

**GOVERNMENT OF INDIA  
MINISTRY OF HOME AFFAIRS**

**RAJYA SABHA  
UNSTARRED QUESTION NO. 3885**

**TO BE ANSWERED ON THE 06<sup>TH</sup> APRIL, 2022/ CHAITRA 16, 1944 (SAKA)**

**MENTAL HEALTH IN PARAMILITARY FORCES**

**3885. SHRI K.J. ALPHONS:**

**Will the Minister of HOME AFFAIRS be pleased to state:**

- (a) what measures are in place to ensure the mental well-being of the paramilitary forces;**
- (b) whether Government maintains records of whether any individual joining the force has faced prior mental health issues; and**
- (c) whether there is any institutional mechanism to ensure that those with mental health issues are treated?**

**ANSWER**

**MINISTER OF STATE IN THE MINISTRY OF HOME AFFAIRS  
(SHRI NITYANAND RAI)**

- (a) The measures undertaken to promote mental health and well-being of Central Armed Police Forces (CAPFs) personnel are given in the Annexure.**
- (b) As per the medical examination guidelines for recruitment, candidates are examined for physical and mental fitness before final selection.**
- (c) All CAPF personnel are subjected to Annual Medical Examination (AME) which includes psychological assessment. The personnel having mental health issues are provided medical treatment as well as counseling facilities. If required, such cases are referred to specialists for treatment.**

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**Referred to in reply to Part (a) of Rajya Sabha Unstarred Question No.3885 for answer on 06.04.2022.**

**Measures undertaken to promote the mental health and well-being of CAPFs' personnel *inter alia* include:**

- (i) Transparent policies for transfer and leave are in place. Choice posting is considered to the extent possible after the personnel have served in hard area. The hospitalization period due to injuries while on duty is treated as on duty.**
- (ii) Regular interaction of officers with troops to find out and redress their grievances.**
- (iii) Ensuring adequate rest and relief by regulating duty hours.**
- (iv) Improving living conditions for troops, providing adequate recreational/ entertainment, sports, communication facilities, etc. Crèche facility is also provided at various establishments (where feasible) to facilitate female employees.**
- (v) Facility of retention of government accommodation at the place of last posting (for keeping the family) while posted in North-Eastern (NE) States, Jammu & Kashmir (J&K) and Ladakh and Left Wing Extremism (LWE) affected areas.**
- (vi) Providing better medical facilities as well as organizing talks with specialists to address their personal and psychological concerns and organizing meditation & yoga routinely for better stress management.**
- (vii) Adequately compensating the troops deployed in difficult areas.**
- (viii) Other welfare measures like facility of Kendriya Police Kalyan Bhandar (KPKB), scholarship for wards, etc. Air courier services have also been provided to personnel deployed in NE States, J&K, Ladakh and LWE affected areas.**
- (ix) Designating retired CAPF personnel as ex-CAPF personnel for better identity and community recognition.**
- (x) To reduce stress level, the "Art of Living" courses are being conducted which have positive impact on participants.**
- (xi) Promotions are released regularly to eligible personnel as and when vacancies arise. Financial benefits under Modified Assured Career Progression (MACP) are given at 10, 20 & 30 years of service in case promotion does not take place for want of vacancies.**