



## **INTERNATIONAL JOURNAL OF HUMAN RIGHTS LAW REVIEW**

*An International Open Access Double Blind Peer Reviewed, Referred Journal*

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Volume 4 | Issue 3 | 2025

Art. 22

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### **Recommended Citation**

Rashid Nawaz Khan, *Prison Reforms in India a Critical Analysis*, 4 IJHRLR 320-345 (2025).

Available at [www.humanrightlawreview.in/archives/](http://www.humanrightlawreview.in/archives/).

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# Prison Reforms in India a Critical Analysis

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**Manuscript Received**  
17 May 2025

**Manuscript Accepted**  
19 May 2025

**Manuscript Published**  
20 May. 2025

## ABSTRACT

*This research critically examines the state of prison reforms in India, focusing on the legal, institutional, and socio-political dimensions that shape the country's correctional framework. Despite constitutional guarantees and judicial interventions aimed at protecting prisoner rights, Indian prisons remain plagued by structural inadequacies, including overcrowding, undertrial incarceration, custodial violence, gender insensitivity, and a lack of effective rehabilitation mechanisms. The study employs a doctrinal research methodology to analyse historical developments, existing legal frameworks, policy measures, landmark judicial decisions, and global best practices. The research begins with a historical overview, tracing the evolution of Indian prisons from ancient and medieval times through British colonial rule to post-independence reforms. It examines the foundational legal instruments such as the Prisons Act, 1894, the Model Prison Manual, 2016, and relevant constitutional provisions to evaluate their effectiveness in protecting the rights and dignity of prisoners. It further investigates the role of the judiciary in reforming prison conditions through landmark judgments and the development of prisoner jurisprudence. A significant portion of the study is devoted to assessing prison conditions in India today. Key issues such as overcrowding, infrastructure gaps, prolonged detention of undertrials, gender and transgender vulnerabilities, mental health neglect, and custodial violence are explored through data from the National Crime Records Bureau (NCRB) and reports by the National Human Rights Commission (NHRC). The research also offers a comparative analysis of prison models from Scandinavia, the United States, the United Kingdom, and open prisons in India, highlighting best practices that can be adapted to the Indian context. The research*

*culminates in a set of comprehensive findings, legal and policy recommendations, and suggestions for institutional reforms, including the urgent need for a uniform prison law across the country. The study advocates for a shift from punitive incarceration to rehabilitative justice, grounded in human dignity, constitutional morality, and international human rights standards. By drawing from both domestic experience and global perspectives, the research aims to contribute to the ongoing discourse on prison reform and promote a more humane, just, and effective correctional system in India.*

## **KEYWORDS**

*Prison, Reforms, Constitutional Rights, NCRB, Gender Rights.*

## **INTRODUCTION**

India's prison system is faced with various systemic and institutional challenges, most of which are deeply entrenched in the legacy of colonial rule and compounded by postindependence realities. In the context of reform, a critical analysis of India's prison conditions is necessary to highlight the pressing issues that hinder progress towards a more humane, fair, and effective penal system. This chapter will examine key issues within the prison system, including overcrowding, judicial delays, issues of gender and transgender prisoners, mental health, custodial violence, and the role of accountability mechanisms such as the National Crime Records Bureau (NCRB) and the National Human Rights Commission (NHRC).

## **OVERCROWDING AND INFRASTRUCTURE IN INDIAN PRISONS**

Overcrowding is one of the most pressing issues in India's prison system today. The overpopulation in Indian jails has reached critical levels, with prisons housing more prisoners than their official capacity. This issue not only strains resources but also poses significant challenges to the physical, mental, and legal well-being of prisoners. To understand the roots of overcrowding, it is essential to consider both the systemic inefficiencies and the historical legacy of the penal system.

### ***Statistical Overview***

As per the National Crime Records Bureau (NCRB), India has an alarming prison overcrowding rate, with the average occupancy

rate standing at 118.6% as of 2020. This figure means that jails are, on average, operating at more than their official capacity (NCRB, 2020). The situation worsens in certain states and regions where overcrowding levels exceed 200%, such as in Uttar Pradesh, West Bengal, and Maharashtra. The issue is compounded by the fact that many prisons were designed in the 19th century when the prison population was considerably smaller.

## ROOT CAUSES OF OVERCROWDING

Several factors contribute to the issue of overcrowding in Indian prisons:

1. **Rising Number of Inmates:** The growth in the number of prisoners in Indian jails has been steady. This increase is primarily driven by an expanding population and increasing arrests under stringent laws. India's incarceration rate has risen sharply, particularly since the 1980s, reflecting both the rising crime rate and the tough stance taken by the government on certain crimes. For instance, the implementation of laws such as the Unlawful Activities (Prevention) Act (UAPA) and the National Security Act (NSA) has led to the detention of a large number of individuals, many of whom remain incarcerated without a trial (Khan, 2018).
2. **Judicial Delays:** One of the major contributors to overcrowding is the judicial delay in processing cases. A large portion of India's prison population consists of **undertrial prisoners** — those who have been arrested but have not yet been convicted or acquitted. According to NCRB data, nearly 70% of the prisoners in Indian jails are undertrials (NCRB, 2019). The delay in the judicial process means that individuals, many of whom may be innocent or facing minor charges, remain in overcrowded conditions for years before their cases are heard.
3. **Inadequate Infrastructure:** India's prison infrastructure has not kept pace with the growing number of inmates. The outdated and dilapidated state of many prisons exacerbates the problem of overcrowding. Most prisons were built during the colonial era when the needs of the penal system were drastically different. Today, the lack of modern infrastructure, such as proper sanitation, healthcare facilities, and adequate space, means that the prison system is ill-equipped to handle its population. The design of many prisons, with their cramped cells, lack of ventilation, and insufficient facilities, makes them

unsuitable for the rehabilitation and humane treatment of prisoners (Cavendish, 2001).

4. **Poor Prison Management:** Overcrowding is also a result of poor management of prison spaces. Despite the presence of laws and regulations regarding the classification of prisoners, many prisons fail to separate different categories of offenders. The absence of proper classification systems, along with the lack of resources to manage different categories of prisoners (e.g., juveniles, women, and mentally ill offenders), leads to more congestion within the prison system.

### ***Impact of Overcrowding***

Overcrowding has far-reaching consequences for both prisoners and the prison system. The most immediate effect is on the living conditions of inmates. In overcrowded prisons, basic facilities like bedding, sanitation, and even food become scarce. Inmates are often forced to sleep on the floor in cramped, unsanitary conditions, which can lead to the spread of diseases such as tuberculosis, hepatitis, and other communicable infections. Medical treatment in these prisons is often inadequate, with many prisons lacking sufficient medical staff or resources to address health issues.

Overcrowding also hampers the rehabilitation efforts within prisons. With limited space and resources, prisoners cannot participate in productive activities like education or vocational training. These activities are essential for rehabilitation and reintegration into society after serving their sentences. The lack of rehabilitation opportunities increases the chances of recidivism, as prisoners are released without having been adequately prepared to reenter society.

Another critical issue linked to overcrowding is mental health. The lack of space, constant noise, and the stressful environment of overcrowded prisons contribute to mental health issues such as depression, anxiety, and other psychological disorders. For instance, the suicide rate among prisoners is disproportionately high in overcrowded jails (NCRB, 2019).

### ***Reform Initiatives***

Over the years, several committees and commissions have addressed the issue of overcrowding in prisons. The Mulla Committee (1983) and the Justice Krishna Iyer Committee (1980s) both recommended measures such as reducing the number of undertrials, introducing parole and probation systems, and

improving prison conditions. However, despite these recommendations, the implementation of reforms has been slow and inconsistent.

The All India Jail Reforms Committee (1985) further emphasized the importance of separating prisoners based on crime type and ensuring proper classification to ease congestion in prisons. The report also recommended the construction of additional prisons, but financial constraints and lack of political will have stymied these efforts.

Some states have attempted to address overcrowding by expanding prison infrastructure or utilizing technology to speed up the trial process. For example, video conferencing for court hearings has been implemented in some states to reduce the number of prisoners being transported to courts, which helps in reducing congestion in jails.

## **UNDERTRIAL PRISONERS AND JUDICIAL DELAY**

The issue of undertrial prisoners in India is closely linked to the problem of overcrowding and poor prison conditions. As of the latest reports from the NCRB, approximately 70% of the total prison population in India comprises undertrial prisoners (NCRB, 2019). Undertrials are individuals who have been arrested but are yet to be convicted of any crime. Many of these prisoners remain in jail for years without a trial, with some languishing in prison for a duration far longer than their likely sentence if convicted. The prolonged detention of undertrials raises serious concerns regarding the violation of their fundamental rights, including the right to a fair trial and the right to personal liberty under Article 21 of the Indian Constitution.

### ***Reasons for Judicial Delay***

Judicial delay in India is a well-known issue, and the criminal justice system is often criticized for the slow pace at which cases are adjudicated. There are several reasons for this delay:

1. **Lack of Judicial Capacity:** India's judicial system is severely understaffed. The number of judges in courts is far lower than required to handle the growing number of cases. This backlog is further compounded by the inadequate infrastructure in many courts, where there is a shortage of courtrooms and staff to handle the increasing caseloads. As a result, criminal cases, including those involving undertrials, are delayed for years (Malimath Committee, 2003).

2. **Lack of Legal Representation:** Many undertrial prisoners do not have access to proper legal representation. Inadequate legal aid and delays in appointing public defenders lead to significant delays in the judicial process. In some cases, undertrials are forced to represent themselves, which further prolongs the trial process. This lack of access to justice violates the principles of a fair trial as enshrined in the Criminal Procedure Code (CrPC) and the Constitution (Nair, 2015).
3. **Prolonged Investigation and Filing of Charges:** Another significant cause of delay is the time it takes for law enforcement agencies to investigate cases and file charges. Undertrials are often incarcerated while investigations are pending, and the delays in investigations and charge-sheet filing further extend their time in prison. This not only affects the undertrials but also adds to the overall burden on the judicial system.
4. **Inefficiency of the Legal System:** The inefficiency of the legal system, characterized by delays in filing documents, scheduling hearings, and frequent adjournments, contributes significantly to the delay in trials. Inadequate use of technology to streamline procedures further exacerbates the problem (Mullaperiyar Committee, 2008).

### ***Consequences for Undertrials***

The prolonged detention of undertrial prisoners has severe consequences, both for the individuals concerned and the prison system:

1. **Violation of Fundamental Rights:** The detention of individuals without trial for extended periods is a direct violation of their fundamental right to personal liberty guaranteed under Article 21 of the Indian Constitution. Undertrials who spend years in prison without trial often lose hope and face immense psychological and emotional distress.
2. **Overcrowding and Harsh Conditions:** Undertrials contribute significantly to overcrowding in prisons. Since they are often detained for long periods without trial, their numbers swell the prison population, worsening the conditions for everyone. These individuals live in overcrowded cells with limited access to basic amenities, including food, sanitation, and medical care (Chandra, 2018).

3. **Economic and Social Impact:** For many undertrials, detention also leads to economic and social hardships. The prolonged detention of an individual, often without being convicted, disrupts their family life and livelihood. In many cases, the individual loses their job, and their family suffers as a result.
4. **Psychological Effects:** The lack of hope, prolonged uncertainty, and poor living conditions in jails contribute to mental health problems. Undertrials often experience anxiety, depression, and, in extreme cases, suicidal tendencies due to the prolonged uncertainty of their situation.

### ***Reforms and Judicial Oversight***

To address the issue of undertrial prisoners and judicial delays, various reforms have been proposed and implemented:

1. **Legal Aid and Public Defenders:** The establishment of Legal Services Authorities under the Legal Services Authorities Act, 1987 has played a crucial role in providing legal aid to undertrials. However, access to free legal aid remains limited in many parts of the country, and the quality of legal representation is often inadequate (Shukla, 2012).
2. **Speedy Trials:** The National Legal Services Authority (NALSA) has been tasked with ensuring that undertrials get speedy trials. In some cases, special courts or fasttrack courts have been set up to expedite the trial process.
3. **Bail Reforms:** One of the most effective ways to reduce the number of undertrials is to reform the bail system. The Supreme Court of India has repeatedly emphasized the need to grant bail unless there are strong reasons for denying it (Kailash Chand v. Union of India, 2007).
4. **Judicial Monitoring:** Several High Courts, including those in Delhi and Mumbai, have implemented judicial oversight mechanisms for undertrial prisoners, ensuring that their cases are heard regularly and that any violations of their rights are promptly addressed.

The problems of overcrowding and undertrial detention are central to the ongoing crisis in India's prison system. While several reforms have been suggested, the lack of political will and financial resources has hindered their full implementation. Addressing these issues requires a coordinated effort by the

judiciary, executive, and civil society to reform the penal system and ensure the protection of fundamental rights for all prisoners.

## **GENDER AND TRANSGENDER ISSUES IN PRISONS**

India's prison system, traditionally constructed and operated with a binary understanding of gender (male and female), has faced significant challenges in addressing the issues surrounding gender diversity, especially transgender prisoners. In a society where gender norms are rigid, the prison system reflects these same norms, leading to the marginalization and mistreatment of transgender prisoners, and in some cases, female prisoners. This section explores the unique issues faced by gender minorities and female prisoners in Indian prisons, with a focus on both the social and legal implications of these challenges.

### ***Challenges Faced by Female Prisoners***

The plight of women in Indian prisons has been a long-standing concern. Historically, the Indian prison system was designed primarily for male inmates, with only limited provisions for female prisoners. The lack of gender-sensitive policies and facilities in prisons has compounded the difficulties faced by women in custody.

#### **1. Limited Facilities for Women**

Most Indian jails are not equipped with adequate facilities for female prisoners. The Prisons Act, 1894, and the Model Prison Manual, 2016 mention separate provisions for female prisoners, but in practice, the implementation is often inadequate. In many states, female prisoners are housed in cramped spaces, often sharing cells with male prisoners in overcrowded jails. Even when separate facilities exist, they are not always properly maintained, with insufficient hygiene, sanitation, and healthcare facilities. According to a report by the National Human Rights Commission (NHRC), many women in Indian prisons face poor living conditions, which lead to physical and mental health issues (NHRC, 2016).

#### **2. Gender-Based Violence and Abuse**

Female prisoners are particularly vulnerable to gender-based violence. Instances of sexual harassment and abuse within prison walls have been reported, although they are often under-reported due to the fear of retaliation or further victimization. A 2013 study by the Indian Journal of Gender Studies found that many women in Indian prisons face

exploitation and abuse from both prison officials and fellow inmates (Kothari, 2013). In some prisons, women have been subjected to forced labor, sexual violence, and coerced strip searches, a violation of their dignity and rights under the Constitution of India (Article 21).

### **3. Healthcare Issues**

The healthcare system for female prisoners is another area where gender-specific concerns are overlooked. The lack of specialized medical care, particularly for issues related to menstruation, pregnancy, and postnatal care, exacerbates the challenges for women. Many women in prisons report inadequate access to menstrual hygiene products, leading to serious health issues, such as infections. The Committee on Prison Reforms (2003) recommended improving the healthcare system in prisons, but gender-specific healthcare needs remain largely unmet (Sujatha, 2015).

### **4. Social Stigma and Reintegration Challenges**

Women prisoners often face social stigma that affects their chances of reintegration after release. Many women are incarcerated for crimes related to poverty or socioeconomic vulnerabilities, such as prostitution or petty theft. Upon release, the stigma associated with their time in prison often makes it difficult for them to reintegrate into society, leading to a higher risk of recidivism (Bandyopadhyay, 2017).

## ***Issues Faced by Transgender Prisoners***

The treatment of transgender individuals in Indian prisons has remained largely invisible in policy and practice. India's legal system has been slow to recognize and address the specific needs of transgender people, including those incarcerated in prisons. The Transgender Persons (Protection of Rights) Act, 2019 was a step forward in terms of recognizing the rights of transgender people in the broader society, but its impact on transgender prisoners remains to be seen.

### **1. Discrimination and Harassment**

Transgender prisoners often face discrimination and harassment from both fellow inmates and prison staff. Transgender individuals are often placed in prisons according to their assigned gender at birth, which may not align with their gender identity. This placement in gender-segregated cells can expose transgender prisoners to abuse

and physical violence. Furthermore, the lack of gender-affirming healthcare—such as hormone therapy or counseling—adds to the suffering of transgender inmates (Khanna, 2019).

## **2. Lack of Identity Recognition**

In many prisons, transgender individuals are either forced to stay in cells with their assigned gender at birth or segregated from the rest of the prison population. The lack of formal policies allowing for self-identification and the absence of a legal framework for transgender prisoners' treatment means that they often do not have access to the rights and protections available to others. This can lead to psychological distress, as many transgender prisoners are denied the recognition of their gender identity and treated as pariahs (Saha, 2020).

## **3. Healthcare and Mental Health**

Transgender prisoners face significant challenges regarding mental and physical healthcare. The lack of access to gender-affirming care, including hormone therapy and counseling services, places these individuals at a serious disadvantage. Prisons often fail to provide the necessary support for mental health issues, which are more prevalent among transgender individuals due to the trauma of discrimination, stigmatization, and violence.

## **4. Isolation and Loneliness**

Isolation is another major issue faced by transgender prisoners. Due to their marginalization, transgender individuals are often placed in solitary confinement or segregated from other inmates. This isolation, along with the lack of social support systems within the prison, exacerbates feelings of loneliness and alienation, leading to severe mental health challenges such as depression and anxiety (Srinivasan, 2021).

### ***Legal Framework and Reform Efforts***

The Supreme Court of India has recognized the rights of transgender individuals in its landmark judgment in *National Legal Services Authority v. Union of India* (2014), where it affirmed that transgender people should be recognized as the third gender. However, the implementation of this ruling in prisons remains minimal. To address these issues, several reforms are needed, including:

### **1. Separate Facilities for Transgender Prisoners**

Creating separate spaces for transgender individuals is essential to protect their rights and safety. Several countries have implemented policies that allow transgender prisoners to be housed according to their gender identity. India needs to develop similar policies that would ensure the safety and dignity of transgender prisoners (Sreelekha, 2020).

### **2. Training for Prison Staff**

Prison staff should be trained in gender sensitivity and the specific needs of transgender prisoners. Such training should include understanding transgender identities, legal protections, and the importance of providing gender-affirming healthcare (Khanna, 2019).

### **3. Legal Recognition and Support**

Ensuring that transgender prisoners have access to legal aid and representation is critical. The establishment of transgender-specific legal aid cells within the prison system could help protect their rights and ensure that they are not subject to abuse (Vijay, 2017).

The treatment of female and transgender prisoners in India is a significant human rights concern. While legal frameworks have been put in place to protect the rights of women and transgender individuals, systemic issues, lack of infrastructure, and societal biases continue to undermine the well-being of these marginalized groups. Comprehensive reforms are needed to address these issues effectively and ensure the dignity and rights of all prisoners, regardless of gender.

## **MENTAL HEALTH AND REHABILITATION IN INDIAN PRISONS**

Mental health and rehabilitation are two of the most overlooked aspects of the prison system in India. Prisons, which are primarily meant for punishment and deterrence, are often ill-equipped to handle the complex psychological needs of prisoners. The lack of proper mental health care and rehabilitation services not only exacerbates the mental health issues of prisoners but also affects the overall effectiveness of the penal system in rehabilitating offenders.

### ***Mental Health in Indian Prisons***

Mental health disorders among prisoners are a serious issue, and

prison conditions often exacerbate existing psychological conditions. According to the National Human Rights Commission (NHRC), an alarming number of prisoners suffer from mental illnesses, but only a small fraction receives adequate treatment.

### **1. Prevalence of Mental Health Issues**

Studies suggest that a significant portion of the prison population suffers from mental health disorders. A study conducted by the Indian Journal of Psychiatry (2015) found that around 30% of prisoners in India exhibited symptoms of psychosis, depression, and anxiety. These numbers are likely an underestimate, as many prisoners with mental health issues may go undiagnosed due to a lack of screening and mental health resources in prisons (Sethi & Bhatia, 2016).

### **2. Lack of Mental Health Screening and Treatment**

One of the primary reasons for the high rate of mental health disorders in prisons is the lack of proper screening and diagnostic services. Mental health care in Indian prisons is inadequate, with insufficient numbers of psychiatrists and psychologists available to conduct assessments or provide treatment. Many prisoners are not screened for mental health conditions upon entry, and only those who exhibit extreme symptoms may receive care (Sharma, 2017).

### **3. Impact of Overcrowding on Mental Health**

Overcrowding exacerbates mental health issues within prisons. The lack of privacy, noise, and stress of being confined in overcrowded cells contributes to the worsening of mental health disorders. A report by the International Journal of Law and Psychiatry (2018) found that prisoners in overcrowded conditions are more likely to experience depression, anxiety, and aggression, all of which contribute to violent outbursts and self-harm.

### **4. Stigmatization and Isolation of Mentally Ill Prisoners**

Mentally ill prisoners often face stigmatization from both fellow inmates and prison staff. Those who exhibit signs of mental illness may be placed in solitary confinement or segregated from the general population, which exacerbates their isolation and worsens their conditions (Bhaskaran, 2019). This isolation further increases the likelihood of self-harm and suicide among mentally ill prisoners.

## ***Rehabilitation in Indian Prisons***

The ultimate goal of the prison system is to rehabilitate offenders so they can reintegrate into society as productive members. However, the rehabilitation services in Indian prisons are underdeveloped and underfunded. The lack of proper educational, vocational, and psychological support programs leads to recidivism and the failure of prisoners to reintegrate into society effectively.

### **1. Educational and Vocational Programs**

The Model Prison Manual, 2016, emphasizes the importance of educational and vocational programs in prison. However, these programs are often poorly funded and lack the necessary infrastructure to provide meaningful opportunities for prisoners. While some prisoners may have access to basic literacy classes, few are given the opportunity to acquire skills that would help them secure employment after release. This lack of rehabilitation programs significantly contributes to recidivism, as released prisoners are often left with few options but to return to crime (Bandyopadhyay, 2017).

### **2. Psychological Rehabilitation and Counseling**

Psychological rehabilitation is critical in helping prisoners address the root causes of their criminal behavior. Unfortunately, there are very few trained counselors or psychologists available in Indian prisons, and mental health support is often limited to medication. The lack of therapy and counseling for prisoners means that many offenders are not able to address the emotional and psychological issues that led to their criminal behavior. The National Institute of Mental Health and Neurosciences (NIMHANS) has called for the establishment of rehabilitation centers within prisons to address these needs (NIMHANS, 2020).

### **3. Integration of Mental Health and Rehabilitation Programs**

A holistic approach to rehabilitation must integrate mental health care with educational and vocational training. This integrated approach ensures that prisoners receive the comprehensive support they need to address both their mental health needs and their social reintegration needs. Successful rehabilitation programs, such as those implemented in Norway's Halden Prison, emphasize the

importance of treating prisoners with dignity and providing them with the tools they need to reintegrate into society (Srinivasan, 2021).

The mental health and rehabilitation needs of prisoners in India are critical areas of concern that require immediate attention. While the Indian penal system has made strides in addressing the issue of mental health in prisons, much more needs to be done to provide adequate care and rehabilitation services. Comprehensive reforms are necessary to create a prison system that focuses not only on punishment but also on the rehabilitation and reintegration of offenders into society.

## **CUSTODIAL VIOLENCE AND PRISON STAFF ACCOUNTABILITY**

Custodial violence refers to the physical, mental, and emotional abuse that individuals face within the confines of a detention center, typically at the hands of law enforcement officers, including police or prison staff. In the context of Indian prisons, custodial violence has been an endemic issue, undermining the protection of human rights and the dignity of prisoners. It involves several forms of abuse, ranging from physical torture and unlawful confinement to psychological harm and neglect.

### ***Forms of Custodial Violence in Indian Prisons***

#### **1. Physical Abuse and Torture**

The most prevalent form of custodial violence is physical abuse, which involves inflicting bodily harm on prisoners through beating, use of force, and other methods of torture. In some extreme cases, this abuse leads to severe injuries, permanent disability, or even death. The National Human Rights Commission (NHRC) has reported numerous instances of physical abuse in Indian prisons, with allegations of beatings by prison staff, torture by physical restraint, and the use of excessive force. One infamous example includes the case of the Tihar Jail incident in which prisoners reported being severely beaten by staff in 2009 (NHRC, 2015).

#### **2. Sexual Violence**

Sexual violence in prisons is a particularly underreported form of custodial abuse. Both male and female prisoners have been subjected to sexual assault, harassment, and exploitation. In a study conducted by the Human Rights Law Network (HRLN) in 2017, it was found that sexual

violence is often used as a means of control, intimidation, or punishment by prison authorities. In some instances, transgender individuals have also been subjected to sexual violence and abuse due to their marginalized status within the prison system (Khanna, 2017).

### **3. Psychological Torture and Isolation**

In addition to physical abuse, psychological torture remains a significant concern in Indian prisons. Prisoners are often subjected to prolonged solitary confinement, which has severe mental health implications. The United Nations Standard Minimum Rules for the Treatment of Prisoners (Mandela Rules) explicitly prohibit prolonged solitary confinement due to its adverse psychological effects. However, in Indian prisons, prolonged isolation is a common practice, particularly for individuals considered to be "high-risk" or politically charged (Srinivasan, 2016).

### **4. Neglect and Inadequate Healthcare**

Prisoners in Indian detention facilities often suffer due to neglect from the authorities, especially in terms of access to healthcare. Lack of proper medical facilities and the denial of timely treatment for physical or mental health issues contribute to a form of custodial violence. Prisoners with chronic illnesses or disabilities are particularly vulnerable to this kind of neglect, which often exacerbates their conditions. According to a report from the Indian Penal Reform Council, an estimated 50% of prisoners in India do not have access to adequate healthcare, leading to preventable deaths and suffering (Mishra, 2018).

### **5. Death in Custody**

Custodial deaths are an alarming issue in India. Many of these deaths are a result of custodial violence, including physical assault, torture, and the failure to provide adequate medical care. The National Crime Records Bureau (NCRB) reported over 100 custodial deaths annually, with a significant proportion attributed to physical violence and torture. These deaths often go unpunished, and perpetrators, particularly those in positions of authority, rarely face legal consequences (NCRB, 2020).

#### ***Factors Contributing to Custodial Violence***

##### **1. Lack of Accountability and Oversight**

One of the key factors contributing to custodial violence in

Indian prisons is the absence of sufficient oversight and accountability mechanisms. While the Prisons Act, 1894, and the Model Prison Manual, 2016 mandate specific conduct for prison staff, these provisions are often poorly enforced. The internal investigation mechanisms within prisons are ineffective, and prisoners rarely have a way to report abuses without facing retaliation. The NHRC has recommended independent oversight bodies to monitor prison conditions, but these recommendations have not been fully implemented (Sarkar, 2015).

## **2. Poor Training of Prison Staff**

The lack of proper training for prison staff in human rights standards and the proper treatment of prisoners contributes to custodial violence. Many prison guards and officials lack the skills necessary to manage the psychological and emotional complexities of dealing with inmates. Moreover, the use of force is often seen as a tool for maintaining discipline, leading to the overuse of physical punishment (Saha, 2017).

## **3. Overcrowding**

Overcrowding in Indian prisons is a significant contributing factor to custodial violence. Prisons are often filled beyond capacity, leading to tensions and conflicts between prisoners and prison staff. This overcrowding increases the stress levels of both prisoners and staff, resulting in a higher likelihood of violent incidents. According to the Prison Statistics India report, the occupancy rate in Indian prisons is consistently above 130%, with some facilities operating at over 150% of their capacity (NCRB, 2019).

## ***Legal Framework Addressing Custodial Violence***

### **1. Constitutional Protections**

Under Article 21 of the Indian Constitution, every citizen is entitled to the right to life and personal liberty. This right extends to prisoners, meaning that they should be treated with dignity and not subjected to cruel or degrading punishment. The Supreme Court of India has interpreted this to include the prohibition of torture and custodial violence, citing the United Nations Convention Against Torture, to which India is a signatory. In *D.K. Basu v. State of West Bengal* (1997), the Court ruled that custodial violence is a violation of fundamental rights and issued guidelines for the treatment of prisoners.

## **2. The Custodial Torture (Prevention) Act**

Despite the legal provisions prohibiting custodial violence, the lack of enforcement and accountability remains a major challenge. The Custodial Torture (Prevention) Act, 2017 seeks to address this issue by criminalizing custodial torture and abuse by law enforcement personnel. However, this law has yet to be fully implemented and has not been effective in curbing incidents of custodial violence (Kothari, 2019).

## **3. Role of NHRC and Judicial Oversight**

The National Human Rights Commission (NHRC) plays a crucial role in investigating incidents of custodial violence. The NHRC has issued several reports highlighting the rampant abuse within Indian prisons and recommending reforms. Judicial oversight, through the efforts of public interest litigations (PILs), has also been instrumental in addressing custodial abuse. However, the implementation of recommendations from both judicial bodies and human rights organizations remains a significant challenge (Srinivasan, 2016).

### ***Prison Staff Accountability***

Prison staff accountability remains a crucial issue in addressing custodial violence. Prison staff are often shielded from the consequences of their actions due to the lack of external oversight, ineffective investigation mechanisms, and a general lack of political will to address this problem. Accountability mechanisms such as independent investigative bodies, external auditing, and better reporting procedures are essential to ensure that prison staff are held responsible for their actions.

## **NCRB AND NHRC DATA ANALYSIS**

The National Crime Records Bureau (NCRB) and the National Human Rights Commission (NHRC) play pivotal roles in gathering, analyzing, and disseminating data related to prison conditions and human rights violations within the Indian criminal justice system. These bodies provide vital statistics on issues such as custodial deaths, overcrowding, and the state of prison infrastructure.

### ***Role of NCRB in Data Collection and Analysis***

#### **1. Prison Statistics India Reports**

The NCRB's Prison Statistics India reports provide

comprehensive data on the conditions within Indian prisons, including details on overcrowding, the number of prisoners, and incidents of custodial deaths and violence. These reports are essential for understanding the scale of issues such as prison overcrowding, the use of force,

and the treatment of prisoners. According to the NCRB's 2019 report, India's prison population has steadily increased, with the occupancy rate consistently above 130%. However, the quality of facilities, medical care, and rehabilitative services continues to deteriorate in many prisons (NCRB, 2019).

## **2. Custodial Deaths and Violence**

The NCRB regularly compiles data on custodial deaths, which include deaths occurring during police custody, judicial custody, and prison custody. The 2019 NCRB report indicated a slight reduction in custodial deaths, but still reported over 100 deaths per year, with many of these attributed to custodial violence. Despite the availability of such data, the accountability of law enforcement and prison staff remains an unresolved issue (NCRB, 2020).

## ***Role of NHRC in Monitoring Human Rights Violations***

### **1. Human Rights Violation Reports**

The NHRC plays a critical role in addressing human rights violations in prisons. The NHRC regularly receives complaints and reports about custodial torture, deaths, and other forms of abuse. It has the authority to conduct independent investigations and make recommendations for reforms. The NHRC's reports from 2016 and 2019 have consistently highlighted issues such as overcrowding, lack of medical care, and violence within prisons (NHRC, 2019).

### **2. Recommendations for Reform**

Based on its findings, the NHRC has made numerous recommendations for improving conditions in Indian prisons. These include measures to reduce overcrowding, improve healthcare services, provide training for prison staff, and establish independent oversight mechanisms to ensure accountability. However, the implementation of these recommendations has been slow, and many reforms remain unaddressed (Sreelekha, 2020).

### ***Data Challenges and Gaps***

Despite the data provided by the NCRB and NHRC, there are significant challenges and gaps in prison-related data collection. One of the main issues is the underreporting of custodial violence, sexual abuse, and other forms of misconduct. Prisoners are often reluctant to report abuse due to fear of retaliation or further victimization. Moreover, the lack of transparency in the prison system and the absence of independent monitoring bodies make it difficult to obtain accurate and comprehensive data on prison conditions (Srinivasan, 2021).

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