

Editorial

Friday, October 11, 2019

SUICIDE – Western docs, Psychogists and the Traditional healers

Experts talk a lot about the issues of mental health. Government organised many programs to create awareness about the problem and issues of mental health. National or local television channels, newspapers, periodical discuss the issue of mental health. And only yesterday, the state of Manipur joined the world in celebrating the World Mental Health Day. The theme was wisely picked, Suicide Prevention. There are many reported case of suicide happening in the state of Manipur. The latest, as reported, was the incident of a CRPF Constable committing suicide by shooting himself using his own service weapon at a battalion post located in Churachandpur district. In May this year, a student pursuing fourth semester graduation in Tourism and Hospitality management under Bachelor of Vocational Degree at Centre for Entrepreneurship and Skill Development at Manipur University, was found death hanging from a ceiling fan inside his hostel room. He was only 22 years old. Just few months back a married lady was found hung to death inside her room. These are few cases of suicide, to remind our readers that 'Suicide is becoming a serious issue of our present society'. The phenomenon is no exception for the state of Manipur, but for all underdeveloped and un-developed nations across the globe. This is perhaps the reason that the WHO this time focus – Suicide Prevention as the theme of celebrating World Mental Health Day.

The history of suicide is almost as old as human society itself. The act of suicide is illegal in India under section 309 and 306 IPC, though in the historical times some states (including Manipur) approved of suicide under certain circumstances e.g.: Sati and Johar etc.

Suicidal death is emerging as major health problem worldwide and is attracting increasing attention from the medical profession and the public health agencies as well. Suicide is a leading cause of premature death especially among the young adults. For prevention of crimes and maintenance of law and order, the Law Enforcement Agencies require the data of various crime incidences, common nature of death prevalent in the community etc. Suicide being a criminal act as well as an indirect indicator of Mental Health of a community.

According to WHO statistics, the annual worldwide incidence of suicidal deaths was 16 per lakhs persons in 1995. In India, the prevalence is 10 per lakhs contributing 0.5% to 1 % of all deaths as per National Crime Records Bureau, 1993. Besides being an indirect indicator of mental health of a community, it may be committed with an ulterior motive e.g. to avenge someone by planning his own death in a manner that resembles homicide.

According to researchers' finding the sex incidence of male predomance over female in all modes of suicide is in agreement with the findings of other workers. The highest number of suicidal deaths was seen in the age groups of 21-30 years (36.48%) followed by 30-41 years (27.36%). This particular age group is the most active and explosive group. Instead of facing defeat, they might have preferred to end their life. Hanging was the commonest method of choice in the state of Manipur, but some preferred consuming poison. Researchers also finds that the common causes of suicide are alcohol and drug addiction, failure in career, unemployment, disappointed love, marital problems, family quarrels and poverty etc.

Now, Medical Sciences experts has research the cause of suicide which is based on fact findings, but the conservative Manipuri society still remain as an obstacle to find cure to the suicidal tendency culminated with the mentioned findings by experts. The experts did know the cause of suicide but have never find a way to solve it when it comes to the state of Manipur.

Before, western medical Sciences is popular to the state of Manipur, the Manipuri Society had traditional healers which acted as consultant to people who are suffering with mental problem. The structure of the society those days was even more complex and conservative that when presumed the mental state of women who had newly married would have suffered many kind of mental problems. There are still families in the state where there are many 'DOs and DON'Ts to newly married woman. Change of environment and failure to adapt with the family that she had shifted still makes many filled their mind with frustrations and anger, which a women is never permitted in our male dominated family.

Outside the family, women were and are praised for their courage but in family they live a life of extreme hardship which finally affects their mental stability. Since those days, traditional healers have been playing a vital role in solving such matters.

Some 6 years back, while interacting with Clinical Physiologist Mayengbam AskhayKumar (now retired) had stated that traditional healers still play a tremendous role in the treatment of mentally distracted patients. This was flatly countered by Psychiatrists Dr. Lenin and Dr. Heramani (now retired) saying that there was no scientific judgment for engaging traditional healers to mentally disturbed patients. They even called them 'quacks' which is not fit to use it to the traditional healers of Manipur. Well it was the Psychiatrists views but for the Clinical Physiologist, they still preferred utilization of at least 2 traditional healers while curing mental related diseases.

Mental disturbance is the root of suicide and it is time that those who are in the profession of reducing the suicide incident think about using all means.

Revive the traditional healers, engage them for treatment at Mental Hospital in addition to the professional medical practitioners and the Psychologists for they are gifted with talents which understand real problems of conservative Manipuri society. This will perhaps help in fulfilling the gowal to reduce suicide problems in the state.

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Left parties launches Nationwide Movement in Manipur

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As a part of the Nationwide Movement by the Left parties a Hall meeting was held at Irawat Bhawan, Imphal yesterday. The meeting was attended by the cadres of the four Left parties viz CPI (M), CPI, RSP and AIFB.

Addressing the opening meeting of the nationwide movement in Manipur Kshetrimayum Santa, Secretary of CPI(M) Manipur State unit said that the decision of the five left parties to launch a movement in the interest of the country and the

nation was taken to mobilise the people against the onslaught by the NDA regime led by BJP. The Left parties in Manipur added three points to the charter of demands prepared by the National Convention of the Left parties which was held on 20th September at New Delhi. The points are # universalisation of food security, No to CAB and Naga Framework Agreement and its solution should not affect the interest of the neighbouring states. He appealed to the cadres of the Left parties to actively participate and organise in their respective areas to reach the

wider section of the people. Secretary of the CPI Manipur State Laishram Sotin addressing the gathering said that only the Left parties are the alternative in the country and the state because the bourgeoisie parties and their stooges are changing their political and ideological colours after elections. They don't believe in democracy and democratic movements. Khomdrum Gyaneshwar, Secretary of AIFB opined that the nationwide movement movement should be expanded to the rural areas . Addressing the meeting RSP state

secretariat member appealed to the cadres of the sponsoring parties to actively participate in the movement. Dr. Nara Singh, CPI national executive committee member, warned the ruling parties in the country and the state particularly the BJP that the people are now realising the misdeeds of the NDA government and the government won't be able to continue with mismanagement. Sarat Salam, in his presidential address, said that a new era of people's movement is coming in the country particularly in Manipur with this nationwide programme

Continued from Oct. 8 issue

'Hidden Bharat in the Dark Shadow of India'

They were closeness with the Pakistan and their willingness to be independent kingdom by Hindu princes and Hindu majority princely states. Due to these reasons, Indian leaders had started exploring the means of "Carrot and Stick Policy" to subdue princely states by integrating into New India. With the aim of changing the hearts of Princes, Government of India announced its official policy on July 7, 1947 that three subjects namely Defense, Foreign Affairs and Communication as mentioned in the Instrument of Accession (IOA) would be the only foundation to integrate princely states into India and there would be no other subjects to merge into India. Apart from this, idea of "Privy purse" was also introduced to entrap the princes in the good version of maintaining status and guaranteeing their properties. With both hard and soft exertion, Indian Government had reached an agreement with about 562 princely states under the Instrument of Accession (IOA) during June and August 15, 1947. Later, some princely states had expressed to join into India through IOA, shaping India into a "Union of States". So, the Article 370 of Indian Constitution reflects 'Federalism' and it recognized IOA respectfully. The signing of the IOA by the two sovereign states of India and Jammu Kashmir on 26 October, 1947 rooted into making of Article 370 reflecting Federalism in India's polity. That Article showed the recognition and respect of the IOA by the Indian Constitution. Forgetting the history of Kashmir, Indian Government has recently revoked the statehood of Jammu and Kashmir and bifurcated it into two union territories by undemocratically abrogating Article 370. This was done by deploying many security forces in that region and arresting many popular leaders. We must understand that India was created by coercing many unwilling princes but luckily it did not happen to Kashmiri Maharaja in 1947-48. Now, so it started the mainstream history of unlawful creation of India vis a vis Kashmir. Indian government is acting just like a tyrant. It has been trying to rein in the independent agencies and institutions such as CBI, ED, NIA and Supreme Court by making them its henchmen in order to consolidate its despotic administration. At present, there are two laws in India: one is to silence the voice of the innocent people and oppress the political opposition; and other is to pour more power to the ruling groups.

2. Mythological Bharat in India's Shadow:
The Indian Constitution defines India as very briefly as "that is Bharat". But what is Bharat is undefined and hidden which baffles the common people. But it also seems that Indian leaders are not confused. They know the implication of Puranic Bharat (Akhand Bharat) which had been concealed in the "Idea of India". Even though there are two names for this country, but the aggregated political power is under the ambit of Centre. This is totally against the

Principle of Union of States and Federalism. While the Article 3 of Indian Constitution can dismantle the states on one side, Article 2 can expand India to achieve the ends of "Puranic Bharat" on the other side. Former Prime minister Nehru had tried to implement his infamous "Forward Policy" to covertly achieve "Hidden Bharat" by deploying many Indian armies in frontlines and even beyond Indian territory to occupy it. India faced a humiliating defeat in Indo-China war 1962, thanks to the unrealistic and wrongful foundation of the Forward Policy. Contradictorily, Nehru himself did not follow his "Forward Policy" in relation to Manipur boundary. Many European writers said in 19th Century that India was not a unified country and so that was not a unitary civilization. It is a fact that British colonial power unified and created India as one nation and one country. British occupied India with the sole objective of economic interest. But India annexed Manipur with the aim of establishing a buffer state for exploring natural resources by routing out our civilization. Lacking a cemented unified history for India as this country was founded by British, India embarrassingly has now produced two fathers of nation namely Mahatma Gandhi and Narendra Modi. US President Trump has recently given a title of "father of India" to the current PM Narendra Modi. We should not trust the political characters of India which has two fathers and a hidden country's name.

3. Present Frangible Manipur:
It is time to be aware of the facts that there is not a single elected MLA, minister or chief minister whose memorial celebrations are being observed by the people as to that level of Comrade Irbat during these years of India's rule. Those, who were believers of Indian polity, have never been respected by the Indian leaders as national leaders. We know that it will never happen in future as well. Our economic foundations for self-determination are all rooted out while we have been living under Indian occupation. These foreign mainland Indians have taken control of all means of livelihood by violating market norms and rules. Money powered, caste-based and class-based election campaign system of Hindi-speaking states have been initiated as general policy in election campaigns. The negative definition of politics as "winning the vote by any means" has been followed openly. These seventy years captivity has awarded Manipuri people the "Dependency Syndrome". The prolonged political and economic hostage under India has made the people of Manipur suffering from Stockholm Syndrome which means sympathetic tendency toward their captors. This mind-generating syndrome is very obnoxious, and it has adverse effect in the long term. Majority of the currently elected representative members were once shameless highest income earners. They had

collected unimaginable amount of money by means of arresting and killing innocent people. They became billionaires through the supply and contract works. Their shrinking moral values will never bring prosperity and welfare into our society. Majority of these people do not have their own political stand and their mental attitude is that money can always win election. There are many proofs that these people lack quality to develop the state. Those, who pose themselves as public leaders, will never be able to protect our 2000 plus years old political, cultural, natural and human resources from the clutches of India. Could they courageously fight to change the degraded political and economic status against India? The mind-set of these people for amassing wealth and the obsession of these people that getting boon from Delhi will always win the election, are never easy to change. History will never forgive those who are being guided by self-interest while the common people are being kept under colonial India.

4. New Multipronged Strategy of India:

Indian government has recently embarked on a new design of "Opium War" which allows a few persons to openly manufacture and sale of drugs in Manipur. Government also indirectly supports and gives incentives for cultivating opium plants. Arresting very few and destroying some drug factories are being done but it is just like whitewashing people's apprehension. While creating chaos among ethnic communities to promote disunity and conflict, indigenous people are being marginalized by drug related deaths and these cases are due to availability of large scales drugs in the region. Minimizing indigenous people to maximize the number of outsiders with the support of "Indian Migration War" is the most dangerous policy of Ethnic Cleansing. State government doesn't have the powerful laws to oppose such type of "Opium war, Migration War and Ethnic Cleansing Policy". It is also known that the means of getting such power will face many hindrances in terms of ethnic and political bombs. The everlasting influence of the cultural invasion into the region with the slogans of Hindutva as a strategy of cultural annexation has been put on rolling. Now, Hindi language is forcefully imposed upon as everybody's mother language. Many local leaders also openly support this policy. The embedded foreign culture conflated into our indigenous traditions has caused degeneration of our society. Knowing the roots causing degeneration of our society, the state leaders should dedicate themselves to prevent it from further degeneration. Many developed countries have invested heavily to utilize cultural power as main source of "Soft Power" which can earn the respect and, also influence other countries. The objectives of Indian policies of education, culture and human resource development are to dominate the ethnic minorities. We

need to resist these hegemonic policies, rather it will be more dangerous to our society. 5. Right to National Self Determination: Government of India has accepted the resolutions of International Covenant on Civil and Political Rights (ICCPR) but India redefines wrongly the Article 1 of ICCPR as "Right to Self Determination must be applied only to the peoples under foreign domination, and it must not be applied to any sovereign independent States or to a section of a people or nation which is the essence of national integrity". Manipur was never a part of Integral India, how come independent Manipur would disintegrate India? Is it right to say that Manipur is not being colonized by India? This is the outburst from those who has no knowledge of the history of Manipur. The pressing matter of Self Determination of our people is the logical outcome as India annexed Manipur without any referendum. By colonizing Manipur, India dodged on one side and on the other side indulges in the habit of bragging very loudly that the right to self-administration is incorporated by conducting five yearly election in Manipur. India-supervised election cannot be considered as the willingness of Manipuri people to join India and safeguarding India's territory jointly by the people of Manipur. Such election is out of question from the point of Right to National Self-Determination. The indigenous culture, religion, economic and social infrastructures of Manipur, are not being conserved and protected by the Indian Government. Rather, these infrastructures are forcefully being pushed into the Hindu domain and there is conspiracy to break the administration and territorial boundary of Manipur. This socio-cultural domination is the violation of Vienna Declaration of 1993 and International Covenant on Economic, Social and Cultural Rights (ICESCR). It may be understood from the frequent expression of Indian leaders that they wanted a homogenous identity for India with all people speaking Hindi language and have the physical appearance of northern Indians. The Article 370 which was supposed to protect the rights and identity of the people for Jammu and Kashmir, was abrogated on the false logic that this Article will hinder to unite India. Now, we may assume that the provisions which empower the tribal people of North East India might be erased soon in future, as such special status would hamper the unification of India, considering the government rhetoric regarding the abrogation of Article 370. It is a matter of time and once the administrative advantage is arrived such special provisions will be removed. So, the minority ethnic people in North East India do not have their future in India and it is sure that they will lose their identities so long as they live within India. If they want to live with dignity and protect their identity, then the only way and means is to separate themselves from India. (Concluded)