

## CBI REGISTERS CASE AGAINST HOODA



The CBI has registered a case against former Haryana Chief Minister Bhupinder Hooda in connection with alleged irregularities in the land allotted to Associated Journals Limited in Panchkula.

**NATION**

5

## RBI RETAINS KEY RATE AT 6.25%



The Reserve Bank left its benchmark lending rate unchanged at 6.25 per cent on Thursday for the third policy review in a row citing upside risk to inflation. It however increased the reverse repo rate at which it pays to lenders by 0.25 per cent to 6 per cent.

**BUSINESS**

7

## TRUMP ACCUSES RICE OF COMMITTING 'CRIME'



US President Donald Trump accused an official of the Obama administration of committing a crime by asking to "unmask" the names of Trump's associates in intelligence documents, media reports said.

**WORLD**

8



REAL MADRID, BARCA WIN IN LA LIGA.

**SPORTS**

11

# SHOCKING: Depression driving Goans to commit suicide

Beleaving the Goa's blissful image is the undercurrent of depressed minds flooded with thoughts of suicide. Goa ranks 12th highest amongst 36 States and Union Territories in the country, shows the NCRB report. This is certainly a cause of concern.

Rate of suicides i.e. the number of suicides per one lakh population, has been widely accepted as a standard yardstick for comparison. All India suicide rate was 10.6 per cent during the year 2015.

The problem of suicide in Goa is huge. According to the Million Death Study published in the Lancet Journal in 2012, Goa ranked fifth in the country in terms of death due to suicide in the small states category.

'About 150 new cases of depression were recorded in 2016. In 2015, 149 adults and 4 children below 18 years were suffering from depression. In 2014, no child was found suffering but 153 adult cases were reported with depression,' Medical Superintendent and Assistant Professor, Institute of Psychiatry and Human Behaviour (IPHB), Goa Medical College, Dr Shilpa Waiker told GT.

Not only Goa or India, but whole world is a "depressed place" and major reasons are rapid changes in lifestyles, urbanization, more nuclear families, more isolation resulting rampant addictions.

"In the world of social media, there are 1000 friends on a social networking site but not a single friend to whom one could disclose intimate emotions," Director of COOJ Mental Health Foundation, Goa Dr Peter Castelino said.

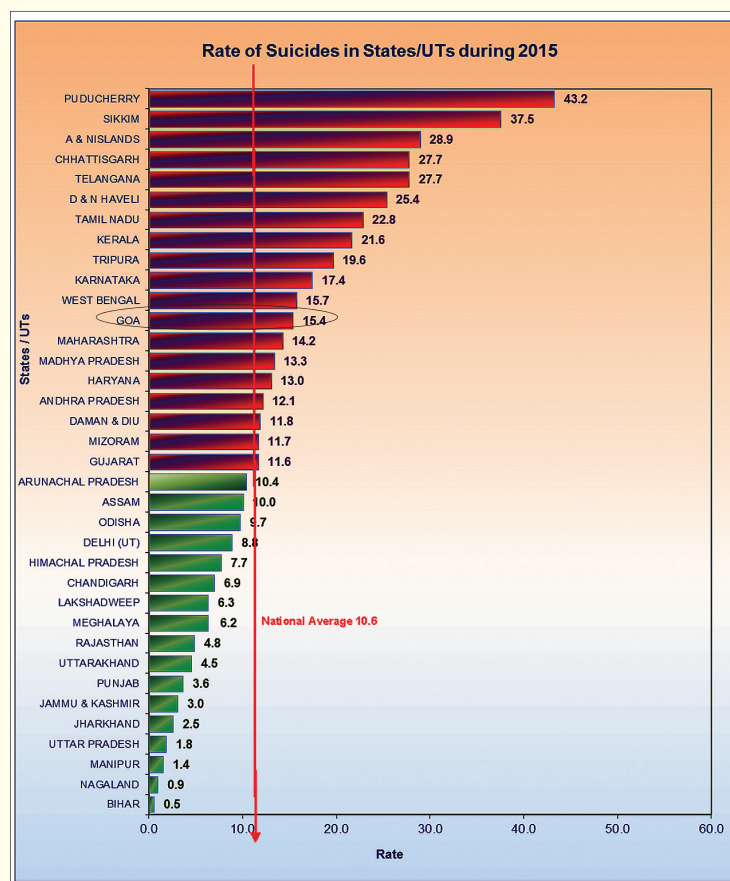
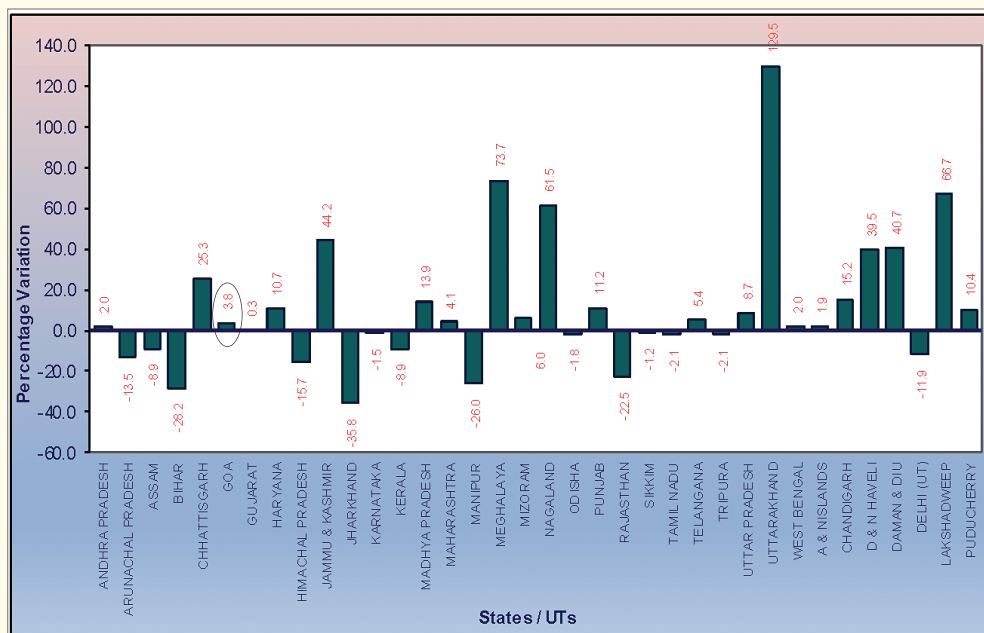


According to the National Crime Records Bureau (NCRB) Accidental Deaths & Suicides in India report 2016, Goa recorded 302 suicide cases. This was a 3.8 per cent rise over previous year. In fact Goa's average annual suicide rate in 2016 according to the NCRB report is 15.4 per cent, which is more than the national average of 10.6 per cent. It is the lethal combination of stress and depression which is driving Goans towards taking the extreme step of committing suicide, writes NIBEDITA SEN.

### WORLD HEALTH DAY-2017

According to Dr Castelino, disturbed inter-personal relationship is the biggest cause of suicide in India.

"Commercialisation is ruling. People do not go back to their roots and migrate for better lives. The social interaction has reduced. We are not talking to each other. We are not 'being together'. This is one of the causes of loneli-



til recently attempted suicide was a punishable offence by Indian law," Dr Nadkarni said.

This is now going to change due to the new mental health law passed by the Parliament which mentions that attempted suicide is not anymore a punishable offence. So, there might be an improvement in reporting in the coming years and the true extent of the problem will become clearer.

'Health is not the only sector which needs to respond to the growing menace of suicide. The solution needs to be multi-sectoral and needs an informed and measured response from the social sector, the government, civil society, health sector etc,' he said.

Agreeing with Dr Nadkarni's statements, equal rights activist Harish Iyer said "these people are suffering from depression due to the exploitation and discrimination they face. But their problems never come out in open. Many of them commit suicide as they don't want their status as transgender to get revealed. So, lot of work has to be done to create awareness in the society to prevent depression and suicides," he said.

ness, which subsequently leads to depression. Suicide is a condition that can stem from any kind of situation which one is unable to cope with,' he said.

Co-director of the Addictions Research Group in Sangath, Dr Abhijit Nadkarni added that recent evidence from India shows that the rates of suicide are higher in the more developed states of India compared to the less developed States.

"This is counter-intuitive and we need to explore the reasons for this paradoxical finding. We need to keep in mind that the rates reported by the NCRB are an under-estimate because of under reporting of suicides as un-

that attention must be paid towards the cause of transgenders also since they are subjected to lot of humiliation and suffer in silence.

This is reflected in the NCRB report on suicides which shows less than 10 suicide deaths in whole year.

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### SIGNS OF DEPRESSION

- PHYSICAL PAIN:** Pain in the back
- MOOD:** Anxiety, apathy, general discontent, guilt, hopelessness, loneliness, loss of interest, loss of interest or pleasure in activities, mood swings, panic attack, sadness, or emotional distress
- BEHAVIOURAL:** Agitation, excessive crying, irritability, restlessness, self-harm, or social isolation
- SLEEP:** Early awakening, excess sleepiness, insomnia, or restless sleep
- WHOLE BODY:** Excessive hunger, fatigue, or loss of appetite
- COGNITIVE:** Lack of concentration, slowness in activity, or thoughts of suicide
- PSYCHOLOGICAL:** Depression or repeatedly going over thoughts
- OTHERS:** Constipation, headache, poor appetite, substance abuse, or weight loss.

# Women and youngsters more prone to depression

BY A STAFF REPORTER  
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**Panaji:** Women and youngsters were more prone to depression, consultant psychiatrist at North Goa District hospital, Mapusa Dr Shahin Sayed said here on Thursday.

Speaking to journalists during a media interaction hosted by Indian Medical Association, Goa on the eve of World Health Day, Dr Shahin said, "Depression is a major problem mostly among youngsters.

Teenage girls and women tend to get into depression due to factors like hormonal changes,

"Give your child attention, talk to your children, give them time and do not neglect them."

—DR SHAHIN SAYED,  
Consultant psychiatrist at North Goa District hospital, Mapusa

menopause and pregnancy."

Youngsters tend to suffer from depression due to lack of job, death in the family or when the family is moving either due to transfer or in search of jobs and often consume drugs to get peace of mind.

According to Dr Shahin, depression can be identified easily as the person tend to isolate himself, show sadness all the time and even get suicide thoughts/tendencies.

"Depression can be cured. There are two types of treatments for depression, psychological first-aid and medication-aid. Psychological

first-aid is when the subject goes to a psychotherapist or counsellor to get himself treated," she said. A psychotherapist listens to the victim and tries to get the subject out of the depressed mental state.

The affected person can talk openly and express his or her feelings. Going out with friends, talking to people, having fun, picnics help a lot to come out of depression.

The second way is through medication-aid which is an anti-depressant. It's proved that almost 60 per cent of people seek treatment, but the rest will remain hidden.

— DR SHILPA WAIKER,  
Medical Superintendent  
IPHB, GMC

— DR PETER CASTELINO,  
Director of COOJ Mental Health  
Foundation, Goa

— DR ABHIJIT NADKARNI,  
Co-director of the Addictions  
Research Group, Sangath

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Co-director of the Addictions  
Research Group, Sangath

— HARISH IYER,  
Equal rights activist

### FLIP SIDE



I am ready to meet him and find a solution to all his problems... Just tell him to remove his sandals outside!

# SPECIAL OLYMPIAN BIBI AISHA FEELS ELATED FOR WINNING BRONZE

BY CLIVE ALVARES  
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**Mapusa:** Bibi Aisha Bijapur is the lone girl among the six Goan medalists at the Special Olympics World Winter Games. She won a bronze medal in floor hockey in the female category.

Winning a medal on the international stage has really excited the young girl as she wants to continue the good work.

"I'm very happy that I represented my country, not many get this chance to represent India. And on top of that to get a medal is something really great. I won bronze, I'm thankful to God, that I got this oppor-

tunity, I missed my chance for gold," the Special Olympian Bibi Bijapur told GT.

Bibi is currently studying in Gujarati Samaj School, Margao, where they do not learn the regular subjects. The young girl also has a problem with speech and mostly learns vocational subjects which interests her.

"When we saw her play for her school, I was very impressed with her, and I knew that she would make the National side. She gives it all on the ground, I'm happy that she won a bronze," said coach Mahadev Shinde who accompanied them at the Special Olympics World



Winter Games in Austria.

Bibi and her brother, Mohammad Isaac went for the Games with Isaac winning gold in the men's category.

"I wish my sister also won gold, if she did there would have been 2 gold medalists in the house. But I'm happy she won bronze," said Isaac.

Moula Baksh Bijapur is proud of her daughter's achievement. "We raised our kids well, and they have made us very proud parents, I wish her success in the future."

Apart from sports, Bibi also has other ambitions. "I want to go ahead

Bibi Aisha Bijapur stands with the Bronze medal around her neck at the Bharat Special Olympic office. Pic: Clive Alvares

### ATHLETE PROFILE

**Name:** Bibi Aisha Bijapur  
**Age:** 21  
**Place:** Margao  
**School:** Gujarati Samaj School, Margao  
**Hobbies:** Drawing, dancing.  
**Sport:** Female floor hockey  
**Achievements:** Bronze in Special Olympics World Winter Games

with floor hockey and side by side I also want to become a beautician," said Bibi.