

# Call for Papers / Abstract Submission



## Centre for Women's Studies & Research

University of Kashmir, Srinagar NAAC

Accredited, A++

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Organizing

Two-Day Workshop on the theme,

“Depression and Suicidal Trends among Young Female Population of Kashmir.”

(21<sup>st</sup>–22<sup>nd</sup> May, 2024)

In Collaboration with and Sponsored by

ICSSR North-Western Regional Centre: P.U Chandigarh

## About the Two Day Workshop

The Centre for Women's Studies and Research at the University of Kashmir, in collaboration with the ICSSR North-Western Regional Centre at P.U Chandigarh, is convening a two-day National workshop titled "Depression and Suicidal Trends among Young Females of Kashmir." This workshop aims to address the critical issue of rising depression and suicidal tendencies among young women in Kashmir region, a concern exacerbated by the area's historical conflict and distinct cultural dynamics.

### Background:

Suicide is a pressing global issue, and in Kashmir, it is particularly severe. The National Human Rights Commission (NHRC) reports a dramatic 26-fold increase in suicide rates in Kashmir, from 0.5 per 100,000 before the 1990s to 13 per 100,000 in recent years. Additionally, Medicines Sans Frontiers (MSF) has documented a staggering 400% surge in the region's suicide rates. The year 2021, alone witnessed 586 suicide attempts in Kashmir, highlighting a critical public health crisis. This alarming trend is fueled by factors such as high unemployment, conflict-related trauma, and insufficient mental health resources.

Suicide impacts not just individuals but entire communities, leaving families in its wake to grapple with grief and stigma. Despite these challenges, local NGOs, community leaders, and grassroots initiatives are making significant strides in bridging the gap between formal mental health services and community needs.

### Objectives:

1. **Global and Local Significance:** Highlight the global significance of suicide and its amplified impact in Kashmir.
2. **Increasing Trends:** Examine and investigate the increasing trends in suicide rates, particularly among young females.
3. **Complex Contributing Factors:** Discuss the myriad factors contributing to depression and suicide in Kashmir.
4. **Community Resilience:** Showcase the resilience and determination of local organizations, NGOs, and community leaders.
5. **Stigma Reduction:** Emphasize the importance of breaking the stigma surrounding mental health.
6. **Grassroots Initiatives:** Explore grassroots efforts, awareness campaigns, and education programs aimed at suicide prevention.
7. **Comprehensive Efforts:** Discuss the need for further comprehensive efforts to address depression and suicide among young females.

# Call for Papers / Abstract Submission

The Workshop invites research papers on “**Depression and Suicide Trends among Young Female Population of Kashmir.**” from research scholars, academicians, educators and faculty from different disciplines to share their outlook on the subjects of deliberation. In preparing the abstract of their proposed papers, we encourage prospective participants to engage with the highlighted theme of the seminar.

## *Guidelines for Submission*

- The Abstract must be accompanied by a cover page, which should include the title of the paper, name(s) of the author(s) & their affiliations & the complete postal & e-mail addresses and working mobile numbers of the authors.
- The deadline to submit individual abstracts is.
- Please submit your abstract through email at [cwsrku@gmail.com](mailto:cwsrku@gmail.com)
- Accepted abstracts will be notified through email (Authors must provide a valid email address with each abstract submission) on 18<sup>th</sup> May, 2024.

## *Research Paper and Abstract Format*

- Word Limit is limited to 3000 to 5000 for full research papers and 300-350 for abstracts.
- The Research Paper and abstract should be in: Times New Roman; font size 12 regular and headings in bold; lines spacing 1.15 and alignment “justified”.
- All the submissions must be in MS-Word document [(.doc)/(docx)] format only.
- The submission should contain a disclaimer that the piece is original and has not been published or is under consideration for publication elsewhere.

## *Important Dates*

Last date of Abstract submission	18 <sup>th</sup> May, 2024
Intimation of Status of Abstract (Acceptance / Rejection)	19 <sup>th</sup> May, 2024

Note: The participants must submit the full paper to ensure their participation in the Seminar.

## Theme for the Workshop

**“Depression and Suicide Trends among Young Female Population of Kashmir.”**

## Sub-Themes for the Seminar

The theme of the seminar is further broadly categorized into following

### **Subthemes:**

1. **Youth Mental Health:** Addressing the mental health needs and developmental challenges of young females in Kashmir.
2. **Women’s Mental Health:** Focusing on specific mental health concerns affecting women in the region.
3. **Mental Health in Higher Education:** Investigating mental health issues among female students.
4. **Family Influence:** Exploring how family dynamics contributes to mental health outcomes.
5. **Workplace Mental Health:** Promoting a positive work environment for young females in educational institutions and at workplaces.
6. **Cultural and Societal Factors:** Examining cultural and social influences on mental health and suicide rates.
7. **Political Instability:** Impact of political instability on young women’s mental health.
8. **Economic Stress:** Analyzing the role of economic stressors and unemployment in depression and suicide.
9. **Institutional Stress** , Investigating the institutional pressures and their impact on mental well-being.
10. **Access to Mental Health Services:** Assessing the availability and effectiveness of mental health services.
11. **Youth Empowerment:** Highlighting efforts by young females to build resilience against depression and suicide.
12. **Community Initiatives:** Showcasing local NGO and community efforts in mental health support and awareness.
13. **Media and Awareness:** Examining the impact of media campaigns on reducing mental health stigma.
14. **Suicide Prevention Strategies:** Discussing managing of stress and formulation of strategies for suicide prevention.

15. **Mental Health Education in Schools:** Considering mental health education as an important component of academic curriculum in schools and colleges.
16. **Comparative Analysis:** Comparing mental health challenges in Kashmir with other regions.

### **Exploring Suicide Perspectives:**

- **Socio-Psychological:** Social and psychological viewpoints on suicide.
- **Biological and Genetic:** Biological and genetic influences.
- **Cultural and Religious:** Cultural and religious interpretations.
- **Legal:** Legal implications and debates.
- **Protest:** Suicide as a form of protest.
- **Euthanasia:** Ethical considerations around euthanasia.

### **Identifying High-Risk Groups:**

- **Vulnerable Demographics:** Adolescents, youth, middle-aged, elderly.
- **Gender Perspectives:** Males, females, non-binary individuals.
- **Socioeconomic Factors:** Students, unemployed, housewives.
- **Socio-cultural Factors:** Marital status, caste, religion, socioeconomic class.

### **Contributing Factors:**

- **Family Issues:** Conflicts, marriage struggles.
- **Economic Challenges:** Debt, financial loss, unemployment.
- **Substance Abuse:** Drug and alcohol addiction.
- **Health Issues:** Mental and chronic physical illnesses.
- **Social Pressures:** Academic failures, relationship struggles.

### **Suicide Prevention:**

- **Mental Health Professionals:** Role in prevention.
- **Religious Organizations:** Their involvement.
- **Community Engagement:** Local associations, volunteers, NGOs.

### **Recovery and Healing:**

- **Personal Narratives:** Stories of attempts and loss.
- **Impact on Loved Ones:** Effects on families.

- Coping Challenges: Families with suicidal individuals

***CHIEF PATRON***

**Prof. Nilofer Khan Honorable**

**Vice-Chancellor  
University of Kashmir, Srinagar**