

# **MENTAL HEALTH ISSUES OF PRISONERS: SOCIO-LEGAL PERSPECTIVE**

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## **ABSTRACT**

Mental health is one of the important areas of public health issues. This area becomes more significant topic considering the present existing pandemic situation and consistent lockdown. However, the issue of mental health of prisoners/inmates is one of the glaring example where existing ailment was ignored many times in the past. In fact the recent law of Mental Healthcare measures passed in the year 2017 plays a significant role where important obligations were imposed upon on prison staff to handle it with great sensitivity. But the matter of contemplation is that the challenges faced in its implementation and lack of social and legal literacy on different issues of mental health, its identification, and treatment within the prison administration. It is important to comprehend as to how the creation of psychiatric clinic in prison premise can address such issues where the subject of psychiatry is looked upon with great suspicion and highly misunderstood in the society. The paper will analyse the role of government and judiciary in addressing the issue of mental health and conducive environment in prison administration.

**KEYWORDS** - Mental Health, Prisoners, Physical health, Human Dignity.

## **INTRODUCTION**

A standout amongst the most ignored parts of criminal fairness framework is the postponement brought about in transfer of cases and detainment of the denounced pending trial. These undertrial detainees are detenus positioned in jail beneath non-bailable offenses and those who can't supply required sureties in times of bailable offenses. It is the after-effect of a capture for a charged offense no longer took after by concede of tenfold. Sometimes they're denied equity for long duration of time. They are remoted from their own family for the best some portion of their life even though they might be blameless. In numerous Indian penitentiaries they are observed in a substantial number. In precise they want to stay in prison for a greater draw duration than the time of detainment which could be granted to them on the off hazard that they were determined guilty.

There are enormous number of inmates in prison without punishment which have caused major concern for jail administration. However, there are some situations for detaining an under-trial in prison:

1. Instance of grievous and serious crime
2. Where the accused might influence the witness or intervene the administration of justice.
3. Where the accused might enact same or similar crime
4. Where the accused might fail to come before the trial proceeding.<sup>1</sup>

Flexibility, as conceived in global human rights records and inside the Constitution of India, is of foremost significance to humankind. Remedial requirements at work in criminal equity organisations, thusly, request that custodial foundations, specifically detainment facilities, are not appeared as social dustbins wherein the blamed or even the dependable are consigned as material discounted from the books of society. Their claim to opportunity and rebuilding to the social milieu keeps on being as strong as when they were unfastened individuals. This is considerably greater so if there have to be an incidence of a blamed standing trial considering the fact that un-indicted denounced humans hold, with all lawfulness, the belief of purity as an important of reasonable trial. As a feature fruits to this assumption, it's far both vital and inviting that such un-sentenced wrongdoers ought now not be bared in their entitlement to opportunity unless it's miles unavoidable, imperative and immovably set inner the gadget of sincere to goodness limitations.

There are various factors which affect mental health issue in prison like overpopulated inmate cell, different kinds of violence, solitary confinement, absence of right of privacy, unsocial life, insufficient health services and uncertainty regarding other future prospects. Such circumstances leads to extended degree of depression and major apprehension of victimization pose major challenges to prison administration. One of the accepted reforms in jail premise for improving emotional well-being for prisoners was the act of Vipassana, a meditation strategy. Certain significant studies showed that good percentage of inmates( specifically mental patients) indicated improvement in uneasiness, anxiety & depression based manifestation.<sup>2</sup>The issue of mental health reflects differently from physical health problem and their respective assessment, diagnosis also seems to be different. For instance, a disease of tuberculosis can be transmitted to jail staffs and inmates having many

hazards and symptoms. Proper check up and diagnosis is practically feasible if prison doctor can oversee the deteriorating situation of such patient inmate. But, it is difficult to say whether symptoms to all kind of mental health disease are obvious to prison staffs. The issue of mental health care has been ignored considerably by prison administration. Now, the screening and therapeutic treatment of such mental health disorder of inmates has to be go through legal as well as board humanitarian perspective. The ordeal of prolonged imprisonment itself put a major challenge to vision of mental health care. Non-treatment of mental health also results into degradation of human dignity of prison inmates.

### **ISSUES OF MENTAL HEALTH IN PRISON PREMISES**

Sureka et al. examined the impact of Sudarshan kriya and related practices on male detainees with non-psychotic mental problems. Results indicated substantial improvement in overall functioning, reducing discouraged state of mind, positive prosperity, general well-being, imperativeness, and all out positive general well-being.<sup>3</sup> No analytical research has explored the different basic and administrative components of the jails that could have a strong impact in affecting the psychological well-being of the detainees. Studies with creative and plausible techniques in the jail must be directed to analyze their viability and execution for positive emotional wellness among detainees.

Earlier, it was believed that prison administration of India is not properly codified to manage and regulate laws and rules for the treatment of vulnerable inmates in correction homes or the process in which a mentally ill juvenile should be treated or provided medical help. These ignorant factors make this problem more complex. Lack of proper regulations causes the inmates to divert from the path of recovery and follow the path of a seriously ill mental patient. Prisoners can suffer from several mental ailments which they either develop earlier or during their stay in the correction homes. Symptoms or signs of mental ailments can vary from individual to individual. These symptoms can affect one's thoughts, feelings, emotions and ability to react to a certain situation. Some of the problems or symptoms faced by the prisoners are mitigated capability to focus, uncontrolled apprehension or distress, severe capriciousness, volatility, withdrawal from the society, insomnia, detachment from reality, inability to handle stress, excessive violent attitude and suicidal thoughts.<sup>4</sup> Such matter will be more serious and in fact out of hand if there is further go with drug abuse, physical torture, fighting among inmates or sexual abuse. Such incidents may create strong impact on the mental status of any inmate and thus difficult to recover. It is also not surprising to infer that mental health issue is such risky factor for aggravating the criminal behaviour of inmate. Thus, proper scrutiny and supervision of prison cells are required at regular intervals so that any type of illegal act could be prevented and it will be easy to comprehend the behavioural change of any inmate.

### **THE SCOPE OF MENTAL HEALTH ISSUES IN MODEL PRISON MANUAL AND EXISTING PROVISIONS OF DIFFERENT LEGISLATIONS**

In fact, a guideline namely 'Psychological First Aid' was prepared by Delhi Prison administration along with AIIMS on crucial mental health matter for prisoner. They created such manual for inmates regarding mental health problems and also considering the issue of suicide.<sup>5</sup> In fact, there are existing provisions which provide safety measures in any pandemic situation in jail premises like Rule 13.73 of Model Prison Manual, 2016. It give expound rules concerning the incorporate arrangements in the form of isolated sheds for each detainee to follow social distancing adequately, the confinement of contaminated inmate in a different room that is far from every prisoner and appropriate treatment of patient's cloth and contaminated prison cell. Notwithstanding the Model Prison Rules, 2016 the Delhi Prison Rules 2018 accommodates comparable activity to deal with pandemic in jails.<sup>6</sup> Though, these existing measures become immaterial due to overcrowded jail premises for example jail premises in Delhi is considered to be hugely overpopulated. e the jail premises in Delhi . While the arrangements under the Model Prison Manual, 2016, with respect to the regulation of infected/ transmitted pandemic remain ineffective, the emphasis has also been laid down to the issue of psychological well-being of detainees. This issue has involved many discourse in different legal professions, notwithstanding, there has been few discourse/talk on the emotional well-being of inmates in the contemporary phase of COVID 19 pandemic.

It is obvious from across the country perspective that there are many adverse ramification of isolated conditions upon the psychological & emotional well-being of inmates. There is once such instance occurred in Italy where after the corona-virus flare-up, Italy changed numerous jail regulation to improve safety measures. Inmates were not permitted to meet any guest or relatives. It caused riots in jail premises, tending to death of inmates and prison staff and even hunger strike in prison premises. Rule 15.03 of Model Prison Manual, 2016 mention about conserving the emotional well-being of inmates and has arrangements for organizing mental assistance for the individuals who require it. Even, the existing law related to mental healthcare in section 103(6) of Mental Healthcare Act, 2017 stated the obligation of state government to establish mental health & emotional well-being centre in clinical department of one jail in each state & UT. In fact, this provision also put an obligation upon

jail medical officer to prepare a report on absence of inmates with mental ailments in jail premises and send it to mental health board by certifying the same.<sup>7</sup> In fact, the state government is empowered to transfer such inmate suffering from mental ailment to any place that conducive to psychological well-being of patient which may be any kind of mental health centre.<sup>8</sup> In pre-pandemic era, there were examples where the arrangement was either not followed or the specialists were understaffed to manage the large number of inmates who were experiencing psychological /mental health issues. There is an immediate requirement for strict compliance of these provisions in this pandemic phase.

Since, the Manual arrangements broadly cover substantive perspectives on emotional well-being/ psychological development & recovery. Most of the states have not strictly executed the pattern of model. In few cases like *Jan Adalat v. State of Maharashtra*<sup>9</sup> & *Raju Jagdish Paswan v. State of Maharashtra*<sup>10</sup>, the court further realized that many states have inadequacies in following this model and couldn't improve the status of problem in context of necessary reforms referred in Modern Prison Rules.<sup>11</sup> As per the statistical data collected by National Crime Records Bureau (NCRB), it is clear that over 6000 prisoners are suffering from mental/psychological ailment in the year 2018.<sup>12</sup> This number is itself a matter of great concern. Section 330 of Crpc is one such particular provision which specifically directs court to release a person if found mentally ill on adequate security. Though, the nature of provision is little complex, but infer that wherever bail can't be given, the court must order accused to be treated by psychiatrist. Even the National Legal Service Authority also goes in consonance with objective of section 330 Crpc and asks district legal service authorities to introspect the cases of inmates who are mentally ill and their issues could be addressed properly and shifted to appropriate place for treatment.<sup>13</sup>

Female prisoners are usually considered to be one of the most vulnerable group presents inside any jail. Any kind of imprisonment affects men and women, but it puts more serious impact on women. The degree of social, psychological, mental and economic impact on female prisoners also varies differently from male counterparts in prison. From a criminologist perspective, it is clear that female's behaviour and way of committing offence is distinct from that of male. Their position in the society seems to be a crucial factor for rise in delinquency, though there is less chance that they will turn out to be hard-core criminals. In most of cases, they don't pose major threat to the society in large. In some of the cases, children along with female prisoners also reside in the prison. Such children usually face psychological and behavioural issues within the jail premises due to reasons like lack of comprehensive requirement-based programs, insufficient framework of care, lack of hygienic food, appropriate ambience, sanitation, etc.<sup>14</sup>

It could be observed that prison system usually works according to requirement of male prisoners instead of female prisoners since more than 90% inmates are male in almost every prison. It was highlighted that maladministration, inefficiencies and delinquencies persisting in prison put adverse impact on women more than male prisoners.<sup>15</sup> It was also found that female inmates also become miscarriage of justice either due to substantial delay of trial proceedings or persistent disposal of appeal petitions. Thus, it is important to bring necessary changes in bail process for female inmates (esp. under-trials). The specific provision of section 437 of CrPC discusses about bail process where special consideration could be given to women while granting bail other than cases which punishable with death or life imprisonment or other serious offences. Prolonged pre-trial custody is another major concern for many males as well as female prisoners where it is important to establish fast-track courts so that all cases of female prisoners could be addressed and heard at the most appropriate time. Prisoners carry on with their life in jail and it puts them away from their family, relationships, employment, companions, networks, and faith-oriented exercises and places them in an awful condition for a considerable time. Societal company in jail hinges on ferocious jail clans and it is difficult to expect that any kind of good model has been followed. The detainees are compelled to experience progressively hard approaches and states of imprisonment so as to endure in the jail. These extended adjustments to the hardships and disappointments of life inside jail lead to certain mental issues. The individual who endures the intense agonies of detainment essentially shows psychological clutters, severe anxiety, nightmares or different types of inability like reduced feeling of self-esteem and individual worth.

Being accustomed to confinement for long period is altogether distressing and vexatious and it results into such inference & tendencies that could be dysfunctional. However, the mental implications of life in prison change from person to person. Persons with psychological disorders often went through disgrace and prejudice. Such kinds of discrimination are reflected on persons with mental disorders in every social, economic and health phase because of many misinterpretation & misconceptions. Such disgrace and discrimination usually prosper in jails, leading further marginalization and solitariness because of punishment.

**MENTAL HEALTH ISSUES OF PRISONERS ADDRESSED THROUGH JUDICIAL APPROACH**

Interestingly, in one of the important judgement, the Supreme Court observed that inmates are more inclined to mental illness particularly because of their vulnerable situation and existing legal obstacles resulting lack of spectrum to address the issue. The matter of case is regarding a convict who was charged with murder and rape, who is suffering from mental ailment post-conviction. Certain contemplation has been raised by the Court as to how criminal liability could be evaluated for punishing those with mental/ psychological ailments. Is treatment more crucial and preferable to punishment? The court realized it that there were no standard infirmities/ established incapacities for knowing the case of severe mental ailment. Though a proper test of severity could be helpful in identifying those cases of mental ailments that fulfil for exemption. Such test could comprehend the alleged mental condition whether any inmate deserves treatment or punishment for offence committed and thereby guilt is also proved.<sup>16</sup>

Any serious or aggravated case of psychotic infirmity, schizophrenia in post-conviction situation could be important aspect before court for reconsidering the nature of punishment. The evaluation of such mental infirmity could be done by inter-disciplinary members of certified trainers and officers including doctors, criminologists, other professionals etc having specific experience. The burden is upon the accused to establish serious mental illness with the help of sufficient evidence having explicit symptom in the court. In some appropriate cases, court has authority to create different panel to inquire and complete their report based upon expertise. The whole exercise of conducting the test is to confirm that inmate couldn't comprehend the essence and objective of imposing the sentence.<sup>17</sup> But this judgement doesn't discuss the issue of mental illness/ailments in pre-conviction detention and how the state tackle the issue of mental health situations of inmates including under-trials and convicted prisoners. Considering the serious problem of coronavirus pandemic and rise of overcrowding of inmates in prisons, the Supreme Court consisting of Chief Justice of India and other two judges decided and instructed all states to create high powered committee to identify which category of inmates could be released on parole or interim bail for specific time which seems to be suitable. There are following suggestions made by court-

1. Identify inmates who ought to be discharged relying upon the nature & seriousness of offense, the period of sentence & some other element applicable as per the Committee.
2. Transfer of inmates from jail to another and physical appearance of under-detainees before court could be restricted for time being and more emphasis should be given to video conferencing, to make sure safe distancing among inmates and court staffs.
3. Arrangement of action plan to be made explicitly for every jail along with clinical specialists for proper assessment, checking for fulfilling compliance.
4. Arrangement of facility of isolation rooms, isolation of new inmates, basic assessment of inmates, accessibility of medical help, examining of staff, sanitisation and tidiness of jail premises, availability of masks, constraining of individual visits for inmates and suspension of gathering.

The Supreme Court instructed all states to consider discharging inmates of having imprisonment up to seven years so as to offload the overcrowding in prison considering pandemic situation. The same reason of congestion in prison during pandemic was also raised before Delhi High Court where the court directed to release under-trial inmates even if they are incapable to furnish surety bond.<sup>18</sup>

It should invoke the strong recommendation of creating committed mental health clinics within the jail premises for knowing timely determination and intercession. Considering the need of appropriate mental health services in jail premises, medical officers should be at least trained in fundamental issues of mental healthcare so that initial counselling can be done at primary level and early detection could be done for referring the case of critical patient for major treatment in mental health hospital. It is desirable that prison administration must create an environment which can address all health problems by imparting various awareness session on mental health issues, creation of rehabilitation enters and personality development. Such environment can help inmates in preventing and recovering from psychological disorder.

Communication is one of the necessary medium for every person expecting dignified life. There is no doubt over the fact detainment restrict social freedom of every type of inmate. It is expected that strict compliance of rules of prison administration has to be followed. In those circumstances, sometimes prisoners feel solitude despite having overcrowding in jail premises because of lack of constant exchange of expression/ communication. An effective communication can be contemplated one of the strong point for correctional strategy for prisoners where their social & technical skills could be improved. Exchange of letters, phone chat and video- conferencing with family members, friends, lawyers and psychologists will definitely help inmates in reducing their anxiety.

State governments have given due affirmation to these benefits of inmates. They have formulated rules and directives in such manner. For example, in Kerala every inmate is allowed for reasonable workplaces of seeing or talking with his family members, allies or mentors. Notwithstanding the above benefits each detainee has the right to have a meeting with his companions and family members once in a week and to get three letters each a

month during the term of his detainment.<sup>19</sup> The benefit may be pulled back or delayed via the director for lousy lead. Aside from those the director has the carefulness to give blessings at shorter interims. In the occasion that the administrator considers that particular or essential grounds, for example, the detainee being definitely unwell or on the event of the dying of a close relative, mutt if the companions or family have originated from a separation to look the detainee, he can at his circumspection allow interviews. Somehow, such communication barrier also aggravate the psychological problem of any kind of inmate. That's why effective communication is the first and major step for counselling any type of mental health issues.

The National Human Rights Commission stepped in case of Shri Charanjit Singh, who was in confinement for last twenty year as an under-trial inmate as he was psychologically sick & his physical and psychological situation didn't able him to defend during the trial. Accordingly, his trial couldn't continue. He was also relinquished by his own family members. The Commission moved a Criminal Writ Petition (Cr.W.P. No. 1278/04)<sup>20</sup> to quash criminal trial against him and recommended standard measures to tackle the instances of under-trial inmates in comparable situation. The Delhi High Court through order dt. March, 2005 considered Writ Petition and subdued the trial. It instructed the Government from National Capital Territory of Delhi to develop a suitable plan on the ground of the rules recommended by NHRC. The court also said the suggestions made by the NHRC with respect to managing the instances of the inmates who are psychologically disturbed/sick & in prison. There are few other recommendation like:-

1. Mental or psychotic treatment ought to be given to inmates for prompt discovery and forestalling dysfunctional behavior.

The presence of basic facilities for primary mental healthcare for addressing the issue of psychological ailment is necessary in Central and District prisons All correctional facilities and prison ought to be officially associated to a psychological clinical institution/hospital.

2. Services of a certified mental therapist in each central and regional jail who ought to be helped by a psychologist & a mental social specialist.
3. Not a solitary psychologically sick person who isn't blamed for carrying out a wrongdoing ought to be put inside or taken into custody for jail. The case of such person ought to be forwarded for introspection to the closest psychiatric institution or Primary Healthcare institution.
4. Somehow, if any under-trial prisoner or a convicted person going through punishment turns out to be psychologically sick in jail, the State must offer sufficient clinical help for medication. When a convict has been admitted to a hospital for psychiatric care, upon completion of the period of his prison sentence, his status in all records of the prison and hospital should be recorded as that of a free person and he should continue to receive treatment as a free person.
5. It is important that inmates having mental ailment could be sent to those close jail premises having proper mental health-care centre. It is desirable that every stage of counselling and treatment mentally ill inmates should be put in a proper periodical report by a psychiatrist and send the same to magistrate of same jurisdiction through senior officer of prison administration informing the health situation and strength of inmate for trial proceeding.
6. Somehow, it is also important that a separate barrack should be facilitated for all inmates who are suffering mental ailment or those psychologically weak.
7. In every case, proper check & diagnosis of such vulnerable inmates is required, however if any such vulnerable person recover from such ailment, he should be brought back to prison from psychiatric clinic/mental hospital, regular check-up is desirable.
8. There are few other factors which are quite necessary in addressing this sensitive issue:
  - a. A conducive ambience where different stress-buster and physical activities could be organised to ensure proper supervision over mental & physical health of inmates.
  - b. Humane treatment should be given by prison staff considering the fundamental relevance of human dignity.
  - c. Proper grievance redressal framework has to be created for tackling different psychological complexities
  - d. Regular interactive session should be organised for every type of vulnerable inmate with his parents & relatives.

- e. Civil bodies & societies can play a constructive role in imparting legal and social awareness related to mental health for prisoners and possible collaboration with prison administration is desirable.

The Delhi High Court also instructed Delhi Judicial Academy to introduce certain special courses cum training to stimulate and invigorate judicial officers so that they take cases of mental health issues with sense of responsibility and maturity as per contemporary legislation and health policy.<sup>21</sup> The above guidelines were given by Delhi high Court in Charanjit Singh case to deal with the mental health issues in prison but the said guidelines were not implemented in toto. It is also necessary to create more psychiatric wards in general hospitals with efficient mechanism so that proper treatment could be done for people with serious mental issues. It is also necessary to impart more awareness about mental health issues and functioning of psychiatric ward, psychological centre for proper counselling so that people/kin could comprehend the significance of psychotropic medication and psychological assistance. There is no need to create mechanism for conciliations for different stages of counselling so as to tackle the major issue of so-called social stigma around mental health problem.

### CONCLUSION & SUGGESTIONS

It is important to address & improve the position of mental health and emotional wellness needs will ameliorate the well-being of prisoners with mental ailment and other inmates in general. Thorough analysis and understanding of issues associated with emotional & psychological well-being, aggravating matter of societal stigma could be prevented. Considering the serious nature of psychological issues of inmates, it is important to note that improvement and proper counselling sessions should be executed in such a manner that so that if inmates leave jail premises in future, it will be relatively easy for them to adopt the social environment and deals with mental complexities with self-counselling. Jail amenities are usually found vexatious and inadequate. It demand standard and dignified functioning surrounding from prison administration and prison employees. The position of inmates with uncured psychological problems also gets disorganized due to adverse condition and effect of prison premises. A prison that is attuned to stimulation and fostering of psychological condition of inmates can be contemplated for proper functioning environment which enhances the conviction and credence of mental fitness of prison officers and must be considered main target for efficient prison governance.

Considering the significance and execution of primary health mechanism in India because of constitutional and international obligations, it is important to have provision of evaluation, medical care in case of inmates having psychological issues, involving drug abuse must be crucial elements of well-being management accessible to every inmate. The health facilities provided to inmate must be given equivalent to people living in general societies. This could be determined through introduction of mental well-being measures within continuous training capacity program, building up of practice of interaction with psychological well-being group which could work for motivation and empowerment of inmates for their adaptability.

There is need of sufficient fund and physical facility which should be redirected to jail well-being programs. Jail staff ought to have a more prominent state in the implementation of financial plan to jail medical care. Possibly they ought to be made responsible for the financial execution or they ought to be given the liberty to shape associations with legislative or NGOs or with independent institutions to finance such projects. Workforce & manpower should be improved in right direction. There should be at least one specialist for each 200 patients. Each jail ought to have a specialist, a dermatologist, a specialist and a gynaecologist. There should be in any event three counsel experts and two attendants for each 200 patients. Counsel experts with a perceived degree in either social mentoring or medico-legal consultancy, clinical guiding with a couple of long periods of experience ought to be recruited. Bedding resources ought to be improved. 15 beds ought to be accommodated each 200 inmates. Each State ought to have a specific scientific psychiatric office with connections to the nearby mental clinic. This office should recovery and de-habits benefits too. The current well-being framework in jails should be monitored by the Health based government bodies. A different division ought to be made in each state to investigate jail medical-care. This will prompt the advancement sufficient and better nature of emotional wellness administrations.

There is further to enhance the capacity building program for prison administrator, jail doctors on different issues like human rights, mental health awareness, procedure of counselling. Such health promotional campaign will definitely help in identifying mental ailment and related behavioural changes at early stage through specialized skills. There is need to imbibe the literacy culture oriented towards mental health issue among inmates and their respective family members so that proper education can be imparted with a perspective to reduce social stigma and social discrimination. Such informative campaign will help in addressing emotional response to prisoners and other negative implications of psychological health so that vulnerable persons won't hesitate in getting help or any counselling. There is need to encourage the practice of social engagement and team work in prison premises with regard to sanitation, vocational training so that efficient prison management could be executed to promote human rights. Any national/state mental health policies could include explicit

scope of mental health of prisoners and other jail staff. In fact, it is important to include the opinion of concerned stakeholders of such field for formulation of scheme. There has to be clarity with regard to rehabilitation process of mental health issue and such procedure could be done with the element of confidentiality and constant contact with concerned family members of such prisoners.

The execution of mental health policy and legislation could help in promoting human right practices and address major concerns of mental health issues. Human right treatment could include right to get quality treatment on prompt basis, right against discriminatory practices. The issues of physical abuse, seclusion, extended frustration should also be addressed through proper monitoring & inspection so that living conditions can be improved in the interest of human dignity. It is significant to note that inter-sectoral cooperation is required to formulate proper mental health infrastructure and strategize reformatory scheme which not only help prison premises, but also reform inmates to become law-obeying persons.<sup>22</sup> It is essential to include treatment of problem of psychological well-being within ambit of primary healthcare mechanism for prisoners and prison staff in jail premises. It is also to explore the discourse and research centre on lines of therapeutic jurisprudence where cases of inmates of mental health issues could be taken where their cases management and treatment process can be addressed on priority. Apart from required measures regarding mental health issues, it is important to understand that the protected guarantee of speedy trial is an essential shield to expect undue and excessive imprisonment earlier than trial; to limit anxiety and problem going with open allegation and to restrain the conceivable consequences that long deferrals will weaken the capability of a charged to shield himself. Such speedy trial plays an important role not only for fair justice, but also for serve health justice for all inmates who are vulnerable to such emotional & psychological issues. It is the bounden duty of the courtroom and the indictment to forestall preposterous delay. Curative episode can't be given without an refinement & development in the psychological wellness conditions and reformatory amenities. Giving a defensive & supportive ambience that establishes accentuation on psychological well-being/mental health will going to serve best interest of inmates.

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