

Bijna features in Global 'Stories of Hope' Campaign for The Live Love Laugh Foundation

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In the eyes of the world, Bijna stands tall - an Ivy-league educated, award-winning British-Indian woman who has surpassed many glass ceilings and has attained significant cultural exposure by living and working globally.

In the mirror, she is constantly and consciously working to sustain her strength by changing the narrative of past traumas.

Her journey is that of an introverted female of Indian diaspora raised in the UK.

Raised with a traditional, culture influenced value system, tolerance and compromise were parts of her DNA; however, anything in excess, void of firm boundaries, signals to perpetrators that wrong treatment is acceptable.

She stand's today as a survivor

...having recovered from emotional, economic, psychological, and physical trauma and complex post-traumatic stress disorder (PTSD).

Trauma has many physiological side effects and can impact everything from memory and concentration to dysregulation of the nervous system, digestive ailments, panic attacks and nightmares, feelings of unpredictability, distrust, and even self-harm.

This is particularly important to note as this campaign is issues during Suicide Awareness Prevention Month and the current theme from the [World Health Organisation](#) is "Creating hope Through Action"

An estimated 703,000 people a year take their life around the world. For every suicide, there are likely 20 other people making a suicide attempt and many more have serious thoughts of suicide. Millions of people suffer intense grief or are otherwise profoundly impacted by suicidal behaviours.

Sometimes, staying in a difficult circumstance is very hard, and leaving the circumstance is even harder.

It takes immense courage to spend even a moment in an environment that is detrimental to one's mental health...and it takes all the courage in the world to either walk towards physical suicide or the cultural and social suicide of exiting a toxic environment and crumbling one's entire existence in the process.

Integrity towards those who need compassion, instead of accentuating social pressures is the difference that can light a candle of hope in the heart of someone who is emotionally losing to the pain of otherwise invisible wounds.

Understanding this and creating areas of psychological safety can literally help save lives.

Bijna is working to advocate for a changed approach on stigma, taboo and to educate on the importance of embracing support for mental health, particularly for ethnic minorities and women.

“When we start to share our experiences, we release ourselves from the versions we created to survive, and evolve towards versions that will also help others to thrive!”

- Dr Bijna Kotak Dasani MBE, FRSA