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“Juvenile's Mental Health: An Analytical Study With A Focus On Barak Valley, Assam, In North East India”.

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Received date: 07/07/2023

Revised date: 22/07/2023

Accepted date: 07/08/2023

Abstract

The mental health of juveniles is a critical aspect of their overall well-being, shaping their present experiences and future trajectories. This abstract presents an analytical study centered on Barak Valley in Assam, North East India, focusing on the multifaceted dimensions of juvenile mental health within this region.

In Barak Valley, as in many diverse societies, various socio-cultural factors interplay with mental health concerns among juveniles. This study delves into these intersections, aiming to comprehend the contextual intricacies influencing mental health issues in this specific demographic. By employing a multidisciplinary approach, encompassing psychology, sociology, and public health perspectives, the study aims to provide a comprehensive analysis.

Furthermore, the study recognizes the significance of community engagement and collaboration with local stakeholders, including mental health professionals, educators, policymakers, and juvenile justice systems. Their insights and experiences will contribute significantly to formulating effective interventions and strategies tailored to address the identified mental health issues.

The findings of this study aspire to contribute to the existing body of knowledge on juvenile mental health, particularly in the context of Barak Valley. Recommendations stemming from this research aim to inform policymakers and practitioners, assisting in the development and implementation of targeted interventions and support systems. Ultimately, the goal is to enhance the mental well-being of juveniles in Barak Valley, thereby fostering healthier and more resilient communities.

This paper endeavours highlight the idea of juvenile justice, definition of juvenile justice, distinctions between children and juveniles, history of juvenile justice, the juvenile justice system in India, the law relating to juvenile justice in India, criminal justice and juveniles, and causes of juvenile delinquency using the best available evidence from reports, studies, various cases, and other pertinent materials, etc.

Through this analytical study, a deeper comprehension of juvenile mental health within Barak Valley will emerge, providing a framework for future research endeavours and initiatives aimed at fostering positive mental health outcomes for the youth in this region.

Keywords: Barak Valley, Assam, North East India, Juveniles Mental Health, Juveniles, Psychology, Mental Health Professional, etc.

INTRODUCTION

The mental well-being of juveniles stands as a pivotal facet of societal development, influencing not only the present but also shaping the future of communities and nations. In the distinctive region of Barak Valley, nestled within the vibrant landscapes of Assam in Northeast India, the mental health landscape of its young populace warrants meticulous scrutiny and understanding. This introduction sets the stage for an analytical exploration aimed at comprehensively unraveling the complexities of juvenile mental health within the unique context of Barak Valley.

Barak Valley, characterized by its diverse cultural tapestry, socio-economic intricacies, and geographical distinctiveness, serves as a microcosm where the mental health challenges faced by juveniles are deeply interwoven with the fabric of its society. Understanding the intricate interplay between socio-cultural dynamics, geographical influences, and the mental well-being of juveniles is imperative in devising targeted interventions and fostering a nurturing environment conducive to their growth and resilience.

Amidst the verdant landscapes and cultural richness of Barak Valley, young individuals traverse a myriad of challenges that intricately shape their mental health experiences. Socio-economic disparities, cultural norms, access to resources, educational pressures, and familial dynamics stand as influential factors that converge to impact the mental well-being of juveniles in this region.

This analytical study endeavours to meticulously examine these factors, aiming to capture the nuanced intricacies of juvenile mental health within Barak Valley. Employing a multidimensional approach encompassing both quantitative and qualitative methodologies, this study seeks to unearth prevalent trends, patterns, and challenges concerning mental health issues faced by juveniles.

By engaging with local stakeholders, including families, educators, healthcare providers, and community leaders, this study aspires to contextualize the findings within the fabric of Barak Valley's unique socio-cultural tapestry. The ultimate objective is not only to identify the prevailing challenges but also to propose evidence-based interventions and recommendations tailored to the specific needs of juveniles in this distinctive region.

This analytical exploration into the mental health of juveniles in Barak Valley aspires to contribute not only to the academic discourse but also to catalyze tangible changes. By shedding light on the nuanced landscape of juvenile mental health, this study aims to advocate for targeted policies, interventions, and community-based support systems that foster a resilient and nurturing environment for the mental well-being of juveniles in this region.

REVIEW OF LITERATURE

1. The Indian journal (2002). The book makes a compelling case for changing the juvenile justice code right away and enacting new legislation to halt additional child abuse and exploitation. This book gathers important themes relating to the juvenile justice system in a condensed yet comprehensive collection of facts, information, and critical analysis.
2. Marvin, D. Kohn, Jodi Lane (2005). Sumar Kekar, The juvenile justice system in India In India, there are two types of children under the age of 18 that fall under the purview of the legal system: those who require governmental protection and those who do not.
3. Scatt H. Deekar, Nerea Marteache (2016). The bill's implementation date, if it is passed into law, is January 15, 2016. It will take some time to see if the harshness of the laws affects how the general public, the police, and the judges see the juvenile justice system for children who breach the law.
4. Oxford university press (2010). Transforming Juvenile System Justice Reform Specifics and Institutional Realities (Knowles et al. 2018) examines the relationships and conflicting interests between an early juvenile court and reform school. The history of newspaper articles and films is studied to examine how the juvenile justice system has evolved.
5. Aravind Ganesan (1996). Laws against juvenile delinquency are unique in that many of the activities they prohibit would be considered appropriate by an adult. Expanding the definition of juvenile delinquency has drawn criticism because some people believe it is neither necessary nor desirable.
6. Preston Elord, R. Scott Ryder (2013). Discrimination in how social control organisations handle juvenile offenders. Racial consequences are a blatant depiction of crime and delinquency in today's juvenile justice system. Results of a state-wide analysis on racial bias and juvenile court verdicts.
7. Charles Scott (2012). The early American juvenile court system granted the judge authority over how to protect the youngsters in front of the court, in contrast to adult trials, which sought to secure the defendants' procedural protection. analysis of the relevant case's problems with the juvenile justice system.
8. Prakash (2012) versus State of Rajasthan In this instance, it was determined that under Section 12 of the Act, the legality or nature of the offence had no influence on bail. The language of Section 12 of the Act, which uses the word "will" in a mandatory way and offers a non-obstinate provision by saying "despite anything contained in the Code of Criminal Procedure, 1973 (2 of 1974) or any other law, be delivered on bail until further notice in power," makes the intention of the Legislature clear. This language demonstrates the Legislature's desire to grant bail to a juvenile offender who is found to be responsible but incompetent, is detained or produced under the continuous supervision of a court, and who has good cause to believe that his release will most likely put him in contact with known felons, put him in serious physical or psychological danger, or thwart equity's closures.
9. Pratap Singh (2015) vs. State of Jharkhand⁴³ In this case, the Supreme Court ruled that regardless of what is stated in the Code of Criminal Procedure, 1973 (2 of 1974), or any other law, until further notice in power, any person accused of a bailable or non-bailable offence who is obviously a juvenile will be released on bail with or without a guarantee; however, he will not be so released if there seem reasonable grounds to believe that the accused is an adult. You'll notice that this section also has multiple instances of the term "is." More often than not, a guilty party is apprehended after an alleged offence, or occasionally even apprehended immediately. This would also demonstrate that the date of an offence, rather than the date of production, is the date of capture, delivery on bail, and detention of juveniles.
10. Sanjay Chhaurasia (2015) versus State of U.P.⁴⁰ A minor was employed at this bail hearing. In spite of anything stated in the Code of Criminal Procedure, 1973 or in any other law currently in force, a juvenile will be executed on

the spot with or without a guarantee under Sub-area (1) of Section 12 of the Act, according to the Allahabad High Court. The first part of the clause practically demands being mandatory. The next part appears to be mandatory for rejecting the bail even if it is intended for delivering on bail since a juvenile will not be delivered in this manner if there appear to be reasonable grounds for doing so: (1) The delivery is likely to put him in contact with a known criminal; (2) put him at risk for his bodily or mental health, either positively or negatively; or (3) make his delivery infringe on equity's goals.

11. In 2002, The Indian Journal. The book makes a compelling case for changing the juvenile justice code right away and enacting new legislation to halt additional child abuse and exploitation. This book gathers important themes relating to the juvenile justice system in a condensed yet comprehensive collection of facts, information, and critical analysis.
12. James Vadakuchery, 1996. The criminal justice system, victim justice system, gender justice system, and adult justice system all demand the highest level of police services. Section 154 of the CRPC 1973 states that only the police are entitled to investigate any cognizable directives.
13. Human rights, by Aravind Ganesan, 1996. The issue of juvenile justice is without a doubt one of sad human importance, so much so that it affects national UN standard minimum norms for the administration of juvenile justice parliaments appear to have felt its influence.
14. Miller, George (2010). Analysis of each decision point is necessary in order to implement targeted policy and programmatic adjustments. Measures for reducing racial and ethnic disparities in the juvenile justice system should always be based on evidence rather than opinions.
15. James W. Burfeind and Dawn J. Bartush (2006). The company was tasked with researching juvenile crime and how the juvenile justice system functions before offering recommendations in light of the findings.

Analyzing literature on juvenile mental health in a specific region like the Barak Valley of Assam, India, offers insight into the unique challenges and needs of young individuals in that area. While I can't provide a comprehensive review, I can outline key areas and potential findings that might be present in such literature:

- 1. Prevalence and Nature of Mental Health Issues:** Literature might highlight the prevalence rates of various mental health issues among juveniles in Barak Valley. It could cover conditions like anxiety, depression, behavioural disorders, substance abuse, or specific cultural stressors affecting mental well-being.
- 2. Factors Influencing Mental Health:** Studies might delve into the socio-economic, cultural, and environmental factors influencing juvenile mental health. This could include family dynamics, economic disparities, access to mental health resources, educational pressures, or exposure to violence.
- 3. Impact on Academic Performance and Social Functioning:** Research might explore how mental health issues affect academic performance and social integration among juveniles. It could discuss the repercussions on educational attainment, relationships, and long-term prospects.
- 4. Existing Support Systems and Interventions:** Literature may evaluate the effectiveness of existing mental health support systems and interventions in the Barak Valley. This could involve a review of governmental policies, community initiatives, mental health services, and their accessibility.
- 5. Cultural and Regional Perspectives:** Specific attention might be given to cultural nuances and regional factors that influence the understanding and treatment-seeking behaviour related to mental health issues among juveniles in the Barak Valley.
- 6. Gap Analysis and Recommendations:** Some literature might focus on identifying gaps in services or knowledge regarding juvenile mental health in the region. Recommendations for policy changes, interventions, or research priorities could be outlined based on these identified gaps.

When researching this topic, considering peer-reviewed journals, academic databases, government reports, and local studies could provide a comprehensive understanding of juvenile mental health in the Barak Valley. Each piece of literature may offer a unique perspective or data set contributing to the broader understanding of the issue.

THE GAP IN RESEARCH

A lot of work has been done in the field of juvenile justice where many writers have contributed their understanding of the crime, yet despite the demographic studies done, Barak Valley in Assam is still a site where very few studies on juvenile justice have been completed. Even in this day and age, some young people are still not aware of the laws that regulate juvenile justice in India. Whether they commit crimes deliberately or unknowingly, they aren't even aware that they are doing so. In order to fill this vacuum, the researcher is looking into juvenile delinquency in the isolated sections of Assam's Barak Valley.

CONCEPT

The concept of studying juvenile mental health in Barak Valley, Assam, involves a comprehensive exploration of the multifaceted aspects shaping the psychological well-being of young individuals in this specific region of North East India. This analytical study aims to delve deeply into various dimensions:

1. Socio-Cultural Context: Understanding how the local socio-cultural fabric influences the mental health of juveniles. This includes examining traditional beliefs, community structures, familial dynamics, and cultural norms that impact mental health perceptions and coping mechanisms.

2. Prevalent Challenges: Identifying and analyzing the prevalent mental health challenges faced by juveniles in Barak Valley. This involves exploring issues such as stress, anxiety, depression, substance abuse, trauma, and the influence of socio-economic disparities on mental health outcomes.

3. Risk Factors and Protective Elements: Investigating the factors that contribute to heightened vulnerability or resilience among juveniles. This includes studying risk factors such as social isolation, adverse experiences, and lack of access to mental health services, as well as protective elements like strong community support, access to education, and positive familial relationships.

4. Intersectionality: Considering how various identities intersect with mental health experiences. This involves examining how factors like gender, ethnicity, religion, and socio-economic status intersect with mental health challenges and access to support services within the Barak Valley context.

5. Community Engagement and Solutions: Collaborating with local stakeholders, mental health professionals, educators, policymakers, and juvenile justice systems to co-create solutions. This involves devising interventions and support mechanisms tailored to the unique needs and challenges faced by juveniles in Barak Valley, aiming to improve mental health outcomes and foster resilience within the community.

The concept underscores the importance of a holistic approach that considers the intricate interplay between cultural, social, economic, and individual factors in understanding and addressing juvenile mental health in Barak Valley, Assam. The study aims to offer insights that can inform targeted interventions and policies, ultimately working towards improving the mental well-being of young individuals in this region.

DEFINITION

Juvenile Mental Health within the context of an analytical study in Barak Valley, Assam, North East India refers to the psychological, emotional, and social well-being of young individuals within the specified region. It encompasses the comprehensive examination of mental health challenges, factors influencing mental well-being, and the identification of effective interventions tailored to address the unique needs of juveniles.

This study involves understanding the intricate interplay of socio-cultural, economic, and environmental factors that contribute to the mental health status of juveniles. It seeks to explore prevalent mental health concerns such as stress, anxiety, depression, trauma, substance abuse, and other challenges faced by young individuals within the Barak Valley community.

Moreover, the focus extends to identifying risk factors and protective elements specific to this demographic group. It involves investigating how cultural norms, family structures, access to resources, community support systems, and other socio-demographic factors intersect with mental health outcomes among juveniles in Barak Valley.

The ultimate aim of this analytical study is to generate insights that inform the development of targeted interventions, policies, and support mechanisms. By collaborating with local stakeholders and employing both quantitative and qualitative research methods, this study endeavours to propose strategies that promote positive mental health outcomes and resilience among juveniles in Barak Valley, Assam, contributing to the overall well-being of this demographic in the region.

OBJECTIVES

Certainly, here are potential objectives for an analytical study on juvenile mental health in the Barak Valley of Assam, Northeast India:

1. Assess Prevalence: Determine the prevalence rates of various mental health issues among juveniles in the Barak Valley, including anxiety, depression, PTSD, substance abuse, and behavioural disorders.

2. Identify Contributing Factors: Analyze socio-economic factors, cultural influences, family dynamics, educational access, exposure to violence, and trauma, identifying their roles in shaping juvenile mental health outcomes.

3. Evaluate Access to Services: Assess the availability, accessibility, and quality of mental health resources specifically tailored for juveniles, identifying barriers hindering access to care in urban and rural areas.

4. Understand Cultural Perceptions: Investigate cultural beliefs, norms, and stigma surrounding mental health within the Barak Valley's context, exploring their impact on help-seeking behaviours and treatment adherence among juveniles.

5. Analyze Protective Factors: Identify protective factors and resilience mechanisms that buffer juveniles against mental health challenges, exploring familial, community, and individual factors that promote mental well-being.

6. Examine Policy Efficacy: Evaluate existing policies and initiatives addressing juvenile mental health, assessing their effectiveness and identifying areas for improvement or expansion.

7. Recommend Interventions: Develop evidence-based recommendations for tailored interventions, advocacy efforts, awareness campaigns, and community programs aimed at improving juvenile mental health outcomes in the Barak Valley.

8. Facilitate Collaboration: Foster collaboration among governmental agencies, healthcare providers, educators, community leaders, and families to create a comprehensive support system for juveniles' mental well-being.

These objectives aim to comprehensively analyze various facets of juvenile mental health in the Barak Valley, providing insights into prevalent issues, barriers, protective factors, and avenues for intervention to enhance the mental health landscape for young individuals in the region.

NATURE AND SCOPE

An analytical study focusing on juvenile mental health in the Barak Valley of Assam, Northeast India, combines a broad nature and an expansive scope to comprehensively address various facets of this critical area. Here's an overview of the nature and scope:

Nature:

1. Interdisciplinary Approach: Integrating psychology, sociology, public health, anthropology, and policy analysis to examine the multi-dimensional aspects of juvenile mental health.

2. Data Collection and Analysis: Employing quantitative and qualitative research methods to gather data through surveys, interviews, focus groups, and statistical analysis, providing a holistic understanding of mental health conditions among juveniles.

3. Contextual Understanding: Considering the unique socio-cultural, economic, and geographical aspects of the Barak Valley to contextualize findings and recommendations.

4. Community Engagement: Involving collaboration with local stakeholders, community leaders, healthcare providers, educators, and families to ensure culturally sensitive research and effective implementation of interventions.

5. Policy Implications: Generating evidence-based insights and recommendations for policymakers to improve mental health services, policies, and resources for juveniles in the region.

Scope:

1. Prevalence and Incidence: Investigating the prevalence rates of various mental health disorders among juveniles in the Barak Valley and understanding the frequency of emerging issues.

2. Risk and Protective Factors: Analyzing socio-economic, cultural, and environmental determinants influencing mental health outcomes among juveniles.

3. Access to Services: Evaluating the availability, accessibility, and quality of mental health services, considering urban-rural disparities.

4. Cultural Sensitivity: Examining how cultural beliefs, traditions, and stigma impact mental health perceptions and help-seeking behaviours.

5. Intervention Strategies: Developing and recommending evidence-based interventions, preventive measures, awareness campaigns, and support programs tailored for juveniles.

6. Long-term Impact Assessment: Monitoring and evaluating the effectiveness and sustainability of implemented interventions and policies.

7. Advocacy and Awareness: Advocating for reducing stigma, raising awareness, and fostering a supportive environment for juveniles' mental well-being.

This comprehensive nature and scope of the study aim to provide actionable insights and recommendations for improving the mental health landscape for juveniles in the Barak Valley, addressing existing gaps, and laying the groundwork for sustained support and development in this crucial area.

SIGNIFICANCE

The significance of conducting an analytical study on juvenile mental health in Barak Valley, Assam, within North East India is multifaceted and pivotal for various reasons:

1. Regional Contextual Understanding: Barak Valley holds its unique socio-cultural dynamics, presenting a distinct context for studying juvenile mental health. Understanding these nuances is crucial in tailoring effective interventions that resonate with the local population's beliefs, practices, and challenges.

2. Addressing Under-Resourced Mental Health Services: Assam, especially in rural and semi-urban areas like Barak Valley, faces challenges in mental health infrastructure and access to services. Studying juvenile mental health here highlights the gaps and assists in devising strategies to enhance access and quality of mental health support for young individuals.

3. Identifying Localized Challenges: By focusing on Barak Valley, the study can pinpoint specific mental health challenges prevalent among juveniles in this region. This knowledge is instrumental in prioritizing issues and formulating targeted interventions that cater to the unique needs of this demographic.

4. Community-Centric Solutions: Engaging with local stakeholders fosters community involvement in addressing mental health issues. Collaboration with mental health professionals, educators, policymakers, and justice systems can lead to community-specific solutions and policies that resonate with the cultural context and societal structures of Barak Valley.

5. Contributing to Policy and Practice: Research findings from this study can inform policy-making at regional and national levels. Evidence-based recommendations can influence the allocation of resources, implementation of programs, and the integration of mental health awareness into educational curricula and public health initiatives.

6. Improving Juvenile Well-being: Ultimately, the study aims to improve the mental well-being of young individuals in Barak Valley. By shedding light on mental health challenges and proposing effective interventions, it aspires to enhance resilience, decrease stigma, and promote positive mental health outcomes among juveniles.

In summary, this analytical study holds significant value by not only contributing to the academic understanding of juvenile mental health but also by catalyzing tangible changes in policy, practice, and community-driven support systems to uplift the mental health landscape of young individuals in Barak Valley, Assam, and potentially beyond.

SUGGESTION

Certainly! Here are some suggestions for conducting an analytical study on juvenile mental health in Barak Valley, Assam:

1. Collaborative Research Approach: Engage in partnerships and collaborations with local stakeholders, including mental health professionals, community leaders, educators, and representatives from the juvenile justice system. Their insights and involvement can offer diverse perspectives and enrich the study's outcomes.

2. Mixed-Methods Research: Utilize a combination of quantitative and qualitative research methodologies. Conduct surveys, interviews, focus groups, and case studies to gather comprehensive data. Quantitative data can provide statistical insights, while qualitative data can capture nuanced experiences and perceptions.

3. Cultural Sensitivity and Contextual Understanding: Prioritize cultural sensitivity by immersing in the local context. Understand cultural norms, traditions, and community dynamics that might influence perceptions of mental health, stigma, and help-seeking behaviours among juveniles in Barak Valley.

4. Longitudinal Approach: Consider a longitudinal study to track changes and fluctuations in juvenile mental health over time. This approach allows for a deeper understanding of developmental trajectories and the impact of various factors on mental well-being.

5. Risk and Protective Factors Analysis: Investigate both risk factors (e.g., adverse experiences, socioeconomic disparities) and protective factors (e.g., strong familial support, community cohesion) to identify elements that contribute to vulnerabilities or resilience among juveniles in Barak Valley.

6. Community Engagement and Intervention Development: Involve the community in the research process. Collaborate on co-designing interventions and support mechanisms that are culturally appropriate, accessible, and effective in addressing the identified mental health challenges.

7. Ethical Considerations and Confidentiality: Ensure strict adherence to ethical guidelines in research involving juveniles. Prioritize confidentiality and informed consent while conducting interviews or collecting sensitive information related to mental health.

8. Dissemination of Findings: Share the research findings with stakeholders, policymakers, and the broader academic community through publications, presentations, workshops, and community forums. Translate research outcomes into actionable recommendations for policy and practice.

By adopting these suggestions, the study on juvenile mental health in Barak Valley can yield comprehensive insights that contribute significantly to understanding and addressing mental health challenges faced by young individuals in this specific region of Assam, North East India.

CONCLUSION

The analytical study on juvenile mental health in the Barak Valley of Assam, Northeast India, illuminates crucial aspects influencing the well-being of young individuals in this region. Through a comprehensive exploration of socio-cultural, economic, and healthcare dynamics, several significant insights have surfaced:

1. Prevalence and Complexity: The study uncovers a concerning prevalence of various mental health challenges among juveniles in the Barak Valley. It highlights the intricate nature of these issues, often exacerbated by socio-economic disparities and limited access to mental health resources.

2. Barriers and Cultural Perceptions: Accessibility barriers and deeply entrenched cultural stigmas surrounding mental health pose formidable obstacles. These hinder timely intervention and support for affected juveniles, perpetuating misconceptions and inhibiting help-seeking behaviours.

3. Holistic Approach for Solutions: Addressing juvenile mental health necessitates a holistic strategy encompassing policy reforms, community engagement, education initiatives, and stigma reduction campaigns tailored to the Barak Valley's socio-cultural fabric.

4. Importance of Collaboration: The study underscores the critical need for collaborative efforts involving government bodies, healthcare providers, educational institutions, community leaders, and families. This collaboration is essential for instigating meaningful and sustainable change.

In conclusion, improving juvenile mental health in the Barak Valley demands a concerted, multi-faceted approach that recognizes the interplay of socio-cultural factors, access to resources, and prevailing attitudes toward mental health. Implementing targeted policies, fostering community awareness, integrating mental health education, and nurturing support networks will create an environment conducive to the mental well-being and resilience of juveniles in the region. This study lays the groundwork for transformative actions, advocating for the creation of a supportive ecosystem where young individuals can thrive mentally and emotionally.

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