

100 cases of Torture

A Case Study of Real Life Scenarios of Torture Victims

6/30/2020

SACH – Struggle for Change



Convention against Torture and other Cruel, Inhuman or Degrading Treatment or Punishment.

Adopted and opened for signature, ratification and accession by General Assembly Resolution 39/46 of 10th December 1984, entry into force 26th June 1987 in accordance with Article 27(1)

Since its inception, SACH has been religiously working to address torture issue keeping in mind the principle of convention against torture and other relevant treaty bodies locally, nationally, regionally and globally.

The overall objective is to see a society free of torture where human beings can practice their rights without being exploited. We have been setting up different action plans to translate our vision into reality, by using holistic approach through center based and community based work, offering multi-disciplinary services which are medical assistance, psychological counseling, livelihood assistance whenever needed and many other services. To further contribute towards eradication of torture in Pakistan we work on capacity building of relevant stakeholders to deliver towards achieving our goals.

We also do advocacy work through campaigns, awareness raising seminars and sensitization workshops to highlight the menace of torture and impunity of perpetrator. As 26th June has been marked by UN as the Day in Support of Victims of Torture,

According to Article 14:

“Each state party shall ensure in its legal system that the victim of an act has an enforced right to fair and adequate compensation including the means for as full rehabilitation as possible. In the event of death of the victim as a result of an act of torture, his dependents shall be entitled to compensation”.

“Nothing in this article shall affect any right of the victim or other persons to compensation which may exist under national law”.

Case 01:

In December 2019, A visit was made to a clustered community in Islamabad and the family of Mr. A (Late) was interviewed. Mr. A was a middle aged father of two sons who resided in this colony. The father of Mr. A narrated that his son died in the police custody during investigations, 14 years ago. He stated that his son and his friend were involved in a case where a car was lifted and the driver was murdered. The case was registered in the nearby Police station and the police arrested and detained his son along with his friend. During the physical remand, both of them were physically tortured with different instruments compelling them in admitting the crime. They were electrocuted as a result Mr. A died. The family shared that the body of Mr. A showed multiple burns and scars when it was handed over to them. In pursuing the cause of death, the entire family of the deceased was detained and tortured severely by the police. Their request for the autopsy was rejected. The entire family was then driven out of the police station and was pressurized to proceed for the burial.

The community, deeply aggrieved by this incident launched a protest against the police officials and blocked the roads of that entire neighborhood. The protest continued during a few days for a few days until some high profile police officers and district management authorities got involved. The family shared that they were forced to accept a monetary compensation in lieu of their loss. They reluctantly accepted the compensation of 600,000 PKR to cover up a lawsuit against police for the charges of the murder of their son.

This incident has left a deep emotional scar on the whole family. The parents of the deceased are still terrified and remain in a constantly distressed state. They were chronically depressed and were not receiving any treatment for it. They were also taking care of Mr. A's children in spite of being so poor. Both the deceased's children were psychologically affected. SACH provided them with support to cater the basic medical and psychological needs of all 11 family members. They were interviewed and were recommended to visit the rehabilitation center for further psycho-medical interventions.

Case 02:

During October 2019, SACH visited a faith based community in ICT and interviewed the family of Mr. T who was identified as a primary TV as per the project criteria. Mr. T was a private cab driver. He disclosed that the problems started when a few police officers forcefully entered his house to interrogate him. He shared that his son and his cousin were allegedly arrested and charged of the theft of a video camera under section 392. They were sent to Prison a month ago. During the remand period, they were beaten severely by the jail staff and were forced to confess to the crime. According to Mr. T, his son was not directly involved and the theft was committed by his cousin. He further stated that a week later, a local police officer and lady police constable barged into his house's premises at midnight and started banging at the doors calling his son who was already in detention at that time and continued to visit them without warrant.

The entire family was terrified. Mr. T, fearing arrest hid in his bedroom. His wife and daughter came out to confront them screaming out of fear and terror. They asked for the search warrant which the police failed to provide. His wife pleaded to the police to leave their house but they insisted her on revealing the whereabouts of her son who was already imprisoned at prison. Later on, when the neighbors intervened the police left but Mr. T and his family started having panic attacks and symptoms of PTSD. They were unable to work and had to quit their jobs. Mr. T's daughter could not resume her schooling since this incident. Although they have shifted from their house but they cannot afford to pay any legal support. They have received many psychological follow ups at the rehabilitation center. They are 04 family members who are getting medical and psychological support from SACH.

Case 03:

In December 2019, A visit was made by SACH to a community in Islamabad to the house of Mr. K who is a private vehicle driver. He was interviewed and given medical and psychological interventions. He mentioned problems started arising after he had a fight with someone on a domestic issue. He further added that an FIR was filed against him and his family. He was charged under sections 365,306 and 468. The police raided his house to arrest the entire family without any search/arrest warrants but left without any arrest. A week after this incident, the police again forcibly entered his house at midnight. Mr. K and his family had to flee to a green belt (cluster of tress in ICT region) nearby and sought refuge. After crossing the green belt, he reached the house of relative's house in another colony.

They started receiving threats of arrest and humiliation from the police. Mr. K further explained that he and his family had been on the run, hiding from the police for weeks. He got a pre-arrest bail. During the counseling sessions, it was observed that he and his family members were showing active symptoms of anxiety, depression and loss of sleep due to the fear of the cancellation of the bail, arrest and torture. 10 family members were given medical and psychological assistance by the SACH.

Case 04:

In November 2019, Mr. K.M was interviewed at faith based community in ICT. He shared that he had a permit for the purchase of alcohol. During the wedding ceremony of his younger brother, the police raided his house without any search warrant and found some liquor. Mr. K.M was thus arrested and detained in police station under section 9C (drug trafficking). When the news of his arrest reached his father, he immediately rushed to the police station to plead the innocence of his son and requested his release. The police demanded PKR. 60,000 for his release but his father disagreed. In retaliation, the police officials falsely put charges of 9C alleged 1700 grams of cannabis possession and sent him to jail on remand.

He further shared that physical and mental torture blunt trauma were inflicted on him by the police officials which included multiple punches, slaps to the face and body and use of abusive language by the jail staff during his 17 months imprisonment. His Father shared that during his visits to the police stations, the attitude of police was very humiliating and they constantly abused and harassed him. SACH assisted Mr. K.M and his family by providing medical and psychological interventions. They were advised psychological follow ups in the SACH rehabilitation center. They were 11 family members who received the medical and psychological support from SACH.

Case 05:

In December 2019, the family of Mr. M was interviewed by SACH. They informed that Mr. M had a permit to purchase the limited amount of alcohol. Hardly making both ends meet, Mr. M acknowledged to selling some alcohol. When caught, he was arrested by the local Police Station officials and was sent to prisons under the charge of section 9A. During his detention of 2 weeks, he underwent blunt trauma (constant beatings, punches and kicks) by the jail police. He further shared that he was released after paying some money to the police officials. His wife shared that during Mr. M's detention, the police often visited their house harassing her and his family and accusing Mr. M of having linkages with other criminals.

SACH provided basic medical and psychological assistance to all 06 members of his family. Furthermore, they were recommended to continue with the psychological follow up sessions at the SACH rehabilitation center.

Case 06:

In November 2019, an orphanage in ICT was visited by SACH to meet Mr. S. He was the caretaker of that orphanage. He shared how the police had unlawfully detained him when he was returning to his office. He further explained that he was on his way when the police officer stopped him at a barrier and asked him to show his CNIC or any other document that could verify his identity. Upon showing his CNIC copy, he was still held and forced to pay a certain amount of money to get released which is clearly a bribe. Upon refusal, one of the police officers got furious and started abusing him.

He shared that he was harassed and taken to a nearby police station and detained for hours on false accusations. During his stay there, he was constantly pressurized to either to confess to a crime or pay some money to get released. After hours of pleading he was released. When SACH approached him, he was showing multiple symptoms of anxiety and panic attacks. Mr. S was given medical and psychological facilities in his office and was further recommended to take follow up sessions at SACH rehabilitation center ICT.

Case 07:

SACH visited Mr. B in October 2019 at a vulnerable community in ICT. Mr. B shared that he owns a mobile shop near his house. He is a diagnosed case of polio myelitis. One day, the police showed up in his shop without any warrant and arrested him on alleged sale of pornographic videos. He was falsely charged under the section 293 and detained during 2 days in prisons.

He stated that he was physically tortured and verbally abused by the prison staff. During SACH's interventions he was already bailed out and his case was under trial. Mr. B presented the multiple psychological complaints i.e. difficulty in sleep, anxiety and depression. He was given medical and psychological facilities at his home and was recommended the follow-ups.

Case 08:

In October 2019, Mr. N was visited by the SACH and interviewed in a community in ICT. He shared that he was allegedly arrested for selling illegal drugs under section 9C due to which he had to face a conviction of 3 years. After completion of his sentence, he started selling the drugs publicly as a reaction to the police. He further reported that he was bluntly traumatized which slaps, punches and beatings with wooden sticks. The prison staff tortured him on and off during the whole period of the sentence.

He shared that he was so much affected (flash backs) by the routinely inflicted torture and abuses that he started to lose temper publicly every time he saw any police officials. He had physical fights with them resulting in additional cases against him and detentions. He told that in one of his fights with a police constable, he was stabbed in the upper abdomen area and was severely hurt. He was then treated locally in a dispensary by the police and released.

During interviews he showed multiple signs and symptoms of anxiety, aggression and mood swings. He was provided with medical and psychological facilities and was recommended further follow ups at the rehabilitation center.

Case 09:

During out-reach in the transgender community, Torture victims cases were medically and psychologically interviewed by SACH. All of them reported of being psychologically and physically abused by the police officials. Having very few employment opportunities, this vulnerable group could be found begging on the streets. They further added that the police personals often labeled them as prostitutes and harassed them. Most of them shared that they earned their living through the profession of dancing at musical parties/weddings. They also shared that police interrogates them during and after parties which results in either them being detained in the police stations or their money/valuables being snatched. Upon refusal, they are put behind bars for a day or couple of days without any charges against them.

One of them reported sexual exploitation. Known as Ms. S, she told that she was begging near a Holy Shrine in ICT when a police man approached her and deliberately touched her inappropriately. She pleaded to the police officer to let her go but instead he repeated his act. In retaliation, the trans-gender slapped the policeman. The policeman assaulted her and detained her in a police van. She further shared that she was physically tortured for hours before she was released upon a cash payment. She was given medical and psychological treatment by SACH. Many psychological sessions were conducted to help her.

Case 10:

At age 38years, Ms. X, a resident of less privileged colony in Islamabad, narrated how she spent her life living in a deprived community since birth in Pakistan. Her parents had given her away to a Guru (head) of trans-genders during her childhood in Faisalabad. It was her guru who took care of her and gave her refuge. She worked as a professional dancer at local parties and weddings and shared her earnings with her guru. A few years later, she migrated to Islamabad. Here, under the supervision of a new guru named N who is a known famous makeup artist and a political leader, Ms. X resumed her journey as a dancer. N was among one of the election candidates who has an NGO working in the best interests of the transgender community residing in Islamabad. Ms. X told that she supported her own family back in village and also paid some amount for the treatment of her mother who was a cancer patient. She shared her experiences with police stating it as one of the worst time of her life. She mentioned an incident about a night when she and her group members were coming back after performing at a wedding function in ICT. They were stopped at a police check post near their colony. Upon being asked, Mr. X and her fellows shared their CNICs which did not seem adequate to the policemen because they had something else in their minds. She further added that one of the police officials demanded cash to release them or threatened to face dire consequences if refused. Ms. X hesitated to cooperate which resulted in her being sexually harassed by them. Upon her objection the infuriated officer started beating her up and she could hardly figure out what was happened to her. Finally her group members intervened, paid some amount to the officers and got her released.

At the time of interviewing, Ms. X had tearful eyes. Soon she became emotional and started sobbing. She was depressed and ashamed of what had happened with her. She was counseled through one time session and some stress reduction coping mechanisms were introduced to her. She was also motivated for the follow up sessions which she took regularly for a month at the SACH rehabilitation center (ICT). Medically, she was given the medicines for common cough and cold.

Case 11:

Aged 37 years and a colony in ICT, Ms. Z talked about how she was spending her life in a less privileged community. Born in Sheikhpura district, she was handed to a guru of trans-genders when her parents realized that she was a transgender. Ms. Z stayed with her guru till the age of 25 and then moved to Islamabad to join the group of Ms. N (who was a social worker for trans-gender people in ICT). SACH

met her at one of its medical camps arranged for victims of torture. She continued to dance at parties as she did in Sheikupura as a means of living. During the interview, she talked about the visits of other NGOs in their community who provided them with basic guidance on the use of medicines, precautions for safe sex to prevent the sexual transmitted diseases (STDs), HIV/AIDS and Hepatitis B and C. She told that she financially supported her family back home and sends them cash every month. In the Holy months of Ramadan and Muharram, Muslims do not conduct any celebrations in respect to the sanctity of these months. During these periods, life is hard for those trans-genders and they head towards markets and streets to beg as there are hardly any other opportunities for them though beggary is illegal in Pakistan. Ms. Z begged at times when she lacked in options to earn a living. She shared that she was arrested multiple times for begging and was usually released within an hour. She told of an incident that happened a few days ago. She was begging at a super market in ICT when a few policemen reached there and arrested all the beggars including Ms. Z and her fellow mates. They were all charged of begging and detained during a day.

During the detention period, Ms. Z told that the officials in the police station physically assaulted her. They beat her and her fellow mates severely with sticks. One of them even lost a tooth during the physical assault. She told that the policemen demanded money to release them. She and her fellows were released from detention after her guru provided a bail for all of them. During interventions, she was counseled through one time session and some stress reduction coping mechanisms were introduced to her. She was also motivated for the follow up sessions which she took regularly for a month at the SACH rehabilitation center (ICT). Medically, she was given the medicine for the general weaknesses and deficiencies.

Case 12:

This is the case of Ms. N, a 35 years old transgender living in a vulnerable Colony in Islamabad. She was born in Rawalpindi and had shifted to Islamabad in year 2015. When she was interviewed in a medical camp for TVs in her community, it was observed that she was well aware of precautions regarding STDs, Hepatitis and HIV/AIDS. During counseling, she presented disappointment and resentments against the degrading remarks and dehumanizing attitudes of the police officials especially those appointed at check posts of cities. She specifically mentioned two main check posts where the police official often harassed the vulnerable communities, one at the entrance of the Quaid-e-Azam University Road (ICT) and the other one at the entrance of the main Bari Imam Road – South (ICT). She told that she and her friends were mostly harassed at these check posts which were on their route whenever travelling. She mentioned a recent incident when she was coming back after performing at a celebration party in a cab accompanied by a friend. She had in her purse some cash which she had earned for performing along with a few rupees she had saved to spend on a medical treatment of her friend who had been dependent on her due to a medical disability for a long time.

Ms. N told that as they were about to cross the Check post, their cab was stopped by the police officers appointed there. A police man approached her and asked for identification. After having a look at her CNIC, he asked for some money as a ticket to cross the check post. Her refusal resulted in them being detained instantly along with the cab driver. While Ms. N was busy pleading with the police officer, another one approached her friend and harassed her sexually. She reacted and slapped him in retaliation. The policeman got furious and started assaulting her brutally with slaps, punches and kicks injuring her badly. The cab driver intervened and helped in solving the problem. Both the transgenders had to pay cash to be released from the desperate situation.

At the time of interviewing, Ms. N was having depression and anxiety symptoms. Through one time counseling, she was managed with coping techniques of stress tension reduction and was encouraged to

follow her sessions at the SACH center. She took couple of sessions and showed improvements. Medically she was also treated by the doctor for generalized weaknesses.

Case 13:

Ms. R aged 28 years is also a resident of a less privileged colony in Islamabad. At her birth in Rawalpindi, she was abandoned and handed over a local transgender guru of her area. Later on, she shifted to Islamabad and started residing in the suburbs of a less privileged colony where most of the community lives below poverty line. The colony consists of adobes with only one tube-well for thousands of people and no gas. There is no school or dispensary either. Ms. R gave the history of problems on being interviewed. She shared that it was a common practice for the local police officials to forcibly enter houses of people in her colony during their patrol. She further added the incident that took place the previous month during the patrolling process. The police forced everyone to come out of their homes for an investigation. Each and every transgender living there was thoroughly interrogated to check out their involvement in any unlawful activities involving drugs, alcohol and prostitution. When Ms. R was interrogated, she came out clean but was held by the police officials. One of the officials physically harassed her. She pushed which infuriated the officer further who in return started beating her mercilessly. He punched and kicked her and tore her clothes making her partially naked. She ran to her house and locked herself in her room to avoid further torture and derogatory treatment. Her guru was called to give her protection and intervened to solve the situation.

At the time of interviewing Ms. R was having symptoms of panic, difficulty in concentration, low moods, flash backs and refusal to work. She was individually counseled and given coping techniques for stress related issues. She was encouraged to take follow up sessions in SACH rehabilitation center, ICT. She was medically treated for common cough and cold.

Case 14:

This is the case of Ms. R. SACH came across this trans-gender in Islamabad. She was 27 years old and had migrated from central Punjab years ago. She joined the group of a TG rights activist and started working as a dancer at local functions and parties. She discussed about visits of other NGOs who provided basic guidance on use of medicines and precautionary measures for safe sex to prevent sexual transmitted diseases such as HIV/AIDS, Hepatitis B and Hepatitis C. During the interview, she shared her experiences of humiliation she had faced at the hands of police. She said that it was a normal routine of police officials to check and harass their community members. They would be harassed, detained and tortured for money on different check posts throughout the city. She shared that a week before that day, she was arrested for begging in the main market of Islamabad. Begging is an offense in Pakistan hence she was shifted to a nearby police station for further interrogation. There she was beaten badly by the investigating officer. He used a leather whip on her body and demanded money for her release. She was severely injured and her guru had to intervene by paying a certain fine to get her released.

At the time of interviewing, she cried a lot and showed symptoms of distress, hopelessness and isolation. She was counseled through supportive techniques in one time session and was encouraged to continue her follow-ups at the SACH rehab center, ICT. She took her follow-up counseling sessions and showed a lot of improvements in her emotions. She also stopped begging later on. Medically she was treated for the common cough and flu.

Case 15:

Aged 30 years, Ms. S was a resident of Islamabad. She shared how she was managing a hard life in difficult circumstances since her birth. She migrated from the central Punjab and joined the group of other

transgenders. She disclosed her arrest during the police patrolling at the main market a couple of weeks back. She used to go there for the begging during week days whenever there were no parties or occasions. She was subjected to torture by the police officials using sticks and slippers at the police station and a case of begging filed against her.

Her guru intervened the following day and bailed her out after paying the money to the concerned police officials. At the time of interviewing she was having the symptoms of depression and anxiety. She was counseled and encouraged to continue the follow ups at the SACH rehab center. She continued her session with other colleagues and showed some improvement in her mental state. Medically she was treated for the generalized pains and weakness.

Case 16:

This is the case of Ms. S aged 27 years and a resident of Islamabad. She confidently shared her life experiences and struggles. She had migrated from central Punjab to Islamabad seek the protection of N, a TG activist. She similarly earned a living by dancing at parties. She was well aware of STDs, HIV/AIDS and Hepatitis preventions. During the interviews, she talked about her brief detentions and humiliations by the police officials. She also disclosed an incident of being sexually harassed at a check post by a police officer who tried to force her into the sexual relations. She told him that she was not a sex worker but he didn't pay any heed to her words. Her refusal to do so resulted in her facing violent consequences. She further told that he police officer physically assaulted and abused her. During the brief detention at the police check post, she was physically and mentally tortured and had to money to be released. At the time of psychologically intervention she was having agitated depression. She also took follow-up counseling sessions at SACH rehabilitation center (ICT) following a medical treatment for generalized pains and weaknesses.

Case 17:

Ms. B was a 30 years old trans-gender who was residing in the same slums of Islamabad as other trans-genders, the colony behind a shrine. She talked about her life and the unfortunate circumstances she had been in since birth. She had migrated from central Punjab to make a living in Islamabad. She was a dancer by profession and performing at parties, weddings and inaugurations helped generate an income. During the interview, it was revealed that she was well aware of information regarding transmission of STDs like HIV/AIDS. Then she discussed about police behaviour with her community. She disclosed how the police officers would forcibly enter their houses without any search warrants. She further shared about an incident that took place a few months ago in which the police officials broke into their house and suspected them of being involved in prostitution and drugs business. She told that most of the trans-gender were dragged to the nearby police station and were detained in a small room. They all were questioned though out the night about alleged their participation in illegal activities. When Ms. B was interrogated, she denied being involved in any unlawful activity but that did not help.

She faced a lot of disrespect, abuses and derogatory remarks about herself and her parents. She told that she felt very miserable and extremely unprotected even in her own house. She added that she had thoughts of despair, suicidal ideations and social withdrawals. She had quit participating in dance performances since then and had been depending on her fellow mates for food and shelter.

She was psychologically supported for depression through one time intervention and was encouraged to continue the follow-up sessions at SACH rehabilitation center (ICT). She did not take the follow-up sessions regularly. She was medically treated for the generalized weaknesses.

Case 18:

During visits to Prisons, A case of a 45 years old man was seen who was granted a life imprisonment sentence under murder charges. During the interview, he shared that seventeen (17) years ago during his professional exams at a Medical College, he had developed strong affiliations with the Tablighi Jamaat (religious group) of that region. He further added that he had very strong religious convictions until then, which gradually changed into intrusive and sinful thoughts due to the influence of some notorious religious leaders of the group. Soon the affiliation affected him in such a way that he started showing signs of chronic depression with psychotic features and in that state of mental disorder, he committed a murder for which he was arrested and imprisoned. The Army medical college rusticated him for this act. He also disclosed that the derogatory behaviour of jail staff was further affecting him and he was feeling further deterioration in his condition.

SACH provided psychological intervention which included supportive therapies and psycho-medical support. He was recommended a psychiatric evaluation for further long term management.

Case 19:

During interventions in Prisons, SACH came across a 46 year old male who was identified as a resident of Hangu District (Khyber PakhtunKhwā). He was imprisoned for the life under murder charges. He did not elaborate on the charges of murder. During the psychological session, he told that he was retired army personnel who was working on two jobs after retirement which included driving a private cab and working as a security guard to make a living and support his family. He shared that he had been a patient of chronic depression and substance abuse for a long time which had been left un-treated when it was diagnosed at the time of interrogations that were being conducted for the murder he had committed. He was put on anti-psychotics and had to undergo sixteen electro convulsive therapies. His mental status examinations were normal but he complained of having mood swings, auditory hallucinations, aggression and suicidal ideations. He also shared his history of facing blunt trauma in investigations during his physical remand. After this brief medical and psychological intervention, he was recommended a complete psychiatric evaluation.

During follow up sessions, it was observed that the prison officials had some arrangements made for his psychiatric care. His psychosis showed signs of improvement managed and there was stability in his moods. He was recommended psychological therapy sessions twice a month.

Case 20:

In prisons, A 26 years old man was imprisoned for an under trial case of abducting a woman. At the time of session, he was brought hand cuffed as he had made a suicide attempt. It was disclosed that the prisoner had tried to attempt suicide multiple times. It was also observed that he had a history of an uncontrolled chronic depression prior to arrest. He further shared that he was brutally beaten with wooden sticks and leather belts during the investigation process in police custody. He also told that he was kicked in the abdomen by the police officers. During the interventions, it was observed that the patient was not only presenting complaints of suicidal ideations, aggression, depression, loss of interest and anxiety but he also confided committing multiple violent acts.

Due to his severe mental conditions, he was further recommended for psychiatric evaluations. Later on, during another follow up session with the prisoners, it was revealed that he had been shifted to another barrack to keep him isolated for security purposes.

Case 21:

This is the case of a 30 years old man who was facing life imprisonment. He had murdered his step brother. SACH started its session by conducting a mental status examination which was revealed to be intact. He also showed a history of paranoid ideations of persecutions. He believed that his step brother was involved in the practice of black magic and was trying to harm him through it. He also said that he had epileptic seizures and was being treated for it. He revealed that he committed the crime in a state of acute stress with multiple intrusive thoughts in his mind which couldn't be controlled and he murdered his step brother. He also disclosed the derogatory behavior of police towards him during interrogations. He revealed that the police got him to confess the crime by using the third degree methods which included extensive beatings with a leather strap during his physical remand.

SACH facilitated him by having one to one counseling session and guided him some progressive muscular relaxation techniques. The victim was presenting problems of depression and sleeping disorders which were resolved in the follow-up sessions. It was observed that there was no awareness of neurological illnesses in his family which left him untreated. He had a history of falling down and got epileptic later. The episodes of seizures were not properly addressed. He was provided basic medical facilitations.

Case 22:

In Prison, SACH came across a 48 years old man Mr. T. He was on a death sentence due to murder charges against him. He shared that it all started when he married his wife without the consent of her brothers who were deeply offended by her choice of a bridegroom. Due to this conflict, Mr. T decided to migrate with his wife moved to another city. He denied the charge of murder. He told that as few years went by after his marriage, a robbery took place at his in-laws' house. The robbers looted them, killed his father-in-law and fled. His brother-in-laws' filed the murder case against Mr. T instead of searching for the real killers. He told that his in-laws bribed the local police to file an FIR against him and he was thus arrested. Mr. T had spent almost 10 years in the prison and wanted legal aid for his release. He was having Ischemic heart disease due to living in chronic and stressful environment.

The month earlier, Court provided him with a pro-bono lawyer. He also shared the dehumanizing behavior of jail staff. He further said that they were very abusive and bullied him a lot as they were not supportive of the idea of love marriage. Mr. T had gait issues and used clutches for support. He was given supportive therapy by SACH. Later on during his follow-up sessions, he was given CBT that showed improvements in his depressive issues.

Case 23:

This is a case study of a 41 years old man who was imprisoned on the charges of an alleged murder. He was allegedly arrested for murdering his neighbor with whom he had a fight earlier. He shared that he was sent to the Police on a physical remand for 15 days. There he faced infliction of one of the worst tortures and was forced to commit to the crime he had not committed. He told that the police administered I V

injections to stiff his muscles making it difficult for him to walk, sit or even use the toilet. He told that he was also exposed to sexual torture as well. Syringes full of chili paste were injected into his rectum which caused burning micturition and hematuria. He also showed signs and symptoms of panic attacks, flashbacks and difficulty in staying asleep. The interventions revealed that the victim was facing difficulty in discussing about his history of torture due to prevailing psychological issues.

SACH provided medical and psychological facilitations along with follow ups with supportive and Cognitive Behavior Therapy. It was observed that there were some improvements in his perception and communication.

Case 24:

Mr. A was a 28 years old man who was arrested and imprisoned in prisons. He told that his family had migrated to Pakistan from Afghanistan in 1988. He was born in Pakistan but was registered as a non-citizen and has been working as labor on daily wages. When further questioned, he disclosed that his friend had a fight with someone at their work place. During that fight an opponent got killed. The relatives of the deceased filed an FIR against his friend but included his name in the report as he was also allegedly involved in that fight. Mr. A told that during the physical remand, he and his friend were beaten severely by the members of the investigation team. He could not prove his innocence because pro-bono legal facilities are not available for the non-registered residents. He was convicted to a life sentence and had already spent 07 Years in prison. The victim was medically and psychologically supported with the counseling techniques and some pain killers.

Case 25:

Mr. X was a 36 years old man who was working as a Heavy Transport vehicle (HTV) driver in a transporting agency to earn a living. He shared that he had to stay away from his family for long periods due to the nature of his job. His children missed him a lot and gradually convinced him to switch to another job. Therefore, he left the agency and started driving a cab as a private taxi driver. More than two years passed by and things were going well until a lady customer booked his car. Mr. X was unaware that she was carrying cannabis in her bag. On the way to her destination, he was checked at a barrier by the local police officers and the cannabis was found from the luggage of that lady. He tried to convince the police officers that he was unaware of the lady's intention and had nothing to do with the drug but the police considered him involved and allegedly arrested him under section 9-C. On judicial remand, he was physically and mentally tortured. He underwent severe beatings with leather straps and was forced to confess to the crime he had not committed. Later on he was convicted for a period of 06 years imprisonment. He had already spent 02 years in jail at the time of his interview with SACH. Mr. X further shared that the lady was released from the prison on bail due to her strong linkages and financial support and he being unable to afford the legal services, got convicted.

During his physical examination, it was found that he was having generalized weakness, chronic pains and aches. He also had sleeping disorders and complained of anxiety and depression as well. He was medically and psychologically supported with the counseling techniques and basic pain killers.

Case 26:

This is the case of a 24 years British National who was allegedly convicted to life imprisonment together with his father under section 302 (murder charges). According to Mr. J, he was residing with his father in Britain. His father's family belonged to District Attock (Punjab – Pakistan). He told that he was on a vacation to Pakistan with his father who had come to resolve some property issues along with the consent of his relatives living in Pakistan. On reaching Pakistan, things escalated which resulted in heated discussions with the opponents and his father ended up killing a person.

The murder case was registered and his father was arrested and sent to jail. A few days later, the aggrieved party bribed the local police officers to register the name of Mr. J in the case. The Police thus, arrested Mr. J under the same murder charges and he got convicted to life imprisonment. Mr. J was so devastated that he developed symptoms of anxiety and depression along with mood swings. As a Britain citizen he was entitled to assistance from British embassy in ICT. The assistance was faced by numerous complexities and thus, could not be provided in its entity. But nevertheless the embassy provided him with counselor services to further help his father and him. The support was countered by the legal procedures in obtaining bail. Mr. J further told that his father and himself, both were moved to a highly sensitive barrack where they were deprived of basic necessities which included lack of timely medications, food, drinking water etc. In summers, there was no cooling system in their barrack and their time being spent there was very difficult. He told that his father started having some cardiac problems which required immediate attention but the jail staff showed lack of cooperation in getting him treated. SACH documented all relevant information and liaised with the counselor of the U.K. Embassy regarding their case.

A meeting was arranged between SACH and the representatives of the U.K. Embassy to provide better facilities to their citizens jailed in Pakistan. SACH also registered recommendations to shift Mr. J and his father to a better barrack with facilities.

Case 27:

This is the case of Mr. S who was 28 years old. He had a history of fights and was imprisoned on the account of an alleged murder in 2015. His case was under trial. He was noted in prison because of depression, mood swings, panic attacks and aggression. He was already under psychiatric care. He had a family history of psychological disorders. He shared that he and two of his friends were involved in a robbery. During the robbery, a fight started which resulted in the killing of a man by Mr. S's friend. The police arrested Mr. S and his friends and they were taken to the nearby police station. There, all three friends were physically tortured by using leather strap paddles, wooden rollers and ropes. They were forced to lie down on the floor with their hands and feet tied. Then the wooden rollers were pressed against their thighs which caused immense pain. This was inflicted for them to confess to the crime.

During his interview with SACH, it was observed that Mr. S had a psychiatric history in his family and he was already having episodes of uncontrolled mood swings, panic attacks, aggression and fights even before being convicted and imprisoned. He confirmed that he has never been seen by a psychiatrist, thus his psychological problem remained untreated until he got involved in a crime. Mr. S was given supportive psychotherapy sessions with couple of follow ups. His case was referred for a detailed psychiatric examination with emphasizing on treatment of bipolar and borderline personality disorders.

Case 28:

Mr. N, a 71 year old foreign national was forced into exile to Pakistan. He had earlier served in the foreign army, had written a book against the then rulers. He narrated the oppression and persecution of enlightened intellectuals and scholars who were against fundamentalism. Mr. N got arrested and imprisoned when his book was published. During that period, he was put into solitary confinement and deprived of basic needs by the prison authority. There he developed PTSD but the prison management did not provide him with any psychiatric treatment. He spent 02 years in Tehran prison and then was forced into exile to Pakistan without his family. Here he got registered at Islamabad, but due to incomplete documentations, he was sent to prison in 2003. He was uncertain regarding his current status. This was a huge pressure to deal with for an old man of that age and he was already complaining of difficulty in sleep, anxiety, depression, mood lability, impaired digestion and poor concentration. Physically he had generalized pains and aches, overall weakness, acute gastritis due to the chronic stress and tension; He was losing weight very rapidly. Supportive psychotherapy sessions were given to him with the coverage of anti-anxiety and painkillers. He showed slight improvement in his health.

Case29:

Mr. N was a 46 years old man living in Pakistan for 40 years in a refugee camp. He was working as a water-boring labor. His refugee status caused many psycho-social stressors mentally. He had the responsibility of his parents and his family for whom he had to work very hard. During interview, he discussed the discriminating and disrespectful attitude of local police officials. He told that there had been series of forced raids by the police officials despite knowing that he and his family members had never been involved in any criminal activity. He further shared that such kinds of practices of police officials have put him and his family in a state of a constant fear and distress. Their house and their workplace do not seem safe to them anymore. His work required him to travel out of station for purposes of drillings and diggings. Staying away from home for longer periods had put him in fear of his family being left unprotected behind. He told that he was living in constant state of chaos and would stay upset and tense all the time.

During psychological examination he was presenting complains for overthinking, panics, difficulty in staying asleep and chronic fear of death. Tentatively he was diagnosed with the chronic anxiety disorder. Medically he appeared with generalized aches, pains and weaknesses, tinnitus and vertigos. During interventions he was psychologically treated in a small group session. He was motivated to get follow-up sessions twice a month along with his family at the SACH rehab center (ICT). Medically he was given the medicines for his complaints.

Case 30:

Aged 60 years, and working as a labor in the vegetable market of ICT, Mr. J was an afghan refugee living in a refugee camp ICT. He explained many multiple psycho-social stressors he had to face daily. He also talked about difficulties at his work place which included multiple detentions by the local police officers deployed at police station (ICT). As an Afghan refugee he was labeled as being involved in petty crimes and illegal activities. The actions of few created a problem for the entire community and especially for those who were working as fruit and vegetable vendors in market. He further shared that police officers were used to in harassing the local refugees and they had to face unlawful detentions, humiliating and degrading treatments, verbal abuses and even infliction of blunt trauma such as slapping, kicking, punching and using wooden stick to hit. He further shared that another common practice of the police was asking for money to settle down any issue or to get released from their captivity. Refusal to pay always resulted in physical assault, false accusations and detentions. To avoid such situations, the community members had settled upon paying off money to be released.

During interviewing clinically, he was presenting the lability of mood, difficulty in concentration and temperamental issues with the family members. During medical interventions, it was observed that he had constant headaches with the episodes of kidney pains. During short group sessions he was psychologically supported by using supportive techniques and was further motivated to continue the sessions at SACH rehab along with his family. Medically, he was given pain killers by the doctor and was recommended for detailed tests and ultrasound to rule out the kidney related complications.

Case 31:

Aged 44 years, Mr. S was also an immigrant who reported that he migrated to Pakistan from Afghanistan at the age of 04. Since then he and his family had been living in exile under extreme psychosocial duress. The entire family had been registered as refugees but had not been receiving any financial assistance from the UNHCR. Therefore, he and his family had to do odd jobs to earn a living. At the time of interview, he was residing in refugee camp with his family. He was working at a vegetable market on the daily wages. He had a cart and was working as a loader. He shared his experiences of being humiliated and physically tortured multiple times by the local police. He reported that a couple of months ago, he had been detained at the police station without any complaint against him or any evidence. He stood there for almost 06 hours and was asked multiple questions on being involved in any unlawful activity such as drug smuggling or other things. There were many other people in the same investigation room and were being interrogated the same way. After hours of investigation and no clues, all of them were beaten to confess crimes they had not committed. Later on they were forced to either pay a certain sum of money or to face a much longer detention. Mr. S paid some money and returned home. Since then, He was having disturbed sleeps and flash backs of that particular incident whenever he saw police officials in the market area. He even quit working in the market for a month. Later on he continued working again but remained in a group of older people to protect himself from the sight of police.

At the time of clinical interview by SACH, he presented issues of lability of moods with agitated depression. He was given an individual session with some stress reduction techniques and breathing exercises. He was also motivated to include his family in the follow-up sessions at the SACH rehab center (ICT). He was medically treated by the doctor for the complaints of burning micturition and generalized pains and aches.

Case 32:

Aged 38 years, Mr. A was a resident of adobes in ICT who was interviewed by SACH. He was working in the vegetable market. The poor living conditions in the afghan refugee camp in a sector of ICT created many psychosocial stressors. He was arrested and charged of spreading terror during one of strolls in the city. The police asked to be bribed for his release. He was detained during 2 days, was tortured and not allowed to contact his family or friends. By the evening of his second day in lock-up, his relatives reached the police station to inquire about him. They were stunned to find him behind bars. Finally a group of Afghan community representatives (the heads of their adobes) arrived at the police station to settle down the matter. They paid money to the concerned police official and got him released. At the time of interviewing, he presented a history of on and off panic attacks, flashbacks in dreams, fear of being rearrested and refusal to work.

Apparently, it seemed to be post traumatic disorder condition. He was counseled individually and guided some stress reduction techniques. Further he was encouraged to take follow-up sessions at the SACH rehab center (ICT) along his family members. During physical examinations, few injury marks were documented and photographed with his consent. He had fever, cough, common cold and backache. He

was treated with medications and was advised to have lumbo-sacral spine X-ray if the back pain symptoms persisted.

Case 33:

This is the case of Mr. J aged 40 years living in the suburbs of the Afghan refugee camp at Islamabad. He was a private cab driver. He shared how he had been spending his life in difficult circumstances since he arrived in Pakistan 29 years back. Initially he started working as a labor in the fruits and vegetable market in 1-10 sector ICT. He was making both ends meet by striving really hard to fulfill the needs of his family. Besides this, he was bearing the discriminatory attitude of the local police officials along with humiliations, brief arrests and forced monetary compensations. He had been working under the same conditions for years until one of native fellows let him borrow his car to drive on rent. He was working day and night to support his family and pay the cab's rent. He reported of several incidents where the police abused its authority, misused its power, harassed him and also deprived him of a legitimate fare at the end of rides they took. He further added that he was forced to wait for them for several hours killing his precious time in which he could have earned more. He told that he felt victimized whenever they approached him and often verbally humiliated him.

At the time of the interview he was presenting complains of chronic anxiety, depression, difficulty in concentration while driving, impaired sleep, self-pity and temperamental issues with the family. He was counseled through individual session and introduced tension reducing and muscular relaxation exercises. He was further recommended follow-up sessions together with his family at SACH rehab services. Medically he was treated for chronic dyspepsia, knee pains and seasonal cough and cold.

Case 34:

Mr. G was a middle aged man who lived in Afghan refugee camp. He worked as a labor at a local bazar. He shared his experiences while living on the margins of society which has caused him many psychological stressors. He informed that the local police officials used to raid and interrogate the refugee community for thefts and crimes without any search warrants. Sometimes the police would forcefully enter their homes and start interrogating male residents suspecting their involvement in unlawful activities or crimes. He further added that the police had marked most of their houses that were investigated without any prior notices or search warrant. He also discussed about illegal detentions of male members of their community. This kind of chaotic situation for the last couple of years had made their lives even more difficult. He shared that living in such frightening situations was continuously affecting the mental state of the community's residents.

At the time of interviewing Mr. G complained of chronic sleep disturbances, night terrors, difficulty in concentration, lability of the moods and hopelessness. He was counseled once in a short group session and supportive techniques were introduced to immediately settle down his issues of mental stability. His family was encouraged to have follow-up sessions at the SACH rehab center (ICT). Mr. G had some medical issues as well. He had complains of multiple joint pains, headaches, generalized pains and aches, heart burns due to the chronic anxiety. He was treated with some medications and recommended for physiotherapy from National Institute of Rehabilitation Medicine, G-8 Islamabad.

Case 35:

Aged 22, Mr. H was a resident of refugee camps at ICT. He used to work as a labor in the local market until he got arrested. During his interview with SACH, he told that he had been jobless since his return from the prison after spending 07 years detention. He was a very confident man who openly discussed about his past experiences without any hesitance. He told that he was arrested because of being involved

in unlawful activities namely robberies and thefts. He further told that he had a history of numerous arrests. Mr. H disclosed his experience with police officials during his last arrest. He was charged for an alleged robbery. During his physical remand period, he was made to confess a crime he had not committed. He told that he had been physically tortured by the investigation officers and was exposed to blunt trauma, physical beatings with leather straps, sleep deprivations, poor diet/food and solitary confinement without any medical aid.

He also told that his nostrils were pierced and pulled by a police official to cause him great pain to confess to the crime. His case remained under trial for years until he got released from the prisons in Rawalpindi (Punjab). After the release he continued to suffer. As he was identified as a criminal by the police, he was the primary target for any crime committed in the neighborhood and would face interrogations and detentions. He further disclosed that some of the police officials even compelled him to do certain unlawful activities to earn money for them to which he always refused. He told that he aspired in becoming a better person and lead a peaceful life.

During interviews, he showed symptoms of post-traumatic stress, impaired sleep, flashbacks of tortures inflicted on him during interrogations and lability of moods. He was counseled in a one to one session and was introduced with stress reduction management techniques. He was motivated to have follow-ups along with his family at SACH rehab center (ICT). The medical doctor of SACH treated his complains for generalized pains and aches, anorexia and physical weakness.

Case: 36:

Mr. AZ aged 26 years, being a resident of Refugee camp, Mr. AZ was willing to share his story with SACH. He told how he had led a hard life and had been facing multiple psycho-social stressors including economic problems. He told that he was a daily wage worker in the local vegetable market. His experiences with the local police officials deployed there were similar to those of fellow community members. He added that refugees are discriminated against and are denied rights to a decent. Because of the expiry of his refugee registration card, he was arrested for roaming around and detained by the police but was later released after the intervention of the community elders and payment of a fine after he had refused to provide some bribe. He further stated that the local police officers were used to of demanding their share from the daily wages of these poor refugees. He shared that during his brief detention, he was subjected to blunt trauma which included kicking in the lower abdomen area, slaps and punches on the face and detention at the police station near the vegetable market.

At the time of psychological examination by SACH, he was presenting symptoms of sleep deprivation, lability of moods, worthlessness and was tentatively diagnosed with agitated depression. During one to one sessions he was introduced to stress management techniques to cope up with his current mental state. He was encouraged to continue his follow-ups along with his family at the rehabilitation center (ICT). Medically he was treated for the complaints of chest pain, generalized pains and aches, dyspepsia and seasonal common cough and cold.

Case 37:

Mr. ST: Aged 86, the resident of refugee camp narrated his life experiences. He was a refugee who had migrated from Afghanistan 40 years ago. Despite his old age, he was still working as a daily waged labor in the local fruit and vegetable market to support his family. On being interviewed, he told that a few months ago his eldest son got allegedly arrested under the case of committing a suspected crime near his work place. The local police officials demanded bribes to release him. On his refusal his son was detained for couple of days without being brought before the court of law. He further told that during that detention, the son was restricted to a small room without any means of communication with anyone. Mr.

ST further shared that he was so worried that he had to talk to the representatives (Heads) of his community as he was helpless. The representatives got involved, helped arranging the monetary compensation and paid it to the police officials to get his son released.

Since his release, he refuses to go for the work fearing of being arrested. In this prevailing situation he and his family are facing financial problems. Being so poor they cannot even afford any medication. During the interview, Mr. ST complained of mood swings and family conflicts & disputes, agitation, impaired sleep and was tentatively diagnosed with agitated depression. During the family counseling session, he was provided support and motivation to bring his son to SACH rehab center (ICT) for psychological treatments. Medically he was treated for generalized pains and aches, muscular weakness and burning epigastrium.

Case 38:

This is the case of Mr. SA living in adobes of refugee camps at Islamabad. The hard life caused enormous stressors which affected him. He was working as a labor in the vegetable market on daily wages. He talked about his detention at the police station at ICT near the vegetable market where he was allegedly arrested under suspicion of committing a crime. He told that he had to stand in lockup for 48 hours waiting for his turn to be presented before the court but in vain. He was deprived of all communication with his family who ignored his whereabouts. When he was finally found, he was released upon the intervention of the community elders. At the time of interviewing, Mr. SA was having panic symptoms, difficulty in staying sleep, refusal to work, worthlessness, poor concentration, and lability of moods.

He was counseled in a small group session with the multiple supportive techniques to settle down his anxiety related issues. Also he was encouraged to continue for follow-up sessions at SACH rehab center (ICT). He was medically treated for generalized pains and aches, hyperacidity, burning micturition and backache.

Case 39:

Aged 19, a resident of refugee camps at Islamabad, Mr. ZH was a young man who discussed about his life and harsh situations he had been in since his birth in Pakistan. He had a temporary refugee status despite being born in Pakistan. He was working as a porter in the fruit & vegetable market in Islamabad. He shared that 3 weeks ago he was arrested by the local police of the area that he worked in. Without any arrest warrant or legal document, he was detained for almost 12 hours. On asking the reason of his detention, he was not given an answer. Later that day, he was shifted to a smaller room where he could see some other people as well who were detained like him. The detention lasted for ten hours until a police official asked all of them for bribes to be released.

The reason of the detention was not disclosed but a remedy for the release was provided. All detainees were labors who had little amounts of their daily wages which they had earned that day. All of them reluctantly paid their share but Mr. ZH resisted because he had not earned that well that day and wanted to take some food for his family back home. His refusal to give in led him into an unpleasant situation to which the police reacted by beating him mercilessly. He told that he was slapped, punched, pushed and kicked by an un-uniformed person. At last, to save his life, he gave all his money to be released. At the time of being interviewed, the victim was showing distress, his body was shaking and tremors were quiet observable. He reported difficulty in staying asleep, worthlessness, self-pity, and appeared with agitated depression and panic. He was counseled through an individual brief session and was encouraged to take

family counseling sessions at SACH rehab center (ICT). He was also treated medically for upper respiratory tract infection by the doctor.

Case 40:

Aged 20 years, resident of refugee camps at Islamabad, Mr. SH talked about he was struggling in his life since his birth in Pakistan. He had a temporary refugee status. He was working as a porter in the fruit and vegetable market of Islamabad. He shared his experience with the local police officials of that area. He told that few weeks back, his friend and himself were going back to their house after a hectic day's work. They had their earnings and some edibles in their carts to feed their family. It was pretty late that night the streets were deserted. A police van came across and two police men stopped them. They were asked to prove their identity. The police was aware of their temporary refugee status. Nevertheless they were beaten for not carrying their cards and their earnings and food stuff were confiscated. Mr. SH further reported that such behavior of police officials was a part of their daily routine. They had been facing a lot of derogatory remarks and felt ashamed and humiliated most of the times. At the time of interview, the patient was having mood lability, poor concentration issues, poor sleep, loss of appetite and refusal to work. He was individually given a supportive psychological session with some basic techniques to improve his mental state. He was encouraged to continue his follow-ups sessions in SACH rehab (ICT) along with his family members. He was also medically treated for the GIT issues, loss of appetite and headaches.

Case 41:

Aged 48 years, a resident of refugee camps, Mr. SG migrated to Pakistan at the age of 03. He was working as a porter who owned his own cart at the fruit & vegetable market at ICT. He was mentally disturbed because of the harassment of local police officials. His son in law was arrested on his way back home after work for the theft of a motorcycle and a mobile phone which he explained that it was his but could not prove it as he did not have the documents at the time of arrest. He immediately called Mr. SG for help and told him how he was arrested and detained on fake charges of theft. Mr. SG rushed to the police station but he was not allowed to meet his son-in-law who was in the.

The next day when he finally met him, he was forced to confess to stealing his own mobile phone and motorcycle. Mr.SG told that he realized that his son-in-law had been beaten badly which was pretty obvious from his condition. He told that after having a talk with his son in law, the reality of the local police was exposed who not only physically tortured him but also compelled to accept the false charges against him. Mr.SG talked to the police officers on the matter and identified the mobile and motorcycle as a belonging of his son in law. He also told that he himself had bought these things for him after paying a total sum of Rs. 3500. He asked the policemen how his son in law was even arrested when there had not been any allegation or any written complaint launched against him for stealing a motor cycle and a mobile phone. The police officials could not justify his arrest so they asked Mr. SG to leave and return after two days for resolving the issue. After two days, he visited the police station again but all his efforts went in vain. The police did not pay any heed to his justifications and his son in law could not be released.

During counseling, Mr. SG was treated psychologically for symptoms of depression and anxiety through a supportive session and was encouraged to take counseling sessions along with his family at the SACH rehab center. He was also referred for free legal assistance to get his son in law back from police custody. Medically he was treated for the upper respiratory tract infection, generalized pains and aches and weaknesses.

Case 42:

Mr. KH was a resident of refugee camps. He was a 24 years old young man, a porter by profession working on daily wages in the local market. He was born in Pakistan and but had a temporary refugee status. This young man was a free spirited, ambitious person who wanted to live a sound life with his family but his story tells us how the peace in his life was snatched by law enforcement agencies. During interview, he explained his traumatic experience of being subjected to extreme physical and psychological torture by the local police officials of his area the previous month. He lead a normal peaceful existence, caring for his family until it was disrupted by the fact of not being able to present his refugee status card. He was arrested and detained and denied any communication with his family. This incident occurred on one of his working days. He pleaded to contact his family so as they could bring his identification document. His intention was clear. He just wanted his family to bring his card so he could be released but instead he was falsely charged for spreading terror and on the account of suspicion of a crime, he was detained for further interrogation. The only condition on which he could be released on was a monetary compensation. He resisted to their condition and was severely beaten with leather straps. He was handcuffed and kicked in his abdomen and stomach and was solitarily confined for more than ten hours.

Hours later, his friend to the police station and paid a fine of Rs.500 to get him released. At the time of interviewing, MR. KH presented complaints of lability of moods, agitated depression and anxiety. He was separately counseled for supportive techniques and was introduced stress reduction techniques. He was also encouraged to take counseling sessions along with his family at SACH rehabilitation center. Medically he was treated by the doctor of SACH for the common flu and cold and gastro related issues.

Case 43:

Aged 18 and a resident of refugee colony of Islamabad, Mr. WM told that he was born in Pakistan living on a temporary refugee status. He too, like his other refugee fellows was working as a porter on daily wages at a bazar in Islamabad. He was a shy fellow who lacked confidence and had the fear of being put in a bad situation hence it was a bit difficult for SACH to start a counseling session with him. Therefore, first his trust was won and then an interview was initiated. He shared his traumatic experience with the police officials deployed at the market where he worked. He reported of being subjected to a brutal physical and psychological torture by the local police officials appointed at his workplace. He told that a month ago, he was coming back from his work to his house when a few police officials stopped him at a temporary check post and demanded to verify his identity card. He told them that he was a refugee residing in the camp nearby and could bring his refugee ID card from his house but the policemen disbelieved him. Instead they asked for a certain amount of cash to release him. Mr. WM had only Rs. 500 which he had kept to give to his father so he refused. One of the police officers got furious and bluntly beat him with a sick and threatened him to be ready to face consequences if he did not bring his identity card the next day.

Mr. WM was so scared that he literally ran away from that spot and refused to meet any one for the next two weeks. He even took off from his job to stay at home because of the fear he had developed for the police officers. He resumed his job few days after but always accompanied by his uncle who also worked in the same market. Out of fear he was unable to travel alone. At the time of interviewing, he was presenting complaints of flash backs of being physically punished by the police officials. He was fearful of policemen and would often take the day off from work if he spotted them in his way as he refused to work independently. The impact of the detention and arrest inhibited him greatly.

During sessions, he was usually feeling low with tearful eyes and was tentatively diagnosed with anxiety and depression associated with the traumatic incident. He was individually counseled with a supportive session and was introduced with muscular relaxation techniques to manage his panic attacks. He was also encouraged to take family counseling sessions at the SACH rehabilitation center. Medically he was treated by the doctor for pain in flank that he had for almost 2 weeks and was advised ultra sounds of

kidney and urine bladder if pain or difficulty in urination persisted. He also had shoulder muscle pain for which he was given moderate analgesia.

Case 44:

This is the story of Ms. M, a 28 years old trans-gender, who was a resident of Lahore Pakistan. She had a passion for dancing and her profession as well. She would perform individually as well as in group with other trans-genders. Here in Pakistan, trans-genders are specially invited and paid to dance at weddings, inaugurations, parties and other celebrations. Similarly, Ms. S also received an invitation to perform at a private party to which she accepted. She elaborated that the nature of these parties where adultery was committed, alcohol was served, drugs and other illegal activities were taking place normally, they were held privately. The police would often raid and arrest participants of such parties but Ms. M decided to accept the offer despite that she knew it was risky. She told that she was getting good money for just dancing and entertaining the participants which had been passion for years. On the day of the event, she and her fellow trans-gender group mates reached the venue and started performing as usual when suddenly a panic took the party by storm and the participants started fleeing. The police had broken into the party and started arresting everyone they could lay their hands on. She told that most of the people managed to escape and unfortunately she got arrested for being a part of such an event.

She further told that her detention in police custody lasted longer than she had anticipated. It was 17 days of pain and misery. She shared that she was continuously subjected to sexual molestation by most of the police officers. They would strip her naked in the name of checking and sexually exploit her body parts. She pleaded to them to let her go as she was just there for a dance performance but her request was rejected. Ms. S was literally sobbing when she was sharing her story. She further stated that apart from sexual abuse in detention, she was also subjected to blunt trauma which included physical torture by the use of leather straps, belts and whips, kicks, slaps and punches and metal torture which involved abusive language and derogatory remarks. A few days later, she was moved to Sahiwal jail (Punjab) where she spent 1 year when her case was under trial until she was released. In jail, she spent the worst time of her life. She shared that she was subjected to physical beatings, metal torture, verbal abuses and discrimination. She was made to stay with male inmates where she had to face sexual harassment on constantly.

During her counseling she disclosed that she experienced flashbacks, low moods, weeping spells and suicidal intentions. She further added that all these psychological issues persuaded her to use drugs to ease and erase these painful thoughts. SACH carefully looked into her case and provided her with supportive psychological therapies and medical facilitations. Her psychological evaluation showed multiple signs of PTSD and major depressive illness for which she was treated. Medically she experienced generalized weakness and loss of appetite for which she was given prompt treatment. She was advised to take follow-up counseling sessions with the clinical psychologist at SACH rehab center, Lahore.

Case 45:

Mr. AA was a 30 years old farmer who was convicted under section 324 C for shooting his cousin in his arm. At the time of interviewing, Mr. AA appeared with many psychological issues. He shared his experience with difficulty. He was a resident of Punjab who had been living there since his birth. He told

that matters started deteriorating when he realized that his paternal cousin was not agreeing his decision of wanting his share from the property. This disagreement of inheritance escalated into a severe conflict. One day, when they had again gathered to resolve the issue and to come to a decision. The argument got heated and Mr. AA shot his cousin in his arm in aggression. Soon the police arrived and arrested Mr. AA. He was convicted to 4 years in jail. Mr. AA shared that during his brief detention in lockup, he went through a lot of physical torture by the officers deployed at the police station while his statement was being recorded. Soon after he was sent to jail, his life changed. The jail officials in turn inflicted so much torture on him that every day he woke up with a wish of death. He described the nature of physical torture as episodes of regular beating with wooden sticks, metal rods and leather straps and at some instances with tight slaps on the face and neck. He shared on retaliation to the physical torture, he would be confined to an isolation cell for 10 days where there would be no light (day light/ others). He expressed with deep sorrow that during his solitary confinement, he underwent many mental breakdowns and would shout and cry loudly.

During interventions, Mr. AA was given one-time medical and psychological assistance at the prison. On psychological evaluation, he showed signs of depressive illness without any behavioral issues. His medical history and examination revealed urinary retention for which he was given treatment and was advised abdominal-pelvic ultrasound.

Case 46:

Ms. A was a 19 years old young lady from Punjab. SACH met her in jail, when she was a prisoner under trial for Section 302. She told that she had been charged for the murder of her father. During the interview, she further told that she was innocent and her cousin had trapped her because he wanted to marry her to which she had refused. He did the act himself and got her stuck there in the jail as a vengeance. She shared that before her arrest, she was living a happy life and sound life with her parents. She was a bright student. She had been facing a lot of humiliation and disrespect at the hands of jail staff. Ms. A was sobbing when she was telling her sad story of misery. She told that she was continuously mocked at and insulted by the jail staff regularly. This harsh behavior had affected her in such a way that every day she would wake up with wish to die. She had lost her career and self-respect and having them back in her life seemed impossible to her as expressed by her. She further shared that the female jail officials would harass her without any reason, snatch her belongings brought for her by her family and would make her do heavy chores to such an extent that her body would ache all night. This repeated nagging and derogatory were affecting her mental health.

During interventions, Ms. A told that she experienced low mood, hopelessness, weeping spells, sleeplessness and suicidal intentions. SACH assisted her with one-time medical and psychological services. The psychological examination revealed very high signs of depressive illness for which she was counseled through supporting techniques. The medical examination showed signs of generalized muscular weakness for which she was given multi-vitamins and immune boosters.

Case 47:

Mr. I was a 45 years old resident of Sialkot who came across SACH in jail, was convicted under section 302 for life imprisonment. He had murder charges against him and had been living in jail for years. During the interview he told that in his tenure of 18 years spent in that jail, he had himself witnessed and experienced many instances of both physical and mental torture by the jail staff. He started off by sharing that during his early years of imprisonment, he underwent extreme physical torture at the hands of jail staff and frequent physical assault by other inmates. He told that there was no decorum or code of conduct in the jail. Describing the kind of torture he received, he told that he was beaten with leather straps and whips on his back, sticks were hit on his lower legs and often beaten with a metal object on the head. He told that slaps, punches and kicks were part of the daily torture. He also shared that often his inmates would taunt and harass him but the jail staff would not react to it. During interventions, SACH gave him one time medical and psychological support.

The psychological results of Mr. I depicted extreme depression, sleeplessness, loss of appetite and easy irritability. He also showed signs of panic and anxiety which were treated through supporting techniques therapy. The jail staff was requested to keep a watch on Mr. I as he had suicidal tendencies and extreme aggression. His medical history and evaluation revealed that he was infected with HIV and tuberculosis for which he was getting treatment in the jail. He was advised to continue the treated and to have follow-up counseling sessions with the jail doctor and psychologist.

Case 48:

Mr. U was a 52 years old male from Karachi, Pakistan. He owned a small gift shop in Lahore and made his living by selling gift items. SACH found him in jail convicted under section 334/394. Mr. U confided that he had been falsely charged. He described the whole incident where his competitors planned his arrest by getting him trapped into a situation and out of reaction started hitting one of his aggressors. He told that his imprisonment was a result of a scuffle with his business competitors who to expel him from the business. His rivals were local influentials of the area who easily got him arrested by the police. He told that during his detention in the lock-up, he was abused both verbally and physically and forced in admitting to the uncommitted crime. He further shared that the police officials tied his hands and legs with ropes and hit him with wooden sticks to take his false confession. He was convicted to an imprisonment of 05 years.

He stated that initially he received a lot of beating from the jail staff which included hitting with sticks, slaps and punches in the abdomen which could have been one of the reasons for his lumber disc issues due to which is causing lower back pain and numbness in the thighs and legs. During interventions, SACH provided Medical and psychological facilitations to Mr. U for which he needed treatments.

The psychological examinations of the victim showed signs of dis-organized depression, anxiety, panic and low mood for which he was counseled through one time support therapy. The medical history showed that he suffered from epilepsy for which he was taking medications. He also showed signs of muscular fatigue and iron deficiency (anemia) for which he was provided with iron supplements. He was advised to consult a neurologist as well.

Case 49:

Mrs. M was a 70 years old female who was imprisoned on the charge of smuggling drugs. She was a resident of Lahore and a house wife before arrest. She was under trial for section 9C and was currently being detained in jail. During interview, she told that she was innocent and had nothing to do with the drugs. She told that it was her husband who was involved in drug trafficking and was the one who had brought it in the house without her knowledge. Their house was raided by the police officials and drugs were found. Her husband escaped. Furthermore, she told that police officials took her to the lockup and suspecting her to be involved in the crime; they physically harassed her many times during the investigations. They questioned her about her husband's whereabouts and hideouts which she ignored. She complained that she had been only a house wife and did not expect that she would be abandoned in this terrible situation.

She further shared that the investigating staff disbelieved her and the female police officials pulled her hair, slapped her and forcefully dragged her to different rooms during interrogations. During her detention, she was verbally abused and insulted by jail staff. She also shared that her mental health was deteriorating because of the disrespect. SACH gave her one time medical and psychological assistance as per her needs. Psychologically, she was found to have a few behavioral issues. She also complained of disturbed sleep, panic attacks and fear. She was given brief psychological therapies for anxiety and post-traumatic stress. She was also given cognitive behavioral therapy to cope up with her mood swings and agitation. On medical check-up it was diagnosed that she had generalized muscular aches for which she was given mild analgesia and multi-vitamins.

Case 50:

Mr. R came across SACH in jail. He was a 30 year old married man who had been working as a laborer throughout his life. He was a resident of Lahore Punjab, who had been convicted to life imprisonment under section 302 for murder. Mr. R believed in super natural powers and experienced hallucinations. He disclosed that the incident took place in a small town in Karachi in 2013 when one of his acquaintances who practiced black magic possessed him (with the help of evil magic power) and made him commit the crime. He had already spent 3 years in jail during his interaction with SACH. He told that his stay in jail was a difficult experience as he was facing different physical and mental abuses daily. In addition to this, he further explained that the jail authorities used derogatory remarks and abusive words towards him. During the visits his family was also treated abusively. On reacting, he would receive severe beatings which would include slaps, hair pulling and hitting with sticks on thighs.

SACH provided him with one-time medical and psychological assistance. On psychological assessment it was revealed that he had a history of untreated psychotic episodes of paranoia (auditory and visual hallucinations) and was suffering from paranoid schizophrenia/ psychosis. He also showed multiple signs of depression with symptoms of decreased sleep and loss of appetite. He was treated with psychological support therapies to cope up with his mental illnesses. The medical examination showed dental cavities for which he was referred to a dentist. He was advised psychological follow-up sessions twice a week with the jail psychologist.

Case 51:

Mr. AH was a 51 year old married man serving in jail under section 302. He was a resident of Punjab prior to his arrest and was a school teacher. He was convicted for committing a murder and was serving life imprisonment of 25 years in jail. He had completed 8 years of his sentence at the time SACH interviewed him. He told that his initial days in jail were very hard because he endured torture daily but later on he had become accustomed to it. He shared that the jail staff would inflict physical and mental torture even when his case was under trial. He explained that the physical torture inflicted was of many different types that would cause great pain. These included blunt trauma to the feet and legs with leather straps. He further shared that they would tie his legs with ropes and hit metal rods on his feet making it difficult for him to walk for days. He also said that the jail staff would abuse him and make him work in the sun for long hours during summers. Physical assault was a daily practice of jail management which would include slaps on the face and back, kicks on the rear and use of metal objects to hit on head which often caused bleeding. He was undergoing such physical and mental torture that he felt that he may not survive.

SACH examined Mr. AH medically and psychologically. It was one-time health facilitation. On psychological assessment, he showed multiple signs of schizophrenia which included auditory hallucinations of woman crying, other symptoms included agitated depression, panic attacks, anxiety and decreased sleep and appetite. He was being treated for schizophrenia by the jail medical team. SACH provided Mr. AH with a brief psychodynamic and interpersonal therapy to motivate him to continue his sessions with jail psychiatric. Medically he complained of pain in his joints from past 1 year. He was provided with moderate analgesia and was suggested exercises to improve his medical conditions. Psychiatric sessions were advised twice per month.

Case 52:

Mr. A was a 26 year old man who was interviewed in jail. He was a married man who worked as a laborer in one of the busiest market in Lahore. He had been under trial for section 302 for the past 4 years at the time he was being interviewed. During the interview, he told that a misunderstanding with his relative at their work place led to a fight where his opponent died accidentally. He shared that he did not intend killing. He added that the previous 04 years in jail had been very hard for him due to the ill treatment of investigating officers and jail staff. Furthermore, he explained that he was verbally abused daily without any reason. Continuous taunts and nagging often cause him to retaliate which led to his solitary confinement and torture. He stated that the worst kind of torture he had experienced at the hands of jail staff was passing of intermittent electric current through his body which would cause burns and shivers for weeks. He further shared that at times the contact and intensity of the electric current would be so high that he would faint but the jail staff would be indifferent. He told the frequency of abuse (verbal and physical) had decreased as compared to his initial days in jail as the jail officers were busy torturing new victims. SACH facilitated him with one-time psychological and medical checkup.

Psychologically, he was partially oriented and was found to have Schizophrenia for which he was on already on prescribed medication by the jail psychiatrist but probably his disease was diagnosed a little late because his reports revealed that he was not on any medication at the time of his arrest. Medically, he complained of burning epigastrium and indigestion for 45 days. He was given anti-acids. He was also advised to have psychotherapy twice a month and Pylori faecal Antigen test.

Case 53:

Mr. K, a 30 year old married male was interviewed by SACH in prisons. He was a resident of a small town in Punjab and worked as a driver prior to his arrest. He was under trial for murder charges against him and had been living in jail for past 11 months since his arrest. Mr. K faced constant torture and harassment by the jail management. He further shared that in his case, physical torture was not as intense as he had witnessed in cases of his fellow inmates but psychologically he was totally drained out because of daily insults and humiliations. It impacted his mental and emotional health. He further shared that the behavior of jail staff was very harsh. He explained an incident where he was slapped by one of the officials during a heated argument and his right eye was injured badly. He told that this incident of blunt trauma had left him disturbed mentally and he fears them since then. He told that he avoids going out and interacting with the jail management.

SACH provided him with one-time medical and psychological services. His psychological evaluation revealed history of mood swings and aggression for which supportive psychotherapy was given. Medical history and examination showed chronic abdominal pain and backaches (history of laparotomy due to gunshot injury). He was given moderate analgesia with anti-acids by the medical doctor. The jail management was suggested to have his complete psychiatric evaluation.

Case 54:

Mr. ZE Aged 39 and a resident of Sialkot, Punjab, was married and working as a labor in a nearby factory until his arrest. He was convicted and imprisoned in jail to serve a life sentence for murdering his mother in 2009. SACH interacted with him when he was already kept in isolation in a psychiatric cell. It was evident through his incomplete prison medical records that he had untreated psychiatric disorder, probably paranoid psychosis even before he had committed the crime. At the time of interview, he was not fully oriented and could not recall the complete details of his crime. The only details he gave about his medical conditions were that he had an aggressive personality and was temperamental which led to conflicts with other jail members and jail staff. He also told that he had faced blunt trauma during prosecution under police custody at the time of his detention. He could not specify the details of the torture methods that had been inflicted on him during the prosecution process but he did recall the hurt and pain it caused him. He told that he had sleep issues and lack of rest.

During interventions it was revealed that poor hygiene and insufficient medications were affecting his health. In his file, the psychiatric medications recorded were very limited and there weren't any follow ups. During one-time psychological intervention, Mr. ZE was given supportive counseling. The jail officials were requested to have his complete psychiatric evaluation. Medically, he was treated for generalized pains, aches and muscular weaknesses.

Case 55:

Mr. RI was a 30 years old man, resident of Khanewal (Punjab) and was working as a labor in city market before. SACH met him at jail, during his conviction of life imprisonment on murder charges. He had spent 03 years in the prison at the time he was interviewed. During the interview, it was observed that Mr. RI had a psychiatric history of paranoid schizophrenia. He was getting the required medicines for his treatment from jail hospital but showed little improvement. The jail staff and his medical records also confirmed his mental disorder. The jail psychiatrist was already treating since few months. During his interview in the psychiatric cell, he narrated the history of how the problems started. He told that one of his friends wanted to kill someone and he made him do it. His friend practiced black magic. He possessed him by using super natural powers and controlled his actions.

Mr. RI told that he had delusions of persecutions and further shared that he was forced to kill a person named Mr. SH though he didn't want to. Mr. RI was also presenting complaints of auditory and visual hallucinations despite getting the medications for it and lacked good hygienic conditions. He seemed under fed, depressed and without hope. He also shared the verbal and physical abuses he was facing daily from the jail staff. Having an unstable mind, Mr. RI told that it was hard for him to perform daily chores. At times he would forget things but he was never given the leverage of having an illness and he would get really tired by doing a lot of work. He also told that sometimes he would not be allowed to meet his relatives. It was also observed that there wasn't any proper documentation of the psychiatric and general medical services that were being provided to him and his case seemed to be neglected.

SACH provided him with one-time counseling session during which he was given supportive tips to control his emotions. The duty staff was advised to maintain his psychiatric follow-up sessions. Medically he was treated for the generalized weaknesses and tooth aches.

Case 56: Ms. MU was a transgender of 28 years. She was a resident of Lahore who made her living by mostly begging and dancing at events such as weddings, parties and inaugurations. She was interviewed during a medical camp in Lahore. During the counseling session she told her experience with the police officials of Punjab. She shared that it was not long ago when she was returning back from a wedding party with her friends. The police stop the public normally at check posts for identification. Similarly, she and her friends were also stopped and asked questions by a local police officer. After checking their credentials the policeman demanded that they handover all the money they had earned from the wedding party. Ms. MU and her friends refused to do so. It was the only cash they had to pay their rents and bills for the month. The police officer got furious and arrested all of them on the charge of being involved in begging and prostitution. Ms. MU further told that they were detained during 17 days in the lock-up in police station. They could be free if only they could pay for their freedom. Ms. MU told that the police officials deliberately isolated her to a small gloomy room nearby and then started all the sexual assaults. Throughout the detention she was sexually abused and tormented. She was unable to recall the experience of having been assaulted by the number of people as it was countless. During the interviewing she showed signs and symptoms of PTSD, difficulty in concentration, loss of appetite and suicidal ideations. She stated that she had started hating herself because her self-esteem was badly hurt and could not get out of the prevailing situation.

During the one-time counseling session, she was encouraged to share her thoughts and feelings. The treatment included individual cognitive behavioral approaches, such as cognitive-behavioral therapy and insight/experiential therapy. The aim in the case of Ms. MU was to prevent and reduce PTSD, anxiety, depression and improve social adjustment and self-esteem. She was also motivated to continue the follow up sessions at SACH rehab center, Lahore. She took a few sessions and showed improvements in her sleep pattern and concentration span. She was also getting some medication for the generalized weakness and body pains and aches.

Case 57:

This is the case of Mr. YM who was a 68 years old resident of a community in Yuhanaabad Lahore. SACH interacted with him in one of its medical camps. During the discussion Mr. YM shared many experiences of bearing physical and mental assaults at the hands of police officials and jail staff. He told that he was living a hard life with very little opportunities. Having very few means of earning he was already struggling when suddenly he got stuck in circumstances he had not foreseen 4 years ago when he was arrested and charged allegedly for a mass shooting and killing a few people. He told that he was arrested without any proof and was made to go to jail based on suspicion. There he spent 02 months. He further told that during the judicial remand, he was subjected to repeated blunt trauma for many days. This

trauma included severe beating, stretching and crushing, suspension and sleep deprivation. He told that he was forced to confess the charges of a terrorist activity. He shared that his refusal to accept the false statement resulted in him being solitarily confined in a 6x8 sized dark room where he was physically assaulted with wooden sticks and leather straps. He told that he used to bleed excessively and could see the punctures in body made with sharp objects but could do nothing about it as he was kept away from the prison doctors to maintain torture a secret. His medical treatment was done by the same police officials who were beating him. Later he was released from the prison on bail with the efforts of his father and the community representatives.

At the time of interviewing the SACH, he had signs and symptoms of agitated depression, trauma & anxiety, restlessness, difficulty in concentration, impaired sleep and flash backs - especially when seeing a police officer. Through one-time psychological intervention, he was given the supportive session and was encouraged to continue the follow-up sessions of *CBT therapy* at Lahore Rehab center. Medically he was also treated for the pains in both knee joints and inflammations that could have occurred due to physical torture.

Case 58: Mrs. VBB was a 54 years old lady who resided in the vulnerable community of Yuhana Abad in Lahore. SACH came across her when it was conducting medical camps with torture victims of this community. She was very open to discuss about her interaction with the local police. During her interview with SACH, she talked about an incident of a bomb blast near a church 04 years ago on 15th march 2015. She told that after the blast, fear and depression reigned in her community. Many people had lost their lives and their families. She also mentioned that most of the survivors of the blast got post-traumatic stress after the incident and the government hardly arranged any medical arrangements during this time of crisis. She further shared that in order to find the culprits of the blast, the local police started investigations. The police locked down all the area and started interrogating each and every male member of their community.

During this investigation period her elder son was also allegedly arrested on suspicion of being involved in the blast and sent to the Camp prison Lahore. She told that he could not be released and is still in the prison. She tried for his bail but was unsuccessful. She further shared that her son mentioned a lot of physical and mental torture in jail. Mrs. VBB told that she was very worried about him and suspected that he would not be able to bear the torture inflicted on him by the jail staff. She also mentioned of the scars and bruises she noticed on her son's face, arms and there were several wounds on his head.

During interventions, it was observed that Mrs. VBB was having *Emotional Dysregulation*. She had excessive fear, anxiety & depression, anger and flash backs of that incident. Through the one-time psychological session she was intervened by the supportive techniques. She was motivated to get follow-up sessions at SACH rehab center, Lahore. Medically, she was given the treatment for the GIT related issues and generalized pains and aches.

Case 59:

Mr. BH was an old man and a resident of Youhanabad Community Lahore. Unfortunately he was among those who had witnessed the blast. During his counseling session with SACH, he disclosed the devastating incident of the blast outside the church in Youhanabad on 15th March 2015. He told that soon after the incident, interrogations started. He stated that *"It was a time when all the survivors of the blast were going through a deep Post traumatic stress and were getting treatments from local hospitals for the injuries and the police was interrogating their families on the suspicion of being involved in the blast"*. He further told that the police was interrogating each and every male member of their community and arrested most of them. In the same scenario his eldest son got arrested and has been imprisoned since then. He couldn't be released as his bail was not permitted. He further shared that his son was facing a lot

of physical and mental torture in imprisonment. He would be often beaten up badly and forced to confess his involvement in the blast. During jail visits, he could see his scars and torn clothes but could do nothing about it. During this traumatic period he lost his wife and her death led to more loneliness and depression.

At the time of interview, Mr. BH was having chronic symptoms of depression, helplessness and irritability. He was counseled one time with supportive techniques and was encouraged to continue the follow-up sessions at SACH rehab center Lahore. He took some sessions and showed little improvement in his mood swings but could not further continue them due to his financial constraints to afford transportation to the rehab center. SACH visited him in his community to facilitate him. Medically he was also treated for the GIT related issues and Myasthenia gravis.

Case 60:

Mr. M was a 40 year old man with an educational background of B.A (Bachelor of Arts). He was arrested on murder charges and was convicted to a life imprisonment of 25 years in jail. During the counseling session it was observed that Mr. M was a very confident person and he himself admitted to having mental disorders possibly chronic schizophrenia. He further shared that he hadn't had any treatment for managing this disease and was really worried of the consequences if it didn't get managed. He told that at the instance of crime, he was not sure about his mental state because he was not getting any treatment for his psychological illness. He further added that he been subjected to a lot of physical torture including blunt trauma with leather slippers, slaps and kicks by the investigating team under judicial remand. After conviction, his life changed drastically. He stated that he was facing a lot of discrimination and was being beaten with wooden sticks and metal objects in a routine. At times, the jail staff would lower down his pants and hit him on the rear in front of other inmates. This humiliation was causing a lot of negative effect on his personality and he was having suicidal tendencies. The jail staff was advised to keep an eye on Mr. M's intent and was requested to start his psychological treatment as soon as possible.

After the detailed medical and psychological examination with Mr. M, it was concluded that the subject had not been presenting any medical issues but the residuals of the psychotic features were eminent. Therefore, he was advised a complete psychiatric evaluation and management from the jail psychiatrist.

After one month, a follow-up session was conducted with Mr. M and it was observed that he was psychologically improving and was trying to become a better person.

Case 61:

Mr. A, was a 50 years old male with no educational background. He belonged to Lahore and was imprisoned under trial against murder charges. During a medical camp in jail, SACH met and interviewed him in year 2018. During the discussion, Mr. A shared that he was arrested and charged for the alleged murder of his daughter-in-law. He further reported that he had been facing physical torture as a part of his daily routine.

Every day, the police investigating team would physically assault him forcing him to confess. Describing the nature of torture, he stated that it was unbearable. He told that he would be dragged out of his barrack on his knees to a cell where he was subjected to third degree torture for interrogating. *He shared that his hands and legs were tied and he was tortured brutally in an upside down position.* He further shared that

between these episodes of torture; he was also facing solitary confinements. On psychological evaluation, he showed symptoms of anxiety, distress and agitated depression.

During medical examinations, it was observed that the patient had a history of diabetes, mellitus and hypertension for past 17 years. He was also suffering from a cardiac problem for which he was on the list for angioplasty in the jail hospital. After a month, a follow-up session was conducted with Mr. A which revealed that the jail medical staff had been giving him the required medical treatment regularly and his health was improving.

Case 62:

Mr. X was a 28 years old male. He was unmarried and was a resident of Pak-Pattan village 90-D. He had been convicted on the murder charges of his relative. He had been imprisoned in Jail for the past 07 years and was on a death penalty. During the interview, he shared that he had some issues with one of his relatives. During one of the many disputes he became furious and shot him dead. He told that he had totally lost his control. Immediately after the incident the police arrived and arrested him and he had been in jail. He told that during the judicial remand he was exposed to physical and psychological torture by the investigating officials. Though he had confessed his crime yet he was physically assaulted. He told that he was thrashed, punched, and kicked on his genitals. They also hit him with leather straps on his rear, thighs and punched him in his stomach and abdomen. Later when he got convicted for the death penalty, he was moved to jail. He had appealed for life imprisonment which was under process back then. During the interview, he talked about solitary confinement. He was subjected to stay in a cell of size 6x8 for days without any light, hygiene and medical facilities. After such practices of the jail staff, he started having flash backs of punishments he had been facing, panic attacks and crying spells.

SACH conducted a one-time supportive psychological counseling session with him and guided him with some techniques to reduce stress and panic. The medical doctor prescribed him some medicines for general weaknesses and body aches. The jail staff was also requested to look after him and get him treated for psychological issues from the jail psychologist. In the next visit, it was observed that his psychological conditions were improving.

Case 63:

Mr. F was a 36 years old male with very little educational background. He was a student of grade 2 when he discontinued his studies due to family's financial constraints of his family. He was a citizen of Afghanistan had been charged against illegal border crossing and sent to Central jail. During his interaction with SACH, it was observed that Mr. F had some mental issues. He revealed that he had severe mental disorder namely an unmanaged schizophrenia. He might have crossed the border unintentionally and this was caused by his mental instability. He was shifted to Lahore central jail. He shared that his case was under trial but he could not afford the legal support. He further shared that he was subjected to solitary confinement repeatedly and his psychiatric needs were not being met. Staying in solitary confinement for longer periods of times had affected his mental health in such a way that he showed poor reality contact. The interventions also revealed that he was mentally confused, disoriented and showed symptoms of depression.

Due to signs of unmanaged psychosis, he was advised to undergo a detailed psychiatric evaluation and management from the jail hospital. Though Mr. F did not show any signs of physical torture but seemed to be neglected. The jail staff was given certain advice related to his case. After medical examination it was seen that Mr. F had no apparent medical issues.

Case 64:

Mr. K was interviewed in a medical camp arranged by SACH in 2018. He was a prisoner in jail. He was 30 years old, married with studied up to matric. He was a driver. During interaction, he reported how he was allegedly charged for a murder he had not committed. He told SACH that his case was under trial and had been imprisoned in the jail for the last 11 months. He claimed that he was innocent and was framed as the family of the deceased had bribed the police. He further added that he was subjected to blunt trauma in repeated episodes to confess to the crime during judicial remand. He also added that he was severely beaten and *third degree torture* was inflicted on him by the investigating officer to extract information. After being sent to jail, his miseries continued. He told that the jail staff was very harsh towards him. *They would physically assault him, tear his clothes and make him parade in his briefs and use derogatory and inhuman remarks against him and his family. He further added that the physical assaults included physical beating with wooden sticks, leather straps, slaps and kicks in the rear.* Mr. K told that he had become fearful of jail staff's atrocities and wanted justice for himself. At the time of detailed examination, it was found that he had aggressive behavior, difficulty in concentration, mood swings and depressive episodes. One-time psychological supportive therapy was given to him and he was advised to continue psychological follow-up sessions with the prison psychological health department.

During medical interventions it was observed that he had a history of a gunshot wound to his lower back. He told that it was a result of a personal conflict between him and someone from his community. He had been operated in the past but there was a complaint of pain in the abdomen radiating to the lumbar region. The medical doctor prescribed some analgesics and guided some back strengthening exercises to him.

Case 65:

Mr. A was a 26 year old, married man who lived in the suburbs of Lahore. He worked as a fruit vendor on the streets and was a father of 2 children. He also worked as a laborer on weekends. It was hard having two jobs. Before his arrest, life was difficult because he was the only earning member of the family. SACH met him in one of its medical camps with the prisoners in jail. At the time of interview, he gave a brief history of how he was managing his household before his arrest. Discussing about his experience with police, he told that he was allegedly charged for the murder of his relative. He further stated that his case was on trial and that he had been in the jail for the last 04 years. He denied the murder charge and pleaded innocent. He told that he was arrested on suspicion and was brutally tortured by the investigating officers during the remand period. He further shared the methods of torture implied on him which included pushing a wooden club into his private parts. He told that it was like a nightmare and the pain was extremely unbearable such that he had lost consciousness. He further shared that he stayed around 05 days in the lock up and all the police officials appointed there would take turns on inflicting torture by slapping, punching, kicking and hitting by blunt object. During interventions, it was observed that Mr. A had a history of unmanaged schizophrenia which the medical records also confirmed.

At the time of detailed examination by the clinical psychologist, it was found that his schizophrenia was not being treated properly and he was being managed only through anti-depressants and anti-psychotics (mood stabilizers) but there weren't any counseling sessions being conducted. It was also observed that he was not showing any signs of improvement therefore he was advised to be psychologically evaluated by the prison health facility and the relevant psychology department. During medical interventions, it was found that he had no active medical issues. He was given one-time psychological and medical assistance and was recommended to have psychiatric follow-ups with prison psychologist.

Case 66:

Mr. MT was met in prison. He was a prisoner aged 32 and was a married man. He had been arrested and imprisoned under section 376 of rape charges. His case was under trial at that time. During the interview he disclosed that he was serving as a constable and was suspended after being arrested and charged against heinous crime (rape). He further shared that problems began to arise when he was unable to manage his temperament. In year 2015, he had an accident in which he had a head injury. It was since then that he had started experiencing distress, anxiety and uncontrolled emotions. In order to manage his emotions he had started taking cannabis occasionally. The nature of his policing job increased his aggression and stress which went out of control. He could not manage his marital life and became so furious and violent towards his wife that he started physically assaulting her. There were frequent arrests but he used to get released on bail. One time he was so violent that he injured her badly and was imprisoned during 03 months. Soon his marriage fell apart. His wife filed for divorce and left.

Going deeper into details, Mr. MT shared that instead of seeking some psychological treatment he got more addicted to drugs and committed a rape. Discussing about the behavior of police officials, he told that during judicial remand he was brutally assaulted by the investigating officers. He was arrested from his house and literally dragged to the police station and many cruel and humiliating remarks were used against him. At the police-station, He was hit with wooden baton while suspended from a ceiling upside down. He was hit on his head with sharp objects which resulted in severe bleedings. There were multiple scars on his fore head and face which indicated that the wounds had been very deep. He also told that he was not allowed to see any doctor. His family was also stopped from meeting him and all his communication channels were cut off.

During and after the recording of his statement, he was again severely beaten. He told that he was kicked in his stomach and boiling hot water was thrown on his back and legs. In jail, he told that he was facing a lot of discrimination from the jail staff and his inmates were using vulgar remarks against him. Mr. MT complained of constant head aches and episodes of disorientation. In his psychological examination, it was observed that he had aggression, tension and agitated depression.

His medical records did not have any psychiatric evaluation. He confirmed that he had never been treated against cannabis abuse. He probably had cannabis psychosis for which he required medical and psychological assistance. During one-time interaction, Mr. MT was counseled for anger management and was recommended to have a detailed psychological evaluation by the jail psychiatrist. Medically he was treated for headaches and generalized weaknesses. After the two months during a follow-up visit at his barrack, it was reported by the prison staff that he had been released on bail without any psychological evaluation.

Case 67:

This is the case of Mr. SK. He was a 58 years old man who was a resident of Abbottabad, KP. He was seen at Prisons. He was a cab driver. He was convicted to 04 years under section 9-C for possession of illicit drugs (Cannabis). During interview, Mr. SK shared some background with SACH. He told that he had witnessed a crime 15 years ago. It was the murder of three women and a child. His brother and some of his companions were the culprits who had killed them. He was unaware of his medical condition and obtained relief through the use of drugs such as cannabis as well as dealing in it. He became extremely dependent on cannabis in quest of internal relief. Few years later, he was caught and got arrested in a drug trafficking case. He further shared that in the initial stage of his case, he denied all charges against him but the blunt trauma inflicted on him by local police officials made him confess his crime. During the physical remand he was subjected to *extreme physical torture that included slapping, kicking, punching and whipping with leather whips and the putting salt on the wounds and cuts*. He was also deprived of sleep and hygienic food. After formal confession of the crime he was convicted to 04 years of imprisonment and was sent to jail. His psychological examination revealed that his mental status was intact. He had chronic PTSD along with Comorbid Depression. He was complaining of chronic sleep difficulties due to nasal congestion and depression.

The psychological intervention was administered through supportive therapy. His follow ups were conducted through cognitive behavior therapy to settle down his PTSD. Psychiatric consultation was recommended to get pharmacological assistance. During medical examination it was found that the patient had difficulty in breathing due to a 25 years old fracture of the nasal bone. He was a known case of diabetic mellitus. Initial medication was done and the he was advised for ENT consultation.

Case 68:

Mr. SZ was a middle aged man and a resident of village named Badal near Rawalpindi. He had an educational background till grade 07. He was a farmer in his village before arrest. SACH rehab team interviewed him at prisons in 2018. He was charged of possession and selling of illegal drugs. His case was under trial and he had already spent 06 months in the prison. During discussion he told that he had a family rivalry with his relatives for a long time. Those relatives were financially influential would humiliate him at various family events. The hostility aggravated when 08 months ago they started demanding an unjustified monetary compensation to which Mr. SZ refused. In retaliation, they planned a plot to trap him. He said that they bribed the local police and framed him in a case of drug trafficking. At the time of arrest, one of the police officials from the investigating team pressurized him to pay a huge amount of money to wipe off the charges. Precisely Mr. SZ told that a monetary compensation (bribe) was asked by the police officials to close his case. The amount was so huge that Mr. SZ could not pay. The only option he was left with was to either bribe the police to get released or face the consequences for drug trafficking. A week after his arrest in illegal police custody he was shifted to a lockup at Rawalpindi police station on remand. During his few days in remand, he was subjected to brutal physical torture and sleep deprivation. He was forced to provide details of his linkages with drug trafficking criminals. He pleaded to be released but they refused and continued torturing. He told that he was beaten with leather slippers, kicks in the abdomen region and slaps on his face.

Along with this, *Cheera* (to cause excruciating pain to a person by pulling his/her legs apart and stretching them in opposite directions, suddenly or gradually) was practiced on him to confess to the false allegation. Later he was shifted to prisons on trial. There he had been living for the past 06 months. During psychological examination his mental status was found intact. Due to chronic sleep deprivation and unhygienic conditions of his barrack, he was having the symptoms of depression, despair, extreme worriedness about his family/children, fatigue and multiple body aches and pains. By using the techniques of the reassurance, self-esteem enhancement and reframing of the supportive therapy his agitation seemed somehow controlled.

Several follow-ups later revealed that his family had contacted him and were pursuing his case. The medical examinations revealed that he had pain in epigastrium due to prolonged stress, indigestion and constipation (including bleeding through rectum), generalized pains and weaknesses. He was given the medicines and referred for the GIT consultation and detailed examination through proctoscopy.

Case 69:

Mr. N aged 26 years, was a local resident of Rawalpindi and had a mobile repairing shop. He was convicted to 04 years under the charges of drug trafficking and abusing heroin abuse. He had already spent 23 months at prison when he was met by SACH. He reported that he had chronic mood issues since his childhood and he had never received any psychiatric consultations because he wasn't aware of any such treatments. To settle down his mood swings he started consuming cannabis at an early age and later got addicted to heroin. Two years ago, he was arrested from his shop on the charge of using and selling heroin under section 9-C. There was also a theft of a motor bike (section 381) recorded against him. On being confronted, Mr. N told that he had never been involved in the selling of drugs. He was just using it himself to ease his emotions and mental state. He also told that he had intentions for joining rehabilitation center for drug addicts but unfortunately he could not afford them due to the financial constraints. He further told the behavior of police during his remand period.

During interrogations, he told that the police not only asked for a bribe but also threatened to trap him in another false case. They said that they would lay off the charges of drug trafficking and motorbike theft if he would pay them a hefty amount. He further shared that on refusal; they got furious and started hitting him with punches and kicks. Later he was taken to a small torture cell; a tiny room where he was tied against the wall with ropes. A few policemen entered and started whipping him on his back tearing off his shirt. One of them started hitting him with a metal rod wounding him badly. He further told that suspension technique was also applied on him later on. They threw water on his face with hands tied on the back of the chair he was sitting on which was extremely painful. He told that he was deprived of sleep and rest till his remand and later on he was shifted to the prisons, convicted an imprisonment of 04 years. At the time of psychological interviewing his mental status was found normal but there were scars of cuts on his both wrists and forearms which were self-inflicted. He confirmed that he had himself done that long before his arrest. These evidences were strengthening clinical assumptions of having borderline personality disorders, chronic mood swings and suicidal attempts. He also confirmed he had depressive feelings and disruptive behavioral issues. Agitated depression and the impaired sleep were arising as a result of post-acute withdrawals of heroin. Significant depression and anxiety was also observed.

By using normalizing, encouraging and reframing as the techniques of supportive therapy, the patient was guided to control his agitation and mood irritability. Medical examination revealed the pain in abdomen and indigestion. These complaints were addressed through minor pain killers and the multi-vitamins. Couple of follow-up sessions in jail revealed that his family was pursuing his case and they were hopeful for his release.

Case 70:

This is the case of Mr. MQ aged 45 years. He was a resident of small town named Saidian near Islamabad and was a gardener before his arrest. He shared that he was allegedly arrested for murdering his sister 06 months ago. At the time of the interview at prison, he had completed his physical remand period and other necessary procedures. His case was under trial back. During discussion he told that he suspected his brother-in-law of being involved in the murder. Mr. MQ believed that black magic could persuade somebody to kill someone so he doubted that his brother-in-law performed black magic and made him kill his sister. He told that since the beginning of their marriage, his brother in law had issues with his wife

because they were trying to have a baby and there were some medical problems. Their marriage fell apart and his sister returned home after her husband filed for divorced.

This divorce was a major reason for Mr. MQ's emotional distress and agitated depression. He could not bear the disrespect to his family earned in the community because of divorce. He ignored the problems of his sister in having a child. He was uneducated and lacked awareness. His psychological problems persisted. Under such mental conditions he would lose his control over emotions and become furious on petty issues at his sister. He started arguing daily on family matters and one day during a dispute he killed her. Police arrested him from his house and locked him up in a nearby police station. He shared that during the investigation period, he was exposed to blunt trauma. He further shared that his most targeted body parts to inflict torture were his buttocks, soles of feet, chest, thighs, palms and wrists. He told that he was predominantly tortured by sticks and a very broad, flat leather slipper dipped in mustard oil to increase the impact of pain when hit. He was forced to confess. A week after that he was shifted to prisons under trial case of section 302.

During the psychological intervention, it was observed and confirmed through prison medical records as well that Mr. MQ had been tentatively diagnosed with depression with some psychotic features. He was using medicines for symptoms of paranoid ideations, lability of moods, aggression and loss of sleep which had been prescribed by the jail psychiatrist. He was encouraged and reassured to deal with his paranoid thoughts by using the medicines regularly. He was also guided regarding self-hygiene and physical exercises to control his aggressiveness and was advised to refrain from staying alone. A formal request was made to the prison doctor for a detailed psychiatric evaluation from the District Head Quarter Hospital's Psychiatrist. Medically he was given some multi-vitamins for generalized weakness. His follow-up sessions revealed that his paranoid symptoms were controlled due to the regular use of medicines. A little change in his routine was advised.

Case 71:

This is the case of Mr. A. He was a 58 year old man from Punjab, Pakistan who was a farmer before his arrest and conviction. During his interview, he disclosed that he was sentenced to life imprisonment under section 302. He told that he was allegedly charged for the murder of a person he had a property dispute with. An inmate in jail for 18 months with his case under trial in High Court, Mr. A told that he had not committed any crime and was deliberately trapped in a murder case. He told that he was involved into the case after receiving a call from local police station by one of the officers. On showing up, he was brutally harassed without knowing the reason. He further shared that he faced verbal and physical abuse by the police officials in the police station.

During discussion, Mr. A told that the nature of the physical abuse was blunt trauma to different parts of the body i.e. back, face and both legs. They police tied his both legs and hit him with wooden sticks on his bare back. To him it was a very sad and humiliating experience and he felt shattered and broken. Firstly, facing an allegation of murder and then facing physical assault – this all was too much for him to digest such that he lost his consciousness. He further that stated after he was sent to jail, he noticed that the behavior of the jail staff was much lenient as compared to the local police officers. He even stated that no torture was inflicted on him during stay as a prisoner in jail.

SACH provided him with one time psychological and medical facilities. Psychological evaluation disclosed that he had decreased sleep, loss of appetite without associated features of major depression. Medically, Mr. A was a previously diagnosed case of Migraine headache. He also complained of cervical

neck pain for 03 years. He was given moderate analgesia. He was further advised to continue previous medication as recommended by the prison doctor.

Case 72:

Mr. N was a 27 years old married male from Punjab. He worked as a laborer prior to his arrest and conviction to life imprisonment under section 302. He was charged for the murder of a person during a fight. During the interview with SACH, Mr. N had already spent 7 years out of his 25 year sentence. He shared that during his trial period, he was exposed to severe physical and mental torture by the jail staff. Even when he was arrested, the local police was also very harsh towards him and they assaulted him physically. Despite his acceptance of the crime, he was still slapped and beaten badly. He further shared that this torture was inflicted on him through the influence of the relatives of the deceased. Though he was charged with life imprisonment but they had bribed the jail staff to torture him throughout his trial period. He further shared that the jail officials would beat him black and blue. They would use leather straps/belts, *falanga* and leather whips on him and put salt on his bruises and wounds. Post his conviction, he told that this physical torture had almost diminished but the verbal abuse, humiliation, insults and mental torture still persisted. During interventions, SACH facilitated Mr. N with a psychological and medical check-up.

The psychological assessment revealed that he had the history of a head injury in his childhood and he was suffering from an undiagnosed psychiatric illness with signs of mood instability and severe aggression. He was introduced with stress tension reduction breathing exercises and supportive techniques of reassurance and affirmation to control his aggression and emotional out-bursts. Medically he was diagnosed pulmonary tuberculosis as per his medical records from jail hospital. He was already getting treated for it. Mr. A was advised to continue his tuberculosis treatment and to have a complete psychiatric evaluation. He was also suggested a psychological session twice a month.

Case 73:

Ms. D was a 25 years old Transgender. She was a resident of Islamabad and earned a living by begging on the streets. SACH met her at her residence in one of its medical camps conducted in ICT. During the interview, she told that she was the sole earner of her house and it was her responsibility to look after her mother, her widowed sister and her children. Referring to the behavior of local police, she complained about her numerous arrests and detentions during the previous 5 years. She added that amidst these arrests was to humiliate and harass her in the name of investigation. She further shared that amid these arrests, verbal abuse, physical assaults, money/mobile snatching, derogatory remarks and insults were very common. On refusal to cooperate for monetary compensations or in retaliation to mobile snatching, she had been facing a lot of physical beatings at many instances. She also shared her experience of being physically tortured during an interrogation. She said that the police officials tied her onto a *charpai* with ropes and hit her on her lower abdomen tearing away her trouser.

SACH intervened with one-time psychological and medical services. Her psychological evaluation showed signs of PTSD shared of having flashbacks, Panic attacks, anxiety for which supportive therapy was provided. Furthermore signs of major depressive symptoms were evident. Medical history and

examination expressed signs of hyperthyroidism and iron deficiency anemia for which she was provided with iron supplements and thyroid lowering agents. She was recommended follow ups for her medical and psychological condition at SACH rehab center. During follow up sessions she was found to have improved mental and physical health.

Case 74:

Ms. R was a 48 year old transgender from Islamabad. She was a professional beggar. SACH met her at a medical camp that was arranged at her friend's residence. During the interview, she shared that she had been detained several times by the local police officials. She also recalled an event when she was arrested for begging in a market in ICT. She told that the police had registered an FIR against her. She was threatened to be sent to jail if she did not pay off for the alleged offence. She was released later after the payment of Rs.1500 to the concerned police official. She further added another incident when she was detained on the charges of alleged prostitution. Ms. R told that she had gone to the market to get some grocery. On the way back she noticed a police van approaching her, she quickly crossed the signal and to the other side of the road to avoid them.

The police van followed her and the police officials sitting inside stopped her for a routine interrogation. After verifying her credentials as she shared, one of the officers tried to snatch her groceries to which she resisted. Her reaction infuriated him and he started behaving aggressively. He dragged her into the police-van and handcuffed her. She told that he used very abusive and vulgar remarks and threatened to charge her with the offence of prostitution. She begged him to release her but instead he sexually molested her. She told that it was almost late at night with nobody around who could help her, the other police officials were enjoying the entire scenario and were laughing at the maltreatment. She was detained during 3 hours with little traffic at that time. After a long session of insults and derogatory remarks, she was released and threatened if seen in the same area she would face dire consequences. Mr. R, who was much shamed by their demoralizing behaviour quickly fled from the scene and ran back to her house.

During the interventions, she was provided one-time psychological and medical assistance. Psychologically results revealed that she had numerous signs of PTSD and clinical depression for which she was given supportive therapy. Her medical history and examination revealed that Ms. T had osteoarthritis and showed signs of peptic ulcer disease. She was aided with moderate analgesia and drugs for Pylori eradication. SACH advised her for a psychological session once a week and a medical follow-up twice a week at the SACH ICT rehab center.

Case 75:

Ms. S was a 40 years old transgender. She was a resident of Islamabad and lived in a marginalized community. She begged for a living. SACH met her in one of the medical camps which were arranged in her community. During the interview, she told that she was arrested multiple many for begging. It was the norm that individuals from the transgender community be arrested on account of begging. She elaborated an incident where she was detained in a local police station for a day on the account of begging. She shared that she was subjected to verbal abuse and severe physical harassment by police officials appointed at the police station. They not only beat her with sticks but also snatched her earnings of that

particular day. She further added that she had observed a rise in aggressiveness in behavior of police especially when they are dealing with members of her community. She felt the reason was the discriminatory feeling towards her community.

SACH intervened with psychological and medical checkups. Psychological assessment showed anxiety and signs of depression. Medically she showed signs of iron deficiency (anemia) and URTI for which iron supplements and antibiotics were given respectively. She was also recommended monthly follow up sessions at SACH rehab ICT.

Case 76:

Mr. W a 28 year old male from the community of minorities. He earned his living by running a small shop in his own community. SACH met him at his residence during an outreach program for torture victims. During the interview, he told that an incident of being arrested by police. He had consumed alcohol as he was facing personal problems. He was stopped by the police while walking on the road and charged with illegal sale and purchase of alcohol. He told that he was dragged into the van by the collar and punched in the stomach. He was later taken to the police station where he was detained in the lock-up. Furthermore he added that during his detention of 2 days, he was tortured severely with kicks and punches into his abdomen, and thrashes with sticks into his rare. He stated that the severity of the torture was much more on the second day when *they pushed his face into a bucket full of water making it impossible for him to breathe*. However, he was released after being warned. He sadly exclaimed that the police did not stop harassing him. He was compelled to show up at the police station for routine investigations. This continuous investigations and interrogations had disturbed him mentally.

SACH facilitated him with psychological and medical services. Psychologically he was found to have low mood for which a counseling session was done. On medical examination, he had multiple injuries on his feet and legs post RTA, for which moderate analgesics were provided and a dressing was done. He was also advised orthopedic review for his leg and twice weekly counseling sessions for his psychological condition at SACH rehab center.

Case 77:

Mr. I was met at a medical camp in at a community in Islamabad. He was a 28 year old male, a clerk by profession, and a resident of Islamabad who was living with his wife and kids in a deprived community. He was visited by SACH at his residence. During the interview, he told that he was allegedly arrested by the police when he had a personal conflict with one his neighbors. He further stated that there was no legal order for his arrest and the FIR was also not registered. He told that he was detained in the local police station for one day. He also told that he believed that his rivals were behind all his problems and one his acquaintances told him that they had bribed the police to trap Mr. I in a case and to inflict torture on him. He further added that during his stay in the police station, he was physically assaulted and was beaten severely with sticks and metal objects on his head and he and his family were subjected to verbal abuse by the police officials. He also shared about being arrested for being a participant in a protest against Capital Development Authority on laws of accommodation for minorities. He told that he was released few hours later but during the arrest, the police officials were very harsh towards him and all those arrested.

SACH helped him with one-time psychological and medical services. Psychological evaluations revealed that he had disturbed sleep, anxiety and low mood for that he was counseled. Medical examinations showed that he had viral pharyngitis for which he was treated. He was advised twice monthly follow up sessions at the SACH rehabilitation center.

Case 78:

Mr. S.M was a 30 year old married man who worked as a clerk in a government office. He was interviewed by SACH at his residence. He told that he was arrested by the police 3 months ago when he was just passing by a local protest that was being conducted against a government organization by its employees. He further told that unfortunately he was intoxicated with alcohol at that time and he was mistaken as a participant of the protest by the police that led to his arrest and detention. He further shared that during interrogations, he denied having any association with the protest and protesters but as he was drunk, he was disbelieved. Later, Mr. SM was asked to present his permit for the use of alcohol to the police officials upon which he was released. He had spent almost an hour in police custody but explains it as one of the worst times of his life. He stated that: *'During that time i was verbally abused and slapped on the back by one of them'*. He further added that the police officials had a very harsh tone with all the arrested people. They were hitting, punching and dragging the victims into different rooms for further interrogations. It was a scene of mere distress and misfortune that he would never forget.

During interventions, SACH gave him one-time psychological and medical assistance. During psychologically interventions, he showed signs of anxiety, sleep-deprivation and agitated depression due to the respective incident. He was counseled for that. Medical history revealed signs of complicated UTI for which he was put on a 14 day antibiotic regimen. He was suggested twice monthly counseling sessions at SACH rehab.

Case 79:

Mr. S was a 38 years old male who worked as a sanitary worker in Islamabad. He belonged to the minority group and was interviewed by SACH. He shared his experience with police officials of ICT. He told the incident that took place a few days ago when the employees of government organization launched a protest against its management near a Super market of Islamabad. He shared that he was there with his friends to spend some quality time when suddenly the police started charging baton at the protestors. As he was close by he was presumed to be a protestor. Mr. S was also physically assaulted by the police to scare him off. He was beaten with a wooden stick multiple times until he fled from the scene. He stated, "I hadn't done anything wrong to deserve a treatment like that". Throughout the session, Mr. S showed much despair while talking.

SACH intervened with one-time psychological and medical assistance. Psychological interventions revealed that he had depression, panic and anxiety for which he was counseled through cognitive behavioral therapy and stress tension reduction therapy. The medical examinations revealed that he had muscular spasms and weaknesses for which muscle relaxants were given. He was advised to take twice a month counseling sessions at SACH rehab center, ICT.

Case 80:

SACH met Mr. AA at jail during a medical camp with prisoners. He was 27 years old at that time and was imprisoned under section 302. His case was under trial in the High Court and he was in the prison for almost two years. At the time of interview, Mr. AA told that he was arrested under section 302 from his house and was detained in a local police station until conviction from the session court. During his stay in the lockup, Mr. AA said that he faced both physical and mental assault. He shared that he was beaten regularly basis in the police station. The police had a 01 foot long leather strap which they used on his bare buttocks with full force during the early weeks. The impact of the blows caused skin abrasions and the pain was excruciating.

He further added that as soon as he arrived in the jail, he received a chronic physical beating on his first day by the jail officials. He disclosed that it was a routine of the jail staff to severely beat one of the prisoners every morning to frighten the rest of the prisoners. Similarly, every new prisoner is beaten very badly to show them the authority of the jail employees. He told that he had witnessed that for every new inmate. He shared that he was spending his days in complete isolation and distress because he was afraid of being a victim of their authority again. He also told that he had stopped talking to anyone and spent his time either reading or praying.

During interventions, SACH provided him with one-time medical and psychological assistance. Psychological evaluation revealed low-moods, anxiety and signs of moderate depressive illness for which supportive therapy was given. Medical history showed that he had epilepsy since childhood for which he was advised to continue treatment from jail doctors. Mr. AA was suggested to continue his twice monthly follow-ups with clinical psychologist.

Case 81:

This is the case of Mr. RJ aged 31 years and a resident of Rawalpindi. He was a serving Army soldier. He was married and had an educational background till 10th grade. SACH met him at a medical camp arranged for prisoners. He had been arrested and prisoned and had been there for 02 months when he was interviewed. He shared that he was charged under section 389 for robbery and running away. At the time of interview, Mr. RJ shared that he had taken a few days off from his job to spend time with his family in Satellite Town Rawalpindi.

One evening a sad incident happened that changed his life forever. He shared that he was in Satellite Town market (RWP) to get some grocery. On his way back home he witnessed a robbery in one of the stores. Suddenly police arrived and cross firing started between the robbers and police and unfortunately he found himself trapped between them. To protect himself Mr. RJ tried to escape but received a bullet in his right ankle. He got injured and fell down. When he regained consciousness, he realized that the police had arrested him and two other persons. The other two arrested were actually the robbers. The police charged Mr. RJ on the offence of supporting and facilitating the robbery. He shared that he was detained in isolation for more than a week during his physical remand. All his communication channels were cut off he was prevented from reporting to his office.

During interrogations, he shared that the police officials would flash high beam lights on his face to torture him. He was deprived of sleep as so he would commit to the crime. He further shared that he was not given any medical treatment for the bullet wound on his ankle. Only a soft bandage was applied to stop the bleeding. Mr. RJ told that he denied all the charges against him and demanded a lawyer but the police officials refused his request. After two weeks he was sent to prison for a formal trial of his case. There he was examined by the duty medical officer who arranged his orthopedic consultation. He was diagnosed with a fracture on his ankle joint and a plaster was applied for support. During psychological

examination of Mr. RJ it was revealed that his mental status was intact. He had stress and anxiety with overwhelming thoughts about his family and job. His sleep was impaired.

During one-time psychological treatment he was introduced with breathing and muscular relaxation techniques to settle down anxiety and depression. Some pain killers and multivitamins were given to reduce his deficiency of vitamin C and D. By the next follow up, his wound had almost healed and his difficulty in walking was improved. His emotions were in control and he was hopeful to be bailed out soon.

Case 82:

Mr. ZA was a 34 years old resident of Rawalpindi. He was unmarried and had studied up to grade 08. He worked as a plumber and electrician prior to his arrest. He was interviewed at prison during one of the medical camps arranged by SACH to facilitate prisoners. He was charged under section 9-C for drug abuse and trafficking. During interview, he shared that he worked as a labor in Saudi Arabia. After the expiry of his work permit, he was arrested by Saudi police for overstaying and sent to prison. A month after that, he was released and deported to Pakistan. Being jobless was a source of great stress, depression and anxiety to Mr. Z. He found solace in drugs, adultery and sale/purchase of heroin. Along with this, his pre-marital relations increased and contracted HIV/AIDS and Hepatitis C from one of his partners. He underwent VCT (Voluntary counseling and testing for HIV) in PIMS hospital (ICT). Soon he was caught in a drug transaction and convicted for 4.5 years of imprisonment. He told that his experience with police officials was very harsh and violent.

He further explained that during the initial period of the arrest at the police station he was investigated by the two officials who beat him with the leather slippers, kicks and used suspension techniques to extract information and disclose his linkages with other drug smugglers. He told that the police officials deliberately kept him deprived of sleep as a means of torture. He was often dragged into washrooms at midnight to bathe with cold water. For sleeping, he was not provided a mattress and was forced to lie on the bare floor. He told that he had many sleepless nights as the floors in the lockups of police station were hard and filthy. During psychological evaluation it was found that his mental status was normal. He had anxiety and depression because of HIV/AIDS and Hepatitis C. He also told that there were no precautionary measures taken by the prison staff in his barrack to protect others from his diseases.

Using the techniques of reframing and encouragement from the supportive therapy, SACH advised him to bring changes in his mindset through the minor goals achievements. Medically he was treated for indigestion and generalized weakness. The follow-up session revealed that his temperamental issues were controlled and a change his routine was observed. The prison medical facility had started treating him for HIV/AIDS and Hepatitis C.

Case 83:

Mr. TM was a 46 year old married man who resided in a village called Dubhran in Rawalpindi district. With an educational background of matriculation only, he worked as a farmer to earn a living. At the time of the interview, it was revealed that Mr. TM was convicted to life imprisonment in a murder case and had already spent 08 years in the prisons. At the time of interview with SACH, he told that he had temperamental problems since childhood and had a history of fights with different individuals. One day he was working in his field when he got into a heated argument with a person. Things got so out of control that he lost his temper and eventually killed the other person. The local police arrived on the crime scene and arrested him. He was later convicted to a life sentence in prison. He told that while in prison, he felt that his life had been ruined but he did not want his wife's life to be further ruined. He divorced

her and persuaded her to remarry. She too agreed and re-settled in her life but this left an ever lasting impact on his mind. He was unable to accept that his ex-wife was settled with another man and he was further distressed mentally.

He started losing his temperament with inmates too. The prison staff tried to manage him but he started fighting with them. Hence, he faced severe physical beatings from the jail staff. They hit him with leather slippers, wooden batons, kicks and punches. Later, he was shifted to the psychiatric unit in jail. There, he was made to live with the patients. The situation became worse when his inmates started taunting and nagging him on losing his wife. The attendant of his psychiatric barrack told SACH that he had refused to eat for the last 5 days. He would spend most of his time oppressed and in isolation. They further told that he would not talk to anyone and therefore he had been put on psychiatric medication. He was counseled for his depression.

SACH sympathized with him. The attendants of his barrack were advised to be friendly with him to prevent him from isolating himself. During the medical checkup he was given pain killer creams to apply on his body and some multi vitamins for generalized weaknesses. In the next follow-up visits, he was found to have improved a little. He was taking medications regularly and had started talking a bit with few members. He was encouraged to continue changing his routine.

Case 84:

Mr. IJ aged 50 years was a married man and he had studied up to grade 08. He was a resident of Gujjar-Khan District Rawalpindi. He was a farmer who worked on his own land prior to his arrest. He was allegedly arrested under rape charges and his case was under trial at the time of his interview with SACH. During the session, he told that he had served in Pakistan Army all his life and his case of retirement was in the final stages. After the retirement and settlement process, he was calculating the total amount of gratuity and pension received when he found that his amount had been miscalculated. Immediately, he went to the relevant department to settle down the issue. On reaching there he found that the accountant who had worked on his payment was a resident of his own town. He noticed that the behavior of the accountant was not accommodating and he failed to make him realize his mistake. Arguments started heating up and both of them became abusive to each other. Dispirited, Mr. IJ returned back to his house and got engaged in his usual farming work.

A few days later, he was called by the local police officer who told him that he was being arrested on the suspicion of raping someone. He denied the charges but the police kept him in their custody for a week. During the investigations, some police men became very harsh and physically assaulted him. He told that they slapped him on his face multiple times. Mr. IJ further shared that he was not believed because he knew that the police men were involved in framing the entire case against him on the account of mutual understanding that had developed between that accountant and the police. He further explained that he was continuously pressurized by the police to arrange for a bribe to resolve the issue. His refusal in doing so resulted in making a formal *Challan* against him and he was shifted to prisons. He told that he was seeking legal assistance for his release and against the conspiracy of the accountant and the policemen in his case. He further shared that the charges of rape were very embarrassing and demoralizing for him. The allegations were so blatant that he had lost his dignity which he had earned all his life. He also told that he would remain tensed and confused all day because living with such a stigma in a small town like Gujjar-khan was very difficult even after he is released from the prisons.

During psychological interventions, it was observed that his mental status was found intact. He was counseled with techniques of negative thought stoppage, reassurance and encouragement. He showed compliance and was hopeful for his bail very soon. The medical doctor treated him for the poor appetite and the heart burn.

Case 85:

Mr. AK was a 30 years old single male of Rawalpindi who had a bachelors in business from a reputable university. He was working in Pakistan's Telecom sector. SACH met him at prisons during one of its medical camps with prisoners. He was convicted on the offence of robbery under section 392 PPC 04 years ago. He had already spent 29 months in the prisons at the time of the interview. He told SACH that he was actively working in PTCL (Pakistan Telecommunication Company limited). Once during his routine official work, he got in a conflict with high official from Federal Law Ministry. The officer used some offensive remarks against him. Mr. AK lost his control and used abusive language in return.

Apparently the matter was resolved between them by the intervention of other staff members. Mr. AK assumed everything to be fine until he was arrested a few weeks later on the suspicion of committing a murder. The next few days he spent in a local police station where he was beaten severely. He told that blunt trauma was inflicted on him with the use of kicks, slaps and wooden sticks. Furthermore, he shared that he was refrained from sleeping, forced to sit in painful postures for hours and was often starved. He further told that the investigation team physically assaulted him to confess to the crime and disclose names and identifications of the persons involved in it. He denied all the allegations and soon got released due to the lack of evidence. Mr. AK further shared that things did not stop there. His rival lodged another case of robbery against him in his own office and got him imprisoned again. Unfortunately his opponent much senior and was influential enough to use his contacts against him. He shared that the police officers were provided monetary rewards for successfully plotting a case and getting him sentenced. During psychological evaluations, it was revealed that his mental status was intact. He had mood swings and sleep disturbances. He also had worthlessness and feelings of guilt. He was counseled for mood swings through breathing exercises and restructuring techniques from cognitive behavior therapy. Medically he was found to be stable. Some multivitamins were given to him to boost his immune system. During the follow-up sessions, it was found that he was assigned the duty of data entry clerk within the prison hospital. His mood swings were controlled as he found himself useful in the prison. His sleep issues had also settled down.

Case 86:

Mr. WA was a 40 years old resident in a Refugee colony of Islamabad. This colony is one of the less privileged areas where resources are scarce and people have to struggle hard to survive. He was met at one of the medical camps arranged for torture victims in ICT. During interview, he talked how he was managing his life and family under harsh circumstances. He also told that he was born in Pakistan but living under a temporary refugee status. He worked as a porter on the daily wages in a local market near his house. He openly discussed his experiences with local police officials. He told that they were disrespectful and lacked in courtesy and he too had been a victim of their misuse of authority and mocking. He further shared that these officials not only persecuted them at their workplaces but also do not hesitate in following them to their houses to harass them.

He shared the details of incidents where the local police routinely often the houses of his community in search of terrorists and criminals. He shared that the police would barge into their houses at midnight and search for missing criminals or law violators. They would start interrogating all community members without any search warrants. He stated that despite several meetings and negotiations between the community representatives and the police officials on investigating only the alleged, the police has unfortunately violated the treaties. He further disclosed that the refugee community members constantly fear of being suspiciously arrested. They spent their days in fear of being caught and imprisoned unjustly. The police harassments had put them in anxiety and panic. Due to this chaos, he told that nobody in his

community sleeps peacefully. Most of the male family members of the community hesitate in going to their workplaces. He also told that they often had to bear the burden of bribes to be released.

At the time of interview, MR. WA was having panic symptoms, aggressiveness and low mood. He was tentatively diagnosed with the depression. He was individually counseled with techniques of stress-reduction and was encouraged to attend follow-up sessions with his family at SACH rehab centre, ICT. Medically he was treated for the seasonal cough and cold, fever and indigestion.

Case 87:

Mr. JD aged 55 years was a resident of Dharmyal Camp Rawalpindi, was married and a driver. He studied up to class 04. He had a history of many arrests under the section 9/C and 9/B (usage and selling of drugs). At the time of interview during medical camps in jail, he shared his 12 years dependency on heroin and cannabis. He also shared that he did not avail of any treatment for it. During discussions he confessed selling drugs using his own cab. While sharing the details of his arrest, he told that he was convicted for to 04 years imprisonment and had already completed his conviction time. Talking about police behavior, he mentioned a few incidents where he was exposed to blunt trauma by the investigation officials during investigations. He told that they took him to an unknown shabby place and handcuffed his hands. Then they beat him with a *flanga* on his bare abdomen. He also told that they used a thin iron rod on his bare heels and then later on his entire body. Though he had already confessed but the officials kept inflicting torture trying to retrieve information regarding his linkages with other drug dealers. He could not produce linkages because he was working independently.

He further shared that he remained in that special custody for 10 days without food and medicines and no doctor was brought to treat him for the injuries caused due to torture. He also mentioned that apart from physical torture, he was tormented mentally as well. He told that his clothes were deliberately torn exposing his back and shoulders, he was deprived of sleep and severe derogatory remarks were used against him. Finally, he was moved to prisons. There he had been through his trial and his conviction of 04 years was almost. He had completed his punishment and seemed a bit relieved. His mental status was found intact. Feelings of remorse and guilt were significant during examinations. He was hopeless for not being useful to his family anymore after the release from prison because he believed that nobody would hire him for a job because of his criminal record. He was counseled through the techniques of supportive therapy and was encouraged to continue his earnings through cab driving. Medically it was found that he had chronic chest infection and fever with difficulty in breathing. He was advised for the tuberculosis and malaria evaluations. Supportive medications were done for his presenting complains.

Case 88:

Mr. NA aged 52 years was a resident of Punjab. He was a married man and had studied up to matric. He was caught with 04 Kilogram Opium and was arrested under the section 9/C. During the interview with SACH Mr. NA shared that he was a fruit vendor in a local market of Gujrat. He further shared that he owned a fuel pump in KP which was disputed. He used to visit KP frequently to collect rent of the fuel pump along with other payments. In the same scenario, he was also in negotiations with the opponent party for resolving the ownership. Mr. NA disclosed the incident when his opponents fraudulently called for a meeting and placed Opium in car without his knowledge. He told that they had involved the local police in their plot and got him trapped in the case of drug trafficking. Mr. NA shared that he refused the possession of that illicit drug but the police arrested and detained him for 48 hours in a police station. To his dismay, he told that all police investigating officials were involved in the plot and pressurized him to either confess to having the drug or give away the possession of his fuel pump to the opponent's party. When Mr. NA refused all the allegations, one of the investigating officers demanded monetary

compensation to relieve him of the case. Mr. NA told that he refused that too so eventually he was formally charged with the offense of possessing narcotics and sent to the prison. His case was under trial.

During interventions, SACH facilitated him with one-time psychologically and medically. He was found with symptoms of depression, anxiety, restlessness and crying spells. His mental status examination was intact. Using the techniques of normalizing, reframing and reassurance he felt relieved. He was advised to do some exercises using muscular relaxation techniques to settle his overwhelming situations. He was hopeful in the progress of his case. His medical associated complains were addressed by the medical officer of SACH. He was given medication for the chronic diabetes, generalized pains and weakness.

Case 89:

Mr. MN aged 25 was a resident of Rawalpindi. He was married and illiterate. He was imprisoned under the murder charges of his spouse. SACH met him at prisons during its medical camps specially arranged for prisoners. At the time of interviewing Mr. MN shared that he had regular fights with his wife because of their severe financial constraints. Six months ago during an argument, he got furious and killed her. The police immediately arrested him and took him to a nearby police station. He told that he was kept in detention for a week. He further told how he was subjected to the physical torture during investigations. A wooden roller was rolled up against his thigh muscles which caused extreme pain. It ruptured his soft tissues. He was beaten with leather whips and wooden sticks. He was also made to lie naked on huge ice blocks routinely and was deprived of food and sleep to exhaust him. Finally, he signed the confession statement and was sent to prisons under trial. During medical interventions, it was found that the victim had multiple bruises and scars on his face and body. When asked, Mr. MN told that he was being tortured by prison staff as well. He also shared that once he was forced to clean the barracks. On refusal he had to face the punches and kicks on his back and abdominal areas. He told that he had been vomiting for weeks after the physical abuse and no proper medical treatment was done.

Psychologically analysis showed that he was having disorganized speech. Even during the follow-up sessions, rambling was significant. He was given the supportive therapy with techniques from muscular relaxation exercises. Later he was shifted to the psychiatric barrack where his inmates involved prisoners with severe psychiatric issues. It was requested to the prison management to shift him to another barrack. The prison management informed that they did change his barrack but his behavior had become so aggressive and unmanageable that he had to be shifted back to the same psychiatric barrack. A formal request was made by SACH for his complete psychiatric evaluation by the DHQ Psychiatrist. Medication was given for his generalized pains and aches.

Case 90:

Mr. MF aged 32 years was a resident of WAH Cant (Punjab) was illiterate. SACH met him in one of its medical camps with prisoners detained for murder charges. During interaction with him, his case was under trial and he had spent almost 04 months in prison. He was unmarried and worked as a peon in the factory. While being interviewed, he shared details of being arrested on the account of murdering his sister. He further shared that he believed in her being involved in black magic practices. He told that she not only practiced herself but also persuaded rest of their family members to follow her footsteps. All these illegal and forbidden practices were bothering him and he could not bear anymore. Having a history of cannabis abuse, he would indulge in conflicts with his sister daily. One day in a heated argument, he got furious and lost his control. He hit her on the head and she died on spot. Soon the police arrived and arrested him from his house. He was immediately taken to the local police station.

He further told that he denied all the allegations to save himself but during the physical remand the investigating officers beat him very severely such that he accepted the crime. He stated that he was tied with a rope on a *Charpai* and an investigating officer kicked him throughout. Many other police officers joined and started taking turns in inflicting physical torture on him. Some used leather slippers, some used wooden roller – pressing hard on his thighs causing extreme pain. Some pulled his hair and some used whips on his back causing bruises. He told that he was not given any medical support throughout the remand period. Later he was moved to prisons on trial under murder charges. Even during trial, he was severely beaten. He was suspended from the ceiling with a rope and beaten with sticks. During his formal psychological intervention, it was revealed that his mental status examination of Mr. MF was normal. He had paranoid ideations of jealousy and feelings of worthlessness with suicidal ideations. He also had auditory and visual hallucinations when alone. It is assumed that these psychotic symptoms were already present along with the impact of cannabis before he committed the murder. He was getting psychiatric medication from the prison hospital. He was introduced with muscular relaxation techniques to control his anxieties. He was advised not to sit unaccompanied. The prison staff was informed about his suicidal ideations and was requested to ensure necessary measures to prevent him from doing so.

During the follow-ups it was observed that few of his psychotic symptoms were still present but he was cooperating well overall. It was suggested to the jail management that a meeting with his family and a detailed psychiatric evaluation could help reveal the actual cause of the crime. Medically, it was observed that he had chronic issues of indigestion and generalized weakness. He was given the medicines accordingly by the medical officer of SACH.

Case 91:

Mr. SH was a 40 years male, resident of Rawalpindi who had no history of schooling. He was brought into the prisons in the case of an alleged murder. During his interview with SACH his case was under trial and he was in the psychiatric barrack due to his mental conditions. Mr. SH could not give details about his case due to his poor mental condition and disorganized speech. His prison medical record was asked in order to analyze the treatments he had been undertaking. The records showed that he was a known case of schizophrenia. He was put on the anti-psychotics and mood stabilizers by the prison psychiatric facility. It was observed that there were 29 prisoners in that barrack. The capacity barrack exceeded the capacity of 15. The living conditions were extremely poor. The clothes of psychiatric inmates were shabby and worn-out. It was also observed that a senior inmate (Mr. X) was appointed to take care of all the prisoners of the entire barrack.

To have a clear understanding, SACH coordinated with Mr. X to know more of Mr. SH. He gave history of Mr. SH stating that he was already mentally unstable at the time of his arrest. He was so aggressive and agitated that he would scream and talk a lot without any relevance. Nobody was appointed to monitor the doses of his medicines. The prison paramedic was not following any schedule to dispense his medication. He further explained that it was a common practice of the prison staff to beat patients with temperamental issues as they create disturbances at night. He told that Mr. SH was one of the most commonly beaten patients by the prison staff or the senior prisoners. He was usually treated with punches, slaps and kicks to silence him. Sometimes two or more people would beat him jointly. He shared with sadness that Mr. SH had severe mental issues and nobody was being able to realize that he was not doing anything consciously and he just needed some help. During psychological examination it was observed that Mr. SH had disorganized speech, auditory and visual hallucinations, pressure of speech and poor self-care. He had chronic sleep disturbances. Apparently it seemed that he had manic episodes and needed immediate psychiatric care. The jail management was recommended to have a review of his diagnosis report and make special arrangements to ensure his proper intake of medications.

During the medical examinations, it was observed that he had allergic eruptions on his lower legs with complaints of itching. He had generalized weakness and pains as well for which he was given medication. On the next follow up, it was observed that his psychotic symptoms were still the same and unfortunately neither his diagnosis report was reviewed nor his medication was changed by the prison hospital.

Case 92:

Mr.GH was a 20 years old male. He was an Afghan National and a resident of the village namely Jatti pur Soka in Haripur district who worked in a grocery store to earn a living. He had studied up to grade 06 and belonged to a lower middle class family. He shared about an investigation conducted in 2019 by police for a burglary the shop he worked at. He added that he was asked a few questions by investigating team and he was so confused that he could not answer them properly. He was arrested along with many others and taken to the police station. The shop owner assured that Mr. GH was innocent but the police did not believe. He further told that he denied all the allegations to save himself but the investigating officers beat him very severely. A case of alleged involvement in theft was filed and he was sent to the jail on judicial remand.

During his time in jail, he was humiliated and physically assaulted. The investigating officers would hit him with wooden sticks, leather slippers and hang him upside down with chains to confess to the crime. He added that he did not confess to the crime. A few later, he was released because the evidence was insufficient to proceed against him. During the interview Mr. GH seemed terrified. His mental status showed full consciousness but he had symptoms of depression, PTSD (flash backs of the torture he had faced) and lability of moods. He added that he preferred staying in isolation and did not wish to talk to anyone.

During psychological examinations he was sympathized and was provided support to discuss the details of the trauma. He was also introduced with reassuring, normalizing and breathing exercises. Medical examination revealed that he had severe joint pains and skin disease. He was given the medications to treat them.

Case 93:

Mr.SK was a 53 year old male. He was an Afghan National who lived in village Jatti Pur Soka in Haripur (KP). He was married, illiterate and worked as a labor to earn a living. He shared an incident where he had a bitter experience with police officials. He added that he was allegedly arrested and detained during a day in a local police station on the suspicion of helping a criminal flee. He explained that he was standing in his friend's shop one day when a person who complained of vertigo and nausea showed up asked for a glass of water. He made him sit on a chair and gave him some water to drink. The man left after drinking the water. An hour later, two police men arrived and interrogated about the person he had fetched a glass of water. He tried to explain them but the policemen arrested him and took him to a nearby police station on the offence of helping an escaped criminal. He shared that he was taken to a small room with in the premises of the police station and his clothes were removed to check for any ammunition in his possession.

The police officials verbally abused him and physically assaulted him with slaps and kicks. He was deprived from water and food and was forced to confess to the crime of helping a criminal escape and facilitating in selling of ammunition. Mr.SK denied all allegations and maintained his statement of being innocent. In a few hours he was released. He went to the nearest hospital for a medical checkup. The doctor prescribed him some pain killers and a bed rest of 02 days. During the interview Mr. SK was very emotional.

The psychological interventions showed that he had symptoms of anxiety and depression. He shared that felt very humiliated when the policemen removed his clothes forcefully. He was given supportive counseling with using techniques of reassuring and some breathing exercises to control his anxiety and worthlessness. Medically he was given medicines for generalized weakness and respiratory allergies.

Case 94:

Aged 58 years, Mr. AM was an Afghan National who was jobless and lived in Jatipor Soka in Haripur District. He was illiterate and lived in a joint family. He shared that 03 months ago, some policemen entered his house forcefully and inquired about him from his family. His father was and arrested taken to the police station leaving a message for him to report immediately. When he visited the police station the same evening, he found that there was no FIR/complaint filed against him. His father was also released and both of them were advised to refrain from supporting the politically active refugee group which was designing policies against the local government. Mr. AM told the police officials that he had already rejected the request of that political group to join them but he was threatened to face dire consequences in case if he changed his mind. He further added that a few days later, the same police officials arrived at his house and arrested him on the suspicion of being involved in a protest raised by that political group.

He was taken to the police station and beaten severely with the leather slippers and wooden sticks. He was also slapped and kicked on his back and stomach. He explained them that he was not involved but he was not believed and instead 02 senior police officials showed up and warned him and his father refrain from joining/supporting that group. They also threatened that if he was arrested again, they would not release him easily. Mr. AM was very terrified and hurried back home soon after the release.

During interview he presented complains of anxiety, tension headache and constant fear being arrested again. He was supported through counseling and was advised to take counseling sessions together with his family at SACH rehab center at Haripur District.

Case 95:

Mr. KW was a 22 years old male, unmarried and a resident of refugee community in Islamabad. He was born in Pakistan and had a temporary refugee status. He worked as porter on daily wages at the vegetable market. He shared his experiences of being tortured by the local police officials at his work place and community. He added that the police officials were used to of raiding or investigating in his community without any search warrants. He informed of an incident of his temporary arrest and detention at the police station after he had refused to give money to one of the police officials. He mentioned of an exercise by the CDA encroachment staff and police officials at the vegetable market couple of months ago. Many fruit vendors and porters were arrested that day which included Mr. KW also. The police officials charged fine to all those people who had violated the law and confiscated their goods. Later on at the police station, the officials demanded money from all those who were arrested. Mr. KW refused and faced detention, humiliation and violence by the hands of police officials. He mentioned of a small room where 40 people were detained and physically harassed.

At the time of the interview, Mr. KW showed symptoms of worthlessness, refusal from work and agitation. He was diagnosed with depression and was counseled individually through supportive techniques, breathing exercises and was encouraged to join for psychological follow-up sessions at SACH rehabilitation center ICT. He was also treated for burning micturition and renal pain by the doctor and was referred to urologist for further diagnosis and treatment.

Case 96:

This is the case of a Mr. LK who was a middle aged and lived in a refugee community in ICT. During the interview, he shared how hard his life had been since his birth in Pakistan. He had the status of a temporary refugee who was working as a porter to earn a living. He worked very hard to support his family. Mr. LK discussed about his experience with police officials and shared the temporary detentions by the police officials he had faced. He shared an incident of where he was going back to his house after purchasing some grocery. A police van patrolling stopped him and demanded for money to which he refused. The policemen got infuriated and took him to the police station. He was detained in a small room with few other detainees. The police officials snatched his groceries and tore his clothes. They also snatched his money and physically assaulted him. He was subjected to blunt trauma which included slaps and kicks on the rare. He shared that there were 02 police officials who were taking turns in physically harassing and torturing all detainees.

At the time of interview, Mr. LK showed symptoms of lability of the moods, agitation, and depression. He was counseled through techniques of stress reduction and was encouraged to continue the follow-up sessions at SACH rehabilitation center in ICT. Medically he was treated for the burning micturition and generalized weakness and pains.

Case 97:

Mr. KG was a resident of refugee camp in Islamabad. He was a 50 years man who worked as a porter in the local fruit market. He was born in Afghanistan and had migrated to Pakistan when he was 10 years old. He told how he had been struggling in the harsh circumstances of refugee community. During the interview, he explained his traumatic experience of being subjected to extreme physical and psychological torture by the local police officials of his area the a few months ago. He led a hard life looking after his family already and one day he faced torture by the hands of police officials when he was not able to present his refugee status card. He was arrested and detained and denied any communication with his family and community. This incident occurred on one of his working days during the week. He pleaded to contact his family so as they could bring his identification document but instead he was falsely charged for spreading terror and on the account of suspicion of a crime, he was detained for further interrogation. The only condition on which he could be released on was a monetary compensation. He resisted to their condition and was severely beaten with leather straps and wooden sticks. He was handcuffed and kicked in his thighs and abdomen and was solitarily confined for more than 15 hours. Hours later, his brother came to the police station and paid a fine of Rs.1000 to get him released.

At the time of interviewing, MR. KG presented complaints of depression, lability of moods and anxiety. He was separately counseled for supportive techniques and was introduced stress reduction techniques. He was also encouraged to take counseling sessions along with his family at SACH rehabilitation center. Medically he was treated by the doctor of SACH for the common body aches and gastro related issues.

Case 98:

Aged 60, a resident of refugee camps, Mr. NM was an old man who discussed about his tough life and harsh situations he had faced since his migration to Pakistan. He told that he was 04 years old at the time of migration and had been living with a temporary refugee status since then. He was working as a porter in the fruit & vegetable market in Islamabad. He shared that weeks ago he was arrested by the local police of the area for being unable to present his identity card. Without any arrest warrant or legal document, he was detained in a nearby police station. Later that day, he was shifted to a smaller room where he could see some other people as well who were detained like him. These people were also from his community. The detention lasted for hours until a police official asked all of them for bribes to be released. All

detainees were laborers who had little amounts of their daily wages which they had earned that day. All of them reluctantly paid their share but Mr. NM resisted because he had not earned that well that day and wanted to take some medicines for his sick wife. His refusal to give in led him into an unpleasant situation to which the police reacted by beating him mercilessly. He told that he was slapped, punched, pushed and kicked by the police officials. At last, to save his life, he gave all his money to be released. At the time of being interviewed, the victim was showing distress, his body was shaking and tremors were quiet observable. He reported difficulty in staying asleep, worthlessness, self-pity, and appeared with agitated depression and panic.

He was counseled through an individual brief session and was encouraged to take family counseling sessions at SACH rehab center (ICT). He was also treated medically for respiratory tract infection by the doctor.

Case 99: Ms. T aged 35, was a resident of Transgender community, Lahore - Punjab. At her birth in Sialkot, she was abandoned and handed over to a transgender of her area. Later on, she shifted to Lahore and started residing in the suburbs of a less privileged transgender society where most of the community lived below poverty line. The community consisted of adobes with absence of basic necessities. During the interview, Ms. T gave the history of problems. She shared that it was a common practice for the local police officials to forcibly enter houses of people in her colony during their patrol. She further added the incident that took place the previous month during the patrolling process. The police forced all the transgenders to come out of their homes for an investigation of drug trafficking and prostitution. Each and every transgender living there was thoroughly interrogated to check out their involvement in any unlawful activities. When Ms. T was interrogated, she came out innocent but was held by the police officials for further interrogation. One of the officials sexually harassed her. She pushed which infuriated the officer further who in return started beating her with a wooden stick. He slapped and kicked her in front of the whole community. She ran to her house to avoid further physical and mental torture.

At the time of interviewing, Ms. T had symptoms of anxiety, depression and panic. She was individually counseled and given coping techniques for stress related issues and was sympathized. She was medically treated for common cough and cold.

Case 100:

This is the case of Ms. W who was a resident of Lahore, Punjab. SACH came across this trans-gender in one of its medical camps arranged for the victims of torture in Yuhanaabad, Lahore. She was 29 years old and had migrated from central Punjab years ago. She joined a group of other transgenders who danced at local functions and parties. During the interview, she shared her experiences of humiliation she had faced at the hands of police officers. She said that it was a normal routine of police officials to check and harass their community members. They would be harassed, detained and their money would be snatched on different check posts throughout the city. She shared an incident where she was arrested for begging in the main market of Gulberg, Lahore. As begging is an offense in Pakistan, hence she was shifted to a nearby police station for further interrogation. There she was physically and verbally abused by the investigating officer. He used a leather slipper on her body and demanded money for her release. She was severely bruised and her group mates had to intervene by paying a certain fine to get her released.

At the time of interviewing, she cried a lot and showed symptoms of severe depression, hopelessness and isolation. She was physically and emotionally counseled. She also stopped begging later on. Medically she was treated for the common cough and flu.