

Strategy to save: On the National Suicide Prevention Strategy

The National Suicide Prevention Strategy must **cascade** down to every district

The best first step towards **addressing a malaise** **is** to **recognise** that it **exists**. The Ministry of Health and Family Welfare's recently published National Suicide Prevention **Strategy fits** right there. It has been a long time coming, but the **Strategy**, finally in the public **realm**, **calls attention to** the massive burden of suicides in the country, and initiates steps to achieve a reduction in suicide **mortality** by 10% by 2030. At the same time, it has measured the **paces** forward with a **time-bound** action plan that **takes into account** the **grim** realities of a **varying** ground situation in India. The problem is **indeed dire**, and without targeted intervention programmes, and **stigma** reduction strategies, **a public health crisis** of **gargantuan** proportions **is imminent**. Globally, suicide is the second leading cause of death among 15-29-year-olds and also the second leading cause of death for females aged 15-19 years, as per WHO estimates. In India, more than one lakh lives are lost every year to suicide. In the past three years, the suicide rate has increased from 10.2 to 11.3 per 1,00,000 population. As per National Crime Records Bureau statistics, Maharashtra, Tamil Nadu, Madhya Pradesh, West Bengal and Karnataka have the highest percentage share of suicides (2018-2020), ranging between 8% to 11%. The most common reasons include family problems and **illnesses**, while other causes include **marital** conflicts, love affairs, **bankruptcy**, **substance abuse** and dependence. Further, in approximately 10% of cases, **the cause** for suicide **remains** unknown. Importantly, the document notes that **contrary to** belief, the **majority** of suicides **are preventable**.

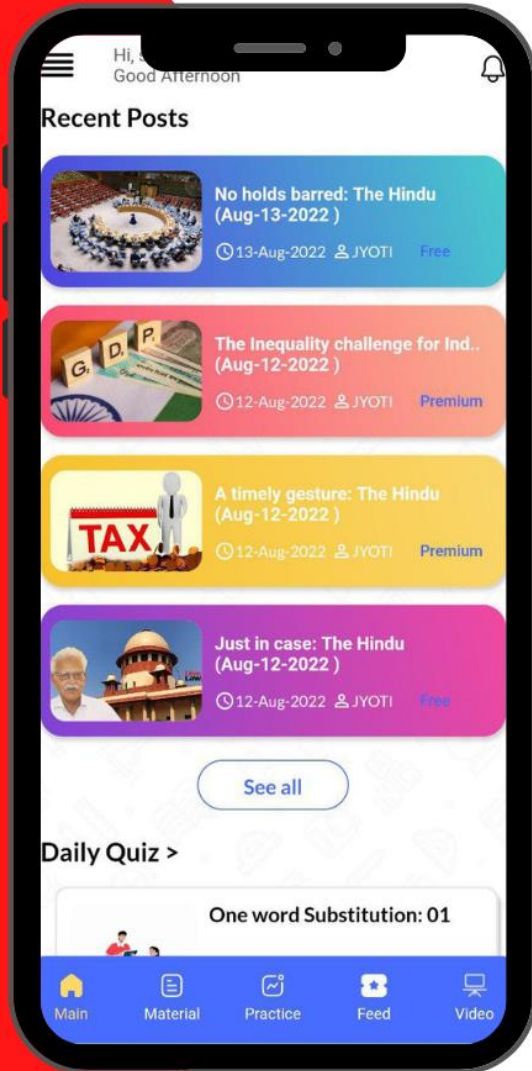
The Strategy is **etched** with evidence-based practices to reduce the number of suicides, inspired by WHO's strategy for the South East Asian region, and **strings together** multiple sectoral **collaborations** to provide a **cohesive** strategy and achieve the intended reduction in the number of suicides. **In addition to committing** to **establishing** effective **surveillance mechanisms** within the next three years, and **psychiatric outpatient** departments in all districts over five years, the Strategy also **intends** to **write in** mental health in the **curriculum** in educational institutions within the next eight years. **Addressing** issues relevant to India, including access to pesticides, and alcoholism, **has** set the Strategy on the path towards achievement of the goals. It is, however, **incumbent** on the Government to **stay the course** until the targets are achieved. Of course, in a federal country, any success is possible only if States are **enthusiastic** participants in the **roll out**.

- Red/blue coloring of words in the sentence indicates subject verb relationship; where 'red' denotes 'subject' and 'blue' denotes 'verb'.

Vocabulary

1. **Cascade** (verb) – to pass on information by giving it to just a few people, who then give it to more people
2. **Address** (verb) – tackle, see to, deal with, confront, grapple with सुलझाना, निपटाना
3. **Malaise** (noun) – The problems affecting only a particular group of people or situation that are difficult to explain or identify वर्ग विशेष या स्थिति विशेष को प्रभावित करनेवाली समस्या
4. **Recognise** (verb) – Acknowledge, accept, concede मानना
5. **Exist** (verb) – occur or be found, especially in a particular place or situation. होना
6. **Fit** (verb) – be suitable or appropriate for. उपयुक्त होना
7. **Realm** (noun) – a field or domain of activity or interest. क्षेत्र
8. **Call attention to** (phrase) – cause people to notice. ध्यान आकर्षित करना
9. **Mortality** (noun) – death, fatality, dying, humanity, death rate मृत्यु दर
10. **Pace** (noun) – Step, stride, leap, movement गति, चाल, कदम
11. **Time-bound** (adjective) – requiring completion by a specified deadline or within a specified period of time. समयबद्ध
12. **Take into account** (phrase) – consider (something) along with other factors before reaching a decision ध्यान में रखना
13. **Grim** (adjective) – Bleak, dismal, gloomy, depressing, hopeless, uninviting गंभीर
14. **Varying** (adjective) – variable, changing, fluctuating, changeable, erratic, unpredictable परिवर्तनीय
15. **Indeed** (adverb) – as expected, to be sure, in fact, in point of fact वास्तव में
16. **Dire** (adjective) – terrible, dreadful, appalling, frightful, awful, horrible, भयानक, उग्र
17. **Stigma** (noun) – shame, disgrace, dishonor कलंक, लांछन
18. **Gargantuan** (adjective) – Huge, large, gigantic, enormous, vast, massive, colossal, immense विशाल
19. **Imminent** (adjective) – impending, forthcoming, approaching, at hand, close करीब
20. **Illness** (noun) – an unhealthy condition of body or mind बीमारी, रुग्णता
21. **Marital** (adjective) – relating to marriage or the relations between a married couple वैवाहिक

22. **Bankruptcy** (noun) – the state of being bankrupt. दिवालियापन
23. **Substance abuse** (noun) – the use of a drug in amounts or by methods which are harmful to the individual or others.
24. **Contrary to** (phrase) – In contradiction of, against, counter to, in contrast to, in opposition to के विपरीत
25. **Preventable** (adjective) – able to be prevented or avoided. रोकने योग्य
26. **Etch** (verb) – to outline clearly or sharply; delineate.
27. **String together** (phrasal verb) – to combine (different things) into something that is complete, useful, etc. मिलाना, जोड़ना
28. **Collaboration** (noun) – cooperation, alliance, partnership, participation सहयोग
29. **Cohesive** (adjective) – coherent, adhesive, unified, united, integrated संसक्त, जोड़नेवाला
30. **In addition to** (phrase) – Furthermore, moreover, also, additionally, as well इसके अलावा
31. **Commit** (verb) – perform, execute, perpetrate, cause, do, carry out करना
32. **Establish** (verb) – set up, determine, create, institute स्थापित करना
33. **Surveillance** (noun) – observation, scrutiny, watch, view, inspection निगरानी
34. **Mechanism** (noun) – procedure, process, system, operation, method तंत्र, क्रियाविधि
35. **Psychiatric outpatient** (noun) – a general term for treatment that takes place in an office, hospital, or clinical setting, but involves no overnight stay
36. **Intend** (verb) – Mean, aim, propose, plan, anticipate, expect इरादा करना
37. **Write in** (phrasal verb) – write to an organization, newspaper, etc. with a question, suggestion, or opinion.
38. **Curriculum** (noun) – all the subjects that are taught in a school, college or university; the contents of a particular course of study पाठ्यक्रम
39. **Incumbent** (adjective) – necessary for (someone) as a duty or responsibility.
40. **Stay the course** (phrase) – pursue a difficult task to the end.
41. **Enthusiastic** (adjective) – Excited, keen, eager, passionate, fervent, animated, wholehearted उत्साही
42. **Roll out** (phrasal verb) – Officially launch or introduce a new product or scheme



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