

Ever rising number of suicides in the state of J&K, especially, in Jammu region, has become a serious cause of concern for the society in general and Police in particular. I have been exploring ways and means to address this problem but nothing concrete came up within the existing operating systems. Finally, it was a couple of friends in the Civil society who pondered over the issue and together it was decided to have a civil setup within the society which could provide a suitable prevention and emotional support system with trained human resource to act as responders and counsellors to the people faced with the circumstances which lead them to extreme steps to harm their own self. Suicide prevention, world over, is a matter of concern and efforts in this field through number of organizations are on, but the state of J&K has none.

A dedicated team of people have come up with an NGO namely "THE-SARA" at our instance and behest who have committed themselves to work in this field. A workable project report has come up, a copy of which is being enclosed herewith. The matter was discussed with DGP, J&K, who assured that the project can be taken up under Civic Action Programme.

I, therefore, forward this project report with the request that PHQ accepts it straightway and extends required help immediately. I would also suggest that PHQ adopts the project, atleast, for next three years after which the NGO would hopefully become self-sustaining.

Kind attention  
Addl.DGP Hqrs

DGP J&K-Jammu

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