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Dr. Raju Narayana Swamy popularly known as Kerala's Anti Corruption Crusader is the All India Topper of the 1991 batch of the IAS and is currently posted as Principal Secretary to the Government of Kerala . He has earned many accolades as he hit against the political-bureaucrat corruption nexus in India. Dr Swamy holds a B.Tech in Computer Science and Engineering from the IIT Madras and a Ph. D. in Cyber Law from Gujarat National Law University . He also has an LLM (Pro) (with specialization in IPR) as well as three PG Diplomas from the National Law University, Delhi- one in Urban Environmental Management and Law, another in Environmental Law and Policy and a third one in Tourism and Environmental Law. He also holds a post-graduate diploma in IPR from the National Law School, Bengaluru and a

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in Public

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Ms. Sumiti Ahuja, Assistant Professor, Faculty of Law, University of Delhi, Ms. Sumiti Ahuja completed her LL.M. from the Indian Law Institute with specialization in Criminal Law and Corporate Law, and has over nine years of teaching experience. She has done her LL.B. from the Faculty of Law, University of Delhi. She is currently pursuing Ph.D. in the area of Forensics and Law. Prior to joining the teaching profession, she has worked as Research Assistant for projects funded by different agencies of Govt. of India. She has developed various audio-video teaching modules under UGC e-PG Pathshala programme in the area of Criminology, under the aegis of an MHRD Project. Her areas of interest are Criminal Law, Law of Evidence, Interpretation of Statutes, and Clinical Legal Education.



Dr. Navtika Singh

Nautiyal

Dr. Navtika Singh Nautiyal presently working as an Assistant Professor in School of law, Forensic Justice and Policy studies at National Forensic Sciences University, Gandhinagar, Gujarat. She has 9 years of Teaching and Research Experience. She has completed her Philosophy of Doctorate in 'Intercountry adoption laws from Uttranchal University, Dehradun' and LLM from Indian Law Institute, New Delhi.



Dr. Rinu Saraswat



Associate Professor at School of Law, Apex University, Jaipur,
M.A, LL.M, Ph.D,

Dr. Rinu have 5 yrs of teaching experience in renowned institutions like Jagannath University and Apex University. Participated in more than 20 national and international seminars and conferences and 5 workshops and training programmes.

Dr. Nitesh Saraswat

E.MBA, LL.M, Ph.D, PGDSAPM

Currently working as Assistant Professor at Law Centre II, Faculty of Law, University of Delhi. Dr. Nitesh have 14 years of Teaching, Administrative and research experience in Renowned Institutions like Amity University, Tata Institute of Social Sciences, Jai Narain Vyas University Jodhpur, Jagannath University and Nirma University.

More than 25 Publications in renowned National and International Journals and has authored a Text book on Cr.P.C and Juvenile Delinquency law.



Subhrajit Chanda



BBA. LL.B. (Hons.) (Amity University, Rajasthan); LL. M. (UPES, Dehradun) (Nottingham Trent University, UK); Ph.D. Candidate (G.D. Goenka University)

Subhrajit did his LL.M. in Sports Law, from Nottingham Trent University of United Kingdoms, with international scholarship provided by university; he has also completed another LL.M. in Energy Law from University of Petroleum and Energy Studies, India. He did his B.B.A.LL.B. (Hons.) focussing on International Trade Law.

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WHITE BLACK LEGAL is an open access, peer-reviewed and refereed journal providededicated to express views on topical legal issues, thereby generating a cross current of ideas on emerging matters. This platform shall also ignite the initiative and desire of young law students to contribute in the field of law. The erudite response of legal luminaries shall be solicited to enable readers to explore challenges that lie before law makers, lawyers and the society at large, in the event of the ever changing social, economic and technological scenario.

With this thought, we hereby present to you

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THE NEED FOR GENDER-SPECIFIC HEALTH CARE IN PRISONS¹

AUTHORED BY: C. DHANALAKSMI

ABSTRACT:

It is vital that prisoners have access to healthcare that is tailored to their gender since women and men have different health needs. Women who are behind bars are more likely to have gone through trauma and to have mental health issues. Gender-specific healthcare in prisons is essential because it ensures that the special medical needs of women are met. This calls for expanding mental health services, fostering better communication between female prisoners and guards, and establishing a healthcare system that is gender-sensitive. Gender-specific healthcare is essential in prisons to meet the distinct and diverse medical needs of male and female inmates. As a result, health results will be better and the fundamentals of human rights will be upheld in prisons. The problem of gender-specific healthcare in prisons must be addressed. Access to female-specific healthcare treatments may be required because to the varied health and welfare needs of inmates. Special health requirements for inmates are frequently disregarded. Women's prisons should have a gender-specific health care framework that prioritizes sexual and reproductive health, mental health, drug abuse treatment, and counselling for assault victims. It's important to properly meet the requirements of women in terms of cleanliness (free sanitary pads) and reproductive health (access to gynaecologists). To treat gender dysphoria, gender-affirming therapy is seen as medically required.

KEYWORDS: Health, Public health, Standards, Wellbeing, Women prisoners and Women's health.

¹ The Tamil Nadu Dr. Ambedkar Law University- SOEL
Email id: ghanalaksmi2003@gmail.com

INTRODUCTION:

Gender-specific healthcare in prisons is essential because it ensures that the special medical needs of women are met. This necessitates boosting mental health services, encouraging improved interaction between female inmates and security personnel, and putting in place a gender-sensitive healthcare system. For prisons to adequately serve the unique and different medical requirements of male and female convicts, gender-specific healthcare is crucial. Better health outcomes and the basics of human rights will be preserved in prisons as a result. It is necessary to address the issue of gender-specific healthcare in jails. Due to the diverse health and welfare requirements of prisoners, access to female-specific healthcare services may be necessary. Prisoners' special medical needs are regularly overlooked. A framework for gender-specific health care that places a premium on sexual and reproductive health, mental health, substance abuse treatment, and counseling for assault victims should be implemented in women's prisons. It's critical to appropriately accommodate women's needs for reproductive health (access to gynecologists) and hygiene (free sanitary pads). Gender-affirming therapy is thought to be medically necessary for the treatment of gender dysphoria.

THE NEED FOR GENDER-SPECIFIC HEALTH IN PRISON:

- **Medical illnesses and demands:** Because of biological variances, male and female convicts may have different medical illnesses and health demands. Achieving gender-specific health care services ensures the delivery of appropriate treatment and preventive care.
- **Mental health support:** Gender-specific mental health care takes into account the fact that men and women may go through distinct mental health struggles. Specialized services can result in more efficient rehabilitation and treatment.
- **Pregnancy and Postnatal Care:** To preserve the health of both the mother and the unborn child, female convicts who are pregnant or just gave birth need specific medical care. During this crucial time, gender-specific care is vital.
- **Gender-Based Violence Prevention:** Women in jail are more likely to experience gender-based violence. These problems can be addressed and assistance can be provided by gender-specific health care.
- **Respecting Dignity and Privacy:** By providing gender-specific medical care, inmates' privacy and dignity are respected, making it safer and more comfortable for them to get

treatment.

- **Health Education and Awareness:** Gender-specific health issues can be addressed in tailored health education programs, encouraging improved understanding and self-care among convicts.
- **Reducing Health Disparities:** Gender-specific treatment can help lessen potential health disparities in correctional facilities, resulting in more equitable access to medical services.
- **Reentry and Rehabilitation:** Receiving the right medical care while incarcerated can enhance an inmate's general health and wellbeing, increasing the likelihood that they will be able to successfully reintegrate into society after they are released.
- **Legal Obligations:** In order to safeguard human rights and guarantee sufficient medical care, certain nations have laws and regulations that require gender-specific healthcare in prisons.
- **Trauma-Informed Care:** Using gender-specific health care enables the implementation of a trauma-informed strategy that takes into account the various experiences and backgrounds of male and female convicts.

THE GENDER-SPECIFIC HEALTH CARE CAN BENEFIT WOMEN IN PRISON:

- Pregnant women in prison can receive specialized care from midwives and obstetrician-gynecologists. This care can help to ensure that they have healthy pregnancies and deliveries.
- Women with mental health problems can receive treatment from therapists who are experienced in working with women. This treatment can help them to manage their symptoms and improve their quality of life.
- Women with substance abuse problems can receive treatment from programs that are specifically designed for women. These programs can help them to overcome their addiction and rebuild their lives.
- Women who have been victims of sexual violence can receive counseling and support from staff who are trained to work with survivors of trauma. This support can help them to heal from their experiences and move on with their lives.
- Women in prison can receive regular gynecological care from doctors and nurses who are experienced in providing care to women. This care can help to prevent and detect health

problems, such as cervical cancer and sexually transmitted infections.

Gender-specific health care is an essential part of ensuring that women in prison receive the care they need to stay healthy and thrive. By providing gender-specific care, we can help to improve the lives of women in prison and make our communities safer.

THE GENDER-SPECIFIC HEALTH CARE OF MEN IN PRISON:

Men make up the vast majority of the prison population, and they have a number of unique health care needs that often go unmet. These needs include:

- **Mental health:** Men in prison are more likely to have mental health problems than men in the general population. They are also more likely to have experienced trauma and abuse, which can contribute to their mental health problems.
- **Substance abuse:** Men in prison are more likely to have substance abuse problems than men in the general population. They are also more likely to have been prescribed addictive medications, such as opioids.
- **Chronic diseases:** Men in prison are more likely to have chronic diseases, such as heart disease, diabetes, and HIV/AIDS. They are also more likely to have untreated health conditions, such as dental problems and vision problems.
- **Injury:** Men in prison are more likely to be injured than men in the general population. This is due to a number of factors, including violence, accidents, and self-harm.
- **Access to care:** Men in prison often have difficulty accessing quality health care. This is due to a number of factors, including understaffing, lack of resources, and discrimination.

The health care system in prisons is often inadequate to meet the needs of men in prison. This can lead to a number of negative consequences, including:

- **Poor health outcomes:** Men in prison are more likely to experience poor health outcomes, such as chronic diseases, injuries, and mental health problems.
- **Disease transmission:** Men in prison are more likely to contract and transmit diseases, such as HIV/AIDS and hepatitis C.

- **Overcrowding:** Overcrowding in prisons can make it difficult to provide quality health care. This can lead to long wait times for care, as well as lack of privacy and dignity.
- **Violence:** Men in prison are more likely to be victims of violence, including violence from staff. This can make it difficult to access health care, as well as contribute to poor health outcomes.

There are a number of things that can be done to improve the health care of men in prison. These include:

- **Increase funding for prisons:** This would allow prisons to hire more staff, provide more resources, and improve the quality of care.
- **Reform the prison system:** This would make it easier for men in prison to access quality health care. This could include things like reducing overcrowding, providing more privacy and dignity, and preventing violence.
- **Educate staff:** Staff in prisons need to be educated about the unique health care needs of men in prison. This would help them to provide better care.
- **Encourage men in prison to seek care:** Men in prison often avoid seeking care due to fear of discrimination or reprisal. This needs to be addressed in order to improve health outcomes.

By taking these steps, we can improve the health of men in prison and make our communities safer.

SUGGESTIONS:

- Hiring more female staff, including nurses, doctors, and therapists.
- Providing more training for staff on the unique health care needs of women.
- Creating gender-specific units or programs within prisons.
- Providing access to comprehensive health care services, including preventive care, mental health care, and substance abuse treatment.

CONCLUSION:

Gender-specific prisons are important for a number of reasons. They can support rehabilitation and aid to safeguard the security and safety of prisoners. They can also help to safeguard their privacy. Because of these factors, gender-specific prisons need to be the rule rather than the exception. Gender-specific prisons can serve to address the unique requirements of male and female convicts in addition to the reasons outlined above. For instance, whereas female convicts could require greater support services, male inmates would require housing in a more regimented setting. These many settings and services may be offered by gender-specific prisons to accommodate the demands of every prisoner.

Of course, creating gender-specific jails has certain difficulties. The expense of constructing and maintaining separate facilities for male and female offenders is one difficulty.

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