



Activity Report



Good Health and Well-being – Ensure healthy lives and promote well-being for all at all ages



Name of the Event	AN INTERNATIONAL WORKSHOP ON “Understanding the Reasons of Self Harm among South Asian youth”
Department	Department of Psychology
Date (or Period)	19 OCTOBER, 2023 to 20 OCTOBER, 2023
Organizer (Name of the University)	Deen Dayal Upadhyaya Gorakhpur University Gorakhpur
Online/Offline Mode	Offline Mode
Brief Write-up in English	<p>The recently held international workshop, organized by the Department of Psychology, provided valuable insights into the factors contributing to self-harm among South Asian youth. Experts and researchers discussed cultural, social, and psychological influences, and shared effective strategies for prevention and intervention. The workshop successfully raised awareness and highlighted important approaches to addressing this critical issue within South Asian communities.</p>