



NEWS BULLETIN

Your Voice Matters: Exploring Self-Recovery from Self-harm



AZARA, September 01: The School of Pharmaceutical Sciences, GCU, Tezpur organized an enlightening interaction with the students to investigate the area of subjective healing from non-suicidal self-injury (NSSI) suffered by young people in Tezpur. The invited Resource Person, Ms. Neenu Thomas, a dedicated professional from the Department of Clinical Psychology at LGB Regional Institute of Mental Health engaged in a thoughtful interaction to understand and shed light on the experiences of young adults who have navigated their path to healing. She set out to highlight the intricate network of feelings, ideas, and difficulties that frequently lead the road to recuperation from non-suicidal self-injury, a complex and multifaceted issue having profound effects on individuals' lives. Neenu Thomas's interaction with the students unveiled the lived experiences of the young adults, allowing a glimpse into their struggles, triumphs and the mechanisms they engaged to move towards healing. By fostering an open conversation and a survey, Neenu Thomas encouraged a safe space for students to share their personal narratives and insights contributing to a greater understanding of this critical topic. The effort not only draws attention to the relevance of raising awareness about mental health issues but also to the value of research and empathic involvement in understanding and resolving mental health issues.



Ms. Neenu Thomas interacting with students on non-suicidal self-injury (NSSI) and mental health issues.