CHAPTER FOUR
CASE STUDIES

Research methods can be classified in various ways; however, one of the most common distinctions is between qualitative (To study natural phenomena), and quantitative (To enable researchers to study social and cultural phenomena which include observation and participant observation, fieldwork), research methods. Qualitative research also involves the use of detailed document (case study) to understand and explain social phenomena.

Case study is an exhaustive study of a person or a group is called a life or case history. Case study method is a form of qualitative analysis wherein careful and complete observation of an individual or a situation or an institution is done; efforts are made to study each and every aspect to the concerning unit in minute details. According to H. Odum, "The case study method is a technique by which individual factor whether it be an institution or just an episode in the life of an individual or a group is analysed in its relationship to any other in the group." Burgess has used the words "the social microscope" for the case study method." P.V Young describes case study "as comprehensive study of a social unit be that a unit a person, a group, a social institution, a district or a community."

The "case study" has been used by the researcher to describe an empirical inquiry and to see the contemporary happening within the area of the problem to present the real-life depiction. The study also tries to present the psychological understanding of the connection between social reality and the inner life of man who is directly or indirectly affected. The psychological perspective considers any behaviour to be the result of a complex combination of factors within person within their interpersonal relation and within the social large context. The process of developing the shadow figures of respondents who were taken for case studies have suffered a lot
The main aim to document the case studies of vulnerable respondents is to bring fresh insight to the intensity of the conflict situation in Kashmir and its impact on mental health status. It obtains a phenomenological position towards its subjectivity.

The researcher tried to give a clear depiction of psycho-social impact through case studies. The case studies focus on the plight of orphans, family lives, youth, old age parents of the victims, community and border society.

Case Study: 01

Shabir Karam, 16 year old boy of Soner Kual, Nawab Bazaar, Srinagar was just eight years old, a student of 2nd standard, when his father was killed in a grenade attack, hurled at the security forces at Kak Sariai in Srinagar. His father namely Gh. Mohammad was a vender selling cloth on a commission basis and earned 50-70 rupees a day to sustain his family of seven. After the death of sole bread earner, two sisters had to drop out of the school and support the family by spinning Pashmina. The family got Rs 100000(US $2,500) ex-gratia relief from the state government. The relief was spent on the marriage of the two daughters which was the priority of the widow at that point of time.

The circumstances became the most horrible in terms of the economic conditions and the health status of the widow and with the result, Shabir had to drop out of the school. He faced the psychological setback because now he was able to discern the difference the death of his father made in his life. Before his father's death, all basic needs were met; his education, social security and economic stability in family. He felt the lack of his father's love and affection on the one hand and apathy on the part of his relatives on the other. This added to his sense of loss and alienation.

Shabir started to do even menial jobs and his sister also contributed by spinning Pashmina but it was still difficult for them to make both ends meet.

Shabir was a bright student and had an urge to learn. He is very earnest and pushing. He had not fully reconciled to giving up his studies midway. He said
that every morning he used to see children going to school and it used to pinch him at the deep core of his heart. Due to the psychological alienation the sense of meaningless and powerlessness brought him to stand still. On the other hand, he was thoughtful for his domestic responsibilities to be fulfilled by him being the only male member of the family. His sisters in the marriageable age were simply torture to this small boy. Poor concentration and negative thought always crowd his mind with the result his health got worse. Family of the deceased turned into adversity. All conditions contributed to psychological problems.

Case Study: 02

Batamaloo remained one of the extremely affected areas during conflict situation in Kashmir. The case study of Mehboob Dar (name changed) who was a resident of Tengpora, Batamaloo, District Srinagar aged 27 year and a shopkeeper by profession was taken into custody by the troops from his house in 1997. All the family members were shocked. Some other youth were also arrested from the same locality but after one hour, they were released. The family members of Mehboob Dar were eagerly waiting for the dawn. His relatives went to the camp to enquire about the whereabouts of Dar. They were not allowed to meet him. The locals came again the next morning but all in vain. Finally, they were told by the troops that none from the locality especially Dar had been taken into custody. This sent shock waves across the locality as it was the massage of the troops. The people came out on the streets, staged demonstration. They raised the slogans against the troops. However, the protest did not yield any results.

A series of efforts were made like; the concerned police were approached but Mehboob could not be traced. The representation was made to the Director General of the state police and the concerned Deputy Commissioner but Mehboob was not found. The shocked father of Mehboob published appeals in local Urdu and English dailies but no information about Mehboob could be received. In addition to it, the father of Mehboob visited all the jails and Interrogation centers in and out-side the state but all theses efforts failed and situation did not change. Finally, a petition was filed in the State Human

The father of Mehboob is still hopeful of Mehboob's return. He still believes his son is alive. The plight of an old man sends volumes about the traumatic stress he is running through. His expectations from young son have shattered. Feeling of victimization made him physically, mentally and socially so weak & bitter therefore strongly disbelieving improvements in situation.

Case Study: 03

The heart rending story in the village namely Batapora, District Budgam took place in Nov.2000. People of the above mentioned village experience a very unfortunate day. The incident could not spare even domestic animals. On the same day, the army rushed in the village and cordoned the whole village as they had information from their source that some militants were reportedly hiding in one of the houses of said village. The army laid siege around the particular house. The fight began, and as a consequence to which three militants got killed instantly. The encounter prolonged for 72 hours. The most traumatic group was the residents of same village. They were beaten up and asked to flee the homes and hearths. The limit to the cruelty was that 15 men were taken to provide the army human shield. The youth were made to enter the suspected houses first when they returned to say no militant is inside, then army personnel ventured in. This repeated for days and nights together and finally on return the residents found three civilians and two school going female children were shot dead. 120 structures including residential houses, kitchens and cowsheds were reduced to ruin by the mortar shelling. The cattle were half dead and numb.

The trauma the villagers were going through was quite immense and immeasurable. This was something unforgettable for them. The whole incident has affected them psychologically which cannot be reimbursed by any relief. It makes no justification to destroy the whole village for four (4) militants. The feelings of angry and antagonism were fairly visible among the people of village. The people of the same village faced many stresses and
challenges in picking up the threads of the normal work and family life. The feeling of inadequacy, frustration, depression and anxiety was found almost in every villager there. The sense of victim-hood has made the whole village psychologically unhappy. The community has lost of sense of collectiveness and participation.

Case Study: 04

Mrs. Hafiza (Name changed) of 33, wife of Shouket Ali resident of District Budgam felt gynecological pain in 1998 at about 1.30 pm. The family decided to take her to Lala-Ded Hospital (the oldest maternity hospital in Srinagar) to avoid any complicacy. She and her husband agreed to go to hospital for safe delivery of the baby. Shouket Ali was accompanied by his brother and two ladies. They hired a taxi. To board a taxi, they were supposed to walk down some distance on the main road. The moment they reached near the taxi, the army personnel fired upon them indiscriminately. The husband of the lady was injured, so others tried to save their lives. The lady was harassed and was lying on the road side in dark. The army personnel arrested Shouket Ali in injured condition. But, on the other hand due to the continued compression, harassment and neurological pressure, she gave birth to a child on the road side. The villagers came early in the morning and were shocked to see the lady with a baby and the two dead bodies which afterwards were taken for ritual funeral.

The lady was clinically depressed and had suffered from Post Traumatic Stress Disorder. Physical insecurity and vulnerability to harassment has given her high rate of serious mental disorder. The family seems numb and socially inactive due to the event. The in-laws of the lady are angry since then. Delivery of a baby seems very unfortunate occurrence to her. She is psychologically upset and socially disappointed.
Case Study: 05

Mrs. Shakeela, w/o late Shabir Ahmed from Chatabal, District Srinagar has two children and both are seeking education and shelter in an orphanage. Shabir Ahmed who was quite a loving father and pushing man, died in 1998 in a grenade explosion. He was known for his good deeds in the whole locality.

The widow has spent Mehar of Rs.30, 000/- (the amount to be given to the bride at the time of marriage from her groom) with which she used to feel strong. She mustered the courage and filed a case for an ex-gratia under SRO 43 [SRO-43: Compassionate Appointments-1994: section 124 of the constitution of Jammu and Kashmir. Ref: JKGAD, 22nd Feb 1994] of state government. To seek the benefit, she followed the case closely in DC's office but all in vain. The file was completely prepared in 2000. But, in 2004, all of a sudden, the concerned people in DC's office asked her to file new case without giving any logic which could satisfy her. It gave her too much stress and depression, all the confidence and coping mechanism become invalid. It appeared that support proved counterproductive to Shakeela.

The house of the widow was in shambles. Due to the gloomy condition of the home, Shakeela decided to send her children to orphanage despite knowing that her children were deprived from her love, care, emotional and social support. 'It would have been good for her to be with her children rather sending them to orphanage. Shakeela appeared to be strong women but the symptoms of depression were clearly depicted the picture of a weak mother.

After the death of her husband, the widow tried to make both the end meet but now it seems very difficult for her to face the reality because of the psychological disturbance. The feeling of potential loss remains with her every time. Her inner sense of continuity with the situation was found untold to herself. She wanted to express a lot but, become speechless during her conversation. The support from the close relative was found almost absent which made her silent and unpromising. Therefore, she was hopeless about the improvisation of the present conditions.
Case Study: 06

In Jan, 1995, Nazir resident of Mowar, district Kapwara was walking in his village to meet his friend but met with an unimaginable treatment at the hands of troops. Nazir said, “The troops shouted at me to stop. I simply obeyed the order, now they asked me for arms. I replied that how can I posses or carry any arms when I am a civilian. Without listening to me, they took me to a near-by camp where they tortured me for 10 consecutive days. They trampled rollers on my legs and poured hot water on my legs for hours together. Then they dragged me on the snow. The interrogation was painful even as I repeatedly said that I am innocent. After there, I was shifted to another camp where the interrogators intensified the torture method. After one week, I was shifted to another camp in Baramulla where medical aid was provided to me. I realized that I could never walk on my foot now. The situation became worst, I was sent to Batwara, Srinagar where the military doctors treated me for twenty days but all in vain. I was handed over to my family who were shocked to see the condition of my limbs. I was admitted to a local hospital where I was operated on twice and the legs were surgically removed. I was rendered handicapped. I divorced my wife because she was not mentally prepared to live a life with me. My physical deformity wrote a new page in my book of life”. He appeared composed, able to form a fairly coherent narrative of his life.

The blissful family changed into a tragic land due to the incident. The absence of regular source of income in Nazir’s family made every member distressed and disturbed. Nazir’s wife was unable to live with Nazir which sent shocking massage to the community. The attitudinal stance was showing that Nazir was feeling better with social identity and the inner sense of belonging with community. There was also a great range of emotions expressed, including positives emotions.
Case Study: 07

Abdul Rehman said," Can you think of a situation where 'it is my house and home, my possession, my protection, my privacy, my right to leave or live in and I am denied it all'. These feelings got crushed when troops made me vulnerable to vacate from my residence in Arigam, district Baramulla. I am a laborer by profession and heading a family including a widow mother. The troops barged into my house during the daytime and ordered us to vacate the house immediately and threatened to bulldoze our house if we disobey.

I was worried about the troops who may throw my house-hold goods out. It shocked me and went to police officials and government functionaries but to no avail. They simply expressed their helplessness. In this situation, family members went to neighbors to seek the shelter.

I went to many places to get some help but no one was able to help me. It has affected our entire family in terms of health, economy and mental status in particular.

It was observed that Abdul Rehman was a simple but straightforward, spoke in a conversational manner without needing to make any point or hold forth on any ideology. But, he is moody and person of strong emotions. During conversation, angry feelings were often presented his tone of carping bitterness. After this incident, he is often physically unwell. His mother, to whom he is attached, is bed-ridden although there is nothing physically wrong with her and appears to have a long standing depression. He had a strong sense of himself as belonging to a respectable family. His family living in such condition seems an attack to his self will. The tension in the family has made him disinterested in livelihood, therefore economic set-back is also an out-come of the same incident. This is how his socio-psychological circle has badly affected.
Case Study: 08

Mansoor Ahmed Mir (name changed) of 35, resident of Baramulla, was a mason by profession. He was a father of three children. Mansoor was picked by troops in September 2003 with the promise that he will be released next day. After nearly five months, he was not handed over to the family as was promised. However, the troop, categorically deny the claim of ever arrested a person of this name. The desolate father lodged a FIR, contacted MLA and minister but to no avail.

In addition to it, all his relatives and neighbors made tireless efforts to locate Mansoor but could not trace him. 'Mufti government promised that our sons will be back. Government will workout on disappearance cases. But, nothing happened.' said father of Mansoor

The half widow of Mansoor is in confusion and chaos looking to her history and untold future she says. 'Can you define my mental status? It is full of trauma and uncertainty. Same with my children who have one innocent but loaded question that Where is he? The half widow is living a tough and directionless life. The main problem to her is mental pressure. Her eyes were wet which could depict her inner sense of helplessness. She is restless and not able to concentrate on family matters properly. She was hopeful about Mansoor's return. The home was trashed and family members were harassed. The domestic affairs seem unmanageable for her because her personal and social life was totally unattended since her husband was disappeared. The confidence in children was missing. They were shy and with no expression of any sort. The poor academic performance report cards seem out-come of same problem.

Before conflict situation the word 'half widow' was alien to us. Now it is occupying a thick place in our society and sorrows attached to it are also on increase. 'The father of mansoor said.
Case Study: 09

Pinky, a Kashmiri pundit of 45 and a teacher by profession migrated from Habakadel, Srinagar, and Kashmir in 1990 to Jammu. Pinky used to be quite jolly person. She is highly qualified in the profession of teaching by choice not by chance. The lady has high regards and respect for the culture, language and ethnicity. 'We are heir to a rich culture and heritage'. Picky Said confidently.

Pinky was in a joint family in Srinagar. Now things are different. Her mother-in-law is living in Delhi with her son settled there. Picky and her husband were government employees; therefore their stay in Jammu was more feasible for them. Families got split and scattered in the scramble for shelter and livelihood. 'When I talk to my mother-in-law, I simply cry because I can understand the social, cultural, and ethnic ethos in new environment. It is obviously different. Incompatibilities of life style, difference in language, customs and behavioral pattern make them stand apart. It is not only the matter of survival; it is a question of identity.' Pinky's emotional expression was really touching.

She started her narrative and said, 'I am teacher by profession so I used to have tones of patience but I am finding lot of change because the migration has led us to extreme stress. I have become intolerant. I must say that in any migration sudden changes in living conditions breaks strengths and weakens the person because it affects the emotional, social, physical, economic, and educational spheres of life. If we go for microscopic analysis, we can say it has already influenced social institutions like family, marriage, culture, dress, identity and has resulted in the breakdown of the communities otherwise.' Pinky added.

Pinky was found in a very high tone with lot of unexpressed angry. She cried and was counting cultural changes repeatedly. The whole conversation with her was depicting the socio-psychological impact on community as a whole. The social life is not matching with the present environment and her behavioural change says a lot about her stress level. Even after seventeen year, she feels misfit and alien to this part of state.
Case Study: 10

"Life has become a nightmare for me and my daughter" says shameema (name changed) who got married in 1997 to Omer (Name changed) of Sopur and just after one year her husband was killed by unidentified gunmen. An unknown person called him and told that he has some important work with him. Omer accompanied him. Just an hour after, some locals informed Omar's family that his dead body is lying in the nearby field. "The horrendous moment is still clear in my eyes; I rushed to the said direction and saw his dead body in a pool of blood.......... It was really callous".

The new phase of the life of Shameema was that she was sent to her parental home where she mustered some courage to live life again but destiny had more suffering for her. Her father died of a heart attack with the result Shameema was supposed to leave her parental home and look for the alternative. The circumstances further deteriorated. Finally, she decided to take a room on rent.

Bearing the burnt of the continuous trauma, Shameema was diagnosed as suffering from Post Traumatic Stress Disorder (PTSD) for which reasons were: a) she was not given ex-gratia relief. The puzzle of not having the compensation from state government is still unsolved. B) Her daughter being intelligent and sharp was not able to go to the school because of the economic setback.

Shameema is herself a bright lady who is able to analyse that orphanage is big trauma not a remedy for children, so she declined to send her daughter to any institutional setup. The most shocking incident after the death of her husband was that her close relatives did not support her and her daughter rather let her to live in rented space. This adversely affected her social relationship and her mental status.
Case Study: 11

Saleema (name changed) 29 years old from Palhallen, Pattan, district Baramulla has given birth to five children in ten years of her marriage life. Eldest was 9 years old and the youngest was one and a half. Her husband was killed by the troops when the youngest one was still residing in the warmth of his mother’s womb. As she went into the past, she virtually recreated all the scenes, good and bad, her marriage, birth of her children, the struggle she went through, her husband joining the militia and eventually falling prey to a bullet, pushing all these lives in the stream of unending trauma and suffering. She spoke with openness about his experience. Saleema’s most prominent memories of being with her husband were the only treasure. The atmosphere of the room was speaking volumes about the poverty and domestic problems of the family.

In the beginning, Saleema was unable to put her mind upon any venture because of the constant stress. The widow seems that she does have Intrusive symptoms. She also has somatic complaints. But, after some time, she found the purpose to work hard for the future of her children. As a family head, she experiences the responsibilities and worries that go along with this position as well as the sense of connection sanction her to perform better. She agreed that she has to keep tight control over emotional control of any kind.

She is ready to brave all hardship but cannot see her children becoming school drop-outs. Saleema has taken her children bright future as a challenge. ‘I really want to see them doing well in all the spheres of the life’. She cried painfully for a while, holding her children tightly in her arms. The room appeared full with grief and sobbing sounds of her two eldest children. Her mind is still in turmoil. Socially, she feels honored and is being supported by the community with which she is able to make ends meet.
Case Study: 12

A state subject namely Ishtiaq Ahmed Bhat, son of Gulam Hassan Bhat of District Pulama died in grenade attack on Dec 14, 1994. Imtiyaz was the eldest one in the family of six. He was a graduate and since then making rounds of the government offices for the recruitment / appointment under SRO 43. He pleaded his case before all concerned at all levels but all in vain. The officials have been delaying the case since 11 years giving reasons on one pretext or the other. Many cases falling under the SRO which were submitted at the DC office much later than his case have been provided jobs. He was unable to understand what is wrong with him.

He was a literate person and involved in many sports. Ishtiaq’s family had been apolitical, only wanting to make a decent living and get on with their lives. His description of himself suggests a strong need for social respect even though he was not particularly sociable. His father had great confidence in Ishtiaq. He was very different person without normal peer relationships, quick to feel insult, defiant towards authority struggling with hardships of life.

Despite having graduation in Education, the deserving Imtiyaz was doing a labor's job where from he earns Rs 90 a day. The death of the Ishtiaq Ahmed made the whole family disturbed and increased the vulnerability to the extent that the father of the deceased is not in a position to work at all. Therefore, all responsibility lies on the shoulders of Imtiyaz. It was also observed that Imtiyaz was mentally so disturbed and shocked because he was repeatedly saying that and despite being educated he is deprived of the provision of a job. The degree of the helplessness was highly depicted while talking to him. He describes himself as a victim because he lashes out in anger at small things.
Case Study: 13

The Mother of 18 years old Asiya (name changed) met the researcher in the hospital waiting room. The researcher approached the lady as she was looking quite tense; somehow after a long talk, the lady opened up and shared the whole case of her daughter. The lady seemed to come from the well-off family from uptown Srinagar. The lady started with that they are 4 members in family. She (Asiya) was always good at studies and would receive a good deal of admiration from one and all. The feeling of loss, aggression, screaming, Isolation from the family was the predominant symptom of Asiya, so she was taken to the psychiatric hospital in Srinagar.

After her matriculation examination, she was interested in medical and was also sent to some coaching centre for early preparation of professional entrance tests. As Asiya was doing well in her studies, her demands about her educational requirements were increasing. Besides her dressing, she demanded a mobile phone which was also provided.

The report of her first quarterly was an eye opener for the family to see the grave problem of Asiya. The mother started noticing a sea change in her behavior. Most of the time she used to help her mother in lot of domestic affairs, has changed now. She would go to school irregularly, would stay to her room for hours together. Whenever her mother would barge in suddenly, she would appear hiding things and pretending to be studying or sleeping. Mother did not dare to share it all with her husband and also did not rise upon the whole matter with Asiya.

One afternoon, her mother was confronted with the most obnoxious sight of her life. She found her daughter completely unconscious in her room with some polythene bag and empty glass bottle lying by her side. Mother panicked, called her husband went to hospital wherein it was diagnosed that the girl was using some substance.

After this, Asiya confessed that she was infatuated by a boy in her coaching classes, developed into an intense communication over phone. Some time ago, both of them had clash and then had fight which resulted in the break of
the relation, thereby few emotional out-bursts and drug usage. The whole family went into shock for a long time due to sudden incident. The mother is not able to come out of it and is on expensive medication. It also invited gigantic domestic problems and has increased the stress level in the whole family.

Case study: 14

Abdul Qayoom (name changed) of 42, resident of Kupwara, is suffering from severe anxiety for the last 3-4 years. His brother was allegedly taken away by the troops and detained for a few months. The deceased was a well built, smartly dressed man. He used to be an active sportsman and was seen as smart, humorous and social.

After his release, he was found dead in mysterious conditions in the out-skirts of village. When Ab.Qayoom came across this, he was frightened. He did not tell his family about all this and continued lying about his (brother’s) detention. They all thought he was not released. A year later, he started feeling bad about the lie and he started avoiding being in his home with family members and blaming himself. Sustaining family harmony is a major concern for Ab.Qayoom. It preoccupies him even though he denies any cause for concern. As this grew intense, family started worrying about him. He was filled with fear and anxiety. He would have nightmares and this would add to the family concern about him. All this became unmanageable and he told his family the truth. The reactions from family were very dreadful. They started mourning the dead brother, but he still could not join them in those rituals. He was now not in a condition to realize the grief and express it.

Family started taking him to the faith-healers and doctors. Some family friend advised that he be brought to a psychiatrist. He was put on psychotropic medicine for six months and also referred for counseling.

He was living with his family of five. He was losing focus on family matters and used to get irritated by the slightest of things. In the past 7 years, he changed his job three times. He felt much stressed, also because he realizes that his family needs more support and attention from him which he can
hardly manage. He struggles heavily with the things. His every problem seems bigger then himself. Therefore his mood becomes bitter and frustrated. This has disturbed the harmony of whole family.

Case Study: 15

11 years old Asif (name changed) resident of Anantnag, lost his father after a brief illness as once his father was picked up by the troops and after interrogations, he was admitted to hospital but doctors failed to make proper assessment of the disease. The boy namely Asif after the death of his father, developed behavioral problems like; he doesn’t talk to anyone, used to get irritated by asking anything to him and does not take proper food. By anger and appearance, any one could guess a problem in him. His behavior at home and school has changed dramatically. He become a truant and would really attend school. At home, he beats his Aunt and cousin, uses foul words, beats children in the neighborhood, teases animals and hurts himself. The boy doesn’t really accept the fact that he would never see his father and give him a hug again. The family fails to understand his behavior as a strong reaction to the loss he suffered. They realized the traumatic nature of the incident for the child but failed to link it up with his behavior.

They tried different method to put the child back on track again and which included punishment also. They would lock him up in a room. But, all this would only intensify his reactions.

He was from a well-off family; they have agricultural land and other business. He was enrolled in a good school used to be a good student. Greeting to people was an important factor which made him friendly even to elders of his community. But, everything became upside down after this incident.

For some physical complaint, he was sent to a doctor and who after all the assessment alone, referred the boy to a psychiatrist encouraged the family to support the boy morally as he has psychiatric problem. The doctor advised his family that the boy should be provided a strong platform where he could talk freely and openly and also express his grief.
It was also observed that he was unable to put his mind upon any venture because of the constant anger. His mind was in tumult. Therefore, his health, sleep and appetite were not normal. He was suffering from repetitive nightmares of fearful memories. Socially, he feels safe due to his family support. But, at the same time, due to all this family business has been ruined like anything. The other children in the community stopped to visits his home as they used to. His adamant behaviour has totally changed him.

**Case Study: 16**

In one of the peripheral villages of Pulwama district, a 15 year old Sami (name changed) lost both her parents before she actually had any comprehension of the world around her. Her mother delivered her and after some years she died. She was not yet 3, when her father was killed in a gun fight. Little Sami and her elder brother were brought up by their grandparents. Old grandfather was completely paralyzed. The girl gets lot of affection from her grand mother, but she could never come to the terms with the biggest catastrophe of her life. She would cry secretly in her bed and try to go around with things with all sadness locked inside. And all this was never really the end of ordeals for the family the place they live at is still very volatile and faces the brunt of conflict in the valley quite frequently.

Sami goes to school but constantly complains of body pains and headache. She is also very less developed in her social skills. She never really got to interact with people, not of her age also. Her socialization was found quite dissatisfactory. She was given some medicine for some time for her body aches and pains, but it did not helped much. It was observed during her comparative conversation when she mentioned that she is not like others justifying her family is financially weak, her family have had to bear the burden and she is without parents.

It was observed that grand mother was a practical, down-to-earth woman who has an excellent sense of how to get things done and the determination to things through. She does not shy away from manual work. Despite remembering all the details in her head, she has been able to manage with present economic hardships and poor health condition of her grand child. It is
her confidence and courage which prevent her from feeling anxious and weak. But, she is troubled by physical problems and said that despite the fact that she looks strong, she can barely climb two flights of stairs without panting. The only worry in her was personal safety for her grandchildren. She experienced a different set of responsibilities and worries that go along with this position as well as a sense of connection.

Case Study: 17

Nadigam, a Hindu dominated village, about 70 kms from Srinagar based on 40 house-holds. The mainstay occupation was agriculture. Almost 50% of the Pundits left the village with the eruption of militancy in 1990. Others stayed due to their land holdings and the Kashmiri Muslims of nearby area also motivated them to stay back. The atmosphere of harmony and peace of Nadigam village was a big hope and an appeal for Kashmiri Pundits to revisit the thought of being permanent migrants in Jammu and other parts of the country. But, on March 24, 2003 around 11.30 p.m., a group of unidentified gunman in army uniform, went to the police post and snatched weapons from them. Thereafter they banged the doors of the Pundits gathered them in compounds and fired indiscriminately. It took life of 24 persons including eleven women and two children of same village. This horror was a shock to many mothers, brothers, fathers, daughters, sons and sisters. The village was drenched in blood. It was a simple bloodbath. 'I can't believe my luck that I and my family are alive, but faced equal mental trauma during the shocking massacre' said Mr Kishan by recalling a horrifying memory, one of the witnesses. He further added 'my neighbour saw the dead bodies of his husband and daughter, he was shocked and is still reeling under the same'.

Kishan said that it happened in 1990 but Nadigam bloodshed as a deep wound is still in the chest of his psyche. He describes himself as a terror at home because he lashes out in anger at small things. Now his family knows that when he speaks in a certain tone of voice, they have to be careful. Earlier sustaining family harmony used to be his major concern but due to the present mental status, he is the person who disturbs it most. Perhaps he has difficulty with emotions and impulses that go against the 'lawful' order and is
made angry by the unlawful conduct of unidentified people in his village. This incident has affected the whole community in terms of social capital, community development and psychological status among the members of the village. The sense of collectiveness was totally absent over there. Almost all families suffered because people who died were related to each other. The psychological impact was immeasurable.

Case Study: 18

Kiran jeet, resident of Chittisingpora, a Sikh dominated area in District Anantnag, witnessed a dreadful scene on March 23rd 2000 when some unidentified gunmen in army uniform entered at around 10:30 pm. She said that people of the locality thought that crack down may likely to happen. The unidentified gunmen group had first barged into the police post, snatched their guns and locked them. All the people were pulled from houses and were killed. Rattling of guns was heard by other nearby villages. In this incident, 36 Sikhs were killed with one hour or so. She felt speechless and went into the chimney and just heard the gun short. When she came out of the chimney and found her young sister and father among the dead bodies.

She still feels those gun shorts. Whenever she hears the gun short or like sound, her heart palpitation increases and feels restless. The meaning of togetherness seems unnatural to her now. Psychological alienation has weakened her inside, therefore feels social estrangement. The experience of passivity is central to her traumatic experience, which is why she was repeatedly saying that she could not save her sister and father.

It was observed that the community cannot forget the incident. The feeling of shame and humiliation was still visible. Due to the incident, villagers feel lack of public space. The sense of alienation has narrowed social relations within and outside the village. The continued exposure to violence has contributed to mistrust and insecurity. They feel disempowered and disconnected and are designated to instill terror and helplessness. They spoke of great frustration arisen from the incident. They explode in anger, tension and stress. Compensations made hardly any difference to their mental wellbeing. The toll on their mental wellbeing was considerable.
Case Study: 19

Ab. Qadir a young boy from Bijbehara, District Anantnag expressed his traumatic experience that on Oct 23rd 1993, the large numbers of people were on streets after Friday prayers, shouting pro-freedom slogans and also demanding lifting of army siege of Hazratbal Shrine. The procession was peaceful. As the procession reached the main highway, an officer of troops took out his revolver and suddenly without any warning fired some shots in the air. It worked as the signal to the paramilitary forces to open their guns and they started firing indiscriminately on the procession. Forty-three (43) civilians lost their lives on the spot, more than one hundred (100) sustained injuries. When people (outsiders) visited the place, it wore a deserted look. All what one could see the slippers, shoes, handkerchiefs left by the people while running for their lives, scattered over the main road where the gruesome incident took place. The blood stains were quite visible for some days over there. Young boy further explained that the separatist guerrilla holed up inside the holy shire of Hazratbal negotiations were sustained for many months which were hurting the people of Kashmir. The pious feeling and faith of Kashmiri people for Hazratbal shrine is very high and this procession was just an anguish expression to the siege which continued for months together in the Shrine.

The complaints about the continued victimization have filled people with pain and anger. The community holds a separate martyr's graveyard with huge number of people. It was observed that whole community provision a good amount of respect for the people who sacrificed. A good number of youth in the community died on the said day. They brand a good identity within the community and outside also. But, it was also found that mentally people were fearful and threatened. The mothers', brothers, sisters and wives of the deceased were numb. They discussed their common coping strategies as prayer, putting their faith in God will and staying connected to social group.