**ABUSES/VIOLATIONS OF HUMAN RIGHTS:**

* In Kashmir, the abuse of human rights has become a deeply troubling and persistent reality, touching the lives of countless civilians in profound and painful ways.Ordinary people often find themselves caught in the crossfire of a long-standing conflict, their basic freedoms and dignity compromised by violence and repression.
* Arbitrary detentions are a haunting aspect of life in the region. Men, women, and even children are often taken into custody without charges, their families left in anguish, waiting for answers that rarely come.Many are held under laws that permit detention without trial, a stark denial of justice that leaves lives in limbo.
* Enforced disappearances have left thousands of families searching for loved ones, living with the unbearable silence of unanswered questions.Mothers and fathers clutch photographs of their missing children, clinging to hope even as years pass with no word.
* Torture in detention centers is another dark shadow that hangs over the region. Survivors recount harrowing stories of physical and psychological abuse that leave scars far deeper than the visible ones. For many, the trauma lingers, reshaping their lives in unimaginable ways.
* Violence against women is an unspoken but pervasive form of abuse. Reports of sexual violence, often used as a tool of intimidation, reveal the unimaginable suffering endured by women in the region. Yet, many remain silent out of fear, stigma, or a lack of faith in justice.
* Freedom of expression and assembly is heavily restricted, with journalists, activists, and civilians facing threats or harassment for speaking out. The stifling of voices ensures that the pain and struggle of the Kashmiri people remain largely unheard by the outside world.
* Civilians in Kashmir face profound challenges that permeate their daily lives, leaving an indelible mark on their existence. Amidst the stunning beauty of the valley, they endure the weight of prolonged conflict, navigating frequent curfews, military checkpoints, and communication blackouts that isolate them from the world. Families are often torn apart by violence and enforced disappearances, leaving countless individuals grappling with grief and uncertainty.
* Economic hardships compound their struggles, with tourism and local industries crippled by unrest. Despite their resilience, the people of Kashmir live with a constant tension between hope and despair, yearning for peace while bearing the scars of a turbulent reality.
* Widespread surveillance and military presence create a constant climate of fear. Daily life is punctuated by curfews, checkpoints, and raids, making even routine activities fraught with anxiety. Education and healthcare systems suffer under these conditions, depriving children of a safe environment to learn and families of essential services.
* These abuses are not just violations of international norm they are deeply personal wounds inflicted on individuals, families, and communities. Despite their resilience, the people of Kashmir are left to bear the weight of their suffering, longing for a future where their voices are heard and their dignity restored.