याख्यान में डा. थगुन्नाने अपनीदिनचर्या मेंआत्म-हानि से संबंधित व्यवहारोंकी ओर ध्यान आकर्षितकिया जैसेकिव्यव्यामना करना,अपर्याप्त निद्रा,ना कहने में असमर्थता, इत्यादि ।इस सत्र के दौरान डा. थगुन्ना ने हास्य चिकित्सा संबंधीगतिविधिभी कराई,जिसमें सभी छात्र छात्राओंने बढ़चढ़करहिस्सा लिया।

कार्यशाला में यह भीबतायागया कि दैनिक कार्योंको ना करना, ठीक ढंग से भोजन न करना,अलगाव महसूस करना,एवम आक्रामकताको प्रदर्शित ना कर पाना आत्म हानिसेजुड़ेव्यवहारों के शुरुआती संकेत हैं।

इसकार्यक्रम में मनोविज्ञान विभागके डा.गिरिजेशकुमार यादव,डा. गरिमा सिंह,डा.राम कृति सिंह,डा. रश्मि रानी एवम डा.प्रियंका गौतम मौजूद रहे,साथ ही एम.ए.प्रथम एवं द्वितीयवर्ष एवम बी.ए. के छात्र-छात्राएं मौजूद रहे।

A two-day international workshop was organized at the Department of Psychology, Deen Dayal Upadhyay Gorakhpur University. The theme of this workshop was “Explaining the Causes of Self-Harm in South Asian Youth”. Dr. Narendra S. Thagunna, Department of Psychology, Tribhuvan University, Kathmandu, Nepal presented a lecture in this workshop. On the first day of the workshop on 19.10.2023, Prof. Anubhuti Dubey, Dean, Student Welfare and Head of the Department, Department of Psychology, D. The. A. Gorakhpur University greeted and welcomed the chief guest and person with shawl and Bhagwat Geeta. The program was conducted by Dr. Vismita Paliwal.

In his lecture, Dr. Thagunna drew attention to self-harm related behaviors in our daily routine such as exercise, inadequate sleep, inability to say no, etc.

During this session, Dr. Thagunna conducted activities related to humor therapy, in which all the students participated enthusiastically.

It was also explained in the workshop that not being able to perform daily tasks, not eating properly, feeling isolated, and not being able to display aggression are early signs of self-harm related behaviours.

In this program, Dr. Girijesh Kumar Yadav of Psychology Department, Dr. Garima Singh, Dr. Ram Kriti Singh, Dr. Rashmi Rani and Dr. Priyanka Gautam were present, along with M.A. first and second year and B.A. students of department of Psychology.