

Kargil observes world Suicide Prevention Day

Kargil, September 11, 2025: World Suicide Prevention Day was observed here today in Kargil's Auditorium Hall during an event organized by the District Health Society, Kargil. The Additional Deputy Commissioner, Kargil, Imteeaz Kacho was the chief guest on the occasion.

The event was attended by Chief Medical Officer, Dr Liaqat Ali Khan; Nodal Officer, Mental Health Programme, Kargil, Dr. Fatima Nissa; Deputy CMO Dr. Fatima Banoo; Principal, Government Girls' Higher Secondary School, Kargil, Ms. Kaneez Fatima; Representatives from JUIAK and IKMT, Sheikh Asgar Zakri and Sheikh Sadiq Rajai, Doctors and Medical officers of District Health Society, civil society members and a good number of students from various educational institutions of Kargil.

While addressing the gathering, the chief guest of the occasion, ADC-Kargil said imperfections are part of life and it should be normalized by the society so that the pressure exerted due to the high benchmarks of society do not provoke youths to opt for options like suicide or compel them to fall prey to various mental health issues. He told the youth that difficulties of early youth especially related to academics and personal relations should be handled with grace, patience and wisdom. He added that it's just a phase of life and not able to achieve in early career would not decide the progress of a person's future life.

The ADC underlined that expectations and benchmarks set by the parents and society is not good for the social and emotional growth of our youngsters particularly students and they should be allowed to choose their career at their own choice. He added that members of a well-knit society and well-knit family will never think of committing suicide thus underlining the need for maintaining a healthy balance between professional and social life and also keeping the family happy.

Imteeaz Kacho asserted that the Administration is committed to support the bright students of the district, particularly related to any guidance and counseling related to mental health in collaboration with the concerned department. He highlighted the role of religious organizations, civil society and theatre groups to counsel people with depression so

The ADC advised that youngsters and others that they should all commit to themselves never to even think of suicide as life is very beautiful and this nefarious act has been highly condemned by all religions. He added that the act is sinful in every religion.

In her inaugural address, Dr. Fatima Nissa, Nodal Officer, Mental Health Programme, Kargil, said suicide is an issue of the whole society and the people suffering from suicidal tendencies must be treated with compassion and care. She added that everybody has to come forward to understand the causes of suicide and work inclusively as a society to deal with it.

Dr. Nissa added that it is the prerogative of the Health Department to address the issue and work on it. While addressing the students, she advised them to gracefully deal with the ordeals of life as it's not going to last soon.

Psychiatrist at District Hospital Kargil Dr. Murtaza Ali Malik gave a detailed presentation on suicidal prevention and cure. While delving into the topic, Dr. Murtaza said we have to create hope and break the stigma related to mental health and pertaining suicide prevention. Further, he underscored the need for realizing that it is not an individual tragedy but rather a major public health challenge.

The presentation delved into various statistics related to suicide at the global and national levels. Further, topics like risk factors, warning signs, prevention, intervention at community level and role of media were discussed in detail.

Theologians from Jamiat Ul Ulama Isna Asharia Kargil and Imam Khomeini Memorial Trust Kargil, Sheikh Asgar Zakri and Sheikh Sadiq Rajae, also threw light on the topic from the spiritual and religious perspectives while addressing the gathering. They advised that trust in the almighty should be firm and worldly desires should be taken out of heart which become the reason for issues like mental health and suicidal tendencies.

During the occasion, students from Girls Higher Secondary School Kargil and School of Agriculture Science & Technology, University of Ladakh presented their speeches on the topic and theme. Further, cultural performances were also held followed by a stage drama by the Regional Art & Theatre Group (RaNTHAG) on the topic.

During the event, a question-and- answer session was also held in which students interacted with the health professionals working in the field on mental health and other related issues.

The participants of the event including dignitaries, guest speakers, students from various educational institutions who participated in speech presentation and recitals. The participants and RaNTHAG were felicitated on the occasion.

Deputy Chief Medical Officer Dr.Fatima Banoo presented the vote of thanks on the occasion. The programme's proceedings were conducted by Sakina Batool from the District Health Society.





