

GOVERNMENT OF INDIA  
MINISTRY OF DEFENCE  
DEPARTMENT OF MILITARY AFFAIRS  
**RAJYA SABHA**  
**UNSTARRED QUESTION NO.2901**  
TO BE ANSWERED ON 22<sup>nd</sup> March, 2021

**SUICIDE CASES IN THE ARMED FORCES**

2901 DR. SANTANU SEN:

Will the Minister of DEFENCE be pleased to state:

- (a) the number of incidents of suicides and killing of colleagues in the Armed Forces from 2014 to 2021 till date;
- (b) whether Government has been able to assess the reasons for such incidents; and
- (c) whether Government has a Mental Health Policy for armed personnel to prevent such incidents?

**ANSWER**  
MINISTER OF STATE IN THE MINISTRY OF DEFENCE  
SHRI SHRIPAD NAIK

- (a) The details of the cases of suicides and fratricides from 2014 to 2021(till date) in the Armed Forces are as under:

Armed Force	Suicides	Fratricide
Army	591	18
Navy	36	00
Air Force	160	02

- (b) Psychological autopsy and Departmental enquiries are conducted for each such incident. Reasons are ascertained for these incidents and steps are undertaken to prevent such incidents in future.

(c) The Armed Forces have detailed policy for mental health for their personnel for prevention of incidents like suicides/fratricides etc. The salient initiatives taken by the Armed Forces in this regard are as under :-

- (i) The Army is continuously evolving measure to improve the stress management.
- (ii) The issue of stress and strain is being addressed by the Commanders in a comprehensive manner at various levels. Sessions for stress management are organized by Commanders and Psychiatrists at all major stations. Counselling is an intrinsic component of 23 Psychiatric Centres in the Army manned by well-trained and qualified Psychiatrists and Psychiatric Nursing Assistants.
- (iii) Specific measures have been put in place as part of the multi-pronged strategy to address stress in Army; these include sensitization of commanders on the subject, welfare measures like provision of adequate married accommodation, good schooling, recreation facilities etc.
- (iv) A “Psychological Evaluation and Remedial Action Committee” under the chairmanship of Air Officer-in-charge Administration (AOA) with Air Officer In-Charge Personnel (AOP) and Director General Medical Service DGMS(Air) as main members, has been set up for better understanding of the suicides in the IAF. The Committee meets twice in a year to review the measures for creating a stress free environment and prevention of suicides.
- (v) Various workshops and lectures on Mental Health and Stress Management are held in IAF as Mission Zindagi Campaign, which is conducted quarterly at all Stations.
- (vi) Indian Navy has established Station Mental Health Centres in Mumbai, Visakhapatnam, Kochi, Port Blair, Goa and Karwar. Family counsellors at Family Welfare Centres provide Psychological Counselling.
- (vii) Psychological Counselling is also provided at full-fledged Department of Psychiatry at large Naval stations. Apart from posted psychiatrist, services of Clinical Psychologists and Counsellors are hired.
- (viii) In addition, based on the finding of the studies conducted by the Defence Institute of Psychological Research (DIPR), the Government has taken several steps towards stress amelioration amongst troops which include deployment of trained psychological counsellors, improvement in the quality of food and clothing, training in stress management, provision of recreational facilities, buddy system, leave concessions, approachability of seniors, facilities for movement of troops from border areas and establishing a grievance mechanism in States, etc.

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