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CTD: 20HH - HEALTH, HAPPINESS AND WELLBEING
SUB-DOMAIN: MENTAL HEALTH

PANEL TITLE:
**CONFLICT, TRAUMA AND MENTAL HEALTH: STUDYING
PSYCHOSOCIAL WELL BEING AMIDST CIVILIAN YOUTH IN CONFLICT
REGIONS**

CONVENOR – DR. KALINDI SHARMA
CO-CONVENOR- DR. URFAT ANJEM MIR

ABSTRACT

This panel aims to put forth an engaging discussion on psychosocial wellbeing of civilian youth in conflict ridden regions around the world. One of the primary concerns among non-combatant youth in conflict zones is their constant exposure to physical and psychological trauma in varying degrees. The regular exposure to violence leads to long term psychological, emotional, and even biological consequences for the victims to an extent where violence often gets normalized within the socio-cultural fabric of the community. The panel intends to engage with discussions about how notions of suffering and trauma diverge across caste, class, religion, economic status, gender, and other socio-demographic indicators. This conversation about the exposure of children and youth to violence cannot remain confined to a singular discipline hence the panel would bring together scholars and researchers from diverse backgrounds to deliberate about the problems, prospects, and paradigms of psychosocial wellbeing of the youth in conflict ridden regions. As is evident there are limited insights about research in trauma and psychological impacts of conflict amidst children and youth in general. Additionally, not enough focus has been put in establishing a vulnerability profile of young people exposed to war and conflicts, or in endeavouring to understand the protective mechanisms of their families and kinship networks, and their own perceptions of trauma and individual coping strategies. All a priori research undertaken so far in the area are limited to biomedical research or to a strictly psychiatric/psychological understanding of trauma in conflict ridden areas. The panel thereby proposes to address such gaps and encourage trans and multidisciplinary exchanges. It also aims to introduce dialogues on ideas of memory, social suffering, and ethics in the said area.

Keywords: Trauma Studies, Trauma Memory, Mental Health and Youth, Mental Health in Conflict Regions, Community Coping Mechanisms,

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