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Youth's Suicides: Challenges Beyond Statistics through IKS perspective

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It is of great concern that Suicide is among the top two causes of death of young Indians between 15-29 years of age as per latest report published in the newspaper Times of India over the last two decades. An analysis of cause of death reports shows that In 2020-22, suicides accounted for one in six deaths (17.1%) in this young age group. As per WHO, suicide is the third most common cause of deaths in this age group globally. However In the list of top 10 causes of death for all ages, suicide doesn't figure. Cardiovascular diseases are on top followed by respiratory infections and cancers in the list.

This paper tries to explore the situation beyond statistics from the lens of ancient Indian wisdom (IKS) known as Panch -Kosh-Vivek.

Key Words: Suicides, Youth, Mental Health, IKS, Panch Kosh Vivek, Vedanta