

GOVERNMENT OF INDIA  
MINISTRY OF LAW AND JUSTICE  
DEPARTMENT OF JUSTICE

**RAJYA SABHA**  
**STARRED QUESTION NO. 99**  
ANSWERED ON 13/02/2025

**Stress management for Judges**

99. DR. AJEET MADHAVRAO GOPCHADE:

Will the Minister of LAW AND JUSTICE be pleased to state:

- (a) the steps taken by Government in collaboration with the Supreme Court to address stress management for Judges, considering the potential stress caused by the workload;
- (b) whether Government is aware of any cases where Judges have faced suicidal thoughts or mental health challenges; and
- (c) if so, the steps taken or proposed to be taken to address this concern, given that stress free Judges are essential for upholding the integrity and independence of our judicial system?

**ANSWER**

MINISTER OF STATE (INDEPENDENT CHARGE) OF THE MINISTRY OF LAW AND JUSTICE; AND MINISTER OF STATE IN THE MINISTRY OF PARLIAMENTARY AFFAIRS

(SHRI ARJUN RAM MEGHWAL)

**(a) to (c) :** A Statement is laid on the Table of the House.

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**STATEMENT REFERRED TO IN REPLY TO PARTS (A) TO (C) OF RAJYA SABHA STARRED QUESTION NO. \*99 FOR ANSWER ON 13.02.2025 REGARDING 'STRESS MANAGEMENT FOR JUDGES'.**

a) The National Judicial Academy, Bhopal under the guidance of the National Judicial Academic Council (NJAC) chaired by the Chief Justice of India regularly conducts programs for judiciary that include specialized sessions on stress management. These programs feature renowned dignitaries and psychiatrists, who provide expert guidance to judges on managing the pressures associated with their demanding roles, helping to mitigate the impact of workload- related stress. Understanding the significance of this crucial issue, the Academy has been incorporating this component in its various academic programs. In addition to that, the following programmes have been exclusively conducted by the Academy for the past three years on stress management for Judges:

<b>S. No.</b>	<b>Programme No.</b>	<b>Title</b>	<b>Dates</b>
1.	P-1227	National Seminar for Principal District & Sessions Judges and Additional District Judges on Psychological Adjustments and Stress Management	15-16 January, 2022
2.	P-1320	National Seminar on Arbitration and Stress Management	3-4 December, 2022
3.	P-1333	National Seminar on Arbitration and Stress Management	4-5 March, 2023
4.	P-1351	National Seminar on stress Management	5-6 August, 2023

b) No Sir.

c) Does not arise.

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