



Over 200,000 Dead: Moscow's War Fueled by Forced Recruitment and Social Vulnerability

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The war in Ukraine is not just a war of technology, drones, and artillery. It is increasingly a war of men. And above all, of men sent to the front in conditions that raise profound questions.

Based on [data collected by Mediazona](#), an independent Russian outlet, Russia has recorded **over 200,000 identified casualties by name** since the beginning of the invasion of Ukraine in 2022. Other estimates indicate higher numbers, but even limiting to verified data, it is still a huge human toll. The highest for Moscow since World War II.

But the most significant data is not just the number of dead. It is understanding **who these men are**.

The 2022 Mobilization: 300,000 Recalled

In September 2022, the Kremlin announced a “partial” mobilization that led to the recall of about **300,000 reservists**.

In many cases, these were civilians with limited or outdated training, recalled in very short times and sent to the front with often insufficient equipment. That mobilization represents the moment when the war entered directly into Russian society.

After the official mobilization ended, Russia changed strategy, avoiding new large-scale recalls.

In their place, economically incentivized military contracts, **massive regional recruitments, targeted campaigns in poorer areas**. Formally, these are volunteers. In reality, the push is often economic, the choice is conditioned, and the alternatives are limited.

The result is a system that, without declaring a new general mobilization, continues to **feed the front with tens of thousands of men every month**.

The Most Vulnerable Groups and a Huge Human Cost

Analyzing the losses and recruitments reveals a clear fact: the war weighs especially on the weakest groups.

Among the fallen are significantly citizens from the most peripheral regions of the Federation, ethnic minorities, prisoners enlisted in exchange for penal benefits, and foreigners recruited with economic promises.

It is therefore not an army composed exclusively of professionals, but a system that increasingly draws on **vulnerable social pools**. If wounded and missing are also considered, Russian losses exceed **one million men in total**.

Numbers that indicate a war of attrition, where the human factor has returned to the center.

A War of Attrition, Not Just Technology

Modern narratives tend to focus on advanced systems, electronic warfare, and drones, but the reality on the ground tells a different story. **The war in Ukraine remains, first and foremost, a war of attrition, where the greatest burden falls on men**. In this context, Russia has built its war effort through a system that combines mandatory mobilization, incentivized recruitments, and a **strong social and economic pressure**.

The number of casualties is impressive, but even more significant is the mechanism that generated them. It is not just an army of professionals, but **a force progressively built also through civilians, reservists, and recruitments pushed to the margins of society.**

A war that, by the numbers, continues to be fought, even before with weapons, with men.

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