



Women Locked Up

A Study of Prevailing Conditions in Punjab's Women Prisons and a Human Rights Based Approach to Reform

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Abstract

This research aims to assess the prevailing conditions in women jails across Punjab to see whether the international standards of treatment are being adopted to ensure the rights of women prisoners. The study is motivated by two questions. Firstly it inquires whether the Punjab Prison's Code is in line in international standards, and implemented in its true spirit in reality. Secondly it asks whether prison conditions affect the physical and mental wellbeing of women prisoners. The study offers three hypotheses based on these questions: (1) The Punjab Prison Manual satisfies the necessary prison conditions and rehabilitation mechanism stated in the United Nations Bangkok Rules for the Treatment of Women Prisoners and Non-custodial Measures for Women Offenders (2) An implementation gap exists between the Punjab Prison Manual and the actual prison conditions in central jails of Punjab, (3) Prisoner treatment and prison conditions directly impact the prisoner's physical and mental wellbeing. Previous literature indicates how adverse prison conditions have led to the deterioration of physical and mental wellbeing of prisoners, and how aspects of prison conditions like food, space, and lighting have been compromised in Pakistani jails. Our most important contribution is devising a research design that is representative and a research analysis that is extensive enough to understand the complex dynamics of Punjab's women prisons. This thesis followed an extensive data collection mechanism that involved observing the prison conditions in the women sections of 6 central jails in Punjab and using data gathered from interviewing 144 women prisoners to analyse the physical and mental wellbeing of women prisoners and test all three hypotheses. We employed both quantitative methods (like cross tabbing, frequency analysis, weighted average scoring) and qualitative methods (like implementation assessment scales, and comparative analysis). At the end, the paper outlines recommendations on how current situation of Pakistan prison system can be improved. The recommendations draw inspiration from the best practices that are being implemented in advanced areas of the world and practical ways that Pakistan can adopt them in jails across Punjab.

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Introduction

‘Women Locked Up: A Study of Prevailing Conditions in Pakistan’s (Punjab) Women Prisons and Human Rights Based Approach to Reform’

Women across the world and especially in Pakistan have to face discrimination and oppression at the hands of a society that is still adjusting to the ideas of equality. In developing countries like Pakistan, where patriarchy is still very much a norm, the struggles of a woman are much more amplified. A woman prisoner is then faced with the double burden of first being a weaker sex in an oppressive society as well as being banished an outlaw and separated from their social roles and positions. Prisons in Pakistan are already plagued with a multitude of problems, such as overcrowding, mistreatment, lack of hygienic conditions etc. In a scenario like this, it is easy to imagine that the special needs of women prisoners may not be taken into account as per international standards. As the title of this thesis suggests, this study aims to shed light on the prevailing conditions of women prisoners in central jails of Punjab, Pakistan. Prison conditions should not serve as an additional punishment, as the prisoner’s sentence already deprives a woman from freedom and close contact with their families. But in any case, a prisoner is a human being and is entitled to their basic human rights. The following research questions will be answered in this study: what are the prison conditions prevailing in the women sections of Punjab central jails? How do these conditions affect the physical and mental wellbeing of prisoners?

For this purpose, a detailed survey was carried out by a team of researchers who observed the actual conditions of women prisons and witnessed the way female inmates were treated in prisons across Punjab. The study relies on both primary and secondary methods of research. For secondary research, previous literature on similar topics was consulted which included a number of international and local books and articles. An in depth legal analysis of “*The United Nations Bangkok Rules for the Treatment of Women Prisoners and Non-custodial Measures for Women Offenders*” was undertaken/conducted. The Bangkok Rules are a reflection of the international standards of rights of women prisoners and serve as a benchmark to compare Pakistani laws and gauge their compliance with international principles. Punjab Prisons Code was consulted for the rules in Pakistan specific to treatment of women prisoners. Therefore,

both these legal documents are compared in order to answer one of the research questions which ask whether the laws in Pakistan are in line with international standards.

The primary research methodology involved visits to the six central jails of Punjab located in; Rawalpindi, Lahore, Faisalabad, Sahiwal, Gujranwala and Sialkot. These field trips were based on surveys designed to test whether the women inmates were satisfied with their treatment in these jails or not. Getting access to these jails was a difficult task and involved submitting applications to different DIGs well in advance, and stating the purpose of the visit. Strict security clearances had to be performed and researchers were allowed limited time to visit each jail. This resulted in the research team being able to conduct limited number of interviews which was standardized to 70% of the women prisoners in each jail. After observing the prison conditions and collecting responses from 144 prisoners, the researchers were able to make judgements on whether the prison administration was following all the guidelines contained in the Punjab Prisons Code. The research team tested factors related to the physical and mental wellbeing of the prisoners. Factors such as diseases, hygiene, food, and rehabilitation etc. were quantified and critically evaluated. During this data collection process, the research team had to make ethical considerations both in regards to the protection of identity and responses of the respondents as well as the safety of the researchers. The researchers also tried to make sure that the interview process did not cause discomfort to the respondents or in any way trigger a psychological distress. Not only were the questionnaires designed with this consideration but the researchers also conducted the interview process carefully.

Although research along the same lines has previously been conducted but none of these past papers have been able to gather data from such a significant sample size. Similarly, not many research papers have focused on providing reformative recommendations on how to bridge the implementation gaps between the actual prison conditions and the required standards of treatment of women prisoners.

This thesis is sectioned into seven chapters:

Chapter 1 is the Literature Review. Books and journals articles were reviewed to extract definitions, findings and arguments related to women prisons. The literature review is divided

in sections, which are: prison administration, overcrowding, mistreatment and harassment, torture, health conditions, food, rehabilitation and conclusion.

Chapter 2 is titled Research Methodology. The methodology contains the research design that highlights the research questions and hypotheses generated and the independent and dependent variables on which these hypotheses are based. Data collection methods are also mentioned followed by an account of the budget assigned and justification of the research. The sampling method contains the study subject and sample size. The methodology also contains data analysis procedures and assumptions followed by limitations and ethical considerations.

Chapter 3 is composed of an in depth legal analysis and implementation analysis that test the second hypothesis. The first part is the legal analysis that compares the United Nations Bangkok Rules against the rules of Punjab Prisons Code, regarding various aspects of governing women prisons. This part is the law vs. law analysis. The second part is the implementation analysis which tests whether the actual conditions in Punjab's women prisons follow the rules ordained in the Punjab Prisons Code. It is a law vs. implementation analysis. The qualitative analysis was supported with pie charts using statistical analysis through SPSS (details in chapter 5). The chapter will conclude by proving or disproving our hypotheses.

Chapter 4 includes a detailed description of the six central jails visited for the purpose of this study. It includes the observations made by the researchers regarding the prison facility, its prevalent conditions and attitudes of administration and inmates towards each other.

Chapter 5 is the data analysis. The data gathered through the interview and questionnaires was converted into variables in SPSS. Cross tab analysis and frequency tables were generated to get a statistical representation of the responses. These tables were used to make bar graphs and pie charts on Microsoft Excel. These graphs were then analysed to find correlations between different variables pertaining to physical and mental wellbeing of women prisoners. Another aspect of this data analysis was to compare variables in different ways for example city to city comparisons.

Chapter 6 comprises of the overall findings of the data analysis done in the previous chapter. Three core findings were made from the analysis that revolve around prison conditions, mental

wellbeing and physical wellbeing of prisoners. The overall result was then used to make conclusions on whether or not the correlation exists or up to what extent the findings proves or disproves the hypothesis: *prisoner treatment and prison conditions directly impact the prisoner's physical and mental wellbeing.*

Chapter 7 concludes with recommendations based on analysis of the existing short comings in the administration of women jails in Punjab. These recommendations suggest ways to reform the prison administration by improving prison conditions and satisfying prisoners' mental and physical wellbeing.

Chapter 1

Literature Review

“Human rights for prisoners” is a paradoxical idea for many. How do you ensure and guarantee human rights for people who are being punished for violating human rights of others. But for proponents of equality and justice, a society’s fair treatment of prisoners is a litmus test of its commitment to human rights. This principle of respect for all human beings, despite of their wrongdoings, was voiced by a famous former prisoner and ex-President of South Africa, Nelson Mandela who stated that:

"It is said that no one truly knows a nation until one has been inside the jails. A nation should not be judged by how it treats its highest citizens, but its lowest ones."ⁱ

However, how a nation treats its women is another integral indicator of the values of a society. Despite the progress of society and the wider world in empowering women and ensuring equal rights, women in many areas around the world are still bound and limited by the advent of patriarchal norms. Women rights are still contested in underdeveloped regions where a woman’s political, social and basic rights are undermined every day in various situations. Within that context, there is a big question mark on the extent of mistreatment and breach of rights of women prisoners. Women prisoners have the double burden of being considered the weaker sex in patriarchal societies and of being considered an immoral violator of laws and a danger to society. When women commit crimes, it not only implies punishment and imprisonment for them, but it also has severe social implications for them. Female offenders usually face difficulties reintegrating back in the society as they are deemed unfit for their domestic roles like motherhood, by their families and social circles. This is especially true in south Asian societies where prisons are considered to be vile places and not correction centres which makes them see prisoners as impure, dangerous and unforgivable people; even when they are released from confinement.

Thus imprisoned women are usually poor and neglected members of society which makes them a vulnerable and easy target for prison administration to mistreat them.

The purpose of this chapter is to assess the literature that treats the concepts of women rights and prisoners' rights as mutually dependent. Although the idea of human rights has been propagated by various schools of thoughts, by religious, moral and scientific leaders alike, the institutionalization and formalization of its various components was done recently when the United Nations General Assembly adopted the Universal Declaration of Human Rights (UDHR) in 1948. Large scale research concerning its application began after that. However, women prisoner relevant international rules were set by the UN just 6 years ago, in December 2010 in the form of the UN Bangkok rules (also known as The United Nations Rules for the Treatment of Women Prisoners and Non-custodial Measures for Women Offenders). Literature has also been scarce in the women specific discussion of prison standards. For the purpose of this research, the literature review hence takes into account work from authors on issues revolving around the prisoner treatments and prison conditions regardless of the sex. Prisoner rights will be analyzed as an important component of human rights in most part of this literature review. Issues like overcrowding, inadequacies in food, mistreatment, torture, harassment and matters of health are discussed from the viewpoint of various authors and the findings of various researches. Similarly, management of prisons and the evolving roles and duties of the prison administration will be discussed from the comparative studies of different researches.

Prison Administration:

"Governing Prisons" by John J. Dilulio is a comprehensive study of the prisons of America, focusing on the comparison of jails of three main states: Michigan, California and Texas, with Texas and Michigan being on two extremes of authority and California being in the center. It provides a window to understand the balance between state authorities and citizens in a democratic society. In a developing country like Pakistan, where the prison administration lacks certain aspects of governance, these models of American prison systems can help provide better recommendations towards improving the prevalent system of governance in prisons, which if successfully implemented, would improve the quality of prison life, by positively impacting education, health, security, expenditure and inmate to staff ratio.

Dilulio recognizes that the quality of prison life is measured based on three indicators namely; order, amenity and service.ⁱⁱ Order in prison, is defined as “the absence of individual or group misconduct that threatens the safety of others.” This order is implemented in the form of a duty given to the officers of the administration. However, the range of order varies according to the extent of how accurately the conduct and rules are followed. For example, the Jail Manual of Punjab clearly defines the rules and regulations the administration has to adhere to in order to prevent both low and high security threats to other inmates such as assault and rape.ⁱⁱⁱ Therefore, order in this context, should mean to adapt to a degree of security level that prevents such occurrences from happening. The second basic essential determining quality of prison life is amenity. This means “anything that enhances the comfort of inmates.”^{iv} It includes the presence of good food, clean cells, and colored television etc. Even though under chapter 25 (rule 623: construction of cells), “Prisoners in cells” of the Jail Manual^v, basic provision and maintenance of the prisoner needs are necessary, however, there still lies a huge implementation gap towards the achievement of these and thus the gap needs to be bridged. Lastly, the administration of prisons requires service which means, “to improve the life prospects of the inmates” by giving them vocational training, working opportunities etc. so that they could successfully integrate back into the society which will help reduce recidivism.^{vi} Overall, we see that Pakistan jail administration does provide limited vocational trainings, but due to lack of integration between these three indicators the benefits achieved are not visible enough and thus need to be improved. Due to Pakistan being a developing country with a limited budget for public spending^{vii}, its governance overall has failed to provide many basic rights such as hygienic and nutritious food, security and maintenance. Due to poor jail administration, the use of drugs among the inmates becomes easier which not only threatens physical and mental health, but also becomes an inmate’s opportunity cost towards successful reintegration and the achievement of a better life after release. Furthermore, due to the fact that the official’s income is not very high, they are easily manipulated thus making them prone to bribe leading to loss of practice of order and poor security.

John J. Dilulio states that the administration is not just limited to the culture formed by rules and regulations of governance, but a sub-culture also exists which he refers to as the 'Inmate social system'. This system is an informal social structure (a society within a society) and analyzes how prisoners interact with each other. The importance of this sub-culture can be seen by examples of three different extreme cases of jail administration in America.

In the 19th century, prison administration of Pennsylvania aimed to eliminate any sub-cultures within the prison and amongst the inmates, so they isolated each prisoner for the entire period of their confinement. The results were disastrous.

Therefore, after this, the administration changed and now all American prisons have a great deal of interaction. The study therefore, neglects the hypotheses stating that prison administration operating in a condition of high degree security and isolation would lead to a favorable outcome and this research is backed up by the analysis of the Texas jail administration conducted by director of Texas department Dr. George Beto. The control model was based on a correctional philosophy emphasizing inmate obedience, work and education. Similar to Pennsylvania, this model also adopted maximum-security at institutions, consistent routines and strict paramilitary lines.^{viii} However, a building tender system was formed and inmates were selected by the administration to assist correctional offices thereby increasing control.^{ix} Furthermore, this model was dependent on external influence^x and thus, was a main reason for its inadaptability. Pakistan is one such country that faces immense political pressure in its public sector. For high influences on how jails are operated and run, the institute ends up favoring political inmates and thus fails to run as a separate independent body thereby being unjust to all other inmates and the society within which it operates.

Literature has put forward examples of different models as can be seen by 'Sykes and James G. Fox' who opposed the idea of strict control in their study "New Jersey State prison 1952" where they analyzed that formal prison control should be kept to a minimum as "the more officials strive to achieve 'control goals' the more they will foster inmate 'alienation and conflict' within the prison."^{xi} This 'responsibility' model was implemented in the Michigan Jail by Perry M. Johnson^{xii}, which maximized inmate's responsibility for their own actions which ultimately resulted in lower

authority over inmates by the officers thereby making it easier for inmates to conceal weapons and disobey policies.^{xiii} If such a model is adopted in the administration of Pakistan, then high levels of interaction and delegation of authorities in the administration could lead to lack of control and order. Prisoners won't follow rules and the officials themselves would not adhere to the codes properly leading to chaos. Therefore, there is a need to properly investigate the different indicators affecting the administration and inmate behavior and analyzing how these can be integrated to form an ideal administration system that not only ensures justice to the inmates and society, but also positively impacts everyone affected by it.

By comparing and contrasting these two different extreme models of authority, Dilulio then shifts towards a more balanced model that has a stable presence between the culture and sub-culture. This Consensual model by Richard A. McGee^{xiv} favors control to a certain extent and allows freedom to a certain extent. This practice supports inmate councils and rehabilitation programs which lead to less prison violence and an accepted degree of inmate freedom.^{xv}

Therefore, the quality of life needs to be enhanced in the prisons of Pakistan, as the annual expenditure per inmate in Pakistan is extremely low as compared to annual expenditure per inmate in Texas being \$21390^{xvi}, in Michigan \$28117^{xvii} and California \$47721.^{xviii}

Thus, it is evident from the comparison of the prison systems that best practices need to be adopted by prisons in Pakistan to establish a system of governance which is responsive, humane and safe towards the prisoners that can help them successfully reintegrate back into society and lower the relapse rate.

These claims about the conditions of Pakistani prisoners can be referenced to the annual report on prisons and prisoners by Human Rights Commission of Pakistan (HRCP). According to the report, the conditions of Pakistani prisons have deteriorated and have not changed in the last six decades since independence. The authorities have so far made little to no effort to examine current prison systems of Pakistan to serve the jail rationale of rehabilitating criminals.^{xix} The endemic and chronic issues that remain a

part of these prisons are overcrowding, lack of proper healthcare system, inferior quality food, narcotics widely available in prisons, corruption and rampant continued torture.^{xx} Steve Walden states that ‘the current state of correctional institutions has gone beyond simple deterrence and punishment into an inhuman and unlawful set of institutions’.^{xxi}

Overcrowding

Prison overcrowding can be termed as the social phenomenon occurring when the demand for space in prisons in a jurisdiction exceeds the capacity for prisoners in the place.^{xxii} According to the author Mike Hough et al. ‘Prison overcrowding can occur when the rate at which people are incarcerated exceeds the rate at which other prisoners are released or die, thereby freeing up prison space’.^{xxiii} A similar situation can be seen in Pakistan, as described in the 2014 HRCP report on Prisoners. The report states that a huge majority of people lingering in Pakistani jails were under-trials whose actual sentences had not even begun. This means that these people take up space that was made for convicted criminals thus follows Hough definition of overcrowding. HRCP’s report elaborates that this current lingering issue of overcrowding is caused because of penal servitude (imprisonment with hard labor) that is used as the only form of punishment in Pakistan. Individuals are ‘imprisoned for purely civil matters such as giving bad cheques’. The use of imprisonment as the only method of punishment not only causes issues in prison management but also has negative implications on entire family structures of the prisoners. This has severe consequences, especially for women prisoners. So far no effort has been put into replacing the penal servitude as the sole punishment method and no alternative has been proposed such as community service for minor offense.^{xxiv}

Overcrowding: 2/3rds of prisoners under trial

Region	Women	Juveniles	Total prison population	
Punjab	887	764	49,560	
Sindh (till 02/09/14)	168	313	18,726	
Balochistan	24	46	2,980	
Khyber Pakhtunkwa	Data not available	Data not available	Data not available	
Gilgit-Baltistan	3	3	307	
Total	1,082	1,126	71,567	

Regions	No. of prison	Authorised capacity	Total prison population	Under-trial
Punjab	32	21,527	49,560	32,514
Sindh (till 02/09/14)	25	12,416	18,726	15,248
Balochistan	11	2,585	2,980	1,214
Khyber Pakhtunkhwa	22	7,982	Data not available	Data not available
Gilgit-Baltistan	7	700	307	212
Total	97	45,210	71,567	49,188

Another author Gerald G Gaes in his journal ‘The Effects of overcrowding in Prisons’ provides different measures to determine the extent of overcrowding that exists in prisons. He states that ‘crowding can be measured objectively in several ways; in terms of floor space per prisoner, prisoners per living unit and institutional population relative to stated capacity’.^{xxv} HRCP report states that in all jails across Pakistan, except for Gilgit-Baltistan, the population exceeded the authorized capacity. The table has been taken from HRCP 2014 Report. In Punjab, this excess was about 130%. In some prison barracks, a few convicts had to stand while the others slept or prisoners could not access the washroom in the night because sleeping prisoners covered the entire barrack floor. Such conditions amount to ill-treatment and are beyond the punishment of penal confinement that prisoners have to bear. Living in such close quarters to each other without access to sunlight for most of the day leads to health concerns like skin diseases and a deterioration of the general hygiene level.^{xxvi} The report “Reforming Pakistan’s Prison System”^{xxvii} gives an overview of the flaws in the jail system and justice system of Pakistan. It states that the women prisoners in Pakistan are quite small in number and mostly are housed in separate cells inside men jails. In Punjab the women prisoners are

in largest proportion than other provinces but there is only single women jail located in Multan for them.^{xxviii} The report suggests for the establishment of gender based facilities in prisons and women imprisonment in separate cells inside male prisons shall be stopped.

A study called *Woman Prisoners: A Case Study of Central Jail, Kot Lakhpat, Lahore* written by Khalid Manzoor Butt is a descriptive research paper that outlines the crucial issue of women prisoners in Pakistan. It also identifies the factors that trigger the involvement of women in criminal activities and provides insight into the condition of women prisoners in jail through qualitative methodology. In this paper, Manzoor states that ‘actual capacity of the jail is only 800 prisoners but about 4 times more inmates were present in the jail’. The unit of woman prisoners has capacity of only 30-40 prisoners; however, 133 inmates were present. Reason provided for this is that initially when the prison constructed, Kot Lakhpat was an out just of the city, however with the rapid increase in population and expansion of cities, it has now turned into a quite populous and busy part of Lahore. According to the case study, ‘the female unit is a single story building and does not have system of cross ventilation. There are sets of two beds, placed on one another in a vertical manner to double the capacity. There are total six washrooms/toilets, which are quite unhygienic and in a bad shape and in the words of a released prisoner “not sufficient for the inmates.”^{xxix} He also states in his study about Lahore’s prison,, the weather conditions are extreme and temperature in summer goes up to 48 °C and in winter comes down to 2 °C. Similarly, in Monsoon, heavy and prolonged rains are quite usual which results in humidity up to 80%. There is no proper system of sanitation, heating, lighting, and ventilation in the jail which is against clause 26(c) of the SMRTP.

Finally, an article entitled “Still Miserable” describes the unfortunate condition of aged and overcrowded prisons in France. This article shows that prison overcrowding isn’t simply an American problem, but is in fact a problem faced internationally as well. This article says that the French government is moving prisoners from these decrepit institutions and building new ones in order to remedy the problem.^{xxx}

Ill treatment and harassment, torture

According to United Nations High Commissioner for Human Rights (OHCHR) Basic Principles for the Treatment of Prisoners 1990, there are eleven preconditions defined for effective treatment of prisoners^{xxxii}. These emphasize on the importance on level of respect given to each individual and that there should not be any kind of discrimination on the ground of religion, race, and color in the prison system. In regards to punishments and prison treatment it states that solidarity confinement should be used to a minimum^{xxxiii}. However it should be noted that as mentioned before, in Pakistan this form of punishment is found to be very common.

The situation is worse for female prisoners. According to a United Nations Office on Drugs and Crime (UNODC) report, 800 or so female prisoners in Pakistani jails were facing harassment, insanitary conditions and lack of proper healthcare. It is widely believed that a majority of the female prisoners experience sexual harassment and sexual violence at the hands of jail wardens. During prison surveys, UNODC found prevalence of suicidal depression, sleep disorders and other mental illnesses among female prisoners. ^{xxxiii}

A study by National Commission on the status of women Islamabad accesses the implementation status of women protections act 2009 and discusses different aspects of female prisoners and their treatment by jail administrations. The study shows that since the implementation of WPA 2009, there is a considerate fall in custodial violence. Prior to the enforcement of the act, women were charged in petty crimes and were often kept in police stations without warrant where they were frequently abused physically and sexually by the police. Custodial rape was quite common. However according to the study, this has decreased due to new rules that have been put in place that requires police officials to presented the female prisoners in front of the magistrate within 24 hours and police is not allowed to keep woman in police stations for more than a day. However the report fails to present any solid facts or statistics to prove this statement. The report also focuses on the positive aspects of the implementation of the act and not the gaps in the implementation. ^{xxxiv}

Inflicting torture still remains a common practice to extract confessions in Pakistani prison systems. However according to the penal code, any piece of evidence acquired through torture cannot be used in a court of law. Unfortunately the definition of torture is still to be defined in Penal Code. According to Webster dictionary torture can be defined as ‘the act of causing severe physical pain as a form of punishment or as a way to force someone to do or say something’. The definition of torture in Police Order 2002 limits it to torture by police officials only when the intent is to extract a confession. This is stated in Police order 2002, Punjab Police under Article 156. Thus, for example, torture committed by the law enforcers to extract bribes is not covered which becomes problematic. HRCP’s reports states that lack of use of sophisticated methods of investigation, like DNA testing., leaves the investigation team with only one method to solve a crime i.e. confession. According to HRCP’s media monitoring, 72 prisoners died in jails in 2014 while 47 others were injured due to accidents or in various clashes. At least 50 of these deaths were confirmed to have been caused by illness or old-age and at least three as a result of custodial torture. The high incidence of deaths in custody of young or apparently healthy men due to heart failure was a worrying trend. There were reports of the prison officials demanding heavy bribes from the prisoners in order to escort them to court for a hearing. Those who could not pay or refused to do so were severely tortured.^{xxxv}

Khalid Manzoor Butt’s research *Woman Prisoners: A Case Study of Central Jail, Kot Lakhpat, Lahore*, describes that after arrest, the alleged women usually confront abusive treatment, behaviors, and environment during police investigation, case trials, and in lockups. Similarly during the imprisonment and after the release from prison they remain disadvantaged socially, psychologically, morally, and economically.^{xxxvi}

Health Conditions:

According to United Nations High Commissioner for Human Rights (OHCHR) *Basic Principles for the Treatment of Prisoners 1990*, Prisoners shall have access to the health services available in the country without discrimination on the grounds of their legal situation.^{xxxvii} The health care reforms for prisoners in Pakistan have not been affective.

Insanitary conditions in the prison, unhygienic food as well as overcrowding has caused major health concerns. The situation is worse for female prisoners. United Nations Office on Drugs and Crime (UNODC) report states that no gynecologist is available on call to attend to female prisoners in Punjab. ^{xxxviii} According to HRCP's report 80 HIV positive and 31 AIDS patients were present in Punjab prison's in December 2014. In a survey of selected prisons in Pakistan in 2013-14, HRCP found jail hospitals lacking in numbered beds and medication for hundreds of prisoners. No jail had a full-time female doctor. All serious health issues faced by female prisoners were referred to the local hospital. There were also reports that prisoners selected for preferred treatment were often sent to jail hospitals to avoid the cramped barracks. ^{xxxix}

The report 'Review of Health System in Prisons of Punjab, Pakistan' is based on the research conducted by the Pakistan Medical Research Council. The research was conducted in 20% jails of Punjab in 2011. This research work revealed favorable results for Tuberculosis program execution which was its main focus area, but quite unfavorable results about overall health system. Report argues that the rehabilitative services are only for juveniles. The drug administration and information system is also said to be poorly organized. The diagnostic services and data of prisoners (except that of TB patients) is not present. Health policies and health assessment were not up to the mark. This supports our hypothesis which says that the weak administration impacts prisoners' well-being. ^{xi}

This report responded some of our research questions but contrary to the previous points of report, it also says that the living conditions in prisons are satisfactory and discipline is under control. The quality food is offered in the prisons under health personnel supervision. It also says that basic health centers were present and health training was given in almost every prison. On certain instances positive results for health policy of prisons and its implementation are seen in report. ^{xli} The limitation of this research could be jail administration's reluctance in sharing the true information either due to fear of losing job or their political inclinations.

The report ‘Review of Health System in Prisons of Punjab, Pakistan’^{xlii} suggests several reforms required in prisons. It says the health system shall be assessed in intervals through TB reach projects to keep a check on the prison health system. It also suggests set of standards required for integrated prisoner health delivery structure, for instance maintenance of properly equipped clinics within jails and coordination between prison administration and health personnel.^{xliii} The health of prisoners is a major part of our thesis. This literature revolves around the health system, but it does not correlate prisoner treatment in jails, which is a major factor affecting physical and mental wellbeing of prisoners.

The International Crisis Group published a report called “Reforming Pakistan’s Prison System,” in 2011, which discusses issues faced in women prison system as a separate topic. The report cites UNODC according to which reproductive health issues are ignored in jails as there was no obstetric surgeon and gynecologist in the prisons of Punjab in 2010.^{xliv} In 2010, the Punjab minister for prisons proclaimed in the provincial assembly that none of the province’s 32 prisons provided obstetric surgery for women, and not a single gynecologist was available.^{xlv} Counseling services was also only present in 3 prisons and that too was being provided by Non-governmental organizations.^{xlvi}

The health facilities in prisons in Pakistan, as depicted by HRCP 2013 annual report are substandard^{xlvii}. In Punjab large numbers of prisoners were suffering from HIV/ AIDS, Hepatitis B, Hepatitis C and tuberculosis. Some of the detainees also died within jail boundaries due to lack of proper medical arrangements within jail. ^{xlviii}The women jails in Pakistan are found to be unhygienic with unsymmetrical distribution of resources. For instance availability of a toilet ranges from 3 women in few to 60 women in others. Water borne diseases are common due to lack of safe drinking water facility.^{xlix}

Food

Adequate provision of food is a basic necessity and right of an individual. In Pakistan the issue is not just of quantity but even quality and there is need for Improvement.

HRCs research states that even after having a standardized jail menu in Pakistan, it is rarely followed by the prison authorities. It can be found from the report that ‘prisoners kept complaining about the substandard food and have to resort to buying their own ration and cooking for themselves’.¹

From the case study on Lahore’s central jail a few “complaints regarding quality and under cooked food” were seen which violates clause 20 (1) of the Standard Minimum Rules for the Treatment of Prisoners (SMRTP). Also there is no restriction on inmates to make their own food if they can afford, but there is no kitchen or proper place for cooking. There was a temporary burner made with mud, outside the barrack; and to set fire, tree branches; and waste material were burned. It is pertinent to mention that prisoners favored by the administration were not deputed for such jobs.^{li}

Rehabilitation:

The environment of the prisons also requires a lot of improvements as there are little to no opportunities available to prisoners for vocational training, improving their level of education or to be counselled to instill a better sense of societal values in themselves. This limits their ability to restart their social lives post-release and to attain proper jobs putting them at a risk to rejoin the criminal relapse cycle. According to United Nations High Commissioner for Human Rights (OHCHR) Basic Principles for the Treatment of Prisoners 1990, ‘enabling conditions’ should be created for prisoners to ‘undertake meaningful compensated employment’ which will assist in prisoner’s reintegration into the country’s labor market and permit them to contribute to their own financial support and to that of their families. This can be done with the participation and help of the community and social institutions, and with due regard to the interests of victims.^{lii}

The paper called Judiciary and Gender Bias by Justice (Retired) Fakhrunisa Khokhar talks about different gender biases that exist in the judicial criminal system of Pakistan. The author provides her experience while visiting different women jails. Khokhar states that during her term, she saw that majority of women detainees were illiterate and were not aware of their legal rights such as to be dealt by a due process law and equal justice. They were also poor and thus were unable to hire a legal counsel. According to Khokhar,

many detainees did not even belong in the prison as the laws under which they were detained were discriminatory. She further mentions that the female convicts and under trial prisoners were living under the same roof, some with breast feeding infants and some with toddlers. She adds that the judicial system fails to recognize the problems faced by female prisoners and doesn't grant bails where it is possible and provide with speedy trials. The most common violation suffered by women in prisons is lengthy detention without trial.^{liii}

According to Firdous Sabir, a released prisoner said, If one is not able to fulfill the demand *Mahina bhara* (monthly Rs.1000 almost equal to US \$ 9) she is forced to undertake hard and difficult duties like cleaning the toilets, sweeping and poacha (mopping) of barracks etc. It shows that bribery is part of the jail culture, which facilitates the prisoners who can afford it. The relatives can give only allowed items and eatables to the prisoners. Firdous stated, "They steal most of items given by the relatives of prisoners. They even openly demand the things and we give them willy-nilly. If any prisoner does complaint, she will face hard times and be given some laborious works." It is interesting to note that this matter was not disclosed by any of the prisoners present in jail. It shows that they had fear of the jail administration. In the same manner, no arrangements for vocational training or to teach them some useful skills and crafts like tailoring, embroidery, beauticianing, and hair cutting were found. Anjuman confessed that they "we don't have such experts to teach them skills." Indeed, such skills can be very useful tools to reduce their dependency on male fellows and make them self-sufficient. It was stated that doctor remains available round the clock for woman prisoners, but reports about negligence and absence of doctor had been received during the interviews.

Many women did not have financial support from their families to contest their cases in courts. So, they have applied to jail authorities for the provision of judicial assistance as they did not have means to hire a lawyer. The figure shows that about 19% of woman prisoners did not have family support for lawyers. This reflects that many families cut

the link with woman prisoners because they do not want to spend money on them or for the sake of their honor in society. ^{liv}

There were some positive efforts to introduce advanced technology to facilitate provision of justice to needy prisoners. In early 2010, prisons in Punjab installed video conferencing facilities to conduct trials in jails for dangerous criminals. However due to many hours of load-shedding, trials were postponed and ultimately this process was neither efficient nor effective.^{lv}

Conclusion:

The literature that is reviewed above makes some assumptions possible. Firstly, it supports the notion in the research questions that there is a gap between the international standards for women prisoner treatment and those followed in Pakistan. And these gaps and problems in administration and prison conditions directly trickles down to affect the prisoners' physical and mental wellbeing. All of the aspects discussed in the literature review ranging from provision of adequate space, to matters of health will be tested in the field surveys. The literature regarding the conditions of women prisoners is very scarce and weak. The literature pertaining to the conditions of women prisoners in Pakistan that does exist has weak sample size and makes broad generalizations. Our research will attempt a larger and more representative data pool in order to accurately discern the state of women prison administration in Punjab, Pakistan. Most of the reports and articles cited in this literature suggest some problem-solving steps that will be incorporated in the recommendations part of our research too.

Chapter 2

Methodology

Significance & Justification

This research aims to shed light on a topic that has not been frequently researched about. It intends to give valuable and well-researched input to future policy makers by suggesting corrective measures to problems identified in the administration of female prisons in Pakistan. Since it aims to provide policy recommendations, the thesis will be of value to the public administrators and people working in the social developmental sector. If Pakistan government initiates welfare reforms for its women jails along legal and humane lines, it can also improve its worldwide governance indicators and its international credit ratings, thereby attracting trade, investment, aid and tourism. For instance, World Bank cites ‘protection of human rights’ as one of the pivotal factors in determining a country’s performance on the ‘Rule of Law’ indicator.

This study will also add to the already existing body of knowledge on the subject. There have been a few researches conducted within and outside Pakistan that have identified humanitarian short comings in administration of women prisoners in the current system. However, the main shortcoming of these researches is that the sample size for primary data collection of these researches was extremely limited. Researchers conducting studies previously were only allowed access to just a few women prisoners in total across the country. On the contrary, this thesis is based on interviewing a major sample of women prisoners in six out of the seven central jails of Punjab, along with the prison administration officials including the regional DIGs. In all jails, almost 70% of the total women prisoners were interviewed. Therefore, this thesis has an abundance of primary data along with a quantitative and qualitative analysis. This research model can also be replicated across all provinces of Pakistan to widen the scope and make this a nationwide study. This study can also be used as the basis of a larger legitimate process of incorporation and implementation of human rights in Pakistan.

Research Design

Following section states the overall research methodology used to devise findings for the research questions and hypothesis generated.

Study Design

Since the research is based on examining the current conditions of women in central jails of Punjab and whether their rights are being ensured by the administration, therefore, following two set of research questions were designed:

1. Prison Condition

How the prison conditions and the treatment methods adopted by the administration affect the physical and mental wellbeing of women prisoners. What are the conditions being provided in the women sections of central jails in Punjab? Are the female prisoners mistreated, harassed or tortured by the administration? Is adequate space, lightening, food, clothing, bedding and access to health facilities being provided in the women prisons? How are the women prisoners allowed to interact with their families? Does the jail provide appropriate rehabilitation facilities? Are the prisoners provided with counseling support? Are the women prisoners aware of their legal rights?

2. Legal Apparatus Required For Adequate Prison Conditions and Treatment of Women Prisoners

Does the Punjab Prison's Code follow the international standards for the treatment of women prisoners as outlined in the UN Rules for the treatment of women prisoners (UN Bangkok Rules)? What are the areas where both these laws differ? Does the Punjab Prison's Code cater for the special needs of women prisoners in Punjab by ordaining women specific rules? Is the Punjab Prisons Code being fully implemented in central jails across Punjab? Are the women prisoners in these jails being provided with all facilities that are ordained for them in the Punjab Prisons

Code? What are the major implementation gaps? How can these implementation gaps be bridged?

Hypothesis:

Implementation gap existing between the rules stated in the prison code and the actual prevalent conditions in the prisons is also investigated for which the hypothesis is as follows:

H₀₁:

The Punjab Prison Manual fails to fulfill the necessary prison conditions and rehabilitation mechanism stated in the United Nations Bangkok Rules for the Treatment of Women Prisoners and Non-custodial Measures for Women Offenders.

H_{alt1}:

The Punjab Prison Manual satisfies the necessary prison conditions and rehabilitation mechanism stated in the United Nations Bangkok Rules for the Treatment of Women Prisoners and Non-custodial Measures for Women Offenders.

H₀₂:

An implementation gap exists between the Punjab Prison Manual and the actual prison conditions in central jails of Punjab.

H_{alt2}:

No implementation gap exists between the Punjab Prison Manual and the actual prison conditions in central jails of Punjab.

Hypotheses that are further formulated based on these research questions are:

H₀₃:

Prisoner treatment and prison conditions directly impact the prisoner's physical and mental wellbeing

H_{alt3}:

No relationship exists between prisoner treatment and prison conditions with the mental and physical wellbeing of prisoners.

A cause and effect relationship is established between the dependent and independent variables affecting the well-being of women prisoners in these central jails.

Independent variables:

1. Treatment of detained women (including abuse and harassment)
2. Prison conditions (space, hygiene, clothing, bedding and food)
3. Health facility (medicines, doctor availability, necessary equipment)
4. Rehabilitation and development mechanism (access to education and training).

Dependent variables:

1. Mental wellbeing of women prisoners
2. Physical wellbeing of women prisoners

Well-being of Prisoners:

The United Nations Rules for the Treatment of Women Prisoners and Non-custodial Measures for Women Offenders (UN Bangkok Rules), also stresses on ensuring the prisoners' physical and mental wellbeing.

a. Physical wellbeing

Physical wellbeing is a critical part of human rights. It is ensured by establishing healthy and hygienic standards in the prisons, safety against torture and mistreatment. Rule 20 of the Bangkok rules states that “*alternative screening methods such as scans, shall be developed to replace strip searches and invasive body searches, in order to avoid harmful psychological and possible physical impact of invasive body searches*”¹. Rule 31 enforces that “*Clear policies and regulations on the conduct of prison staff aimed at providing maximum protection for women prisoners from any gender-based physical or verbal violence, abuse and sexual harassment shall be developed and implemented*”². Under the part II, ‘Rules applicable to special categories’ rule 2(4) states that “*special attention and appropriate services shall be provided for prisoners subjected to physical, mental or*

sexual abuse to ensure their physical wellbeing”³. Rule 6 of Part I ‘Rules of General Application’ states that “*Rule 24 of the Standard Minimum Rules for the Treatment of Prisoners provides that the medical officer shall see and examine every prisoner as soon as possible after his or her admission and thereafter as necessary, with a view particularly to the discovery of physical or mental illness and the taking of all necessary measures*”⁴. Rule 18 states that “*Since all persons in prison, including women, enjoy the right enshrined in the International Covenant on Economic, Social and Cultural Rights, Article 12, to the highest attainable standard of mental and physical wellbeing, the preventive health services provided in prisons shall be equivalent, at least, to those in the community, which means that women shall receive all preventive services, such as Papanicolaou test and screening for cancer, that are available in the community for their age group. Contraception shall be available in prison on an equal basis as in the community.*”⁵

b. Mental wellbeing

On the other hand, mental wellbeing of women prisoners can be defined as being able to have regular family visits and close contact with their children, as well as having access to rehabilitation facilities in the prison which boost the mental wellbeing of prisoners by keeping them engaged in activities. Rule 35 under part I ‘Rules of General Application’ states that “*Prison staff shall be trained to detect mental health-care needs and risk of self-harm and suicide among women prisoners and to offer assistance by providing support and referring such cases to specialists.*”⁶ Rule 23 states that “*Total prohibition of family contact, especially of contact with children, has a very harmful impact on the mental wellbeing of women prisoners, as well as the children involved, and shall therefore be avoided, unless the child has particular protection needs.*”⁷

Application:

The mistreatment of women prisoners by jail administration in the form of torture or harassment may cause the prisoners to suffer physically and psychologically. Similarly an insufficient medical and health facility and an absence of specialist doctors for emergency cases can lead to deterioration of prisoners' health.

Failure on part of the administration to provide appropriate prison conditions can negatively impact the prisoners' wellbeing. Substandard prison conditions such as the absence of sufficient space or lighting, unhygienic conditions, and imbalanced diet may affect the physical and mental health of prisoners. The lack of a proper prisoner rehabilitation mechanism including education, counseling and skill building also exacerbates the vulnerability of women inmates.

Research Prerequisites:

1. Human subject clearance:

A type of clearance that will likely be required in order to conduct field research or obtain information is known as a human subject's clearance. Since our research required us to meet current convicted female prisoners and jail administration, we needed to get access permission through formal chain of command. The approval of our visit was granted by DIG Punjab Prisons. The permission letter is attached as Appendix A.

2. Field Research:

It is a research conducted under actual use conditions, instead of under controlled conditions in a laboratory^{lvi}, In order to get a better insight into our research, we have conducted field research in women section of six Central Jails in Punjab. This enabled us to get updated and relevant data.

Data Collection

Following section stated the step wise procedure and techniques used to collect data for this research.

Preparation for Data Collection

1. Consultation with the Experts

It was very important for the research team to understand different aspects of the research topic in depth as the team lacked information about the topic in the start. Different experts were interviewed by the team in order to understand as to how the data collection can be conducted in an effective manner. Through these interviews the team was able to expand the scope of their research and look at different elements related to study such as social, legal and psychological elements.

Following individuals and organizations were identified by the team:

- **Society for Human Rights and Prisoners' Aid (SHARP)** is a non-profitable, non-political and non-governmental organization (NGO) that has been working with prisoners to provide them support and rehabilitation facilities. SHARP strives to establish harmony, solidarity and legal/human rights awareness among the people through the means of education, seminars, lectures, symposium, training, workshops, mass media and print media.^{lvii} In SHARP, we met with different experts who helped us understand the actual on-ground realities of Pakistan prisons. They were people who had already been working with prisoners. They were able to give us with a clear direction and asked us to focus our scope to only female prisoners.
- **Research Society of International Law Pakistan (RSIL)** is a private sector, non-partisan, non-political international law think tank promoting awareness of international law. Their research topics are manifold, however one was relevant to our research which was 'human rights'^{lviii}. The team met with one of the key researchers at the firm Mr. Tanveer Aslam. He helped us widen the scope of our study by not only limiting it to looking at the prison conditions but also looking at the legal aspect of laws prevailing in Pakistan regarding prisoners. He referred Punjab Prison Manual to us, which is one of our main secondary sources.
- **Department of the Psychology, School of Social Science at National University of Science and Technology.** The team also met with the Head of this Department Dr. Salma. She was able to help the research team understand

the psychological aspect of the research. For example psychological interpretation of interviews such as looking at body language of the prisoner while giving interview.

2. Training:

As the members of our research team didn't have any past interaction with prisoners. Therefore, in order to create an environment where prisoners feel safe while answering the questions by the interviewer; a training of the team was scheduled. The data collection team (research team) was trained on data collection procedures in a training workshop by experts from an organization that works with prisoners called INSAAF. The experts also evaluated our questionnaires and advised us to change them according to what they believe was more useful and beneficial to our research. The trainings focused on:

- Basic interviewing skills
- Explaining the rationale and objectives of the study to the subjects
- Ethical issues including confidentiality
- Acquiring the informed consent
- Thorough understanding regarding each question
- Confidence building with each prisoner
- Comfort in interviewing about personal and intimate questions
- Debriefing and referral process
- Data management

3. Informed consent:

The participation by all subjects in our research was completely on volunteer basis. To qualify research ethics standards, a consent form was formed (attached as Appendix B) in English and Urdu. Consent form consisted of two parts; a brief introduction to our research topic and rights of participants and a consent agreement. The consent forms were read out to every participant and interviews were conducted only after verbal consent by each participant. According to the consent form, if at any point the prisoners felt overwhelmed or uncomfortable, they could ask to stop

the interview. The prisoners were also ensured that they could refuse to answer any questions that they were not comfortable answering. This was done to establish trust and ease between the prisoner and the interviewee and to not make the interview process seem like a forceful obligation. Each prisoner was interviewed by a single research associate so that the prisoner was not overwhelmed by being under the attention of a group of researchers.

Data Collection Methodology:

Sampling Method

i. Study subjects and sample size

Our data set is collected on the basis of convenience and purposive sampling, the alternative of probability sampling is not used due to limited access, time and resources^{lix}.

ii. Convenience sampling

It is a non-probability sampling technique where subjects are selected because of their easy accessibility and proximity to the researcher^{lx}. As our research includes conducting field research on prisons and meeting with female prisoners, jail administrations and DIGs, we are highly dependent on the access we are granted. This permission can be affected by multiple factors such as time availability, visiting hours, number of prisoners allowed to meet and security concerns etc. The date and time of visit permitted by prison authorities should also be within the planned data collection period of our schedule.

iii. Purposive Sampling

This is where the researcher only approaches people who meet certain criteria, and then checks whether they meet other criteria^{lxi}.

Punjab province has been selected because it is the most populated province of Pakistan in terms of women prisoner's population and ease of access due to limited time and resources. Following is the prison population across different provinces of Pakistan:

Province	Central Jail Convicted Female Prisoner Population
Punjab	204 ^{lxii}
KPK	<i>Current statistics not available</i>
Sindh	38 ^{lxiii}
Baluchistan	36 ^{lxiv}

The total population of women prisoners in Punjab, Pakistan (updated till 1st March, 2016) is as following:

Sr. No.	Name & Type of Jails	Undertrial Prisoners	Convicted Prisoners	Condemned Prisoners	Total Prisoners
1	Central Jail, Lahore.	72	53	7	132
2	Central Jail, Gujranwala.	55	16	2	73
3	Central Jail, Sahiwal.	19	23	0	42
4	District Jail, Kasur.	8	0	0	8
5	District Jail, Lahore.	0	0	0	0
6	District Jail, Sheikhpura.	35	3	0	38
7	District Jail, Sialkot.	28	22	6	56
8	District Jail, Pakpattan	7	0	0	7
9	District Jail, Okara	20	0	0	20
10	HSP Sahiwal	0	0	0	0
11	Central Jail, Rawalpindi.	98	58	6	162
12	District Jail, Attock.	15	3	0	18
13	District Jail, Gujrat.	37	0	1	38
14	District Jail, Jhelum.	8	2	1	11
15	District Jail, M.B.Din.	0	0	0	0
16	Sub Jail, Chakwal.	0	0	0	0
17	Central Jail, Faisalabad.	0	0	0	0
18	Central Jail, Mianwali	3	2	1	6
19	B.I & J Jail, Faisalabad.	0	0	0	0

20	District Jail, Bhakkar	0	0	0	0
21	District Jail, Faisalabad.	53	50	0	103
22	District Jail, Jhang.	13	2	5	20
23	District Jail, Sargodha.	12	4	1	17
24	District Jail, Shahpur.	8	1	2	11
25	District Jail, T.T.Singh.	6	0	0	6
26	Central Jail, Multan.	0	0	0	0
27	B.I & J Jail, Bahawalpur.	0	0	0	0
28	Central Jail, Bahawalpur.	11	0	0	11
29	Central Jail, D.G.Khan.	8	1	0	9
30	District Jail, Bahawalnagar.	5	1	0	6
31	District Jail, Multan.	0	0	0	0
32	District Jail, Muzaffargarh.	0	0	0	0
33	District Jail, R.Y.Khan.	10	3	0	13
34	District Jail, Rajanpur.	0	0	0	0
35	District Jail, Vehari.	12	0	0	12
36	District Jail, Layyah	0	0	0	0
37	Women Jail, Multan.	32	51	14	97
	Total	575	295	46	916

There are three categories of prisoners among the prison population of Pakistan namely ‘under trial’, ‘convicted’ and ‘condemned’. The under trial prisoners would only stay at prison for a limited time until their court case hearings and final decision. Therefore, in terms of their volatile nature we have not included this particular category in our sample size.

The specific population used in our research is ‘*Convicted Female Prisoners in Central Jails in Punjab*’. Convicted prisoners are “people who have been found guilty and have been sentenced to serve in prisons by the court of law”. The reason behind this sample is to be able to get in-depth information on prison conditions and

prisoner treatment from a greater sample size. The third category of prisoners is condemned; due to the severity of the nature of crime that most of these prisoners indulged into has increased the probability of getting an excess to them (being murder and terrorism cases). Therefore, due to access & permission issues condemned population was not included. Thus as illustrate in the table above our target population size.

Central Jails were selected over the district jails as they have the maximum number of prisoners thus providing us with responses that are representative for the whole of Pakistan^{lxv}. The sample size was made by looking at the number of convicted female prisoners in each central prison of Punjab^{lxvi}. Out of the total of nine central jails, data was collected from six. Moreover, this sample size was made on the basis of permission and access granted, visit time provided (3-4 hours), consent of participants and budget constraints (couldn't go to all nine cities). The total number of interviews add up to 144 thus making it 70% of the total convicted female prisoners in central jails of Punjab. This can be seen from the following Table which provides the statistics of each central jail in Punjab and interviews conducted by our research team:

Jail/City	Number of convicted Female prisoners	Interviewed	Number of Interviews
Central Jail Lahore	53	Yes	35
Central Jail Gujranwala	16	Yes	14
Central Jail Sahiwal	23	Yes	18
Central Jail Faisalabad	53	Yes	30
Central Jail Sialkot	22	Yes	13
Central Jail Rawalpindi	57	Yes	26
<i>Women's Jail Multan</i>	49	<i>No</i>	-
<i>Central Jail Mianwali</i>	2	<i>No</i>	-
<i>Central Jail DG Khan</i>	1	<i>No</i>	-
Total	276		144

Within the sample size of our research, an exclusion criteria was used whereby all females who were imprisoned, within the study period, formed the study population. However in order to be eligible for participation, a woman prisoner should be a convicted inmate (as mentioned above) in one of the targeted prisons and should be willing to provide a consent to participate in the interview/study.

Research Instruments:

Multiple research instruments have been used in this research for both primary and secondary data collection, its analysis and summarizing the findings. Following are the primary and secondary research methods employed along with their specific details:

a. Secondary Research

This study employs both library and field researches. The library research was conducted by consulting a number of international and local books and articles written on the topic of prisoner treatment. "Governing Prisons" by John J. Dilulio which is a comprehensive study of the prison of America was analyzed in detail to compare the standards of prison administration abroad with that of Punjab. Apart from this, journals and articles from various authors were also consulted while writing the literature review in order to understand the contending ideas and opinions revolving around the topic. Punjab Prison Manual was thoroughly studied and the interview questionnaires were made according to the rules of the jail manual so that implementation gap between the law and actual prison condition could be investigated. United Nations Human Rights (OHCHR) Basic Principles for the Treatment of Prisoners 1990 were compared with the Punjab jail manual to highlight any areas where the jail manual fails to ensure the basic human rights of the prisoners. United Nations Bangkok Rules were also compared with the Punjab Jail manual to deduce any shortcomings in the jail manual which were a necessity in the Bangkok rules to ensure prisoners' physical and mental wellbeing.

Following are the details of each instrument used as a secondary source:

1. Punjab Prison Manual:

The manual consists of details regarding the rights of prisoners. This manual defines SOPs, punishments, provision of utilities and food to prisoners as well other regulations that are required by the prison administration to manage the prisons while ensuring the basic human rights of prisoners are not compromised^{lxvii}. In this manual, we were able to find separate laws specified by the Punjab government for each prison, prisoner and jail administration. This helped us understand rights of female prisoners and how the prisons should be managed according to the law.

2. UN Bangkok rules (also known as The United Nations Rules for the Treatment of Women Prisoners and Non-custodial Measures for Women Offenders):

It is a compilation of 70 Rules that give guidance to policy makers, legislators, sentencing authorities and prison staff to reduce the imprisonment of women, and to meet the specific needs of women in case of imprisonment^{lxviii}. The Rules cover areas such as admission procedures, healthcare, humane treatment and search procedures etc^{lxix}. These standards helped us compare the gap between policies in Pakistan and international policies as stated by UN. This also helped us set up a benchmark in order to understand basic rights of prisoners as human beings etc.

3. Other Books and Articles:

- Police Order 2002, Punjab Police
- United Nations High Commissioner for Human Rights (OHCHR) Basic Principles for the Treatment of Prisoners 1990
- *Standard Minimum Rules for the Treatment of Prisoners (SMRTP)* by United Nations Office on Drugs and Crime
- *Governing Prisons* by John J. Dilulio
- *Analysis of the Texas jail administration* by director of Texas department Dr. George Beto
- *New Jersey State prison 1952* by Sykes and James G. Fox

- *Annual report on prisons and prisoners 2014* by Human Rights Commission of Pakistan (HRCP)
- *The Effects of overcrowding in Prisons* by Gerald G Gaes
- *Reforming Pakistan's Prison System* by International Crisis Group
- *Woman Prisoners: A Case Study of Central Jail, KotLakhpur, Lahore* by Khalid Manzoor Butt
- *Still Miserable, French Prisons* by The Economist
- United Nations Office on Drugs and Crime (UNODC) report,
- *Implementation status of women protections act 2009* by National Commission on the status of women Islamabad
- *Review of Health System in Prisons of Punjab, Pakistan* by the Pakistan Medical Research Council
- *Reforming Pakistan's Prison System* by International Crisis Group
- *Judiciary and Gender Bias* by Justice (Retired) Fakhrunisa Khokhar

b. Primary Research

Most of the research was through primary resources to justify our research questions and proving or disproving our hypothesis. Our research design employs both qualitative and quantitative methods. Following are the set of primary resources that were used:

a. Questionnaire:

There are two questionnaires made for our research, one for prisoners and other for prison administration. The questionnaire was prepared by developing an interview protocol so that the data collected was consistent throughout all interviews. The protocol was such that first interviewee were asked for their consent to commence the interview followed by interview questions. Each questionnaire follows a structured format and has been developed to gather information on prison conditions and prisoner treatment. Both questionnaires consists of open ended and closed ended questions. The questionnaires are divided into different sections based on the categories of data required. These questionnaires were originally in both English and Urdu language for the convenience of the prisoners. Where needed, the

questionnaires were also translated into Punjabi for prisoners who were unable to understand Urdu and English.

The research is also aimed to be descriptive and analytical. Descriptive technique was used to describe the observations of the researchers and the responses of inmates and prison administration. Analytical technique was then used to infer the reasoning or logic behind the responses and the trend of data collected.

1. Questionnaire for Prisoners

Data for the women prisoners was collected through a structured questionnaire (attached as Appendix C). The questionnaire consisted of close ended and open ended questions, categorized into different sections namely General Information, Food, Space and Lighting, Hygiene, Health, Prison Treatment and Rehabilitation. Through this questionnaire we were able to determine Prison overcrowding, Ill treatment and harassment, torture, health conditions, quality and quantity of food, environment in the prisons, vocational Training and rehabilitation – social aspect, gender bias and Judicial system and prison administration and lack of capacity.

2. Questionnaire for Prison Administration

Qualitative data was gathered by interviewing the prison administration including Deputy Inspector General of Prisons, Jail Superintendents, Deputy Superintendents (female), Assistant Deputy Superintendents (female) and medical officers of the respective prisons. The administration was interviewed through a standard questionnaire (attached as Appendix D) containing mostly open ended questions and prepared according to the interview protocol. The key variables for which information was collected are as follows: Service of administrator, Training, Prison conditions, Prisoner treatment and Recommendation.

Since qualitative data is derived mainly from sensory observations, field notes were also taken by all six researchers, which included recording physical observations of the prisons such as cleanliness, overview of the environment, facilities provided as well as psychological observations of the inmates such as their tone, body language,

gestures, hand movements, facial expressions and whether they appeared to be scared or influenced by the prison staff.

Type of Data:

Field data collected for this study was of two types; nominal and ordinal. As mentioned before, the questionnaires prepared to interview the administration and the prisoners had both open ended and closed ended questions. Since nominal scales are used for labeling variables without any quantitative value, they were used to answer questions such as:

Q. Which court convicted you?

a. Session court b. High court c. Supreme Court

Ordinal data on the other hand, are used for measuring non-numerical concepts, and in such a scale the order of values holds significance. Therefore, ordinal data was collected for questions such as:

Q. How often do you get food poisoning?

a. Always b. Very often c. Sometimes d. Rarely e. Never

b. Statistical Data Collection and Analysis Tools:

- **Statistical Package for the Social Sciences (SPSS)** was used to enter and analyze the data collected through questionnaires.
- **Microsoft Excel Software** was then used to make Bar graphs and Pie charts.

Data Collection Procedure

Pre-Survey Phase

Data collection was preceded by a pre-survey phase, which lasted for 2 weeks. The research team conducted primary research and collected data on statistics of prisons to be visited. The supervisory staff in prisons was also contacted by the supervisor and group members and was explained the objectives of the study to ensure their involvement in the study and to gain access to prisons permission. This phase focused on answering any concerns of the prison staff and to address any of their apprehensions about the study and confidentiality of data. At the end of the pre-

survey phase, potential respondents were identified through listing of the prisoners and a sampling frame was developed for the study.

Preparation for interviews and field research

Following table provides names of the prisons identified by the team to be included in the study (on the basis of maximum convicted female prisoner population) and also provides information on data collection team that was going to conduct the interviews and field observation:

Jail/City	Team Members
Central Jail Lahore	Research Team, Supervisor
Central Jail Gujranwala	Research Team
Central Jail Sahiwal	Research Team, Supervisor
Central Jail Faisalabad	Research Team
Central Jail Sialkot	Research Team
Central Jail Rawalpindi	Research Team, Supervisor

After consulting with different individuals as mentioned before, the team prepared a plan as to how the research team should conduct the interviews. For precautionary measures the team planned upon a modest uniform (preferably all black shalwar kameez) covering researchers from head to toe (attached as Appendix K). For effective field observation, it was decided that during the jail tour, two researchers will make field notes about their overall experience in each jail. In addition to that, it was also decided that each researcher will interview one prisoner at a time and number of interviews would be equally divided amongst all researchers. Whereas the supervisor would interview prison administration. In the absence of a supervisor, researchers that finish interviewing prisoners first would then move on to interviewing the prison administration.

Interviews and Field Observation

Data collection period was for a week which was divided into two rounds. In the first round, Adiala Jail was visited on 15th March whereas second round was from 6th

April 2016 to 8th April 2016, after an informed consent was obtained. Data was collected on a pre-designed questionnaire which was developed through a consultative process between the team members, research supervisor and social sciences expert.

Interview from prisoners were conducted in a space provided to the research team within the premises of the prison. Enough privacy for the interviews was provided to conduct interviews smoothly without any interference. However, the jail administration supervision from time to time affected very few responses of the prisoners.

All eligible subjects, living in the selected prisons during this time period were asked to participate in a face to face interview with the members of the research team. After selection of the study subjects, interviewer introduced herself and explained the importance of this survey and how its findings will be beneficial. Prior to commencing the interview, an informed consent was obtained by each subject (prisoner or jail administrator). The total duration of each interview was 15-20 minutes.

All researchers noted down their observations regarding the environment of the prisons and the apparent condition of the prisoners. Contradictory statements of the prison staff relative to the prison conditions were also noted down. Researchers also conducted personal interviews of the prison staff and the female inmates. At the time of interviewing, the researchers asked the prison administration to avoid patrolling or lingering around the prisoners so that the quality of their answers was not affected by their presence.

Field Test or Pilot Study:

This is conducted by researcher to test their survey tool and see whether it is helping them get the relevant information or responses they need for their research. In order to test our survey tool (questionnaire), we have used our first 10 interviews from our initial visit to Rawalpindi Jail as a field test. Immediately after the field test, a group discussion along with research supervisor was held regarding the effectiveness of the questionnaire and the required changes. The necessary changes were made in the

questionnaires and then formal interviews were initiated with the inmates. The edited questionnaire (attached as Appendix C) was then used in all the jails to ensure reliability and consistency in the data collection procedure. The first version of the questionnaire used for pilot study is attached as Appendix E.

Description of each jail visited

Field research included field visit to 6 central jails in Punjab as mentioned earlier, to record participant observations and personal interviews with jail administration and prisoners.

Following is the description of each jail:

a. Adiala Jail:

Located on the outskirts of urban Rawalpindi, Adiala jail's building was constructed between 1970s and 80s^{lxx}. Central Jail is located away from the city's functional area in a town like area. The jail building lies on the Adiala Road in Rajghan Market, Rawalpindi, Pakistan^{lxxi}.

b. Faisalabad Jail:

District Jail, Faisalabad was established in 1894^{lxxii} and is located almost at the center of the city on Jail road near civil links^{lxxiii}.

c. Sahiwal:

Central jail Sahiwal is an ancient jail situated in the center of Sahiwal city, Pakistan. It is one of the largest jails of Pakistan in terms of the area. Previously, Sahiwal central jail housed around 4000 prisoners, both male and female.

d. Lahore:

Lahore central jail, also known as Kot Lakhpat Jail is situated in the suburbs of the city, Lahore. This jail was built with a capacity of housing 4000 prisoners, but at present the number of prisoners detained there greatly exceeds its capacity.

e. Gujranwala:

Gujranwala central jail is located in the middle of the city, unlike most other jails we visited. It has 20 convicted women prisoners.

f. Sialkot Jail:

District Jail Sialkot is an ancient jail that was established in 1863^{lxxiv}. It is located on Jail road near civil lines^{lxxv}.

Schedule:

The schedule of the research had to be meticulously prepared to save cost and meet deadlines. Following table shows the timeline that was followed during our research:

Date	Activity
Research Proposal submitted	15 th of November, 2015
Literature Review submitted	30 th of December, 2015
Research Methodology submitted	1 st of March 2016.
Visit to Adiala Jail (pilot study)	16 th of March, 2016.
Data Collection Trip to rest of the 5 central jails	5 th – 8 th of April 2016
Final chapters of data analysis, findings and results submitted on the	1 st of May 2016
Complete first draft of the thesis submitted	6 th of May 2016
Complete Final Draft of the thesis	4 th of June 2016
Thesis Defense	8 th of June 2016
Printing and completion	10 th of June 2016

The schedule of data collection field trips relied on the permission requested from the respective region DIG. Not more than a day's visit was allowed in each prison, and the central jails lie on chain across the motorway belt in Punjab. Therefore, in order to save cost and time, all visits were scheduled in a week time. Whereas Adiala Jail, being the pilot study as stated in the table was visited before all the other jails. Visit itinerary can be found attached as Appendix F.

Data Analysis:

There were three types of analysis undertaken to deduce precise and sound findings. The first analysis compares the difference between Pakistani laws governing prisons and their international counterparts. The second analysis looks at the gap between Pakistani law and its implementation. The third analysis analyzes on-ground realities in each prison regarding prison conditions and prisoner treatment and their effect on mental and physical wellbeing of a prisoner.

a. Legal Analysis:

The legal analysis is done by comparing the Punjab Prisons Code (PPC) with the UN Bangkok Rules to identify the differences and similarities between both laws in order to understand the extent to which the jail standards in Pakistan are in line with international benchmarks. This part of analysis is the law vs. law analysis.

The next two analysis were both conducted by assessing the field data and responses collected from prisoners and prison administration. The data gathered through the interview and questionnaires was converted into variables in SPSS. The data set gave us an insight on all the aspects of prison conditions from physical space, light, hygiene, quality of meal and life style of prisoners. These both use law vs. implementation analysis approach.

b. Implementation Analysis:

In order to assess and rank the implementation status of the prison conditions and women prisoners' treatment, the assessment scale of OECD was used. The Organization for Economic Cooperation and Development (OECD) uses an assessment scale to judge the implementation of the core principles of privately managed occupational pension systems. This methodological approach is qualitative in nature and will help assess implementation of the women specific rules ordained in the Punjab Prisons Code based on the observations and findings of the data collection conducted across 6 central jails in Punjab. This was done using the actual field data. The scale of assessment (used on the basis of the percentage of either presence or absence of certain prison conditions and treatments as observed) will check if the rules are:

Fully Implemented

Broadly implemented

Partly implemented

Not implemented

Not applicable

c. Data Analysis

This section analyzes the data that has been generated from SPSS showing correlations between variables as well as their individual frequencies. This chapter determines that which factors have a direct or indirect impact on the physical and mental well-being of prisoners and whether or not a relationship between the prisoner treatment and prison well-being is established.

Findings:

In order to present the overall findings of the prison conditions in the central jails of Punjab, the physical and mental wellbeing of women prisoners were measured using equations to calculate a weighted average score of each variable. Prison conditions and Prisoner Wellbeing, both have been allotted a total percentage of 100. The reason why physical wellbeing has been allocated more weightage than mental wellbeing is because 100% of mental wellbeing cannot be assured by the prison conditions when freedom of an individual (prisoner) has been taken away. On the other hand Physical wellbeing can be assured by the jail administration through effective prison conditions and is very crucial as it affects life expectancy and mortality of a prisoner. Unlike physical wellbeing of an inmate which is directly impacted by prison conditions, mental wellbeing has many external factors such as life before conviction and different backgrounds etc. Therefore more focus is given to physical wellbeing.

Within each variable, the indicators were assigned weightages, and then the scores, calculated from the statistics drawn from data analysis, were multiplied with each weight to get a weighted average score. This weighted average score was indicative of the prevailing conditions of jails and wellbeing of female inmates in Punjab.

Following are the formulas/equations for measuring each metric:

Prison Conditions

$$\begin{aligned} \text{Prison Conditions} = & 20(\text{Medical Treatment}) + 8(\text{Response to Medical Emergencies}) \\ & 10(\text{Meal Quality}) + 7(\text{Alteration of Water Temperature According to Weather}) + \\ & 5(\text{Sufficient Light}) + 6(\text{Sufficient Space}) + 5(\text{Temperature}) + 3(\text{Eradication of Insects}) \\ & + 5(\text{Provision of Skill Building Programs}) + 5(\text{Provision of Education}) + \text{Treatment of} \end{aligned}$$

Prisoners [5(Allowing Visitors)+5(Use of Force)+5 (Verbal Abuse)] + Provision of Necessities [6 (Clothes) + 5 (Hygiene Materials)]
60* Physical Wellbeing + 40* Mental Wellbeing

Physical Wellbeing= 15(Diseases) + Hygiene Tools [6 (Sanitary Pads) + 4(Soap) + 3(Clean Towels) + 2(Surf)] + Food [5(Food Quality) +4(Food Poisoning) +5 (Access to Water)] + [5(Regular Access to Doctors) + 5(Regular Medical Treatment)] + 6 (Beaten by Administration)

Mental Wellbeing= Awareness [2 (Awareness about Health and Other Matters) + 3(Awareness of Legal Rights)] + Mistreatment [4(Beaten by Administration) + 4(Beaten by Fellow Inmate) +2(Verbal Abuse) + 4(Inappropriately Touched)] + 4(Visitors Allowed) + 5(Isolation as punishment) + 2(Privacy) + 2(Strip for Search) + 2(Provision of Education) + 4(Counseling) + 2(Provision of Skill Building Programs)

The above stated equations and weightages assigned to each variable have been based on a four point criteria, this is mentioned below:

1. UN Bangkok Rules divides human wellbeing into two indicators: physical wellbeing and mental wellbeing, each having certain variables (as stated in the equation). Higher weightage was given to those given greater emphasis in the UN Bangkok Rules.
2. After conducting a cross tab analysis for qualitative data, it was found that some variables had greater significance on the overall wellbeing of prisoners. Variables with greater significance are given higher weightage.
3. After looking at the frequency of responses for each variable, the ones that had more effect on prisoner physical and mental wellbeing were given higher weightage.
4. Lastly through observations made during data collection field study, the variables that seemed to be having most effect on the prisoners were given higher weightage.

Budget:

The funds for the thesis were provided by the Department of Government and Public Policy, NUST School of Social Sciences and Humanities. The research grant was a nominal amount of Rs. 40,000 for only data collection and printing. The detail of actual expenditure incurred against the research grant is attached as Appendix G.

Assumptions:

It is assumed that:

Prisoner administration will be cooperative and will provide us with sufficient, precise and accurate data that is required for our research.

All respondents (jail administration and prisoners) will answer all survey questions honestly and to the best of their abilities without any bias or external influence such as fear of the administration.

Information from all possible sources required will be received such as from prison administration, respective provincial ministries, government departments, prison administrations and prisoners.

All central jails of Punjab follow the same SOPs and procedures thus enabling us to compile aggregated results that portray overall activities being conducted in the Punjab Central Jail System.

Limitations and Constraints:

While conducting this research, we will be faced with certain limitations that will hinder our research. These can be divided into theoretical and methodological limitations:

a. Theoretical Limitations:

The number of research papers and studies conducted in Pakistan on systems of Pakistan related to this topic are extremely limited which affected our secondary research. In addition to that, majority of the secondary sources stated in the paper are works of international researchers thus providing us with limited information about the actual on-ground realities from a Pakistani perspective.

b. Methodological Limitations:

We can only interview *limited number of respondents (prisoners)* as per the consent of prisoners willing to participate at *limited number of prisons* due to time constraints and *limited permission granted* by Punjab police administration thus limiting our scope. During interviews, it is crucial not only to focus on what respondent is saying but it is also important to interpret his actions through observations of his body language. As public administrators, we acquire only *limited interview interpretation skills*, which may hinder our understanding of the actual meaning of responses.

Another limitation is time. A study conducted over a certain interval of time is dependent on conditions occurring during that specific time and may change in the future. Due to short time span, a significant number of respondents required may not be available or may not be willing to participate thus restricting our access to knowledge. For example, Government officials always rather have a strict schedule and one needs to book an appointment with them months in advance.

Lack of funding and financial constrains hindered the group's ability to visit all district jails as initially desired.

Lack of or inaccurate information can be another limitation. The data provided by respondents may not be accurate; it can be biased or influenced by external factors. For example a prisoner may not provide his/her honest opinion in fear of ill treatment from the prison administrator later. Also answers provided in open-ended questions may be vague and hard to interpret. There is also a high possibility of lack of available records in respective central prisons database such as prisoner records, their bio data, and record of their life after prison etc.

In our research, we would like to propose recommendations on how to improve prisoner treatment and prison conditions. However, there would be *limited information provided by the prisoner due to their lack of knowledge and*

understanding of the systems and their rights whereas the jail administration itself may be hesitant is stating a few facts and recommendations with the fear of them reflecting poorly on their current practices.

At times it was felt that prior to our visit, the *prisoners had already been briefed and their responses seemed somewhat scripted* especially with regards to prisoner treatment and living conditions. Similarly in most of the jails, the *clean environment, white uniforms and bedsheets, and ongoing teaching classes seemed to be staged*. In order to overcome this, the team cross-questioned with the prisoners after building a certain level of trust with them. Initially all prisoners used to be reluctant to open up to the researchers but five minutes into the interview, they would start telling the actual conditions. It is important to note that at times, the good conditions were actually the true conditions. Secondly the team while observing the filed was very vigilant in pointing out such situations for example wet floor of the kitchen proving the it was freshly washed for the visit itself.

Ethical Considerations:

Following aspect of ethical considerations were considered while conducting our research:

Secondary data collection:

- Data was collected from reliable sources.
- All sources have been referenced.

Primary data collection:

Unlike the general population, the prison has peculiar characteristics regarding exertion of rights. Thus there are numerous issues attached with conducting studies in prisons and jails, which were taken into consideration while designing this study.

Following were the ethical considerations taken by the research team:

- Participation was entirely voluntary and no coercion was used in the recruitment process.

- All eligible participants were clearly explained that they had a free choice to participate or refuse participation in the study as it was on volunteer basis. No coercion was used.
- Informed consent was obtained verbally prior to entry into the survey. This was done through a standard consent form at the beginning of the questionnaire and was read out to the participant by the interviewer.
- The following measures were taken to ensure and maintain participants' confidentiality:
 - No information regarding the identity of the prisoner was recorded to ensure anonymity.
 - Interviews were conducted in a secure place to ensure confidentiality.
 - No responses were shared with the administration.
 - All study-related materials (e.g., completed questionnaires) were kept at a secure place at the field offices and accessible only to the research team (e.g., interviewers etc.)
 - Electronic data files were password protected and accessible to the authorized personnel only.
 - All participants were given the option to stop the interview during the interview if they felt uncomfortable at any point.

CHAPTER 3

Prison Facilities: A Comparative Analysis of Women Jails in Punjab

This section of the thesis report aims to describe the actual prevailing conditions inside the prisons that were visited as well as how female prisoners were being treated at the hands of the administration. The analysis is based on field observation as well as the responses obtained from prisoners and prison jail administration. The following chapter describes jail location, demographics, its procedures and conditions. It's also includes responses received from prisoners and prison administration. This is followed by a comparative analysis where strengths and weaknesses of each jail are analyzed. Best practices of each jail are also stated that can be implemented in other jails to improve the overall jail system in Pakistan.

Visiting the central jails of Punjab required the research team to submit an application to the District Inspector General. The application was required to state the purpose and duration of the visit and could be approved or disapproved on the discretion of the DIG. This meant that all the visits were announced and the jail administration was pre-informed of the nature of the visits. Because of that, the jail administration would conduct certain preparations to alter prison conditions and the research team had to be vigilant and cognitive to determine which situation was real, or which was planned. For instance, in many of the jails, the research team observed that the kitchens would be wet and freshly cleaned, just before the visits. Similarly, another challenge that the team faced was that the pre-visit preparation also involved the jail administration briefing and sometimes threatening the prisoners to give positive statements about prison conditions and management. This was evident in the fact that when the respondents started to answer questions at first, they would show satisfaction with the jail administration and would refuse to point out any problems in the prison systems. This problem was amplified sometimes by the close presence of jail wardens trying to overhear the responses of the prisoners. The research team had to request the jail administration to let them conduct the interviews unsupervised in order to gather credible responses. The team also had to work to establish trust with the respondents by assuring them that their identities and their answers would not be shared with anyone and especially not with the administration. This trust would be established instantly, or would sometimes take time. This meant that many a times, the

respondents would stop the researcher midway through the questionnaire and confirm that their responses would remain hidden, and then restart the whole questionnaire to give a “real picture” of the prison conditions. Some prisoners would also tell the researchers about the pre-visit preparations that not only involved changing the visible outlook of the jails but also manipulating the prisoners to give positive answers regarding prison conditions and prisoner treatment. The research team, through experience and through the recounts of the prisoners, learned to catch these oddities in situations and recorded their observations accordingly.

Following is the detail of each jail visited:

1. Adiala Jail

Location and Demographics:

Adiala jail is located on the outskirts of Rawalpindi and was constructed between 1970s and 80s. More specifically, the jail lies on Adiala Road in Rajghan Market, Rawalpindi, Pakistan. It is an old building but is well preserved and renovated from time to time. A beacon type structure is prominent even from outside the jail, made for security purposes.

Adiala jail was initially built to accommodate 1994 prisoners but it currently holds a total of 4337 prisoners. The women’s section, for women inmates, is located in the same vicinity but is separated by a wall from the men’s prison. This section is significantly smaller as compared to that of men’s section owing to the differing female to male prisoner ratio 41:1319. The total number of convicted women prisoners in Adiala jail and the categories of their crimes were chalked on board outside the jail building. They are listed in the following table:

Crime	Number of Female Convicted Prisons
Murderers	28
Drug Trafficking	35
Robbery	1

Entry Formalities:

The research team was body-searched by passing under a walk-through gate prior to entering

the prison. A security x-ray machine also scanned the bag carrying the interview questionnaires. A security seal was stamped on the hand of everyone entering into the prison. Upon entering into the main building, CNICs of each team member were recorded and kept with the policeman at security desk.

Prison Conditions and Facilities:

At the entrance of the women prison there was a small park, for the children of women offenders, which had swings, a seesaw and a slide. The walls of the prison were painted with verses of the Holy Quran and motivational quotes of the famous poet Allama Iqbal. These walls were painted by the offenders themselves (male).

Once inside the women's section, the Deputy Superintendent, Ms. Samra Jamil accompanied the research team for a tour of the jail. The jail barracks and cells were divided according to the types of prisoners; under trials, convicted and condemned. In addition to this division, there was also a division between local and foreign inmates. According to the SP, this was because they didn't get along with each other. Foreign prisoners were from Nigeria, Ukraine and India.

A central garden separated the blocks for convicted and under trials. There were two large barracks for under trials and one for convicts, each having fifteen bunk beds and two bathrooms. The barracks were well ventilated and had adequate lighting. A large television rested on a wall of each barrack, provided by an NGO. The research team also visited the overcrowded cells of the under trials and juvenile. In the juvenile cell all except one girl were adults. A separate section with multiple cells was present for the convicted foreign prisoners and internees. These cells had very little space with four double beds and an open toilet in each. The bathrooms had very small walls, about 2 feet in height and were without any roof. Each cell was shared by four convicts in addition to their children, who were not provided separate bedding. Out of a total of eight cells only three had foreign prisoners in them. The foreigners included Turkish, Indian, British and African convicts.

The women offenders were enrolled in training and skill development programs conducted by Technical Education and Vocational Training Authority (TEVTA), which were held daily from 11.30 am to 3.00 pm. The program included tailoring and embroidery class and beautician course. There was an adult literacy program where classes were conducted for primary

education for children. This was conducted by a religious NGO. However, these programs were limited to under-trial prisoners, as convicted and condemned prisoners were not allowed to attend these classes. This was found after prisoners were asked about the program. The classes were conducted in small rooms with around twenty prisoners in each class. In the beautician course room, the women sat on the floor waiting for electricity to come, as there was no light in the room due to load shedding. Although according to the prisoners and administration generators worked 24/7 in the prison. There were a dozen sewing machines in the stitching class, provided by the government. The rooms next to the classrooms had a small medical dispensary and a cluttered ward with one bed and an oxygen cylinder. The kitchen shown to the team seemed to be clean however, it had a displeasing smell. There were no utensils and stoves in the kitchen.

The prison library had Quran, Islamic, Urdu and history books. A few computers were also present in the library, which were used for the computer class. Overall, the jail was clean with no visible insects but prisoner responses hinted at existence of mosquitoes.

The administration and inmates were well mannered and shared a friendly bond with each other. Prisoners were interviewed by the research team in the superintendent's office. A total of 26 women inmates were interviewed. According to the visual observations of the research team and responses of the prisoners, some degree of discrimination could be seen being made by the administration between foreign and local prisoners. Common complaints among foreigners were that they lacked privacy while bathing, changing clothes etc. due to open bathrooms, whereas, privacy was ensured for local prisoners. The foreigners also complained that they were not provided with any basic necessities such as soap, shampoo etc. by the prison administration and had to buy it themselves, whereas, the local women prisoners claimed to have received these necessities, except for those who had 'mulaqat' or visitors. Similarly, the foreign inmates stated that the food provided was inadequate and of poor quality, whereas, the local inmates claimed that the food was not only provided three times a day but was well cooked.

Prison administration Responses:

The research team later interviewed the Senior Superintendent, Saeed Ullah Gondal and he was asked for possible recommendations in the prison. He proposed that more training and skill development programs should be started in every jail. He further added that by doing this the female inmates will be able to make products such as stitched clothes and other craftwork and then sell these to get a reasonable pay. He also stated that there is a lack of counselling system or specific training programs for jail staff that could assist them to grow both personally and professionally. When talking about recent projects, he mentioned a plan in progress to build a separate jail for women prisoners in Islamabad, where sober prisoners will be allowed a leverage of 3 days to stay with family in separate family rooms.

2. Faisalabad Jail

Location and Demographics:

District Jail, Faisalabad was established in 1894 and is located in the centre of the city, on Jail road near civil lines. The authorized accommodation of the Jail is of 900 prisoners but 1660 prisoners are currently confined here, including under trails, convicted and condemned prisoners.

Female convicts were placed in the district jail rather than the central jail due to lack of space and absence of a separate designated area for women in central jail. The total number of convicted prisoners in Faisalabad district jail is 161 out of which 53 were female and 108 were male. Within the district jail itself, the male and female prisoners are divided into two sections.

Entry Formalities:

Upon entering the premises of the prison, the research team was thoroughly searched by female wardens physically, not once but twice. The body searches that were conducted were found to be extremely inappropriate and uncomfortable by the team. This directly reflects on the way visitors are treated when they come to visit their loved ones. As the team entered the jail, it was observed that the whole floor of the prison was carpeted with oversized carpenter ants which were everywhere on the floor in hundreds of number. These ants were getting on everyone's feet and clothes and anyone not wearing covered shoes feared being bitten by them.

Unlike the previous jail administration that the research team had witnessed in Adiala jail, the jail administration of Faisalabad was impolite and much unorganized. Initially the team was asked to wait outside the jail in the complaint office that did not have any chairs and the fan wasn't working. Later the team was told to wait inside superintendent's office that too was placed just outside the jail itself. The administration was found to be rude at times with the team. This again reflects on how visitors are treated. The team waited for almost 30 minutes as the administration was confused and did not seem to have been informed about our arrival beforehand. In the midst of this confusion, the officer in charge asked a female warden to take the team inside the prison's women section.

Prison Conditions and Facilities:

As we entered the women section, the Assistant Superintendent and Deputy Superintendent were surprised. The team was asked to wait outside their office while they scolded the wardens who brought us in. It was apparent that the preparations for the visit had not been made before our arrival that had startled the administration. Again this area was also covered with carpenter ants. We were called into the office and asked to wait while the wardens organized the prison. The two prison doctors were also present in the office and upon our team's request to interview them; they immediately refused stating that they had 'not much to say'.

At the entrance of the women prison section, there was a small ground in rectangular shape with a small fountain in the middle where a few prisoners were sitting with their children. The jail was spread across two sides of the ground, separated by a small wall and steel net. The paint on the walls had been scraped off from many areas. The prison was quite small in comparison to Rawalpindi jail.

The research team was not allowed to take a tour of the prison. However from what could have been observed, there were two barracks and a few separate jails. Instead the team was taken directly to the training centre or 'salai class' of the jail. The classroom was divided into two sections, one for beautician course training and other part for sewing. The centre consisted of twelve pedal based sewing machines that were given by an independent NGO. Two inmates were using each machine. There were a total of 24 prisoners taking the class. All inmates were wearing white uniform. The two teachers taking the class were externals. The room also had two beauty parlour chairs. Upon asking prisoners about their trainings and skill building

activities it was found that the inmates were taught embroidery, stitching and beautician course. In addition to that they were taught Islamic courses in both Arabic and Urdu. These courses were given by inmates themselves to each other.

Once the class ended, research team was asked to remain in the room while prisoners came and gave interviews. During the interviews, the team saw that an aged inmate kept coming to the warden and complained a few times to which the warden kept replying that ‘the doctor will come in a while’. After about 20 minutes into our interviews, the same woman started having fits and complained that she could not breathe. All female prisoners gathered around her trying to give her water, however she was unable to even stand. It was then that the warden finally called the doctor. We were surprised to see that when the doctor came, all she had was a stethoscope and an equipment to check blood pressure which she started to use even when everyone could see she required urgent medical treatment. A few minutes later, the doctor took the woman outside.

As the team was not allowed to visit the women section themselves, the prisoners asked questions regarding the prison during the questionnaire session. The team found out that overall the conditions of the jail were satisfactory in terms of light, fans and individual beds. However it was found that the prisoners were not provided with basic necessities and hygienic items such as soap, toothpaste, comb and sanitary pads etc. In most of the jails, such items are provided to prisoners who don’t get visitors but in this jail even they aren’t given these items.

Majority of the prisoners stated the need to bring the concept of ‘work for pay’. One of the prisoner stated that in the past, prisoners used to sell ‘mooti ka kaam’ to each other (mostly poor prisoners to richer prisoners), however this practice was discontinued.

It was also found that the women prisoners were not satisfied with their medical treatment, almost all prisoners stated that they were given same medicine for all types of illnesses and diseases. The team had already witnessed the medical treatment as mentioned above.

A total of 30 prisoners were interviewed.

Prison Administration Responses:

Later the team interviewed both Assistant Superintendent and Deputy Assistant

Superintendent. When asked about the eligibility criteria to be met for a candidate to be selected as an officer, both officers responded that each officer needs to have a bachelor's degree qualification and should be physically fit. In addition to that, the trainings provided to them are basic physical training and few workshops (both failed to specify the nature of these workshops). When asked about their opinion on 'prisoners are being privately employed' both stated that the prisoners didn't have any time to spare during the day that was in contradiction to the responses received by the prisoners who claimed to have 'not much to do all day'. The overall responses given by the two officers were very biased and when asked about any recommendations they stated that 'everything is good, we don't have any recommendations'. This could be because they feared that their negative remarks may have bad implications on their career.

Once the interview round ended, the researchers were asked to leave. Senior Superintendent was not in his office and thus the team was not able to meet him.

3. Sahiwal Jail

Location and Demographics:

Central jail Sahiwal is an ancient jail situated in the centre of Sahiwal city, Pakistan. It is one of the largest jails of Pakistan in terms of area. Previously, Sahiwal central jail housed around 4000 prisoners, both male and female.

The number of prisoners were far beyond the capacity of the prison therefore, it was then divided into 4 separate district prisons, for instance, district jail Okara, district jail Pakpattan etc. The existing central jail of Sahiwal now has 2000 prisoners, still exceeding its capacity limit. Sahiwal jail is also considered as a divisional headquarter of district prisons, as prisoners with a sentence of 5+ years and condemned prisoners are kept here.

Prison Conditions and Facilities:

Infrastructure of the prison was very old, dating back to pre-partition era. However, the jail was well maintained and renovated well specifically during the tenure of the current Senior Superintendent. This was stated by the prisoners and administration staff. Historical aspect of the prison was retained as was seen in the case of an old A-grade prison which had housed

many historic personalities such as Faiz Ahmed Faiz and Jawaharlal Nehru etc. Walls of that prison were decorated with poetry of Faiz Ahmed Faiz, which he had written while serving his sentence in that prison. The prison also displayed the aesthetic sense of the Superintendent as the lawns and gardens were well maintained with a soft carpet of grass and blooming roses. Walls of the prison were lined with Quranic verses and Ahadiths. The prison staff was highly respectful and disciplined (attached as Appendix H).

The female section was located within the boundary of the central jail, next to the male section. However, a thick boundary wall separated it and no male person was allowed inside, even the Superintendent was only allowed a visit when accompanied by the female deputy superintendent and female matrons. The female section was significantly smaller than the male section due to the limited number of female prisoners. Only 20 convicted women prisoners were present at the time. The categories of crimes of these prisoners were chalked on a board at the entrance of the women's section.

The women prison section had three barracks, one for the convicts and two for the under trial prisoners. The floor was freshly cemented and decorated with white chalk, as renovation was going on within the prison. There was a playground for the children with swings and slides. A small mosque or pray area was also built at one end of the section. At another end, there was a row of bathrooms built outside the barracks, in addition to the bathrooms present within the barracks. Deputy Superintendent had a small office within the female section. A spacious medical room was also present within the boundary, which had a closet full of medicines and other necessary medical instruments. The deputy superintendent claimed that dental chairs, ultrasound, x-ray, asthmatic nebulizers, ECG and other facilities were present in the main prison hospital. Prisoner vaccination cards and schedules are also made. However, the medical room was dirt filled and full of scrape furniture. Upon inquiry one of the matrons answered that the doctor prefers to sit in the deputy superintendent's office and conducts her routine work there. Most pleasing thing about the jail was its highly maintained gardens. The gardens were blooming of roses and had a soft grass carpet. Plants were intricately trimmed and cleanliness was observed (attached as Appendix I).

According to the prisoners and the administration, TEVTA was conducting embroidery and sewing class within the confinement, for the female prisoners. However, during the visit of

researchers no sewing machines or sewing room was seen within the boundary, for which the deputy superintendent clarified that work was halted due to the renovation project going on. The prison also lacked a properly built classroom for children and adults. Children were provided with education in the dirt filled medical dispensary or in open ground. The prison also lacked an adult literacy program for the female inmates. A library was present within the male section and female inmates could request any book they wanted through the deputy superintendent.

Women prisoners were allowed to use a PCO twice a week. It was built in the main section of the prison, next to the visiting area. The PCO room was very well maintained with proper cubicles built to ensure privacy. There were around 10-15 cubicles with a telephone installed in the jail (attached as Appendix J).

The barrack for convicted prisoners was a large spacious room. It held all the 20 female convicts in the same room. The room had an attached bathroom, two large windows and four fans. The room was lined with double story beds covered with white bedsheets, provided by the jail administration. The inmates, wearing white uniform were instructed to sit on their beds with their case files in front of them, while the researchers visited their barracks. The prisoners were provided with bed sheets and warm quilts but a pillow was forbidden as the law did not allow it. However, some inmates managed to keep pillows sent in by their families. A watercooler was installed in the female section for pure safe and chilled water. The prison facility lacked a geyser to provide hot water; instead prisoners used fresh underground water pulled by a motor.

Prison Administration Responses:

After interviewing the female convicts and the female deputy superintendent the researchers were taken back to the Superintendent Gulzar Ahmed Butt to interview him. He was an experienced man who had been serving at the post in the same prison for over four years. He maintains that women are more secure in the prison than they are in their homes. They are provided with security, food, shelter and clothing in the prison. The superintendent had visited an American prison, the Colorado Facility during an official visit. He was impressed by their way of categorizing prisoners according to their behaviour, not their crimes.

The prison records ranging from medical history to prisoner visits were all computerized. Upon inquiring the types of misbehaviour for which punishments were inflicted, he informed that keeping of narcotics (brought in by visitors), mobile smuggling, fighting with fellow inmates, disturbing the administration such as filing stupid complaints etc. all render a prisoner to be punished. While the measures taken to deal such issues were; separating the cells, isolation, disallowing visitors and security barracks with 24 hours backup. No women could be chained or handcuffed.

Superintendent informed that there is a set menu by government that includes chicken five times a week. A doctor provides special diet and iron and calcium supplements to pregnant women on prescription. He added that special care is given to the children in jails. Vaccinations are provided for children up to 6 years of age. Children are also provided with fruits and a litre of milk every day.

The superintendent believes that if he and his staff keep a good and helpful conduct with the prisoners, 90% of the complaints and misbehaviors will be eradicated. Overall authority lies with the superintendent and the deputy superintendent has to take approval from the superintendent before punishing a prisoner. He informed that prisoners who were sentenced to 25 years of imprisonment had a right for parole. Good record and good conduct in the prison entitles them for this privilege. The application for parole is sent to the DCO and the PPO for approval. He also maintains that political discrimination or partisan is not practiced for parole. Condemned prisoners who have committed crimes such as murder, terrorism or ransom kidnapping are not given maafi (their sentence is not reduced). Sentence for convicted prisoners is reduced when they work in the kitchen, work as teacher or are involved in some other form of hard labour. For instance, for a person teaching in the prison, a week is reduced every month from his sentence.

He even gave some information regarding male section of the jail. Male inmates in the prison were involved in the hard labour of motor winding, carpet weaving, making blankets etc. He further informed that weaved blankets that are then distributed to all the jails of Punjab.

Prison Administration Responses:

It was found that SP Sahiwal had been in jail service for 27 years including 4 years in this jail.

He was a graduate, had entered by passing PPSC and then promoted to SP position. He received many trainings that included prison department academic training; arms ammunitions training; after Attock terrorism army trained wardens & SPs. He was also sent abroad for training in countries such as US, China & Japan. He stated that there was no A grade/politician here; prisoners with beds were grade B (all women) and rest are C grade. Thus we can see that there was some discrimination with male prisoners but not female. He added that daily 1 female doctor visited women jail. He stated that meals were given per day according to a set menu given by government which included chicken 6 days weekly, tea and chapatti etc. He added that prisoners were allowed self-cooking. Upon asking about Jail manual access to prisoners he told just questions by prisoners are addressed. The research team asked him for recommendation. He gave some insightful ideas which included; literacy rate of teachers needs to be improved, increase in Islamic knowldged, well established library, women prisoners should be convicted in prisons closer to their villages/home town (as opposed to different cities).

Assistant SP Sahiwal Kishwar Naheed was also interviewed. He was is in service for almost 12 years. She was a law graduate. She applied for Grade 16 assistant superintendent by PPSC and was directly recruited. She was given Basic training & on job training while elite training is only for DSPs. Upon asking about how prisoner misconduct is dealt with in the prison, she stated that no harsh measures, verbal abuse or confinement was used. She said the jail focuses on adult literacy and provides Islamic education however currently they had no teacher.

The lady doctor of the jail also volunteered to be interviewed. Doctor Rabia had 4 years in service experience and had been in Sahiwal jail since the last 3 years in Sahiwal. She was an MBBS from FSMU, entered by PSC from Sahiwal. In response to trainings received she told that she did a house job and also received jail specific training. She stated that checkups took place daily and were mandatory whereas the specialist came fortnightly. She stated that medical facilities in the jail included X-ray, asthmatic nebulizers, ECG, ultrasound and hospital inside, vaccination cards & schedule, dengue spray, pamphlets & awareness.

4. Lahore

Location and demographics:

Lahore central jail, also known as Kot Lakhpat Jail is situated inside the city on jail road. This jail was built with a capacity for housing 4000 prisoners, but at present the number of prisoners detained there greatly exceed its capacity.

Entry formalities:

Upon entering the main gate of the prison, first comes the residential block for the jail administration such as houses of Superintendents and medical officers. After crossing the residential block, comes the main jail building. As observed by the researchers, the jail had a very old building with chipped paint and yellowed walls. The curtains in the female checking area seemed more like a rag and the female matron bodily checked the researchers without wearing gloves. There was very dim lightening at the jail entrance gate. The questionnaires for interview, brought by the team were checked in a scanner before granting access into the jail. The main building was very old and poorly maintained.

Prison Conditions and Facilities:

Women section of the Lahore central jail was situated behind the main jail building, and comes after crossing a large garden with poorly maintained grass and flowers. Path towards the women section was lined with huge trees on both sides. Outside the women's section gate sat two male guards, who ringed a doorbell for a female matron to come and open the gate from inside. The research team was first brought into the office of the Deputy Superintendent. It was a large room with big windows; there was a table and chair for the Deputy Superintendent and a charpai on one side. Wall adjacent to the bathroom was lined with a metal closet. In one corner, white bed sheets were stacked, which were given to the prisoners whenever a visitor was expected. The superintendent was sitting at a chair outside her office and the deputy superintendent kept the team entertained for a while.

According to the prisoner record keeping register, there were a total of 49 female convicts in the prison, in addition to 2 foreigners and an internee. The nature of crimes of these convicts is listed in the table below:

Crime	Number of Convicted Female Prisoners
Murder	30
Fraud	1
Kidnap	5
Drugs (mention no of foreigners in category separately)	11
Terrorism	2

In the lead of the Asst. superintendent, the research team took a tour of the women section. There was a small room filled with paintings, art projects and art models etc. On one end of the room was a large mirror on the wall, designating the space as a beauty parlour. On another end there were few sewing machines lying idle. The room was dirt filled and the art projects were piled up on each other carelessly. Upon inquiry the Asst. superintendent informed that construction was going on and a new and spacious room was being built for arts and creative craftwork class and one for a beauty parlour. Adjacent to the existing room was the under construction room. The projects of arts and craft, beauty parlour and stitching and sewing were sponsored and run by TEVTA.

The prison also had a primary school for children which was sponsored and run by Pakistan Sweet Homes (PSH). The primary teacher was also paid by the PSH. It was established in a single spacious room with an open large corridor adjacent to it, which was also used by students. The room was beautifully decorated with colorfully painted walls. The walls had animals, flowers etc. painted on them. In a corner lay a computer, which was used by the students. A TV screen was attached to one of the walls, where children were shown cartoons and educational programs. In one corner, on top of a cupboard prize shields were kept. These shields were given to the children upon winning a sports competition or scoring a position in class. Next to the school, a small park was made for the children having swings and sea-saws.

The women section also had a dispensary where the female medical officer sat. It was a small room with an ultrasound machine in one corner, an oxygen cylinder, a cupboard full of medicines and other equipment such as nebulizer for children, all provided for by the government. The female doctor resided in the prison vicinity, in the residential block, and so was present instantly in cases of emergency. However, she is not available during the day time.

Therefore, the team had interviewed another doctor on duty for morning shift. She was on contract and had a duty till 17:00 hrs.

At the end, the research team visited the room for convicts. It was a large room, lined with parallel double story beds. The room had twelve windows and sixteen fans. It also had six attached bathrooms. The tiles of the bathroom were rusty and broken and there was an unpleasing stench in the bathrooms. The fans were also rusty and the room lacked cleanliness. Some of the beds had white bed sheets spread on them.

The condemned prisoners were kept separately at another side. They had small rooms with two double beds on either corner. Bathroom for these prisoners were built within their bedrooms, with short walls which lacked a ceiling and a door. Outside their rooms was a large open veranda where they could cook or watch TV, which was set high on a shelf. The veranda represented a lock up, as it had bars and a door which could be locked from outside. The foreigners were also kept in the same vicinity, but in a separate room.

Clean chilled drinking water was provided for the female inmates by a filter and watercooler, installed by the Khuwaja Rafeeq Shaheed Foundation. However, the watercooler was poorly maintained by the administration and water was being wasted through several leakages in the pipes.

After interviewing the prisoners, it was found that majority of them were not satisfied with the food quality and stated that it required improvement in terms of taste and quality. It was also found that similar to Faisalabad, no hygienic items were given to inmates in this jail as well. Though unlike in Faisalabad jail, female prisoners were content with the medical treatment that was provided to them.

It was also found that no general or health awareness was given to these prisoners and the Islamic teachings that were provided to them were in Arabic not translated. When asked prisoners about their activities after 'ginti' or 'locked in their cells' after 1700 hrs, they stated that they didn't do anything as they weren't allowed to take materials with them inside such as books, embroidery kit etc.

Prison Administration Responses:

After taking a detailed tour of the prison, accompanied by the deputy superintendent, the research team settled in the superintendent's office, where interviews were taken of the prisoners under the supervision of both the deputy superintendent and the Asst. superintendent. The administration members present on duty comprised of the deputy superintendent, Asst. to deputy superintendent and the morning shift doctor, who were all interviewed by the research team. On inquiry it was told that there were three asst. superintendents on record. One was on maternity leave; one was present, whereas the third was absent. The reason of absence of the third one was intentionally camouflaged. Later on the on duty asst. superintendent added that "g us ka to na hi poochain" clearly indicating a ghost employee behavior of enjoying salary without showing up at jail premises. Similar situation was with the evening shift doctor currently converted to a permanent job cadre from contract. Her residence was on jail premises and was called only on emergency during evening shift or at night; whereby the probability of emergency call was very low, only 2 incidents of emergency calls were baby deliveries; which were then transferred to hospital after a preliminary checkup.

Lahore DIG has been in jail service for the last 20 years and is posted here since 2012. He was recruited in Punjab prison services provincial and was promoted from SP position. Trainings he told were, on job training initially then foreign trainings, courses for next batch and local training i.e. SME & NME. On asking about dealing with misconduct he told us that he made regular monthly surprise visits of 2 jails. He told twice a month "paishi" is announced before session judge and SP, on daily visit. Periodic annual inspection is also being done to see if jail staff follows the code of conduct. Further he added annual report goes to IG. Tasks of prison framed after Prison reforms 2008 are: kitchen/ menu upgrade, water filtration plant, medical equipment. Recommendation he gave was renewing security walls and prisoner's skill development. TEVTA 50%; regular training center 50% home dept.; home appliances, embroidery & makeup; paid labor i.e., SKTCJ; Adiala carpet weaving industry; business skill constraints need partnership; educational, vocational; self-sustainable living; women education. DSP Lahore got attached in Multan but was then posted to LHR in 2004 as Assistant Superintendent. She stayed DSP Gujranwala in 2006 and is DSP Lahore since 2007. She was BA at recruitment year when she applied for ASP post. About trainings received she told us of

department initial training course & staff teacher training course (twice), then she along with others trained staff of prisons in Punjab. She also attended judicial academy, Punjab prison officer by HC LHR. On telling about dealing misconduct she replied they do separation (exchange places), confinement, teach or remission/forgive and sewing. She said prisoners are employed at parole. By default all women get B grade treatment facilities. Two who belong to C grade work as sweepers. She said daily two doctors in morning and one doctor for evening emergencies. In medical facilities she told 1-day gynecologist comes from Jinnah hospital and 1 day from general (weekly). On entrance first step is vaccination of children of prisoners. Prisoners are given 3 meals per day Regular chart by government. Medical facilities include internal test lab, fortnightly specialist for patients, psychologist and Qarshi homeopathic. Skill building includes UNODC from 1 1/2 years funding: stitching/ domestic tailoring, beautician, art & craft, psychologist, child specialist and gynecologist. TEVTA will be starting soon. Other comments she gave were that there are 3 ASPs 1 is on maternity leave and second one is habitual of being absent, only one present now. Lahore medical officer doctor Nusrat Naaz was also interviewed, her total jail service was 8 years and was in Central Jail Lahore since last 3 years. Her qualification is MBBS. She came by PPSC and was interviewed before recruitment. She told about yearly employment contract with health department employees and that every year there is a room for EDO health. She visits daily during day and doctor Tuba is available on emergency call from 9pm to 9am. In medical facilities they kept was UK lifesaving drugs, BP apparatus, and ultrasound. In case of shortage medicine is brought from male jail.

5. Gujranwala

Location and Demographics:

Gujranwala central jail is located in the centre of the city. It had 20 convicted women prisoners. At the time the research team visited, construction work was underway which included extension of the prison, a new ward for women and a new school for kids. Many other projects had also been undertaken by the Superintendent such as renovation of the prison hospital.

Prison Conditions and Facilities:

The jail had a literacy centre in which the administration had arranged a skill building program sponsored by TEVTA. This program included embroidery and makeup classes. TEVTA had also contributed for construction of classrooms for children. The dispensary of the prison had a female doctor who was on call 24/7. It also had latest machinery, oxygen cylinders and medicines provided by the Government.

The team was then taken to visit the barracks of female prisoners. There were a total of three barracks and each barrack had six fans and four light bulbs. The inmates resided in only two barracks, with fourteen inmates in each of them. The third barrack was used as a classroom by children who were sitting on the floor with their books open in front of them, when the team visited. The residential barracks had charpayees (beds) with mattresses covered by plain white sheets on them. Three lockers were present in the barrack for the inmates to keep their belongings safe. All convicted prisoners wore brown uniforms with white dupattas, at the time of the visit.

There were three television sets in the female prison, one in each barrack. The TEVTA sponsored class had only four sewing machines for more than ten inmates enrolled in that program.

The female section had one watercooler for providing cold drinking water. And to provide water for other activities such as bathing and washing, two motors were installed in the vicinity to pull ground water. The inmates also had washing machines provided to them as a donation.

After the tour around the jail, the research team interviewed the prisoners. The prisoners stated that for skill building program, stitching classes were given to the prisoners. Similar to the previous jails visits, this jail too lacked provision of hygienic items. It was also found that jail administration didn't provide bed sheets either. Later when jail administration was asked, it was found that this was because of low budget.

During the jail visit, there was an ongoing class taking place. When asked about it, the prisoners stated that they were not satisfied with the teachings, some even claimed that this was staged and that it wasn't a regular practice in the jail. Women inmates stated that there is no permanent tutor and they are only taught religious teachings in Arabic. The research team

also observed that the tutor that was giving the class came and sat right next to the interview tables and would listen to the answers vigilantly because of which the respondents became hesitant and tensed. After a while, the team had to ask her to leave.

It was also found that the staff in this prison was not cooperative or friendly. Majority of prisoner responses indicated that the jail administration was very strict and often used abusive language that affected the mental wellbeing of prisoners. They stated that no consideration was given to children and no specific care was given either. The prisoners stated that staff taunts the prisoners continuously and tease them by saying things like 'khunagar'. Jail administration did not respect the prisoners at all and referred to them impolitely.

When asked for recommendations, prisoners brought us the concern of abusive language that needs to be decreased for mental wellbeing of both the women and their children. In addition to that they stated that the environment in this prison was full of 'frustration', the jail administration is frustrated and they take it out on the prisoners. At times the jail staff locks prisoners inside their barracks/cells before giniti time, which was a practice found to be unfair by all prisoners.

Prison Administration Responses:

After visiting the jail and interviewing, the team interviewed the jail administration. The first officer interviewed is DSP Gujranwala. DSP had been in service since 12 years and is currently working here from more than 2 years. He entered in jail services by Public Service Commission. He had received basic training as in Punjab jail manual, physical fitness and elite training which is for Punjab police only. Separate confinement is given to deal misconduct, and its duration depends on the intensity of crime (week-month). Punjab government policy since last 5 years is to not send women in Multan jail after challan. About being asked about private employment or works assigned, he replied "Mushaqat" (cleaning). In female Barracks, all in grade A and differences may be based on education, wealth and prominent personalities. A doctor visits every day. In medical facilities, on the reference of the lady Doctor, they shift patients to Civil hospital for other facilities like blood test, urine, CTC, height and vision as per required. Prisoners are given 3 meals daily while the menu is made according Chart allotted by Punjab govt.

Later, ASP Samina Doger was interviewed. He had been in service since 8 years and is in Gujranwala since 2 years. She was recruited by Public Service Commission. In response to training received she mentioned she took refresher courses, basic training, 7 days UNODC-issues & security of female prisoners. She added that no training is done by the department there. Verbal abuse is not allowed as a response to misconduct.

Gujranwala medical officer Faiza has been in service since 5 years and has been working here since one and a half year. She was MBBS and had serviced in medical Science. She passed PSC 2013 and was interviewed in 2014. Her last posting was in HQ. No special training are given. She is on duty is from 8am-2pm and is available after that on call. Medicines brought in by visitors are checked by her before used by prisoners. Medical facilities include medicines for gastric pain, pain killers, BP, sugar, allergies, antibiotics and also equipments for BP, sugar, cylinder, ultra-sound while X-ray and ECG are in male hospital.

6. Sialkot Jail:

Location and Demographics:

District Jail Sialkot is an ancient jail which was established in 1863. It is located on the Jail road, near civil lines.

Entry Formalities:

Upon arrival into the prison, the team was taken directly to Superintendent's office. Superintendent and Assistant Superintendent of the prison were both present in the office. They were very polite and courteous and responded to all the queries of the team.

Prison Administration Responses:

According to the Jail Superintendent, the current total population of the prison was 2100 prisoners whereas the capacity of the prison was only 722 prisoners. Therefore, the jail was heavily overcrowded. However, this issue was limited only to the male section. The total number of female prisoners in Sialkot district jail was 53, and according to the responses of prisoners and administration the women's section was not overcrowded.

Prison Conditions and Facilities:

The team was then taken to the women's section, which was separated from the male section to ensure privacy and safety of inmates. The main gate of the women prison was locked from outside with a guard on duty all day long. As the team entered from the gate it was observed that this female prison was one of the smallest as compared to the six prisons visited so far. Unlike other jails which had a playground or a lawn, this prison had a concrete floor spread all across. Nonetheless, it was well maintained and kept clean, except the walls which were although freshly painted but were of very poor quality.

The research team then toured the women prison. There were two barracks in which convicted and under trials were placed and two cells where an internet and a few condemned prisoners resided. Each barrack had five fans, four windows and four lights. The prison also had a very small kitchen with only two stoves, insufficient for the number of female prisoners present. Prisoners had to bring their own utensils if they wanted to cook. They also complained that they were not provided with any basic necessities such as soap, sanitary pads, towels etc.

The prison had a small dispensary visited by a doctor every day, who stayed till 5.00 pm. Equipment at the dispensary included a blood pressure apparatus, weighing machine, ultrasound machine and multiple medicines. The matron claimed that an ECG machine was also present in the male section and brought to the women's section whenever needed.

Right next to the kitchen and dispensary was a small community centre. It had different varieties of dresses hanging from the walls such as baby clothes, shalwar kameez and uniforms. Upon inquiry it was known that these dresses were made by the prisoners themselves. The room also had a total of twenty sewing machines. Assistant superintendent informed the team that so far only a stitching class was being conducted at the prison and the prisoners were even paid a minimal amount for the products they made. For uniforms, orders usually come from surrounding schools within Sialkot. The following table shows the payments made for each item of clothing:

Clothing Item	Payment
Shalwar	Rs. 13

Dupatta	Rs. 12
Shirt/Kameez	Rs. 20

The Assistant Superintendent also added that another program for embroidery and beautician course would be starting very soon. All these programs were sponsored by TEVTA.

Religious and primary education was provided to the prisoners. The teachers were mostly externally recruited but prisoners could also volunteer to help out the teachers, however, they were not paid for it.

An interesting observation made about the jail was that unlike all other prisons it lacked a 'chakki' or a cell for solitary confinement.

After touring the prison, the team was taken to Deputy Superintendent's office where interviews were to be conducted. However, since the office had limited space few interviews were conducted out in open. A total of 13 prisoners were interviewed. During the interviews, the wardens kept a close eye at the prisoners and even interrupted when it seemed that the prisoner was about to spill something they weren't supposed to.

Through the interviews, it was found that the quality of food required improvement, as hygienic items were not provided in this jail either. It was found that the white sheets that were so nicely placed on beds were taken out only for the visit. On other days the prisoners used their own bedsheets. Majority of the responses indicated that there was no water purification filter present in the jail that means that they didn't have access to clean water. It was also found that at times jail has a lot of insects (seasonally) but prisoners stated that jail administration takes effective measures to deal with the problem. They also said that they only had cold-water available to them.

When asked about provision of health and general awareness, all prisoners stated that no one came and gave them such information.

Another response that we received was the the jail administration within the jail was nice and cooperative however the administration outside meaning at gate was not. Prisoners complained that most of the things brought by their visitors were not given to them.

Prison Administration Responses:

Staff told of receiving orientation when first inducted along with telling rights and duties. Old inmates, those who know rules and educated ones are asked to keep check on the rest.

According to the SP, government budget is very small. The government does not give excess money and the donors are not as big as in Gujranwala. They stated that problems in jail were over-crowding, education and rehabilitation and so segregation of prisoners is difficult which breeds' crime often. He gave Recommendations for the about jail. He stated that space expansion was needed to overcome overcrowding. He said every district should have its own jail as keeping prisoners of other jails adds on to over population. Currently, Sialkot jail is holding inmates from Gujranwala and Narowal. He also stated that there is a need of recruiting psychologists and new trained staff in the jails.

Lady ASP Sadaf Arsha was also interviewed. She had experience of 8 years in jail service. She was posted in Lahore previously and here from 7-8 months. There is no seat for superintendent in Sialkot she told. She was recruited through PCS after interview, medical and psychological screening. In trainings she mentioned refresher courses, in basic training jail manual is taught, physical training such as judo and firing. She had not received elite training yet. She added NGOs including SPARK, UNODC and others give seminars and workshops to jail staff. She told on misconduct prisoners are hit with hands and sticks by matrons and ASP, but in extreme cases men may be called. In answer to private employment or prisoners and work assignments she admitted employment arrangements exist within jails as rich prisoners pay poor ones in exchange of work. Prisoners can also get employed within jail by welfare organizations.

She stated that 'Grade A' included politicians, elites and wealthy persons and had full provision of facilities such as AC, curtains, TV and books within jail. 'Grade B' mostly have table and chairs, separate cells and a prisoner who work for them. 'Grade C' are ordinary prisoners present here. She said that the doctor comes daily from 8am and stays till 3pm while in case of emergency they are called in jail whereas the specialist come during emergency cases. Medical facilities include vaccination and hepatitis checks sponsored by government as well as NGOs. Prisoners offered 3 meals per day but offered extra if asked by any prisoner.

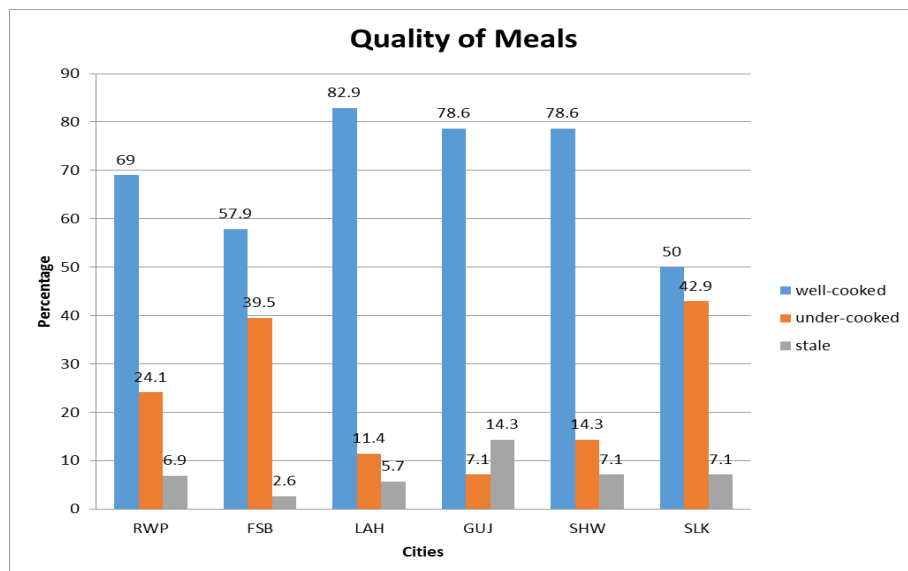
Final Analysis

After the above analysis of each individual women jail visited, several results can be concluded that help us understand the conditions and prisoner treatment in Punjab jails in a holistic view. There were many issues and concerns that were prevalent in every jail such as poor hygiene whereas there were some good practices and strengths bring followed in other jails. The following section follows a comparative approach that will help us look at all these factors in a manner that is representative of all the female prisoners in Punjab. The aim is to find strengths and weaknesses of Punjab women prisons so relevant recommendations can be given accordingly.

Food Quality

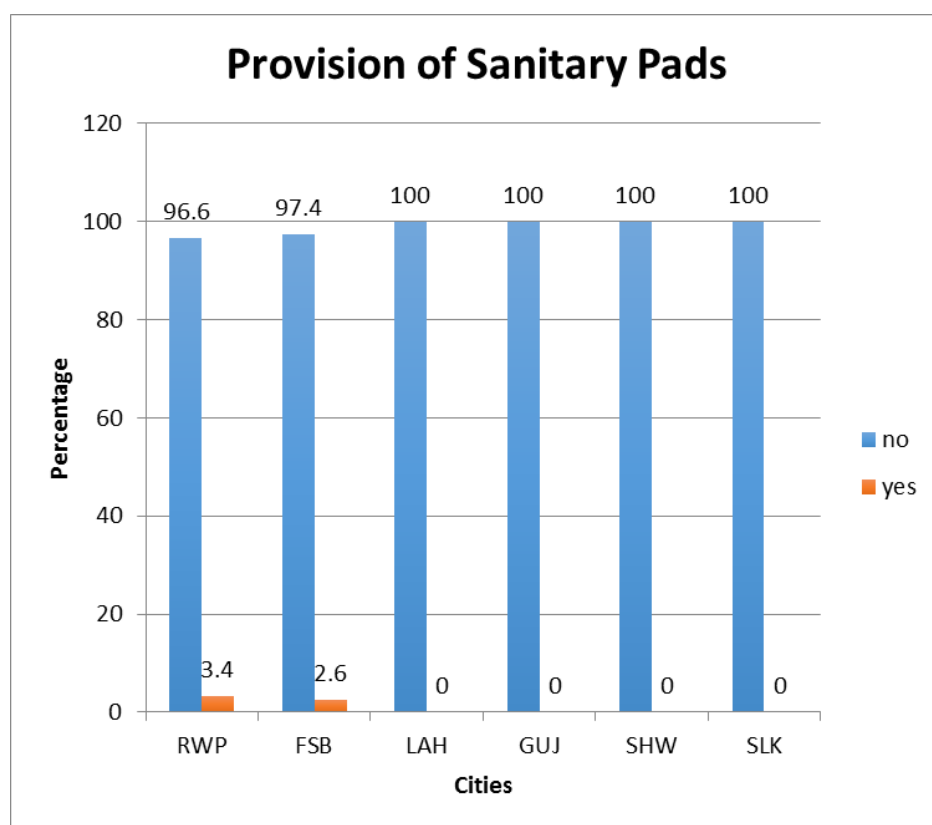
According to the responses received of the prisoners, it was found that majority of the prisoners were satisfied with their food. However it was found that almost every prisoner used to re-cook the food to improve its taste, as at times it was just tasteless and inedible.

From the data collected, it can be seen that Lahore jail had the best quality meals. Most of the women at Sahiwal and Gujranwala jails were also satisfied with the meal quality. The prisoners in Sialkot were least satisfied with the food quality and most of them described their meals as stale or undercooked.



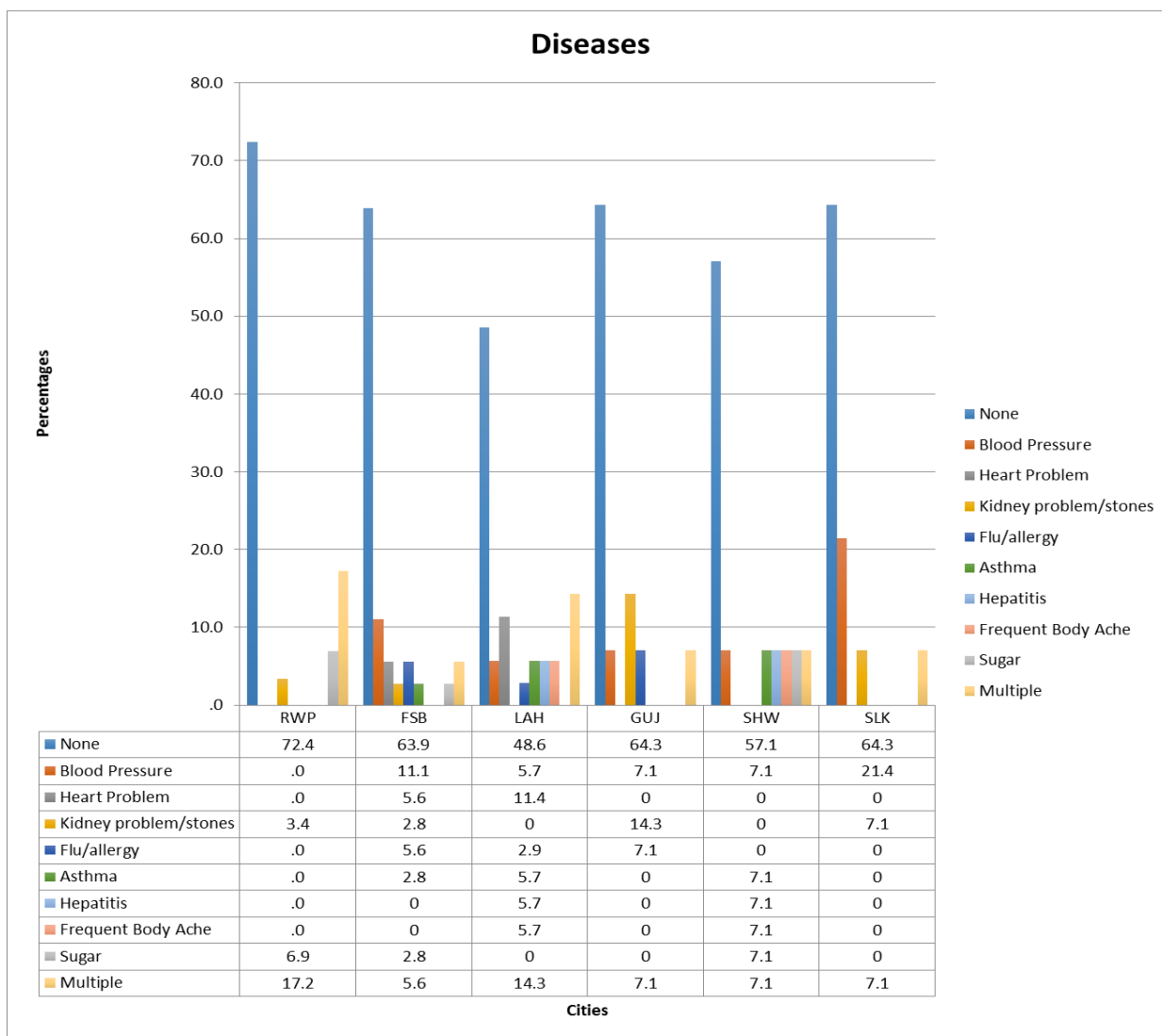
Provision of Hygienic tools

It is the duty of every jail to provide women with sanitary pads as stated in Punjab Prison Manual as well. The responses showed that no pads were given in any of the jails in Punjab. A few of the women in Faisalabad and Sahiwal said that they had access to sanitary pads but they were given by visitors or external NGOs as jail administration provided none.



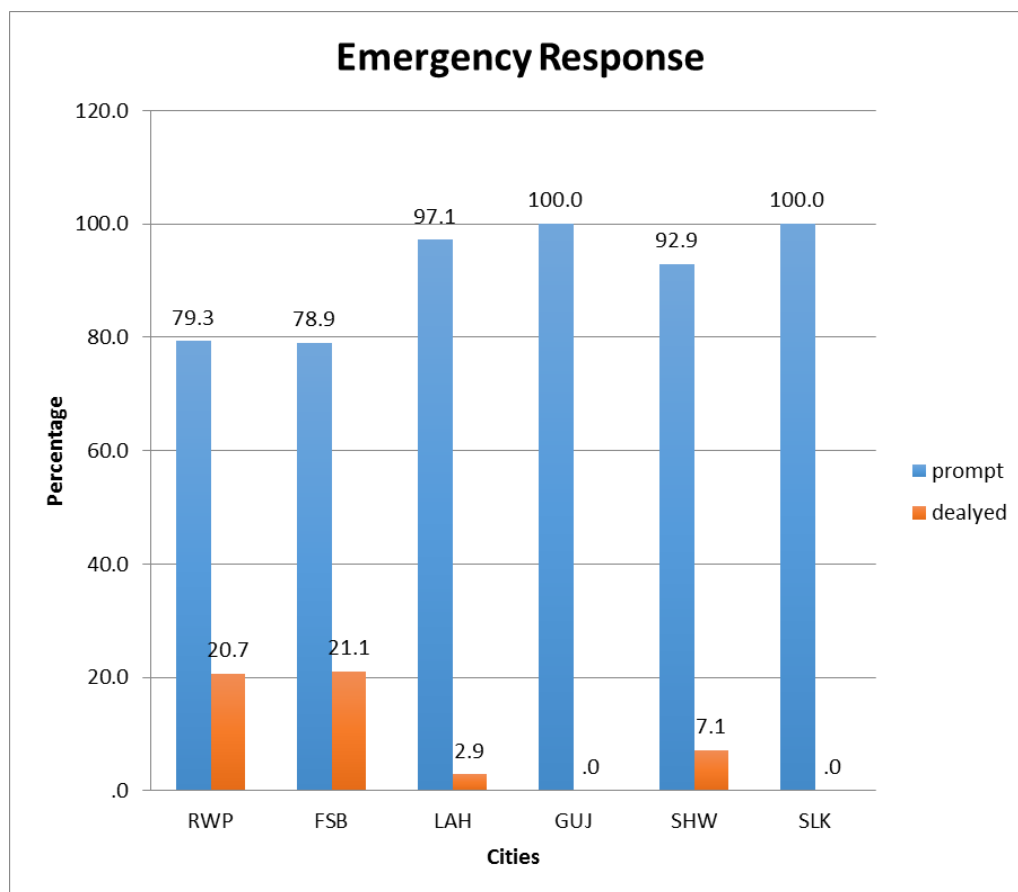
Diseases:

Women in each prison had a number of different diseases. The highest number with no disease was Rawalpindi jail, where 72.4% of the women answered that they did not have any disease, whereas Lahore jail had the highest percentage of diseases (where 52% responded that they had at least one kind of disease).



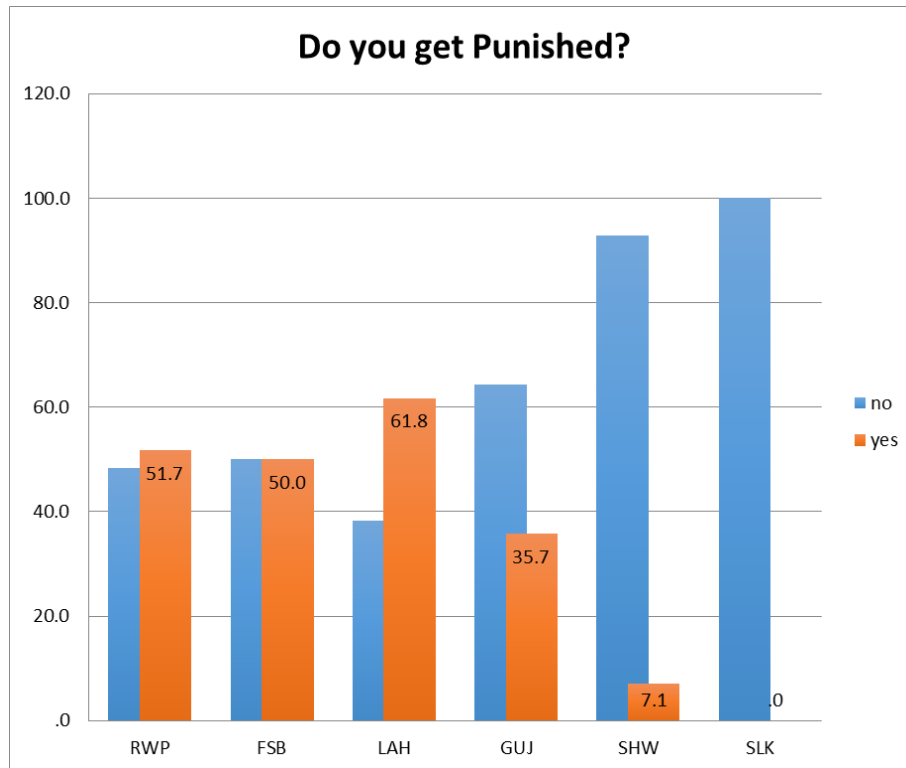
Emergency Response:

In case of emergency response, all jails received good reactions. In Gujranwala, 100% women said that prompt action was taken in case of emergencies. Lowest was Faisalabad jail, where 21.1% answered that delayed action was taken in case of emergencies. In addition to this, in Faisalabad also witnessed an event where patient required emergency medical treatment but they was delay and poor management of the situation. This case has been mentioned before in Faisalabad jail description.

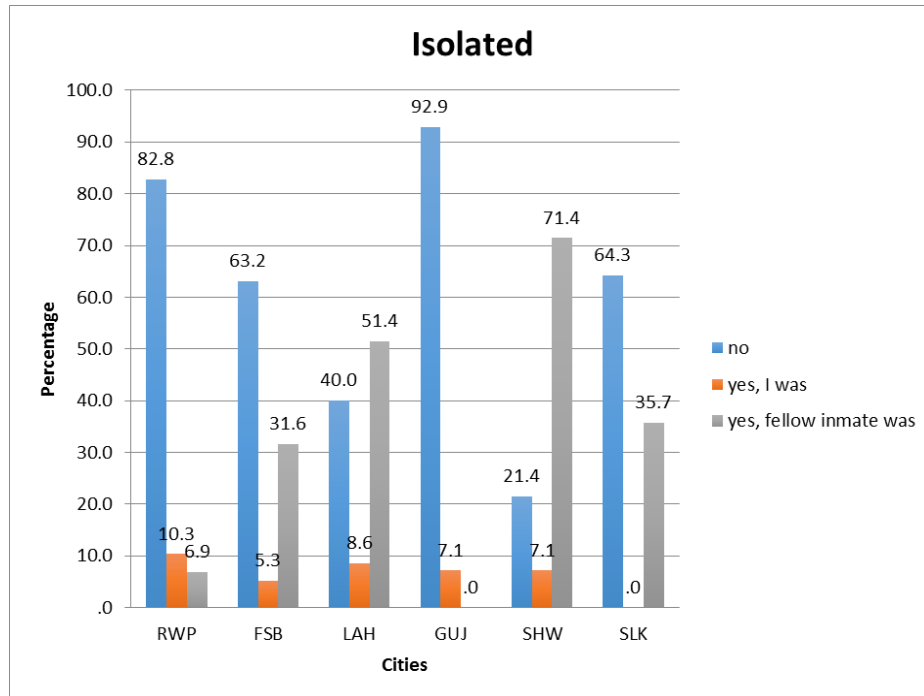


Punishments:

According to the responses, no punishments are given in Sialkot prisons. Whereas, highest number of punishments is given in Lahore, almost 62% women inmates answered that they have been punished at one point of the other by prison administration. It is also important to note that all those beaten believed to have deserved such treatment. Whereas, the response in Faisalabad, Rawalpindi, Gujranwala and Sahiwal were mixed. [L]
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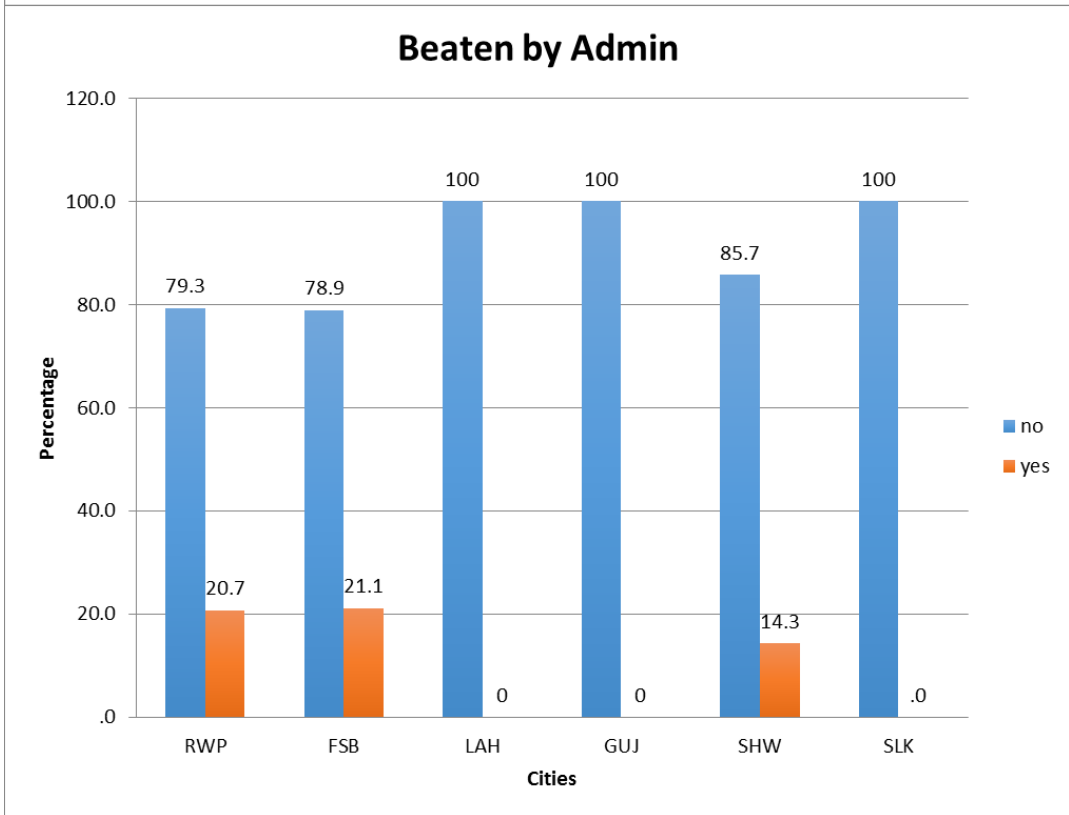


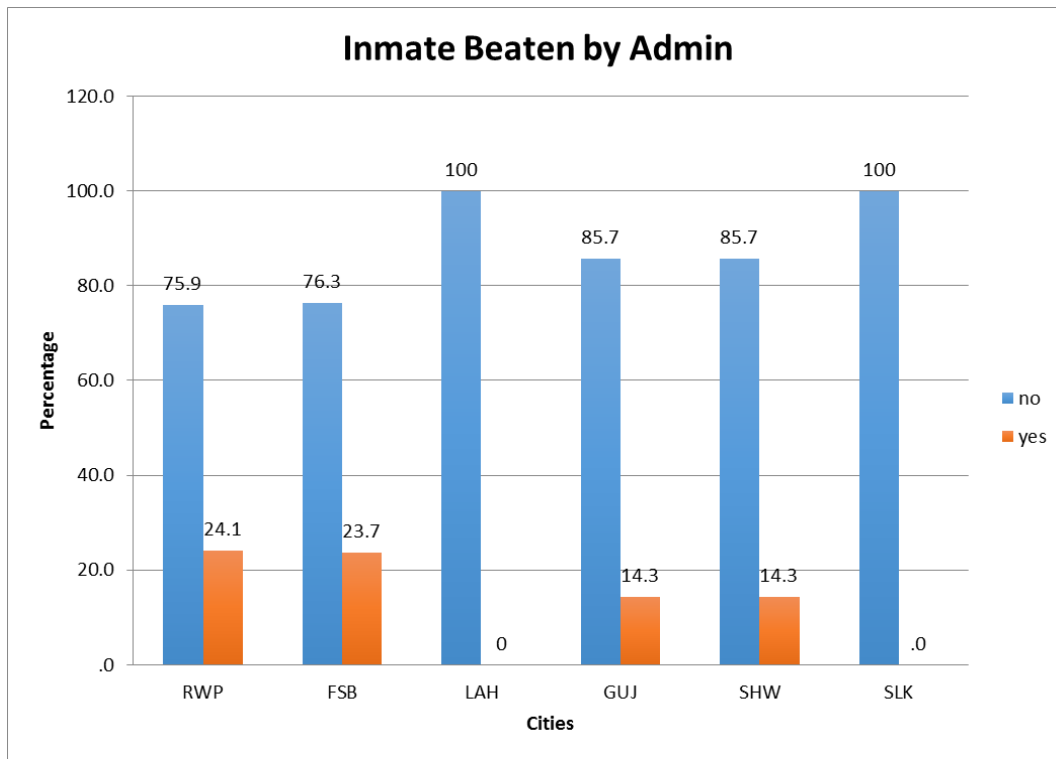
Isolation or ‘sent to chukki’ as a punishment was highest in Sahiwal jail, whereas it was the lowest in Gujranwala. 92.9% answered that they had never been given ‘isolation’ or ‘sent to chukki’ as a punishment nor has they seen any of their inmates being sent there. In Pakistan for women it is Solitary confinement which is a form of imprisonment in which an inmate is isolated from any human contact, often with the exception of members of prison staff. It is sometimes employed as a form of punishment beyond incarceration for a prisoner and has been cited as an additional measure of protection for the inmate. It is important to note here that the concept of ‘chukki’ is not as extreme as being sent into a small spaced room with no light or windows. In Pakistan a female prisoner is sent into a normal cell, however is not allowed to come out or interact with anyone who can be damaging to a person’s mental health. The time for confinement varied from 1 day to 2 months. In most of the prisons, jail administration stated that confinement when two or more prisoner who were involved in a quarrel make amends with each other so such incidents are not repeated.



Treatment by Administration:

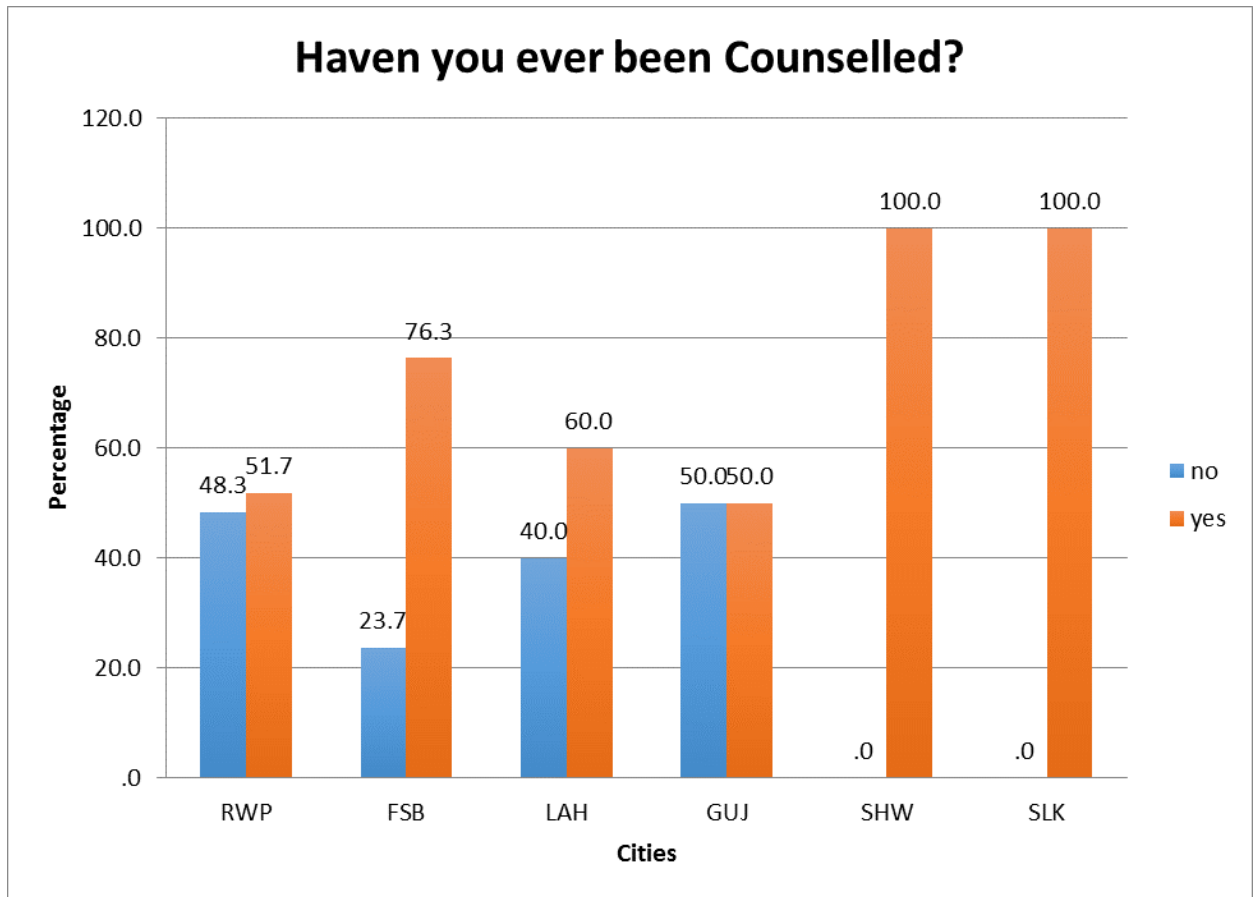
In Lahore, Gujranwala and Sialkot, the treatment of the administration with the prisoners was observed to be comparatively better than the other three jails visited. The responses showed a similar trend. In these three jails (Lahore, Gujranwala and Sialkot), 100% of the women answered that they have never been beaten by the staff. In the other jails some of the women responded that the administration sometimes mistreats them. Majority of prisoners in all jails state that fellow inmates were not beaten by prison administration.





Counselling Sessions:

Counselling sessions were given in all the jails. The whole female prisoner population interviewed (100%) in Sialkot and Sahiwal responded that sessions were provided. In all the other jails, responses were also mostly positive, it was also observed by the research team that all jails were more or less providing counselling sessions. All these sessions were given by external NGOs and organizations.



Best Case Practices:

As stated before though each prison had many issues, there were few cases of best practices being implemented in jails by the jail administration and it's SP. Following are a few cases which have shown positive results or have the potential to.

- In Adiala Jail, female prisoners were bring given *computer training courses* by external teachers. Prisoners were very satisfied with this as many came from poor background and would not have been able to use such a facility.
- Faisalabad central jail has been made in such a way that it is a whole compound. When you enter the jail, first there is residency for all the police officers and their families including doctors. There was a mosque, market and a school. Then there is a section of jail which is of course separated from the residency. This is a good thing because it creates a *good environment for the prison administration and doctors* who have to work in a confined environment in jails. So it's a good thing for them mentally.

- This is also good because it makes the *doctors be available 24/7 as they live in the jail premises*. In case of emergency they can be called immediately.
- □ In Sahiwal women jail, the jail kitchen had maintained a *good standard or level of hygiene*. Such that cannot be done for just a visits as it was mostly observed in rest of the prison. The food was prepared in a clean environment. In addition to that Sahiwal kitchen also catered for prisoners who were patients of ‘high cholesterol’ and ‘Sugar’. *Special diet was given to patients of ‘high cholesterol’ and ‘Sugar’*.
- □ In Sialkot women prison, women prisoners were being *paid for the clothes they stitched*. Jail administration would get orders to make uniform from public schools in the surrounding area. Women inmates were being given training on stitching and embroidery as well so anyone who didn’t know it before could learn and earn. Even though the amount paid was really less, however this is something that each prisoner stated was necessary as else a lot of pressure came on their visitors. If this practice is implemented everywhere with higher wage rate, it could proof to be very beneficial for prisoners. An element of discipline can be attached to it as well. For example, anyone who misbehaves will not get paid etc.
- □ In Lahore women jail, there was an *arts and craft room* where female prisoners had made different items such as decoration pieces, paintings and sculptures. It was found that these items made by the prisoners were then displayed in front of the public through *arts and craft public exhibitions*. This is a motivating factor for all prisoners.
- □ Another initiative in women jail of Lahore was the *school inside the jail* for both women and their children. It had *colored walls with painting and sports equipment*. It gave a very nice and friendly environment. It also had a *picture of all the kids in the jail* which gave a family type feeling. In addition to that it was found that there were *sports contests conducted amongst the children in jail and they are even given trophies*. This again is a practice that should be implemented in every jail as it’s very important for a child to be exposed to such activities.
- □ In Lahore jail, first parole case was also in motion.
- □ In addition to that, Lady Doctors were available 24/7 in Lahore jail.
- □ In Sahiwal and Lahore jail, another important initiative was taken which a *hospital was built inside the jail*. At time when medicines were not available or a patient had to be given

emergency care, they were taken to it immediately. The hospitals were made in male sections.

- □ In Gujranwala jail, the SP showed the male side of the jail which had a new cafeteria. *The cafeteria had been built in collaboration with coke.* Such activities can encouraged in other jails. Different NGOs and organizations can built different facilities as part of their CSR.
- □ In Gujranwala, a jail extension was taking place on women side. According to the SP, a whole *facility center for women inmates* was under construction. The facility would have training center, nursery and play ground.
- □ A positive practice was seen where almost all the *SPs were sent for international training courses* to USA. For example training sessions in Colorado. This training had variety of topics such as rehabilitation, how to improve prison conditions and what initiatives should be taken by prison administration. This helped many SPs to re-evaluate their current polices and implement them in their jails.
- □ A general practice taking place in all jails vistsed was that *prisoner were allowed to take metric and FSC examination.* This is a very important activity which adds to the rehabilitation process of the criminals. So that when he gets out, he is able to secure a good employment opportunity. This was being practiced for both male and female inmates.

Chapter 4

Part 1: Legal Analysis

Introduction

In order to gauge the compliance of Pakistan's prison standards to international ones, a legal analysis is conducted. This chapter will compare Punjab's Prisons Code with the United Nations Rules for the Treatment of Female Prisoners and Non-Custodial Measures for Women Offenders, known as the Bangkok Rules. Through this comparison it will be judged whether Punjab's jail standards and rules ordain for the special needs and requirements of administering women in jails, and whether it caters for the issues that Bangkok Rules identifies. This will help us test the first hypothesis which was:

The Punjab Prison Manual satisfies the necessary prison conditions and rehabilitation mechanism stated in the United Nations Bangkok Rules for the Treatment of Women Prisoners and Non-custodial Measures for Women Offenders.

Punjab Prisons Code's compliance with UN Bangkok Rules is necessary to establish that the legal basis for ensuring the rights of women prisoners exists in Pakistan. If many differences are identified between both laws, it means that the laws in Pakistan require improvements and amendments to meet international standards.

The Punjab Prisons Code (PPC)^{lxxvi}

The Punjab Prisons Code (PPC), enacted in 1978, contains the prison code rules for the superintendence and management of prisons in Punjab. It has 50 chapters each pertaining to different aspects of prison management. Chapter 13 of the prison manual contains rules specific to women prisoners and children. The chapter has a total number of 24 rules. Other than that, in different chapters there are some clauses that ordain women specific rules.

The United Nations Bangkok Rules^{lxxvii}

The United Nations Bangkok Rules on the other hand, is a much more recent document. The Bangkok Rules were adopted by the UN General Assembly in 2010 and contains rules for the treatment of women prisoners and non-custodial measures for women offenders. It has a total number of 70 rules with various articles.

Comparison: PPC Vs UN Bangkok Rules:

The following section aims to identify the differences and similarities between both laws in order to understand the extent to which the jail standards in Pakistan are in line with international benchmarks.

- **Application of Rules:**

In Part 1, Section 1 of the UN Bangkok Rules, called the Rules of General Application states that distinctive women needs need to be taken into consideration during the application of rules.

“In order for the principle of non-discrimination, embodied in rule 6 of the Standard Minimum Rules for the Treatment of Prisoners to be put into practice, account shall be taken of the distinctive needs of women prisoners in the application of the Rules. Providing for such needs in order to accomplish substantial gender equality shall not be regarded as discriminatory.”

In The Punjab Prison Manual, since there is a separate chapter for Women Prisoners and Children (Chapter 13), it does take into account special needs of women in the application of rules.

- **Admission Procedure:**

Rule 2(1) in the UN Bangkok Rules states:

“Adequate attention shall be paid to the admission procedures for women and children, due to their particular vulnerability at this time. Newly arrived women prisoners shall be provided with facilities to contact their relatives; access to legal advice; information about prison rules and regulations, the prison regime and where to seek help when in need in a language that they understand; and, in the case of foreign nationals, access to consular representatives as well.”^{lxxviii}

Women offenders are especially vulnerable when first admitted to the prisons, particularly the ones who are poor, illiterate, abused and those who are the primary caretakers of their families, especially their children. Many women, especially in developing countries are unaware of their legal rights, and suffer emotional distress over their imprisonment and the impact it will have on their children. Many studies in the field of prisoner psychology have found that prisoners are at heightened risk of self-harm and suicide during the initial period following admission to prison.⁸ This is why it is necessary to ensure that women prisoners are adequately handled and treated in the first 48 hours of their imprisonment to help them transition to prison life.

In the Punjab Prisons Code, on the other hand, there is no special rule pertaining to the admission procedures for women. However, in chapter 3, the general rules for admission are declared to be applicable for both men and women. This shows that the administration in jails is not sensitive to the vulnerability of women when they are admitted in jails. Access to legal advice, information about prison rules or facilities to contact relatives is not ordained in the rules of admission in the Punjab Prisons Code.

- **Registration:**

The Bangkok Rules place special emphasis on ensuring that the personal details of the children of women offenders should be recorded at the time of admission. Rule 3(1) states:

“The number and personal details of the children of a woman being admitted to prison shall be recorded at the time of admission. The records shall include, without prejudicing the rights of the mother, at least the names of the children, their ages and, if not accompanying the mother, their location and custody or guardianship status.”

⁸According to the US Department of Justice, National Institute of Corrections research, 50% of prison suicides occur in the first 24 hours and 27% occur during the first 3 hours (Hayes, Lindsay, M., Project Director, National Centre on Institutions and Alternatives, U.S. Department of Justice, National Institute of Corrections, Prison Suicide: An Overview and Guide to Prevention (1995)

For children who are not with their mothers, keeping a record of their personal details may be required to keep the mother updated about the whereabouts and wellbeing of her offspring's. This information is also important to ensure contact between the women offenders and their children. Such standards ensure the mental wellbeing of women prisoners as they are kept informed of the safety of their children.

The Punjab Prisons Code makes no mention of entering data of the children of women prisoners in the records. However, in practice the jail administration does maintain data about those children who are below the age of six and reside with their mothers in jail

- **Allocation**

Rule 4 of the Bangkok Rules states:

“Women prisoners shall be allocated, to the extent possible, to prisons close to their home or place of social rehabilitation, taking account of their caretaking responsibilities, as well as the individual woman’s preference and the availability of appropriate programs and services.”

Women offenders should be imprisoned in jails that are as close to their homes and places of social integration as possible. This is required in order to facilitate communication with their families and to enhance the prospects of their social rehabilitation. If women are taken far away from their hometowns, their chances of being accepted back in the society when they return are far less. The probability of the visitors/relatives to visit far flung prisons from their native place would also be low. It would have a direct impact on the mental wellbeing of the prisoners; as they would always be thinking about their offspring. The prison administration should also try to facilitate relations between the local agencies and NGOs with the local prisoners so that their societal bond is not completely broken because of the imprisonment of women.

The Punjab Prisons Manual classifies women jails as separate and special entities in Rule 6(iii), however it does not ordain for proximity of women prisoners to their homes. In Rule 336, the PPM states:

“Women prisoners with sentences of two months or more shall ordinarily be transferred to the Women's Prison.”

The only women prison in Punjab lies in Southern region of the province, in Multan. This implies that women with longer sentences are sent off to Multan even if it is far away from their hometowns.

Rule 307(ii) also states that:

“When the number of women prisoners confined in any prison is in excess of the available accommodation, the excess number shall ordinarily, irrespective of the length of sentences, be transferred to the Women's Prison”

Since most of the prisons in Punjab are overcrowded, this implies that many women are displaced further away from their localities.

- **Personal Hygiene:**

The Bangkok Rules, section 5, rule 5 states:

“The accommodation of women prisoners shall have facilities and materials required to meet women's specific hygiene needs, including sanitary towels provided free of charge and a regular supply of water to be made available for the personal care of children and women, in particular women involved in cooking and those who are pregnant, breastfeeding or menstruating.”

The rule places importance on aspects of hygiene of women prisoners, which extend not just to personal physical hygiene, but the hygiene of their children and fellow inmates. Items for maintenance of hygiene include sanitary towels or sanitary pads and the rule places emphasis on the fact that these should be provided free of cost, thereby necessitating the ease of access to these items for all prisoners.

The Punjab Prisons Code decrees for the provision of sanitary material for women. In rule 518(i) (Punjab amendment) for clothing, bedding and other equipment are prescribed for class C convicted prisoners. On that list, item number 4 is a *“Turkish towel 91 C. x 61 Cm. (Jail Made).”* This is to be provided annually. Similarly, sanitary napkins are listed to be provided to women prisoners in rule 518(i), item number 8: *“Sanitary pads 23 cm x 8 cm. (Jail made).”* 8 pads are meant to be provided to each woman per month. Item

number 19 of the same rule provides for 125 grams of washing powder per week, while rule number 20 states that 1 cake per fortnight of medium quality toilet soap is to be provided to the women prisoners. Similarly, hair removing powder (1 time use packet, once a week) is listed as item number 22 in the list. This indicates that the law does place emphasis on the special sanitary needs of women prisoners and ensures free and regular provision of sanitation items for the women.

In regards to a regular supply of water, rule 765 of the Punjab Prisons Code states that:

“Water shall be obtained in sufficient quantity from the purest supply in the neighborhood. Before deciding upon the source from which water shall be taken; samples shall be sent to the Chemical Examiner for analysis. Every possible precaution shall be taken to prevent the contamination of water whether at its source, during its carriage or in its distribution.”

Rule 768 for the supply of water to prisoners, states:

(ii) “Gharas shall be placed on raised platform and not on the floor. Water taps shall be provided in each yard. There shall be one tap for fifty prisoners. Overhead shower baths shall also be provided, where possible.”

(iii) “A water tap shall also be provided inside every barrack.”

Since regular supply of water is ensured, it implies that women prisoners shall not face any trouble maintaining hygiene and cleanliness of themselves and their children.

- **Health-Care Services**

The UN Bangkok rules lay special emphasis on laying down measures and rules (6-18) pertaining to the very specific and very diverse medical needs of women prisoners. The “Health Care Services” section is divided into two sub-sections. Sub-section (a) is “Medical Screening upon Entry” and contains rules 6 to 9. Sub-section (b) is “Gender-Specific Health Care” and contains rules 10-18.

(a) Medical Screening upon Entry

Rule 6

The health screening of women prisoners shall include comprehensive screening to determine primary health care needs, and also shall determine:

- (a) The presence of sexually transmitted diseases or blood-borne diseases; and, depending on risk factors, women prisoners may also be offered testing for HIV, with pre- and post-test counselling;*
- (b) Mental health care needs, including post-traumatic stress disorder and risk of suicide and self-harm;*
- (c) The reproductive health history of the woman prisoner, including current or recent pregnancies, childbirth and any related reproductive health issues;*
- (d) The existence of drug dependency;*
- (e) Sexual abuse and other forms of violence that may have been suffered prior to admission.*

Rule 6(a-e) decrees for medical screening on entry to allow for a thorough examination of any possible diseases to make a record of medical history. Prompt medical examination needs to be conducted to provide emergency medical treatment and to prevent deterioration of health upon entering prisons. UN recognizes that in many countries women face barriers in accessing quality health care in the communities especially related to mental, sexual and reproductive diseases. Primarily because of the stigmas attached to obtaining treatment for these diseases in poorer, less literate countries, women are at a greater risk of suffering from diseases than men.

Rule 8

“The right of women prisoners to medical confidentiality, including specifically the right not to share information and not to undergo screening in relation to their reproductive health history, shall be respected at all times.”

This rule allows for a woman prisoner to refuse any kind of medical screening (like HIV/AIDS testing) and places emphasis on the prisoner’s consent to be tested. This is in line with international standards of confidentiality ensured for all patients. Women especially have concerns disclosing their reproductive health history, so if they are hesitant to be examined, they have the right to refuse.

In regards to medical screening upon entry, the Punjab Prisons Code ordains **rule 18** which states:

“Every prisoner shall be written up in admission register by the Assistant Superintendent in charge of admissions and shall also be examined by the Senior Medical Officer or the Medical Officer within 24 hours of his admission into the prison. The Senior Medical Officer or Medical Officer shall examine every prisoner and enter in the admission register, the age, height, weight and the state of health of the prisoner, specifying whether good, indifferent or bad, together with such observations in regard, to his physical or mental conditions as he may consider necessary and if the prisoner is sentenced to rigorous imprisonment, the class of labour for which he is fit, whether hard, medium or light. While describing a prisoner's health as bad or indifferent the Senior Medical Officer or Junior Medical Officer, shall record the reasons such as enlarged spleen, anemia, etc. He shall also ' note whether the prisoner has been vaccinated or has had small-pox.”

However, this rule does not specify if it applies to women as well. The rule does state that every prisoner shall be examined by medical officers, but the recurring use of the pronoun “He” or “his” throughout the language of the rule reflects that it does not apply to women prisoners.

The section titled “Search and Examination of Women Prisoners” contains Rule 21 which is:

“In case of women prisoners, the search and examination shall be carried out by a woman warder under the orders of Deputy Superintendent and the Medical Officer, respectively.”

The rule, does not mention any kind of medical screening specific to disease and medical details. The word “search,” more specific to security measures is introduced in the same rule as the “examination.” Also, it ordains that a warder should carry out search and examination of a women prisoner under orders of the Deputy Superintendent and Medical Officer; thereby implying that a medical expert will not be directly checking her. This also implies that a women medical officer is not appointed to search and examine women prisoners. The Punjab Prisons Code does not make any mention of specific checkups and medical tests to be done or the mode of scanning.

Further, there is no mention of what equipment will be used to check the women prisoners.

(b) Gender-specific Health Care

Rule 10 (1) of the Bangkok Rules states:

“If a woman prisoner requests that she be examined or treated by a woman physician or nurse, a woman physician or nurse shall be made available to the extent possible, except for situations requiring urgent medical intervention. If a male medical practitioner undertakes the examination contrary to the wishes of the woman prisoner, a woman staff member shall be present during the examination.”

This rule reinforces the absence of any rule in the Punjab Prisons Code that adjudicates for the presence and availability of women physicians.

Rule 11 (1) adds on to this rule and states:

“Only medical staff shall be present during medical examinations unless the doctor is of the view that exceptional circumstances exist or the doctor requests a member of the prison staff to be present for security reasons or the woman prisoner specifically requests the presence of a member of staff”

Punjab Prisons Code, on the contrary, in Rule 21, ordains for the actual examination and search to be performed by a *warder*. A warder is defined in the PPC as a “head warder” or a “warder for the purposes of duty.” This means that the warder is an ordinary member of the prison staff. So if a woman warder is not only authorized to be present during medical examination, but is ordered to perform the medical examinations of women prisoners, then it stands in contradiction to Rule 11(1) of the Bangkok Rules.

(c) Mental health and care

Cases of women offenders usually are documented to have troubling background stories involving domestic violence, physical and mental abuse. In that regard, women prisoners may have more tendencies to suffer from mental traumas, and hence require comprehensive mental health care. The Bangkok Rules covers that in Rule 12 and 13 as stated below:

Rule 12

“Individualized, gender-sensitive, trauma-informed and comprehensive mental health care and rehabilitation programmes shall be made available for women prisoners with mental health care needs in prison or in non-custodial settings.”

Rule 13

Prison staff shall be made aware of times when women may feel particular distress, so as to be sensitive to their situation and ensure that the women are provided appropriate support.

This rule takes into account that not only histories of violence and abuse, but also present prison life ordeal stemming from isolation and separation from the family may cause distress to the women prisoners. In that regard, the prison staff should be adequately trained to deal with the prisoners tactfully and sensitively.

The PPC’s scope of mental health remains very restricted. Rule 443 in Punjab Prisons Code defines mental patients as:

“A mental patient is for the purpose of these Rules, an idiot or person of unsound mind.

Note.-the term "mental patient" is used for the term, "lunatic" as defined in section 3(5) of the Lunacy Act. 1912.”

This implies that less obvious and hidden mental problems like depression or stress is not accounted for while laying down rules of mental health care. Even in the case of “lunatics,” the prescribed method of treatment is usually to keep them separate from the convicted prisoners. Rule 445 of the PPC also prescribes for mental patients to be transferred to a mental hospital in certain conditions. The conditions are ordained in Rule 446:

“A criminal mental patient shall not be transferred from a prison to a mental hospital:

(a) unless the Medical Officer certifies immediately before his transfer, that he is physically fit to undertake the journey; and

(b) until it has first been ascertained that Medical Superintendent of the mental hospital is prepared to receive him.”

(d) HIV prevention, treatment, care and support

The UN Bangkok Rules lay down a special rule for HIV. **Rule 14** states:

“In developing responses to HIV/AIDS in penal institutions, programmes and services shall be responsive to the specific needs of women, including prevention of mother-to-child transmission. In this context, prison authorities shall encourage and support the development of initiatives on HIV prevention, treatment and care, such as peer-based education.”

The word HIV, or Hepatitis, is absent in the Punjab Prisons Code. According to UN estimates there are 97,000 to 1, 25,000 HIV Positive persons in Pakistan.^{lxxxix} There is an estimated 50,000 PLHIV in Punjab alone. Despite these figures, the Punjab Prisons Code does not provide any rule specific to HIV patients.

(e) Suicide and self-harm prevention

According to a study conducted by the Bureau of Justice Statistic in 2002 and 2004, mental health problems in prison were found to be much higher among women than men^{lxxx}; in the UK, according to research published in 2006, 80 per cent of women prisoners were found to suffer from diagnosable mental health problems, while 46 per cent had attempted suicide at some time in their lives.^{lxxxii} This requires adequate suicide and self-harm prevention facilities in women prisons. In the UN Bangkok Rules, Rule 16 revolves around this subject.

Rule 16

“Developing and implementing strategies, in consultation with mental health care and social welfare services, to prevent suicide and self-harm among women prisoners and providing appropriate, gender-specific and specialized

support to those at risk shall be part of a comprehensive policy of mental health care in women's prisons."

The Punjab Prisons Code, in the section titled Close Supervision of prisoners confined in cells, lists Rule 628 that revolves around the prevention of suicide.

These rules are:

Rule 628:

"(i) A strict watch shall be kept over all prisoners confined in cells to prevent them from committing suicide, injuring themselves or doing any other unauthorised acts. Every mental patient, suspected mental patient, or prisoner suspected of suicidal tendencies under medical observation in cells shall be carefully watched both by day and night.

(ii) A prisoner sent to a cell for medical observation shall be frequently visited by the warder on duty who shall send information to the medical Officer or the junior medical officer of any change which may take place in the prisoners' condition"

Apart from this, in **Rule 630**, the PPC requires for prisoners to be searched profusely to confiscate any article to aid suicide. A section titled "Precautions to be taken with prisoners in cells at night" decrees that "in the case of an attempt at suicide by any prisoner, the cell shall be opened at once and the attempt frustrated." Chapter number 30 of the Punjab Prisons Code has a section titled "Precautions against death by accident or suicide." Rule 731 states that the "*Superintendent and Deputy Superintendent shall take every precaution against death by accident or suicide in their prisons.*" This is followed by a set of specific instructions to prevent suicide which include:

Rule 731(iii): "*As a precaution against accidents as well as suicide, all wells inside the prison shall be provided with a grated door which shall be kept locked. The Warder in charge of a party of prisoners working on a well, before he leaves the well, shall close and lock the door of the grating. Prisoners shall on no account be employed inside a well for any purpose.*"

Rule 731(iv) *“Prisoners suspected of suicidal tendencies shall be carefully watched and be kept under the constant supervision of a Warder or convict officer.”*

Rule 731(v) *“Before a prisoner is put in a cell or isolation ward,, the prisoner as well as the cell or isolation ward shall be carefully searched and all implements and appliances likely to facilitate suicide shall be removed.”*

Rule 731(vi) *“All the sky lights in cells and isolation Ward& and all windows at a height of more than 91 Cm. from the ground shall be protected by a mesh of wire gauze on the inside so that no prisoner confined in the cell or ward is able to use the bars for committing suicide.”*

These rules indicate that extensive caution is advised to be taken in the case of suicidal patients. The rules do not specify the gender of the patients, thereby not really ensuring gender specific health care for the suicidal patients.

- **Safety and Security:**

Several procedures are adopted to ensure maximum safety and security of prisoners across the world. The UN tries to underline best practices and rules to uphold the rights of prisoners while adopting safety measures. The different aspects of safety and security include searches, discipline and punishment, complaint mechanisms, restraint and contact with the outside world. These aspects are differently provided for in both Bangkok Rules and the Punjab Prisons Code.

(a) Searches:

The UN Bangkok Rules lay down rules for search methods from rule 19-21. These rules are as follows:

Rule 19

Effective measures shall be taken to ensure that women prisoners’ dignity and respect are protected during personal searches, which shall only be carried out by women staff who have been properly trained in appropriate searching methods and in accordance with established procedures.

A person's right to privacy is one of the most integral human rights which is why it is decreed in prominent legal documents worldwide. Article 17 of the International Covenant on Civil and Political Rights guarantees a person's right to privacy. Similarly, the Human Rights Committee also contains rules and comments pertaining to the methods of searches and how the dignity of the persons being searched should be maintained. Similarly it also ordains that searches should be performed by persons of the same sex. This means that women can only be searched by women. Body and strip searches should only be performed when absolutely and legally necessary and never on a routine basis. In the case of women, it should be carried out sensitively, taking care not to humiliate or distress them. Examination of past victims of sexual abuse may trigger depression or even panic attacks for some persons.

In the Punjab Prisons Code, there is a section for "Search and Examination of women prisoner" contains Rule 21 which states:

"In case of women prisoners, the search and examination shall be carried out by a woman warder under the orders of Deputy Superintendent and the Medical Officer, respectively."

This rule is in line with UN standards of ensuring search officers to be of the same sex.

Chapter 13 of the PPC that is specific to women prisoners and children has a section on search of women prisoners that reiterates that point of Rule 21. The rule states:

Rule 315. "Women prisoners shall be searched by a women warder and the search should not be carried out in the presence of a male officer. In the main gate a separate room should be reserved for the search of women prisoners."

Similarly, the PPC dictates that every evening while counting and locking up prisoners the prisoners are supposed to be searched. Rule 704(ii) states:

“The head warder, warders and convict officers shall then carefully search every prisoner with due regard to privacy and decency.”

Due regard to privacy and decency is ordained for in this rule which is in line with UN standards.

The UN Bangkok continues with Rule 20 regarding the search methods employed for women prisoners and suggests alternatives such as body scan.

Rule 20

“Alternative screening methods, such as scans, shall be developed to replace strip searches and invasive body searches, in order to avoid the harmful psychological and possible physical impact of invasive body searches.”

In a new day and age, where unconventional security threats have to be tackled with modern methods of mitigation and prevention, scanners and digital x-ray machines are becoming increasingly common. Although, in a developing country like Pakistan, where budget constraints plague the modernization of security departments, body scanners may be difficult to employ in each central jail. However, machines like the ultra-sound machines were also present in the hospitals of these jails, so it is not too far-fetched of an idea to arrange for a body scanner. In the Punjab Prisons Code there is not any recommendation for the administration to employ alternative methods of searching.

(b) Discipline and punishment:

The UN Bangkok Rules ordain two rules regarding discipline and punishment of women prisoners. These are rule 22 and rule 23.

Rule 22 states:

“Punishment by close confinement or disciplinary segregation shall not be applied to pregnant women, women with infants and breastfeeding mothers in prison.”

International human rights laws generally do not accept solitary confinement as an appropriate punishment due to the negative affects it is proven to have on the mental wellbeing of prisoners. Although the Punjab Prisons Code does ordain for punishment by confinement or isolation, it does not explicitly exempt pregnant women, women with infants or breastfeeding mothers from punishment.

While laying down standard minimum rules, the Bangkok Rules make it clear that confinement or isolation as punishment should not imply that a woman prisoner is prohibited from contacting her family. Rule 23 states:

“Disciplinary sanctions for women prisoners shall not include a prohibition of family contact, especially with children.”

Complete cut off from family and especially children has a very harmful impact on the mental wellbeing of women prisoners. The Punjab Prison Code, on the matters of communication during confinement punishment lays down two clauses in Rule 583:

(6) *“Cellular confinement for not more than seven days.*

Explanation 1— Cellular confinement means such confinement with or without labour as entirely secludes a prisoner from communication with but not from sight of other prisoners.”

(7) *“Separate confinement for not more than fourteen days.*

Explanation.—Separate confinement means such confinement with or without labour as secludes a prisoner from communication with, but not from sight of, other prisoners, and allows him not less than one hour's exercise daily and to have his meals in association with one or more other prisoners.”

Similarly **Rule 750** states:

“No cell shall be used for solitary confinement unless it is furnished with the means of enabling the prisoner to communicate at any time with an officer of the prison, and every prisoner so confined in a cell for more than 24 hours, shall be visited at

least once a day by the Medical Officer or the Junior Medical Officer.”

In these rules, the PPC does not state that a women prisoner may be allowed to contact her family or her children. The prisoner is only allowed specifically to communicate with the medical officer, with the warder/officer of the prison.

(c) Instruments of restraint

International laws, especially the UN Standard Minimum Rules for treatment of prisoners lay special emphasis against the use of instruments to restraint prisoners and exceptions are only allowed in cases where it is absolutely necessary to restrain a prisoner who may attempt to escape or harm other prisoners. However, in many developing countries where prison procedures have not evolved, shackles, fetters, handcuffs and other instruments are used on women prisoners. This is especially true in cases when pregnant woman are being transferred from the jails to the hospitals. The UN Bangkok Rules lay down Rule 24 which states:

“Instruments of restraint shall never be used on women during labour, during birth and immediately after birth.”

The Punjab Prisons Code, in line with the international standards, ordains that fetters or handcuffs may not be used on women and children. In the section titled ‘Imposition of Fetters during Transfers’ Rule 175(v) states:

“Women prisoners and juvenile prisoners shall not wear fetters.”

Similarly, in the chapter pertaining to women prisoners, the PPC states that women are barred from certain kinds of punishments. This is stated in **Rule 313**:

“A woman prisoner shall not be punished by the imposition of handcuffs, fetters or whipping, provided that handcuffs may if absolutely necessary, be imposed on any woman prisoner for the purpose of restraint only. Women prisoners shall not wear fetters on transfer.”

- **Contact With The Outside World**

The UN Bangkok Rules also cover the subject of women prisoners’ contact with the outside world. From being granted access to lawyers to allowing families to

visit, contact with the outside world is a crucial aspect of maintaining the mental health of women prisoners.

Rule 26 of the Bangkok Rules states:

“Women prisoners” contact with their families, including their children, their children’s guardians and legal representatives shall be encouraged and facilitated by all reasonable means. Where possible, measures shall be taken to counterbalance disadvantages faced by women detained in institutions located far from their homes.”

Similarly, **Rule 28** outlines:

“Visits involving children shall take place in an environment that is conducive to a positive visiting experience, including with regard to staff attitudes, and shall allow open contact between mother and child. Visits involving extended contact with children should be encouraged, where possible.”

This rule allows for a mother and her child’s emotional need for close physical contact and the relaxation of some strict rules to promote a more normal and healthier meeting environment. The conditions created around visitors should be such that it encourages future contact. Women prisoners already suffer from social exclusion and any contact that they do maintain with families should be encouraged so that the chances of their reintegration into society upon release, are multiplied.

The Punjab Prisons Code on the other hand generally does not state any rule pertaining to the frequency of visits allowed for a women prisoner, neither does it ordain for the time and type of contact allowed. Instead, the chapter on ‘Visitors’ merely talks about routine, administrative visitors. The first section of this chapter states the definition of “visitors” **Rule 913**:

(i) Visitors of prisons shall be:-

(a) ex-officio officials and

(b) Non-officials appointed by name.

(ii) The following officers and others, whom the Government may from time to time so appoint, shall be ex-officio visitors of prisons situated within the areas under their charge, or within their jurisdictions:-

- (a) 200[Zila Nazim].*
- (b) District and Sessions Judge.*
- (c) 201[District Co-ordination Officer].*
- (d) Deputy Inspector General of Police.*
- (e) Superintendent of Police.*
- (f) 202[Executive District Officer (Health)].*
- (g) Director of Reclamation and Probation.*
- (h) 203[Executive District officer (Agricultural)].*
- (i) Head of Department of Social Work, Psychology and Psychiatry of the University.*
- (j) Administrator, Auqaf Department.*
- (k) Director of Industries.*
- 204[(1) Executive District Officer (Revenue)].*

The entire rule does not include families, children, and lawyers in its definition of visitors. Even the ‘non-official visitor’ category is later defined in Rules 916 and 917, Chapter 38 of the Punjab Prisons Code as part of the administration and office holders with a 4 year term.

- **Institutional personnel and training**

The UN Bangkok Rules stresses on the fact that women staff should be employed to administer women prisons. The female administrators should be given adequate training, capacity building and morale boosting to help them improve the performance of their duties. The effectiveness and efficiency of the performance of women staff has a direct impact on the well-being of the women prisoners. Article XV of the Recommendation on the Selection and Training of Personnel for Penal and Correctional Institutions adopted by the First United Nations Congress on the

Prevention of Crime and the Treatment of Offenders lays down standards for the personnel and training policies of prison authorities.

The UN Bangkok Rules state the following rules in this matter:

Rule 29

“Capacity-building for staff employed in women’s prisons shall enable them to address the special social reintegration requirements of women prisoners and manage safe and rehabilitative facilities. Capacity-building measures for women staff shall also include access to senior positions with key responsibility for the development of policies and strategies relating to the treatment and care of women prisoners.”

Rule 30

“There shall be a clear and sustained commitment at the managerial level in prison administrations to prevent and address gender-based discrimination against women staff.”

The Bangkok Rules also explicitly ban the use of force and sexual misconduct at the hands of the prison administration against women, and deems it as a kind of torture.

Rule 31

“Clear policies and regulations on the conduct of prison staff aimed at providing maximum protection for women prisoners from any gender-based physical or verbal violence, abuse and sexual harassment shall be developed and implemented.”

The PPC, on the matters of staff training does not outline any rule specific to the training of women staff. The following rules pertaining to training of the prison staff in general are stated:

Rule 1045 (i) *“The Assistant Superintendents shall perform such duties as the Superintendent may prescribe in writing in his order book. The duties shall be clearly prescribed and shall be changed periodically to afford them every opportunity to*

acquire a thorough training and all round experience of every detail of prison management.”

Rule 1121(ii) *“No warders shall be promoted as head-warder and a head-warder as chief warder unless these officials shall have successfully undergone the promotion course for each cadre organized at the Training Institutes.”*

Rule 1129 *“Every warder/head warder shall be provided training for four months on his induction into service in the duties of his office and rules and regulations. A copy of Pakistan prison Rules in Urdu shall be supplied to him at subsidized rates. The training shall also ensure proficiency in drill and in the use of arms.”*

Although, the PPC does ordain for subordinate staff to be punished in case of violation of rules, but there are no definitions of the kind of violations that can be committed by the staff, against women. The word “sexual” does not even appear once in the whole prisons code whereas the word “abuse” appears once to describe abuse of privilege by prisoners. The prison staff is only held responsible if they commit offences like helping prisoners escape.

Conclusion:

From the above analysis it can be concluded that there are many areas in the Punjab Prisons Code that do not explicitly mandate for the requirements of women prisoners, as ordained in the UN Bangkok Rules. The framing of rules in regard to women prisoners and their administration could be done more extensively and specifically. There are many terms ambiguously defined or left vague (from what is considered to be a mental patient, to the definition of visitors) in the Punjab Prisons Code. Similarly, important issues like support for HIV patients or sexual abuse of women prisoners at the hands prison staff are left unaddressed. However, the fact that a separate chapter for Women and Children exists in the rules is commendable for a developing country that is still struggling to ensure women rights in the legal fabric of the society. Rules to ensure privacy, or prevent suicide or self-harm are adequately framed. But the code

requires amendments to address more women specific issues as the UN Bangkok Rules outline. Therefore, the hypothesis that “*the Punjab Prison Manual satisfies the necessary prison conditions and rehabilitation mechanism stated in the United Nations Bangkok Rules for the Treatment of Women Prisoners and Non-custodial Measures for Women Offenders*” stands rejected.

Part 2: Implementation Assessment

The following chapter revolves around assessing the extent to which the women specific rules in the Punjab Prisons Code (PPC) is being implemented and applied in the 6 central jails that the research team visited. The analysis draws from the findings in the previous chapter that compared the PPC to UN Bangkok Rules. This implementation assessment will help test the second hypothesis of the study:

An implementation gap exists between the Punjab Prison Manual and the actual prison conditions in central jails of Punjab.

Different rules guaranteeing different rights of women prisoners in PPC are selected, and based on the observations made during the field trips and the data collected, the scale of implementation is assessed. Factors such as provision of basic necessities, food, and privacy will be critically analyzed to see whether they are in line with the rules of Punjab Prisons Code.^{lxxxii}

The Organisation for Economic Cooperation and Development (OECD) uses an assessment scale to judge the implementation of the core principles of privately managed occupational pension systems.^{lxxxiii} This methodological approach is qualitative in nature and will help assess implementation of the women specific rules ordained in the Punjab Prisons Code based on the observations and findings of the data collection conducted across the women sections of 6 central jails in Punjab. The assessment scales contains the following scheme:

Assessment Scheme	Summary
Fully Implemented	“A Principle will be considered to be Fully Implemented whenever all rules (as specified in the Punjab Prisons Code) are <u>generally met without any significant deficiencies.</u> Where the implementing guidelines refer to standards

	(i.e. practices that should be required, encouraged, or conversely, prohibited or discouraged), all material aspects of the standards are present.”
Broadly Implemented	“A Principle will be considered to be Broadly Implemented whenever a jurisdiction’s non-implementation of certain aspects of the rule does substantially affect the overall adequacy of the regulation that the Principle is intended to address.” This means that major part of a given rule is implemented in true spirit.
Partially Implemented	“A Principle will be considered to be Partly Implemented whenever the assessment criteria specified under the Partly Implemented benchmark for that Principle are generally met without any significant deficiencies. ” This means that at least half of the requirements stated in a given rule are abided by the jail administration.
Not Implemented	“A Principle will be considered to be Not Implemented whenever major shortcomings are found in adhering to the assessment criteria as specified in the Not Implemented benchmark.” Complete non-adherence to a certain rule, even if a certain aspect of it is implemented, but does not affect the

overall maintenance of a standard, will be considered not implemented.

Not Applicable

“A Principle will be considered to be Not Applicable whenever it does not apply given the nature of the jail administration in the given jurisdiction and relevant structural, legal and institutional considerations. Criteria defining this assessment category are not indicated for every Principle.”

According to the criteria, the following rules ordained for women in the Punjab Prison’s code will be analyzed:

- Chapter 20, Rule 472 pertaining to morning meals ordains that the following menu will be followed:

On Monday, Wednesday, Friday & Saturday	Roti of 58 grams atta and tea made of sugar 15g, milk 58g, tea 2g
On Sunday, Tuesday and Thursday	Dhalia made of wheat 58g, milk 29g, sugar 29g, and tea as above.

However, upon inquiry about the description of breakfast menu, 100% of the prisoners stated that they received a cup of tea with one roti, every day. The three day exception of being provided *Dhalia* (porridge) was not followed by the prison administration. The rule will be considered “**Partially Implemented.**” This is because there is a significant deficiency in meeting half

of the requirements of the rule ordained by not providing three days' worth of a different breakfast.

- Chapter 20, Rule 473 pertaining to midday and evening meals ordains that the following menu will be followed for lunch and dinner:
 - Wheat flour 291g
 - Daal 36g
 - Vegetables 58g
 - Salt 7g
 - Vegetable ghee 9g
 - Chilies 1.16g
 - Turmeric 0.58g
 - Garlic and Onion 1.16g

According to the survey, almost all prisoners stated that for lunch and dinner, women prisoners get chicken 3 times a week as well as daal. Moreover, in Sahiwal central jail, separate food was also being prepared for prisoners with cholesterol, which included a lower fat and oil ratio.

Since the rule is being implemented in full spirit and even better practices are being adopted in some jails, this rule is considered “**Fully Implemented**”

- Chapter 21, Rule 518 pertaining to clothing and equipment ordains the provision of the following scale of clothing, bedding, and other equipment for C class convicted prisoners:
 - **Fine Dasuti Kamiz** | 2 during a year
 - **Fine Dasuti Shalwar** | 2 during a year
 - **Doppatta or Trivera or some other fine fabric (Size 2M 10 m x 1 m)** | 2 during a year
 - **Turkish Towel (91 cm x 61 cm (Jail Made))** | 1 during a year

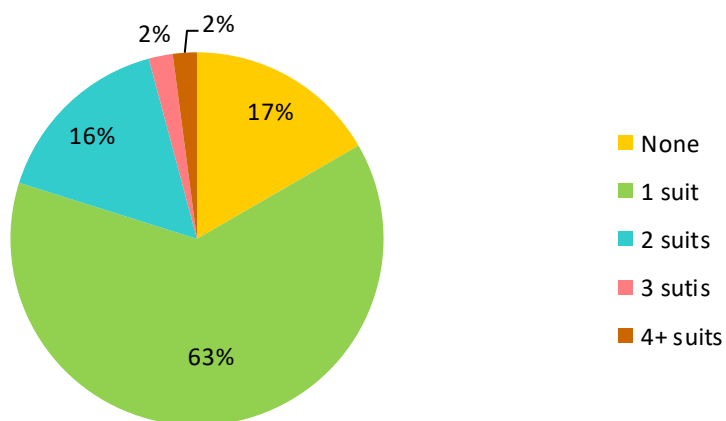
○ 5 Aauzarband weighing 20 grams.	2 during a year
○ Bed sheets Dasuti (2 Meter-13 cm- 1.36 M)	2 during a year
○ DasutiChaddar during Winter (2Meter-10 cm-1 Meter-5 cm)	1 during a year
○ Sanitary pads [23 cm x 8 cm (Jail made)]	8 per month
○ Durree (Jail made)	1
○ Blanket (Jail made)	1
○ Munj Mat (jail made)	1
○ Mattress stuffed with cotton or foam	1
○ Pillow	1
○ Pillow covers (jail made)	1
○ Aluminum Cup	1
○ Aluminum Plate	1
○ Aluminum Mug	1
○ Bed	1
○ Washing Powder	125 grams per week
○ Toilet Soap	1 Cake per fortnight
○ Mustard Oil	140 grams per week
○ Hair Removing Powder	One time use pack, once a week
○ Brassiere (Jail Made)	3 per year
○ Paranda Yarn of 50 gm (Jail Made)	2 per year
○ Comb	2 per year
○ Banyan made of muslin	2 per year

During winter added items:

- “woolen jersey,
- blankets.”

According to the survey, many prisoners claimed that the government seldom provided clothing and they had to arrange for it themselves by having their families bring them in during visits. The uniform that was given to the convicted was only allowed to be worn during visits and not otherwise. The rule clearly ordains the provision of 2 pairs of *shalwar kamiz* for every women prisoner. But the answers recorded show that 63% of the women claimed that only one pair of *shalwarkamiz* was provided, while another 17% claimed that they were not provided with any clothing whatsoever. This shows that in 80% of the cases, the rule was not followed.

Pairs of Clothing Provided

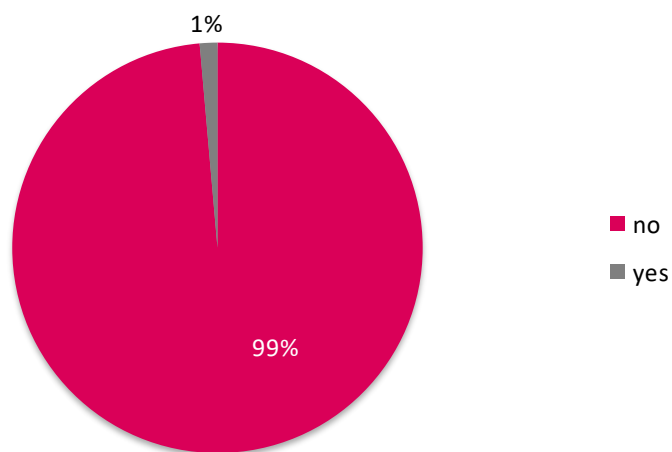


Apart from this, majority of the women also claimed that the government did not provide for any towels for the women prisoners.

As per the PPC, each woman was provided with an individual bed. When asked about the provision of bedsheets, majority of the women claimed that the government provided one white bedsheets upon arrival of a prisoner and did not supplement new ones after that. These bedsheets were strictly told to be used only upon arrival of visitors and not on ordinary days. This meant that essentially, women were not provided with bedsheets for everyday use (or 2 bedsheets per year) and had to arrange for them personally.

The Punjab Prisons Code, as seen in Rule 518, ordain for the provision of 8 sanitary pads per month to each women prisoner. Access to sanitary pads is an integral part of women’s needs and health conditions. One of the most glaring implementation gaps was that none of the women in all 6 central jails were provided with sanitary pads, cotton or even cloth for their menstrual needs. The following pie chart depicts the responses of the women:

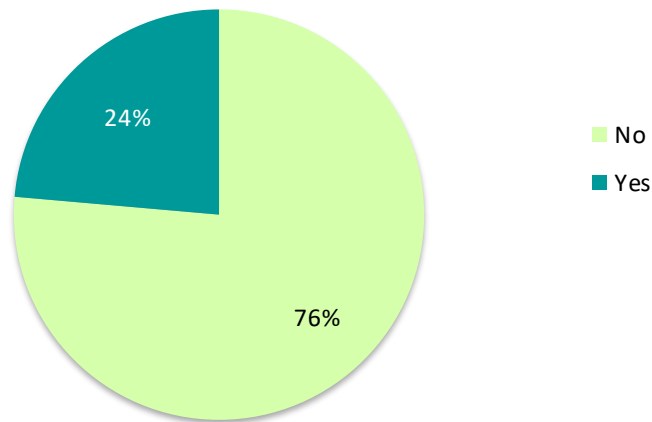
Provision of Sanitary Pads



When it came to pillows and pillow covers, all 6 central jails in Punjab were unanimous on the non-provision of these items. Apparently, pillows were deemed dangerous as they could be used as a weapon to suffocate other inmates. However, at the same time, some jails allowed women to personally arrange for pillows through their visiting families.

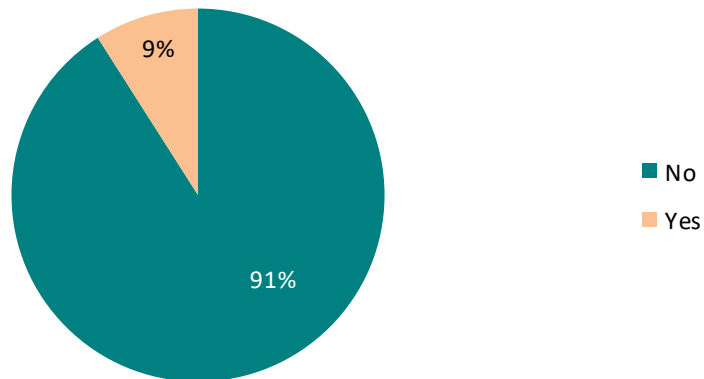
The Punjab Prisons Code also ordains for the provision of washing powder and toilet soap; two items necessary for prisoners to maintain their personal hygiene. However, the responses gathered from 144 prisoners stated otherwise. Majority of the prisoners claimed that soap was not provided by the prison administration, as is shown in the pie chart below.

Provision of Soap



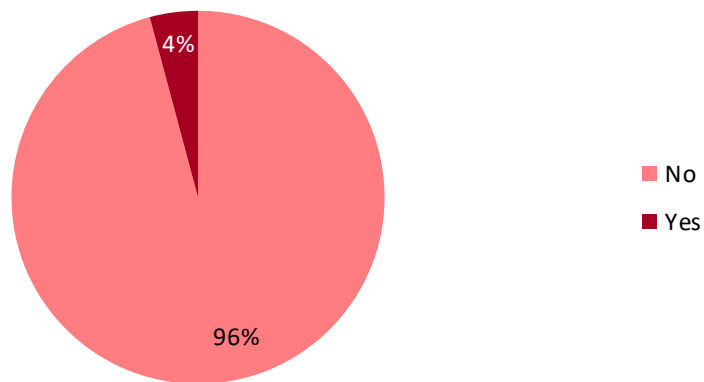
Similarly, the PPC states that women will be provided with 140 grams oil per week to maintain their hair. The 131 of the 144 inmates that were interviewed had not been provided with oil, ever. The responses are represented in the pie chart below:

Provision of Oil



When asked about the provision of combs, as ordained in Rule 518, women inmates claimed that these were not being provided by the government. The percentage of answers is represented in the pie chart below.

Provision of Comb



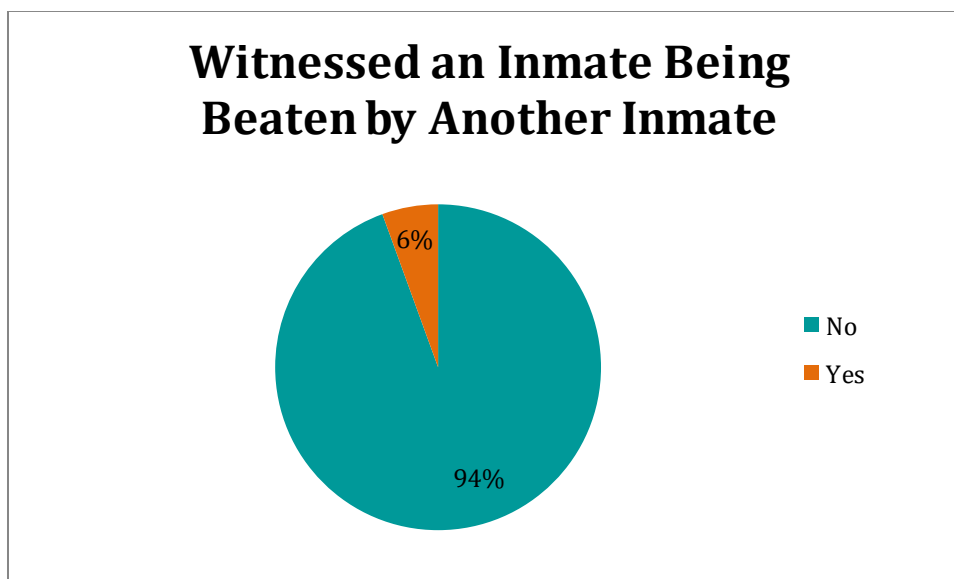
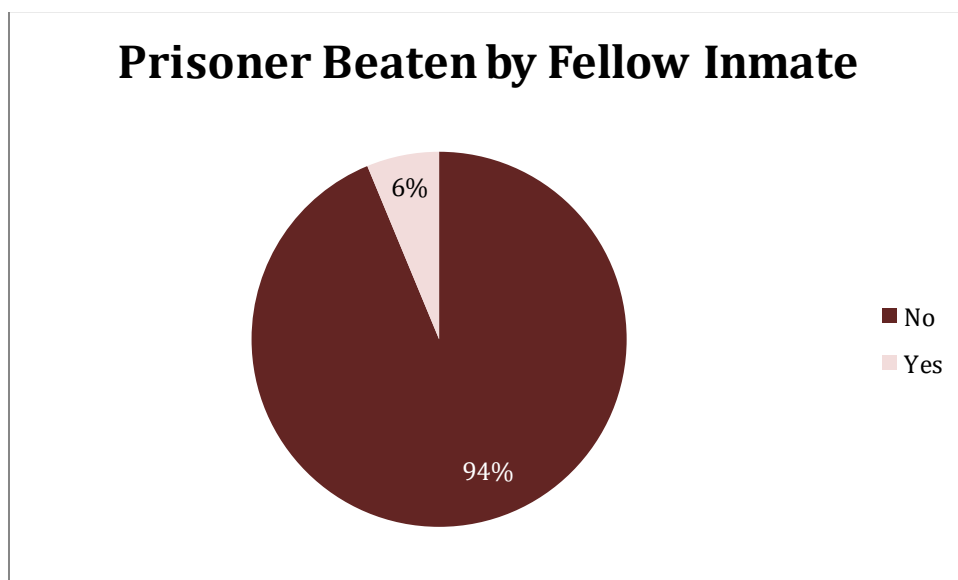
Overall, it can be concluded that the Rule 518 of the Punjab Prisons Code is “**Not Implemented**”⁹ in its true spirit as major shortcomings were identified in the survey that pointed towards the lack of provision of basic necessities like clothing, bedding and other equipment for women prisoners.

- Chapter 23, Rule 571 pertaining to prison offences list down actions that are forbidden and punishable. Among this list, the “*use of insulting or threatening language*” and “*immoral or indecent or disorderly behavior*” are also considered as offences.
- Rule 572 of chapter 23 reiterates the same actions as offences. It states that “*quarrelling with any other prisoner,*” “*showing disrespect to any prison officer or visitor,*” or “*doing any act or using any language calculated to wound or offend the feelings and prejudices of a fellow prisoner*” are also considered offences.

During the field research, some of the questions asked from the women prisoners revolved around the mistreatment that they had to suffer at the hands of other inmates. Jails are places known to inculcate frustration in the minds of prisoners as a result of a

⁹ Just one category of the rule is implemented, and that too partially, wherein one pair of shalwar kamiz was given to the women prisoners.

deprivation from their freedoms. This means that jail administration has to make sure that inter-prison violence is controlled and that discipline and harmony prevails. In the 6 central jails that the researchers visited, it was found that women prisoners were not often the victim of violence at the hands of other inmates. The statistics of the responses to questions about mistreatment are reflected in the pie charts below:



6% of the 144 inmates interviewed had either witnessed fights among prisoners or had been victims of attacks. The percentage, although small, can still be improved upon. But overall, if 96% of the women prisoners had been safe from this experience, it can

be concluded that rule 571 and 572 of the Punjab Prisons Code is “**Broadly Implemented.**”

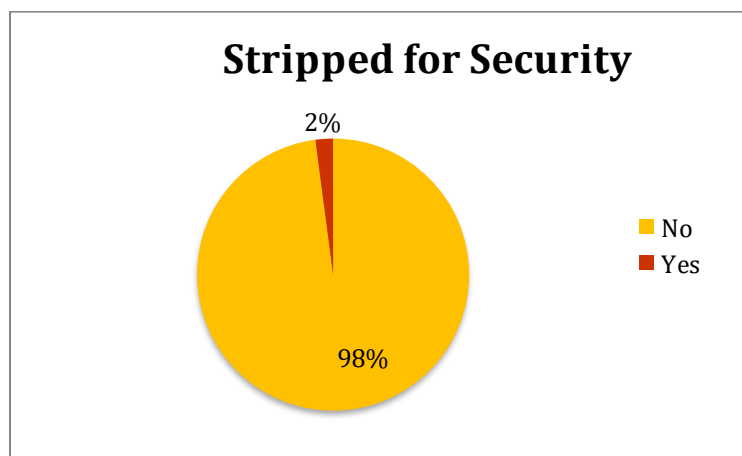
- Rule 315 of Chapter 13 pertaining to women prisoners lays guidelines for the search of female inmates. It states:

“Women prisoners shall be searched by a women warden and the search should not be carried out in the presence of a male officer. In the main gate a separate room should be reserved for the search of women prisoners”

Similarly in Rule 779 it states:

“When being weighed, male prisoners shall wear shalwar only women prisoners shall be fully attired and deduction made for the article worn.”

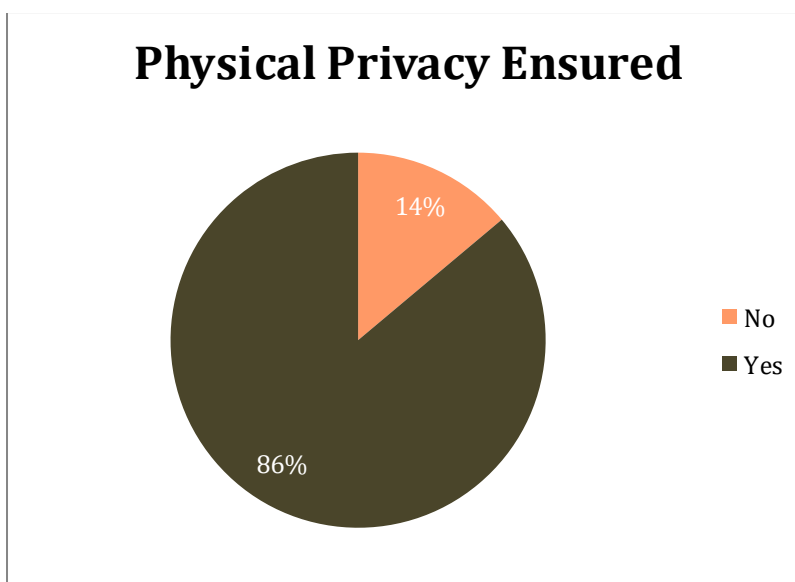
These rules show that in the case of women, privacy is strictly ensured, even in the matters of security and search. During the field research, women were asked whether they were ever stripped for search or other security purposes. 98% of the women prisoners responded that they had never faced such a problem.



From this data it can be concluded that rule 779 and rule 315 are
“**Fully Implemented**”

- Privacy of the women wards is also necessitated in Rule 930(ii):
“No police officer shall, at any time, upon any pretext whatsoever, be allowed to enter any women's ward or any cell or compartment in which any woman is confined without the permission in writing of the Superintendent.”

With regards to their privacy, women prisoners were asked if they felt like their privacy was ensured, especially when they took baths, changed clothes, or breastfed their children. The responses are shown below:



86% of the women claimed that their privacy was ensured while 14% felt like the prison conditions and prisoner treatment was such that it violated their privacy. These statistics show that Rule 930(ii) with regards to the respect of physical privacy of women prisoners is **“Broadly Implemented.”**

However, there were many rooms in the prisons which had low-heighted walls and were not even covered from all 4 ends. A case in point was the rooms of foreign women prisoners in Adiala jail, where the bathrooms were built on the corner of a room shared by 4 inmates. This made many prisoners feel uncomfortable while using the toilet. This was in clear breach of the rule 771(ii) which states that *“every latrine shall be partitioned for the sake of privacy.”*

Therefore, from our observations we can conclude that rule 771(ii) was only “**Partially implemented**”

- Chapter 20 Rule 504 of the PPC ordains:

“It shall be the duty of the Superintendent, the Medical Officer and the Deputy Superintendent at all times to satisfy themselves, that:

(a) Pure and wholesome water is provided for consumption by the prisoners, and that a supply of such water is at all times freely available to every prisoner for drinking purposes;

(b) every article issued, or meant for issue for the food of any prisoner is of the prescribed quality and quantity, and is good, wholesome and fit for human consumption;

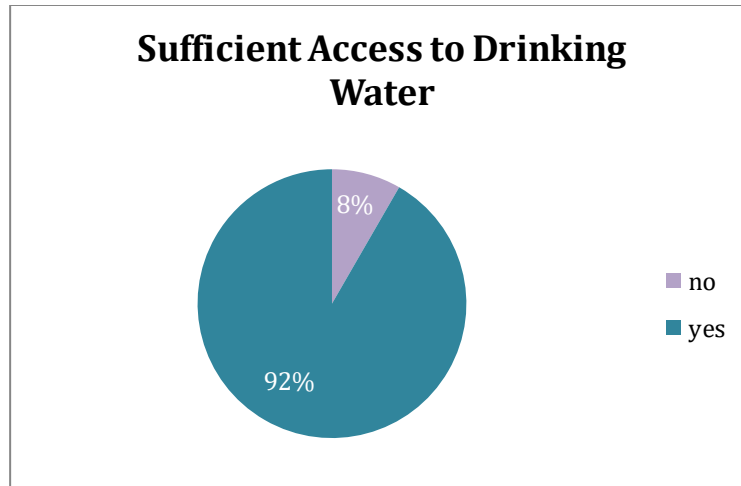
(c) every cooked article of food supplied to any prisoner is properly and cleanly cooked so as to be wholesome and palatable;

(d) every article of food, whether raw or cooked is subjected to proper examination and inspection before it is issued for consumption by any prisoner.

(e) all foodstuffs at any time contained and stored are frequently inspected, and that all articles which are unwholesome or in any respect unfit for human consumption are forthwith rejected and are not issued for the use of prisoners, and

(f) proper places for convenient and orderly distribution of food and suitable utensils, etc., for consumption of food are duly provided.”

Part ‘a’ of rule 504 pertains to access to clean drinking water. Women prisoners who were interviewed were asked if they had access to clean drinking water at all times. Their responses were positive.



This shows that 92% of the women prisoners were satisfied with the availability and the quality of water. However, 8% disagreed. In some jails like Lahore, filters were physically present but showed signs of depreciation, with water leaking around and fungal growth in the vicinity. Furthermore, many women complained about their inability to drink water at night time due to being locked up inside the wards, and a limited quantity of jugs was available. Especially in summers, women felt parched at night time.

In regards to part b-f of Rule 504, women prisoners were asked to rate the quality of food from a 3 point scale of well cooked, undercooked and stale. The responses are shown below:



70% of the women were pleased with the quality and taste of food while 30% considered it either stale or undercooked. The quality of food can also be judged by the number of women who complained about getting food poisoning very often (11%)

Thus, it can be concluded that Rule 504 of the PPC is “**Partially Implemented**” as food quality and water quality and access was not very well rated by the 144 women prisoners interviewed.

Conclusion:

Of the 8 aspects of prison conditions that were analyzed in this implementation assessment, 2 are considered fully implemented, 2 broadly implanted, 3 partially implemented, and one was found to be not implemented. This shows that 80% cases showed some extent of an implementation gap where the rules were not being applied and implemented in full spirit. Hence, the hypothesis that *an implementation gap exists between the Punjab Prison Manual and the actual prison conditions in central jails of Punjab*, is proven.

Chapter 5

Data Analysis

To test the third hypothesis, the research team conducted field research and visited 6 central jails in Punjab. The team gathered data through interviews and managed to interview 144 convicted women prisoners. The administration, including each jail's superintendents, deputy superintendents and medical staff was interviewed too. The researchers also made field notes, recording their observations. This section analyzes the data that has been generated from SPSS showing correlations between variables as well as their individual frequencies. The pie charts clearly show the percentages of responses of different variables. This data coupled with our field notes observations helped us first determine which factors affect the mental and physical well-being of the prisoners and then assisted us in interpreting the reasons of such impacts. This chapter tests our first hypothesis as it will answer what factors have a direct or indirect impact on the physical and mental well-being of prisoners and whether or not a relationship between the prisoner treatment and prison well-being is established.

H o: *Prison conditions and Prisoner treatment directly impact the prisoner's physical and mental wellbeing*

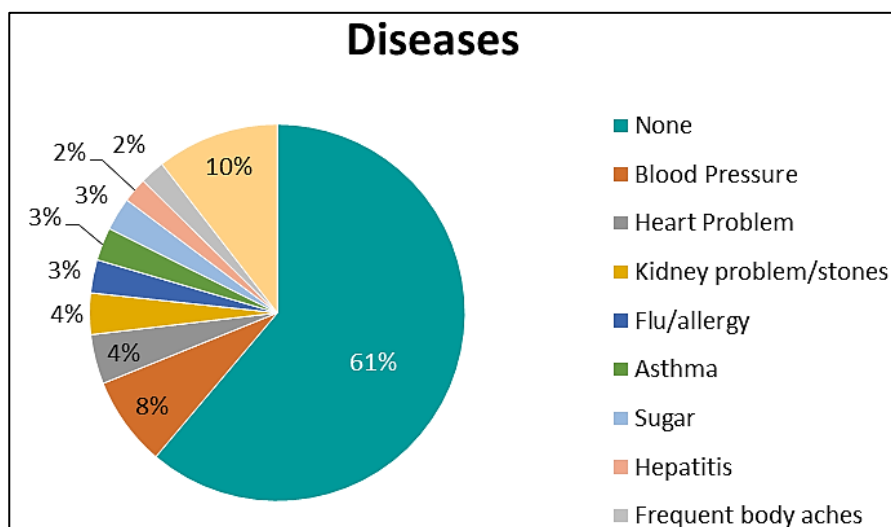
H alt: *No relationship exists between prisoner treatment and prison conditions with the physical and mental wellbeing of prisoners.*

Prison Conditions and Physical Wellbeing of Women Prisoners

- **Diseases and Access to Medical Treatment:**

Data was collected related to diseases and medical treatment in the prisons. A *disease* can be described as an illness that affects a person, animal, or plant: a condition that prevents the body or mind from working normally^{lxxxiv}. According to the data collected by the team, eight kinds of diseases were prevalent in the women prisoners across Punjab. These were: blood pressure, heart problem, kidney problem/stones, flu, asthma, sugar, hepatitis and frequent body aches. The table below shows the division of

diseases among the whole population of prisoners who were interviewed. It can be seen that almost 61% of the prisoners stated that they didn't have any diseases (none). Whereas almost 39% prisoners stated that they had diseases out of which most common ones can be found to be hepatitis (10%) and blood pressure (8%).

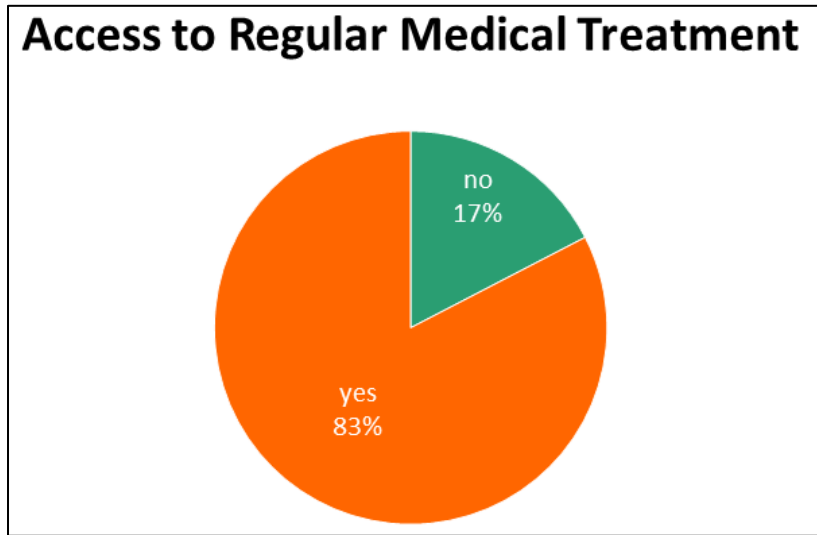


Medical Treatment can be described as the management and care of a patient to combat disease or disorder^{lxxxv}. The research team determined access to regular medical treatment according to the following factors:

- Doctors available for prisoners throughout the day (working hours) within the premises of the jail itself
- Doctor available for prisoners on call during night in case of emergency cases.
- Medical clinic/room present inside the jail.
- Kind and variety of medical instruments available to the prisoners.
- Kind and variety of medical medication available to the prisoners.
- Measures taken by the jail administration in case of severe case or an emergency.

Adequate access to regular medical treatment can be considered to be where positive actions are taken regarding the above mentioned factors whereas if negative actions are taken then it is considered to be inadequate access to regular medical treatment.

According to the data collected by the research team, almost 83% prisoner stated that they were given access to regular medical treatment where as 17% stated that they weren't given regular access

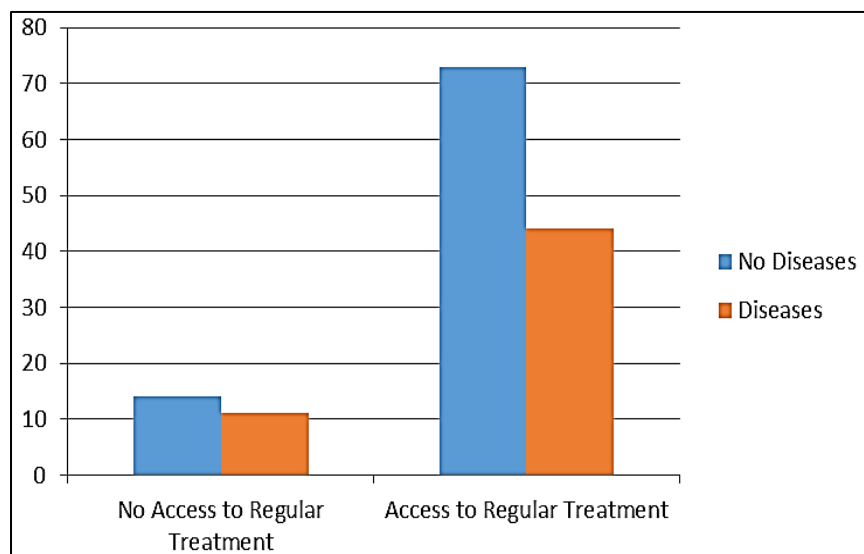


to medical treatment. However even with such statistics, it is difficult to determine whether the regular treatment provided to the prisoner is adequate or not. Yet a correlation can be determined between diseases and access to medical treatment.

There are four relationships that can be derived from these two variables; No diseases and no access to regular treatment, No diseases and access to regular treatment, Diseases and no access to regular treatment, and diseases and access to regular treatment. This is explained below.

Diseases vs. Access to Regular Treatment

We can see from the bar chart, that out of the total 55 prisoners who claimed that they have diseases, 11 prisoners stated that they had no access to regular treatment. This means that 20% of



the total prisoners are affected by some kind of disease but were not satisfied with the medical treatment. Due to this lack of provision of medical treatment, the prisoner's

health can deteriorate. There were a few prisoners who complained about their conditions getting worse day by day. Most of the prisoners were concerned about the lack of specialized treatment and medication, stating that usually painkillers or antibiotics were being provided for all kinds of diseases.

On the other hand we see that 44/55 respondents that had diseases, stated that they did have access to medical treatment. This means that 80% of the affected women prisoners were satisfied with their medical care, which is commendable. However, as mentioned before access to regular treatment varies from adequate medical treatment.

No diseases and No Access to Regular Treatment

It was found that it was not only the prisoners with diseases that expressed their concern regarding lack of provision of regular medical treatment but it was also those without diseases who brought up the same issue. Out of the 89 prisoners who didn't have any diseases, 14 stated that they didn't have access to medical treatment. This adds up to 15.7% which is a great number and again cannot be ignored. Without proper medical treatment, people within the jail premises can get diseases from different insects and bacteria etc. Many diseases can even be transferable from one person to another. This increases the chances of overall number of people with diseases to increase.

No Diseases and Access to Regular Treatment

Whereas, on the other hand 49% percent of prisoners without diseases (44 prisoners) stated that they had access to regular treatment. This again brings the question of whether the treatment is adequate (general vs specialized doctor treatment) or not.

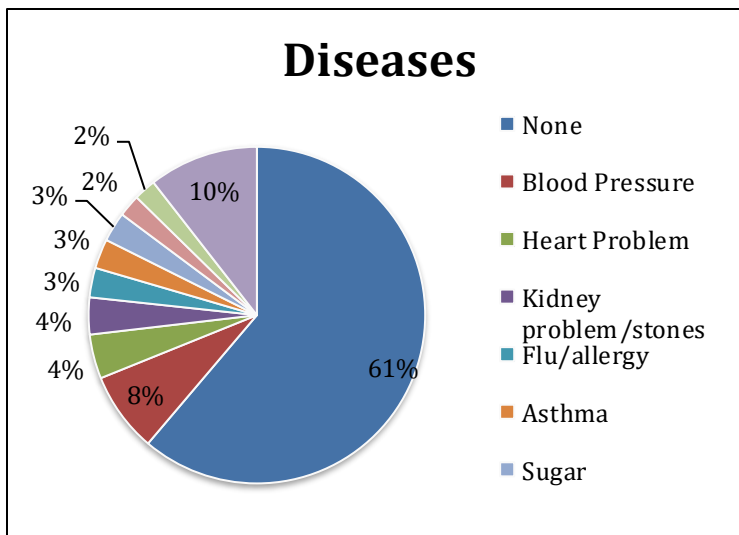
Findings:

Thus from the above analysis a clear correlation can be made between access to medical treatment and absence of diseases. If health facilities are adequate, there is lesser chance of the prisoners to be suffering from some sort of disease. Fifty percent (73 prisoners) of prisoners who stated that they didn't have any diseases also stated that

they had access to medical treatment. Another 30% (44 prisoners) who had diseases stated they have access to medical treatment that is effective enough to cure their illnesses. Whereas 16% (14 no diseases, 11 disease) of the total prisoners interviewed stated that they didn't have access to regular treatment. Even though the number seems less, this lack of provision of treatment leads to worsening of poor health conditions of prisoners and adds to the risk of prisoners without diseases to catch infections as well.

This correlation thus proves the hypothesis that prison conditions have an impact on the physical wellbeing of the women prisoners.

• **Diseases and Awareness about Health Matters:**

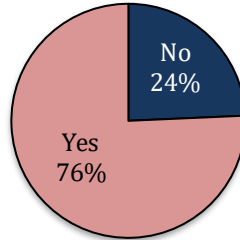


The research also looks to compare the advent of diseases affecting women prisoners, with the awareness of health issues. Health awareness is the first step towards prevention of diseases, according to the World Health Organization. ^{lxxxvi} The data about diseases prevalent in women prisoners across Punjab, as mentioned above too, is explained in the following pie chart:

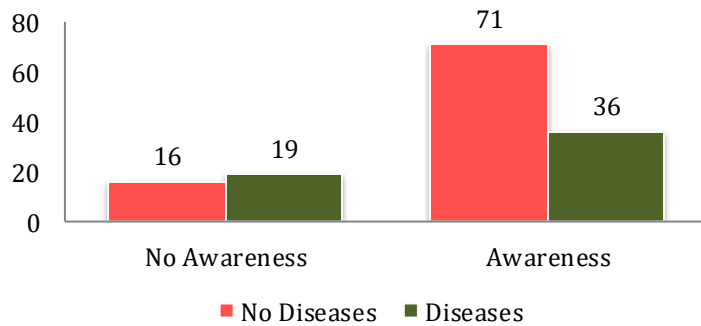
From the chart it is seen that 61% women carried no diseases while the rest of the 39% carried diseases ranging from blood pressure, heart, kidney, respiratory diseases, sugar or general body aches/weakness.

The interview questionnaire also asked the women prisoners whether they were given awareness regarding health matters. The responses are represented below:

Awareness About Health



Diseases vs Awareness About Health



This shows that a good majority; 76% was provided with awareness about general health matters. Awareness about health matters is necessary, especially in prisons in Pakistan where the general population is poor and illiterate. This illiteracy

extends to the absence of knowledge on how to prevent and diagnose diseases and sometimes even to better explain their symptoms to doctors. Awareness is also required to educate prisoners about prevention methods. For example, educating women prisoners about hygiene provides women with relevant knowledge to take measures to prevent diseases like cholera or bacterial infections.

To test whether a correlation exists between health awareness and being affected by diseases, the data was run through a cross tab analysis in SPSS and the following graph was generated from the table:

The graph shows that when there is awareness about health matters, 71 of the women prisoners claimed to be free of diseases. This is the highest number as compared to

others, clearly showing the importance of health education and awareness. If the women are aware of the diseases, their early signs, precautions and treatments, it is less likely that they will get sick and will stay healthier.

A total of 19 prisoners with no awareness carried diseases. These prisoners are certainly at a disadvantage, as they cannot take precautions against diseases because of their lack of awareness.

A total of 36 women prisoners who were given health awareness still were victims to a certain kind of disease. This could happen due to a number of reasons. Either the person is not taking necessary precautions, or does not have enough means to do so. It was observed in prisons that many women had medicines brought in by their visitors, as the government funded dispensary had limited stock and variety of medicines. This meant that women belonging to lower middle class had insufficient money to buy medicines, and thus relied on painkillers and antibiotics alone. Another reason why 36 women prisoners being affected by diseases despite health awareness, is that some diseases are unavoidable. Heart problems, sugar, asthma, might be inherited, or due to old age. The difference also lies in the immunity of women prisoners. While some may have stronger immune systems, others are more prone to catch diseases. The health facilities of some prisons were also better than others, which may explain why some prisons catch diseases even when awareness programs are run.

The graph also shows that 16 women prisoners who had no awareness, carried no diseases. This percentage is indicative of the varying strength of immune systems of prisoners. They could also be living in a relatively cleaner prison where administration looks after the hygiene and other factors e.g. quality of meals.

Findings:

From the analysis, it can be concluded that there is a relationship between the advent of diseases and provision of health awareness. Where prison administration provides health awareness, 50% of the women prisons (in the sample) carried no diseases.

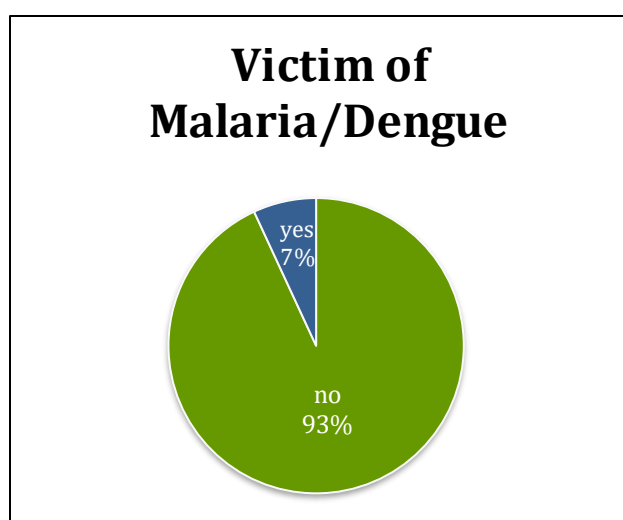
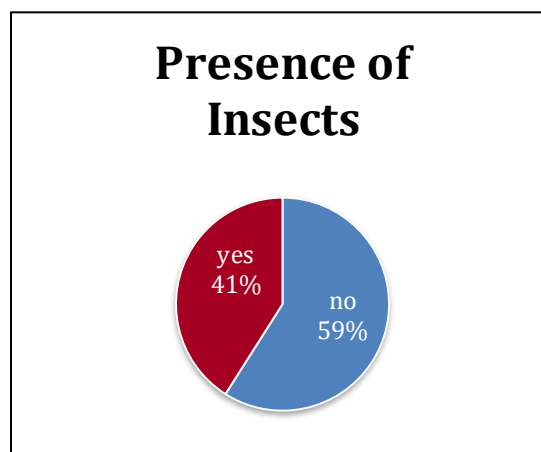
Similarly, if there was no awareness about health matters, 25% prisoners were found to carry diseases. The administration should thus ensure that proper health education is given so that everyone has an equal chance to avoid diseases and stay healthy.

- **Malaria/Dengue and Presence of Insects:**

Insects, especially mosquitos, in prison vicinities can be the source of many

diseases like malaria and dengue. This is why it is important to see the correlation between the presence of insects and the advent of diseases like malaria and dengue.

According to the data collected by the research team, it was found that almost 41 percent of the prisoners stated that the jail vicinity had insects whereas the other 59 percent were of the opposite view. The answers varied in different prisons. For

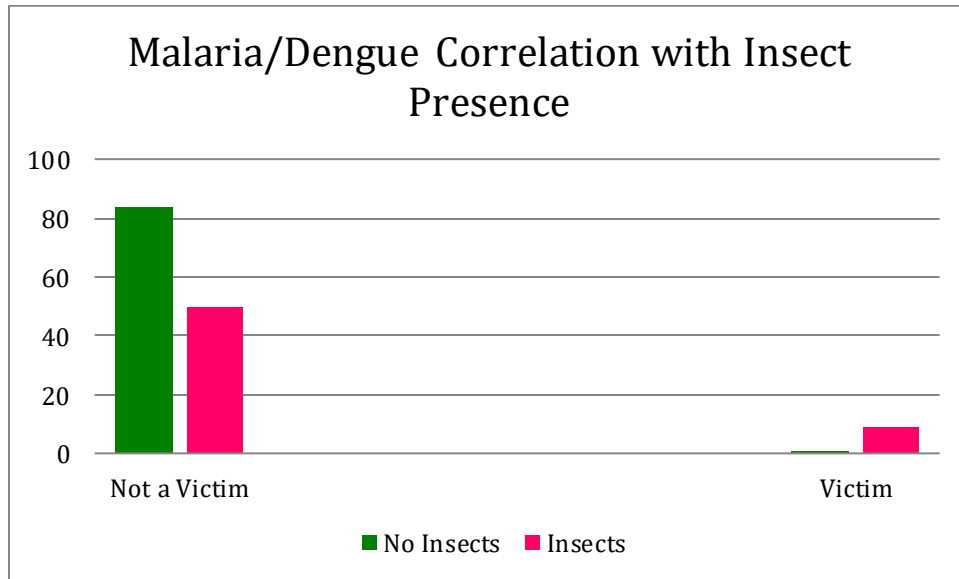


instance, when the team visited Faisalabad jail, there were a lot of insects crawling everywhere, and were causing distress to the prisoners. The administration claimed that these were seasonal insects but by then no eradication measures were taken to eliminate the insects.

All women prisoners that were interviewed were asked whether they had been infected by malaria or dengue. The pie chart shows their responses:

93% of the women said that they had never contracted malaria or dengue, while 7% had been victims at some point. This is indicative of the fact that generally, the conditions in jails across Punjab are such that malaria and dengue are less common and that mosquito eradication programmes are effective.

When both these variables were cross tabbed in SPSS, the following graph was produced:



According to that data collected by the research team, it is found that 84 prisoners who claimed to not have been victims of malaria also stated that insects were not present within the jail premises. This is a clear indication of the fact that the absence of insects (like mosquitos) reduces the probability of diseases such as malaria and dengue. When an overwhelming majority claims to have been a victim of malaria/dengue and also complains of the presence of insects like mosquitos, it confirms the correlation between both variables.

On the other hand, out of the 134 prisoners who stated that they had not been affected by malaria and dengue, 55 also complained about the presence of insects in jails. These are the people who are still safe from insect related diseases but were worried about contracting them at a later point. Other than that, the variance between the immunities of prisoners can also account for the fact that some contracted the diseases but others did not. Since data was collected from six different jails, the health facilities, hygiene and insect eradication measures of each jail differs as well. This may be due to the fact

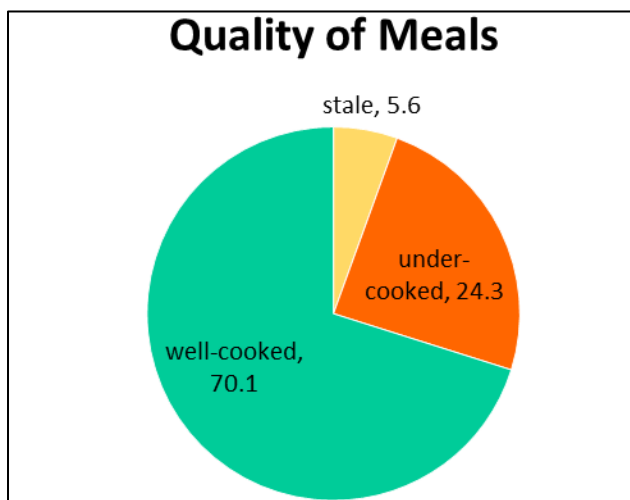
that although rule 763(ii) states that insecticide should be sprayed regularly to protect prisoners from mosquitoes, it does not specify how regularly. Some jails may spray insecticide every week, some may interpret regularity as spraying once every month. So a unanimous standard of spraying does not exist.

Finding:

From the above analysis it can be concluded that the absence of mosquitoes means that prisoners are protected from the probability of catching diseases like malaria and dengue. Hence presence of insects is a prison condition directly impacting the physical wellbeing of prisoners.

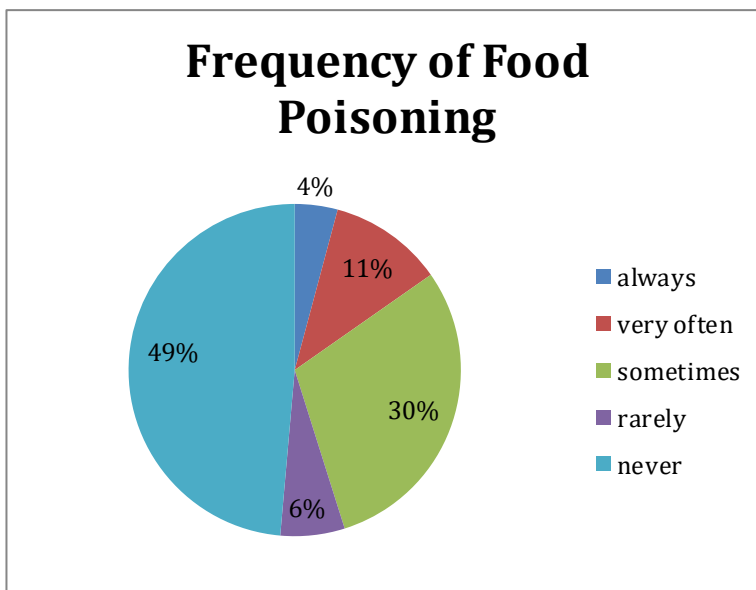
- **Quality of Meals and Frequency of Food Poisoning**

Data was collected regarding the quality of meals provided in prisoners and the frequency of food poisoning caused to the prisoners. With the results, the research team aims to find any relationship between the two variables.



Meal quality or food quality is the quality characteristics of food that is acceptable to consumers. This includes factors such as appearance (size, shape, color, gloss, and consistency), texture, and flavor of the meal.^{lxxxvii} For convenience of the prisoners while describing their meal and for us to understand this variable better, the research team divided the quality of meal into three categories namely; stale, undercooked and well cooked. Stale can be described as something that is no longer new or fresh, usually as a result of being kept for too long.^{lxxxviii} According to the data collected 5.6 % of the total prisoners stated that their food was stale. Undercooked is when something has not been adequately cooked and may be bordering on raw. People can become infected after eating raw or

undercooked meat.^{lxxxix} According to the data 24.3% of the prisoners stated that their meals were undercooked. This is almost one fourth of the total women prisoner population interviewed. Well-cooked, the highest quality, is when something has been cooked properly. According to the data, 70.1% of the total prisoners stated that their food was well cooked which is the sentiment of the vast majority of prisoners. However prisoners' describing their food as well cooked simply means that it is not raw, it fails to however make us understand whether their food is worthy to be eaten every day.



Almost every single respondent with an expectation of few stated that the meals that they received have to be improved to make it edible. For example by adding more oil in the dish or stewing it to make it less dilute. As mentioned before, humans

can get sick after eating undercooked meal, so in order to determine whether food was well cooked or not, the variable of food poisoning was looked at as well.

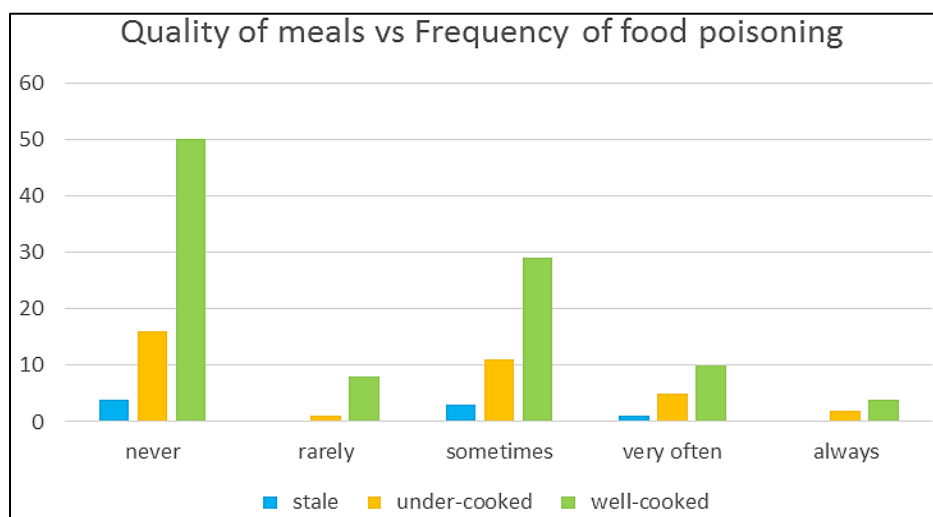
Food poisoning which is also called foodborne illness, is illness caused by eating contaminated food.^{xc} In order to understand the quality of meal, the research team collected data related to the frequency of food poisoning in order to find out whether the two variables have any relationship or not. The index for frequency of food poisoning was divided into 5 categories namely never, rarely, sometimes, very often and always as shown in the pie chart below.

According to the data collected it is found that 49% of the prisoners (almost half of the whole sample size) stated that they 'never' had food poisoning since their entry in prison. Around 30% stated that they 'sometimes' faced with the issue of food

poisoning. Other responses about frequency of food poisoning were; 11% ‘very often’ and 6% ‘rarely’. The prisoners who stated sometimes, very often and rarely also stated that they were given effective medication that fixed the issue. In addition to that they also claimed that this is an issue that they were facing when they were in their own houses as well. Lastly around 4% stated that always had food poisoning. These prisoners even stated that they were not being given appropriate medical treatment for it and that the quality of food is not worth eating.

As stated before, a correlation was to be determined between the two variables by the team. Following relationships can be extended for the information collected.

Stale meal and frequency of food poisoning



As stated before only 4.86% (7 prisoners) stated that the food was stale. Out of those, 4 prisoners (57%) stated that they never had food poisoning, 3 prisoners (42%) stated that they sometimes had food poisoning and only 1 prisoner stated that she had food poisoning very often. Whereas there were 0 responses for rarely and always seen from the bar chart above we can see that in almost all categories of ‘frequency of food poisoning’.

Undercooked meal and frequency of food poisoning

On the other hand, 35 prisoners (24%) stated that the prison food was undercooked. Out of these, 16 prisoners (46%) claimed to have never had food poisoning, 11 (31%) stated sometimes, 5 (14%) stated very often, 2 (6%) stated always and 1 stated rarely. Thus an overwhelming majority of 80% stated that they sometimes, rarely or never had food poisoning. Whereas 20% stated that they either always or very often had food poisoning. This is a number that cannot be ignored, as little as it may be as it shows that there is indeed some relation between food poisoning and quality of meals.

Well-cooked meal and frequency of food poisoning

Majority of prisoner's stated that the food was well cooked in prisons. According to the data collected 97% of prisoners (101 out of 144) stated that food was well cooked. Out of these 50.07% (50 never, rarely 8) claimed that they weren't affected by the quality of food. Almost 29% (29 prisoners) stated that they sometimes had food poisoning but it was not common. They added on to say that 'it even happened at homes'. Whereas almost 14% (10 very often, 4 always) stated that quality of food negatively affected their health and they were victims on food almost on daily basis.

Finding:

Even though it was assumed that there is a direct relationship between the quality of food and frequency of food poisoning. What we see from the data collected is that majority of the prisoners stated that quality of meal was well cooked even if they rarely or always have food poisoning. Therefore, the source of the food poisoning may be something else like contaminated water, insects, gastric issues or antibiotic dose; which the question does not account for.

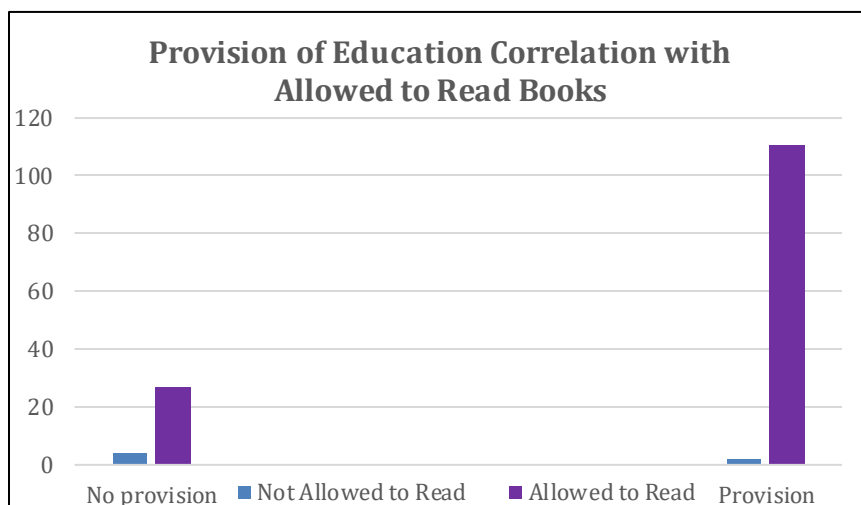
Prison Conditions and Mental Wellbeing of Women Prisoners

The Prison Conditions which may affect the Mental Wellbeing of Women Prisoners were extracted from the questionnaires. For instance, these conditions are: Provision of Education, Mistreatment by the Inmates and the Prison Administration, Security from any Sexual or other Abuse, Isolation as Punishment, Treatment of Prisoner's Visitors etc. Provided below is an analysis of these factors and their relationship with the mental wellbeing of prisoners.

- **Provision of Education and 'The Facility to Read Books':**

This bar graph shows the correlation between 'Provision of Education' at the subject prisons' and 'the facility to read books' in these prisons.

As seen from the first set of bar graph, around 5 people claimed that they were not allowed to read books or have access to books, in



addition to the fact that they were not provided with education at the prison. Whereas, 27 prisoners claimed that they had access to and were allowed to read books, but they were not provided with education at the prison. Considering the literacy rate of Pakistan, access to books is of no use when majority of the population is illiterate. Establishing libraries in prisons is useless if the prison administration is not making an effort to provide education to those who are unable to read and write. The stated percentage of people who were allowed to read books despite the fact that education was not provided, are maybe those who were already literate to some extent, so they were not dependent on the prison administration to provide them with basic education. The other set of bar graph depicts that around 2 people claimed that they are provided with education at the prison but are not allowed to read books. Whereas, 111 number of prisoners said that not only they are provided with education at the prison, but they are

also allowed to read books, either issued from the prison library or brought in by their visitors. Provision of education is a basic necessity as preserved in the Punjab Prison Manual. Education and reading books will increase the literacy rate as well as act as a pass time for the prisoners.

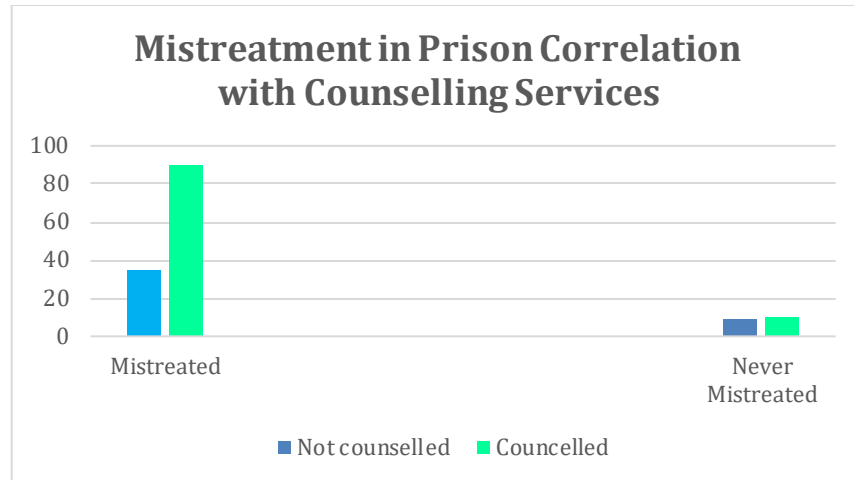
Finding:

The above bar graph shows a strong correlation between provision of education at the prison and the facility to read books, as an incredibly high number of prisoners, i.e. 111 prisoners agreed that they are provided with both the facilities.

Mental wellbeing of each prisoner is critical, as stated in both the UN Bangkok Rules and the Punjab Prison Manual. Provision of education at the prison satisfies the mental hunger of each individual, they can better utilize their minds and their mental and physical capabilities. Allowance to read books, in addition, not only serves as a past time in the prison but also keeps the mind of a prisoner engaged so that he/she remains sane, keeps his/her calm and avoids indulging in any violent behaviour. Government should actively involve in providing the facility of education to all those prisons or prisoners who are currently denied this privilege.

- **Mistreatment and Counselling Services Provided:**

The bar graph drawn below depicts the correlation between mistreatment of prisoners in the prisons with the counselling services provided to these prisoners.



The first set of bar graphs shows that 35 prisoners claimed that they were mistreated either by the prison administration or their fellow inmates, and were also denied any sort of counselling for psychological wellbeing. However, 90 prisoners admitted that they were mistreated in the prison but were also provided with counselling services later. This high correlation between mistreatment and then counselling shows that prisoners are highly prone to mistreatment at the hands of fellow inmates or the administration, and the prison staff is aware of this reality so it has established a counselling system for its prisoners.

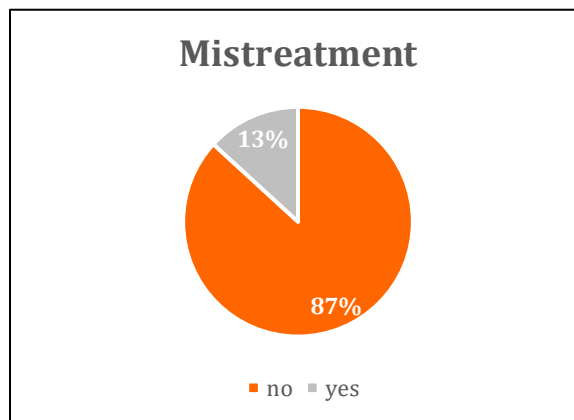
The second set of bar graphs shows that 9 prisoners said that they were neither mistreated nor provided with any counselling service at the prison. Whereas, 10 people admitted that they were never mistreated but were still provided with counselling services. These must be the prisoners who were mentally upset due to some other reason other than physical mistreatment such as distance from family and children or failure to adjust in the prison environment.

Counselling services ensure mental wellbeing of an individual, which is a necessity according to the UN Human Rights. Counselling service uplifts the mental state of a prisoner and helps them adapt to their surroundings. Mistreatment on the other hand may result into mental and physical wellbeing of a prisoner, and since mistreatment in

prisons cannot be fully eradicated, counselling services remain an utmost necessity in the prison to ensure mental wellbeing and a healthy mind and body of prisoner. To further analyse our research findings, we correlated certain variables with each other to help assist us in interpreting the responses more accurately.

a. Mistreatment of Women Prisoners:

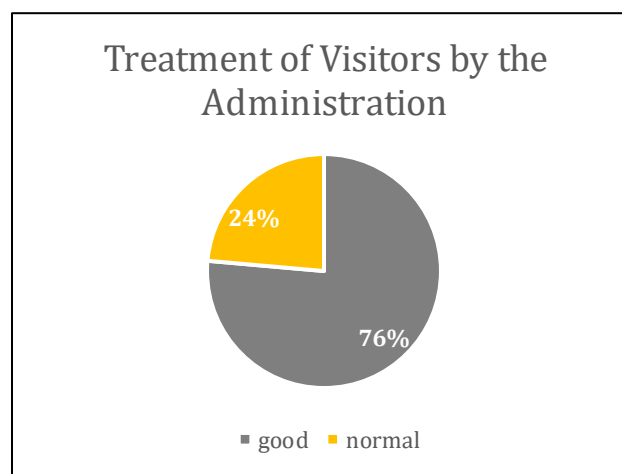
87% of the women stated that they are not mistreated by the prison administration nor are they dealt with unjustly as opposed to 13% who say they are often mistreated. However, our field notes suggest that this percentage in



reality could be a lot higher as inmates are discriminated when it comes to the provision of basic necessities such as soap, oil, clothing etc. These are given to selected inmates based on their personal links with the members of administration. With such connections, only a certain portion of inmates remains satisfied. The others either have to work extra hours for the prisoners or have to prove themselves to the administration in order to make the list of 'favorites' and get regular access to these supplies. This discriminatory attitude affects the mental well-being of the prisoners especially of those who by their nature are unable to easily bond with others.

b. Treatment of Visitors by the Administration:

This pie chart shows that majority of the prisoners (76%) throughout the central jails held the view that treatment with their visitors was generally good. Further, 14% stated that at one point or the other, their

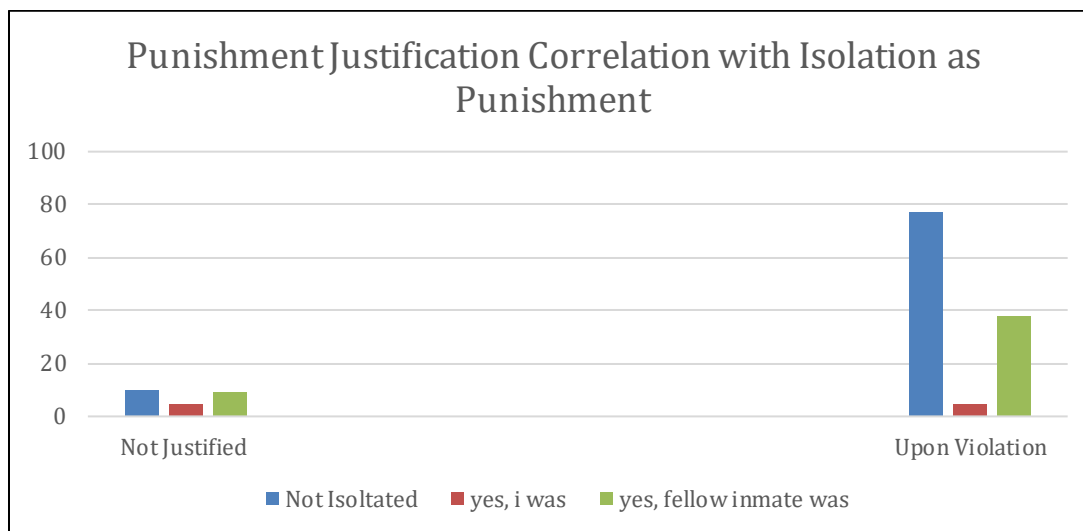


visitors did face some sort of mistreatment by the respective jails administration. Mistreatment was done by either taking supplies brought for the inmates from the visitors, or by restricting a visitor to meet with the inmates just because they did not come within the respected time-frame.

- **Punishment Justification and Isolation as Punishment:**

Unjustified Punishment and Isolation:

As the bar graph depicts, 10 prisoners claimed that they were given unjustified punishments but it did not involve isolation. Only 5 prisoners claimed that they were isolated as punishment without any valid justification. And 9 prisoners informed that they had seen their fellow inmates being punished, unjustified.



Justified Punishment and Isolation:

The second set of bar graphs shows the frequency of prisoners who were punished upon violation of the rules, and this punishment may or may not have involved being isolated. 77 prisoners exclaimed that they were punished only due to genuine reasons but this punishment did not involve isolation. 5 prisoners stated that they were isolated as punishment and the punishments given were justified. In addition, 9 prisoners informed that they had seen fellow inmates being isolated as punishment due to justifiable reasons.

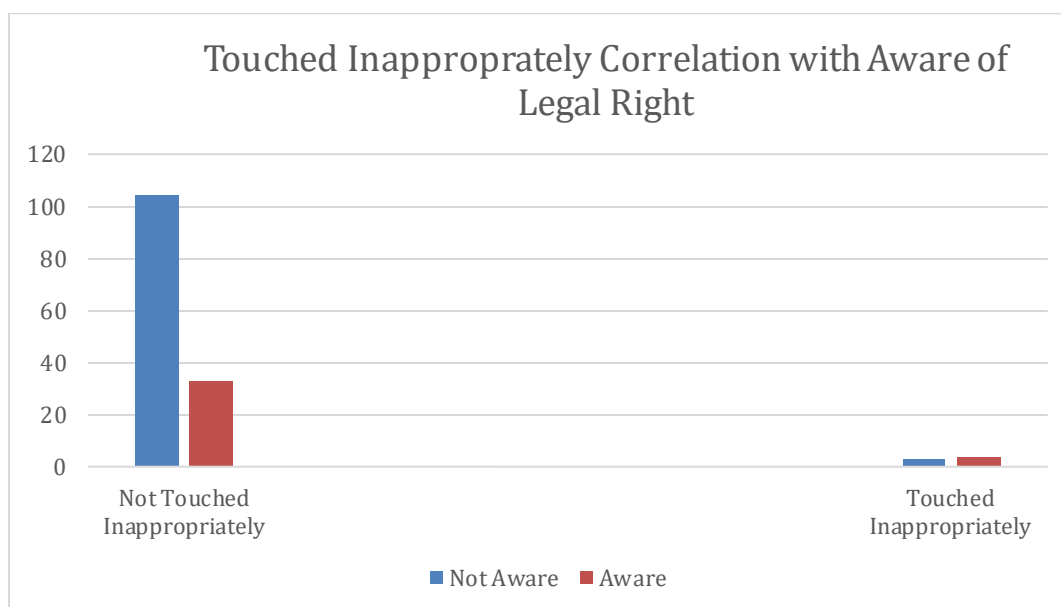
The correlation link between these two variables holds a significant cause and effect relationship. The figure above can show that even upon violation, a high majority was not isolated as punishment. From this we can conclude that only inmates with very high degree crimes or those who are seen as a threat and danger to others were isolated.

Findings:

On a total, 40% of the prisoners stated that they were either a victim to isolation, or had seen a fellow inmate being isolated. This means that the frequency of isolation in prisons was great. Being secluded first externally from the society and then internally within the facility, effects the mental-wellbeing of an inmate to a great extent. It causes levels of stress to rise and can result in a number of illnesses which can ultimately worsen the already poor situation of the prisoner. Therefore, efforts have to be made to improve rehabilitation programs inside the prisons in order to divert the direction of these inmates towards being more productive.

- **Touched Inappropriately and Awareness of Legal Rights:**

Another variable statistically analysed was that of being inappropriately touched against the awareness of legal rights.



Unaware of legal rights and not touched inappropriately:

According to the interviews of 144 women prisoners across the Punjab, 95% of them stated that they were not inappropriately touched by anyone from the administration. However, this number, when correlated with the awareness of legal rights, seemed to have no direct relationship as 104 of these prisoners also admitted that they were unaware of their legal rights. Whereas, only 33 prisoners claimed that they were aware of their legal rights as well.

Aware of legal Rights and touched inappropriately:

The remaining 5% who agreed to be inappropriately touched were also aware of its meaning, as 4 prisoners claimed that they were touched inappropriately and they verily knew the meaning of an inappropriate touch. Only 3 prisoners claimed that although they were unaware of their legal rights, but they could distinguish an inappropriate touch as they had been a victim of it.

Findings:

Therefore, from the above statistical evidence, we can conclude that the possibility of being inappropriately touched can vary due to the fact that inmates are not aware of the true definition of an ‘improper touch’. The prison administration also does not provide the inmates with basic information over legal rights and how to deal and handle situations concerning physical privacy.

Conclusion:

From the findings it can be concluded that there are many aspects of prison conditions that do affect the physical and mental wellbeing of prisoners. From the quality of food affecting the frequency of food poisoning, to the instances of mistreatment spiking their needs for mental counselling, prison conditions have direct impact on the prisoner wellbeing. This points to the fact that the hypothesis is proven.

Chapter 6

Findings

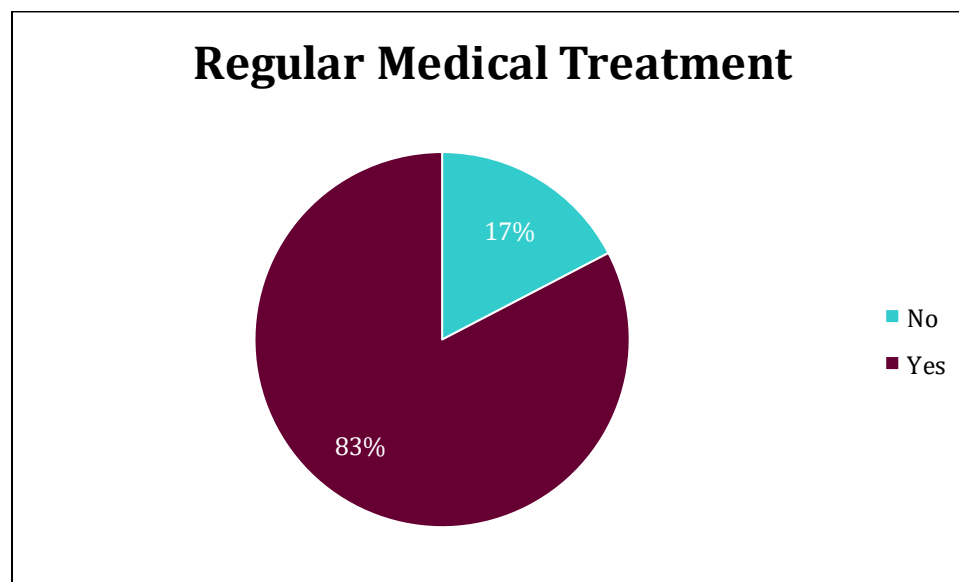
In order to present the overall findings of the prison conditions in the central jails of Punjab and deduce the physical and mental wellbeing of women prisoners, equations have been formulated to calculate a weighted average score of each variable. Prison conditions and Prisoner Wellbeing, both have been allotted a total percentage of 100. Within each variable, the indicators have been assigned weightages, and then the scores, calculated from the statistics drawn from data analysis, are multiplied with each weight to get a weighted average score. This weighted average score will be indicative of the prevailing conditions of jails and female inmates in Punjab. The equations are as follows:

<u>Prison Conditions=100</u>	<u>Prisoner Wellbeing=100</u>
<p>Prison Conditions= 20(Medical Treatment) + 8 (Response to Medical Emergencies) 10(Meal Quality) + 7(Alteration of Water Temperature According to Weather) + 5(Sufficient Light) + 6(Sufficient Space)+ 5(Temperature) + 3(Eradication of Insects) + 5(Provision of Skill Building Programs) + 5(Provision of Education) + Treatment of Prisoners [5 (Allowing Visitors)+5(Use of Force)+5 (Verbal Abuse)] + Provision of Necessities [6 (Clothes) + 5 (Hygiene Materials)]</p>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>Physical Wellbeing=60</p> </div> <div style="text-align: center;"> <p>Mental Wellbeing=40</p> </div> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Physical Wellbeing= 15(Diseases) + Hygiene Tools [6 (Sanitary Pads) + 4(Soap) + 3(Clean Towels) + 2(Surf)] + Food [5(Food Quality) +4(Food Poisoning) +5 (Access to Water)] + [5(Regular Access to Doctors) + 5(Regular Medical Treatment)] + 6 (Beaten by Administration) Mental Wellbeing= Awareness [2 (Awareness about Health and Other Matters) + 3(Awareness of Legal Rights)] + Mistreatment [4(Beaten by Administration) + 4(Beaten by Fellow Inmate) +2(Verbal Abuse) + 4(Inappropriately Touched)] + 4(Visitors Allowed) + 5(Isolation as punishment) + 2(Privacy) + 2(Strip for Search) + 2(Provision of Education) + 4(Counseling) + 2(Provision of Skill Building Programs)</p> </div>

Prison Conditions:

- **Medical Treatment:**

An essential component of prison administration is to ensure that the prisoners are provided with adequate health facilities. Prisoners are essentially enclosures that have a large number of people living in proximity to each other which poses a risk of infectious diseases being spread extensively if health conditions are substandard. In case of women, medical treatment specific to the needs of women has to be paid attention to. This is why the highest weight of 20 is assigned to the variable medical treatment as it directly affects the wellbeing of a prisoner and if compromised on, may lead to serious deterioration of health. The 144 prisoners that were interviewed were asked if they were provided adequate and regular medical treatment. 83% answered positively while 17% were not satisfied with the medical treatment. This is shown in the pie chart below.



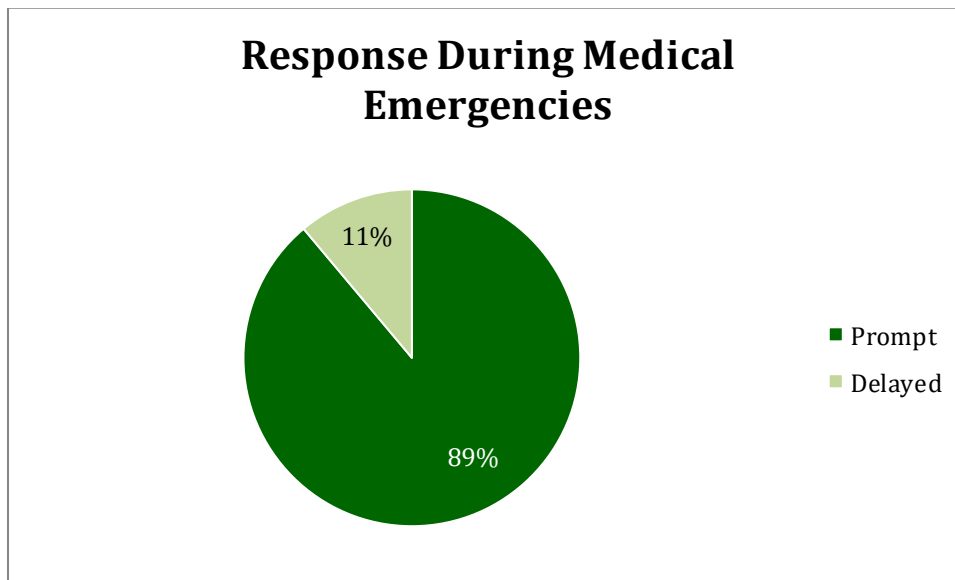
Since regular medical treatment translates into good prison conditions, the weighted score for this variable will be:

$$83 \times 20 = 1660$$

- **Response to Medical Emergencies:**

A prisoner has the right to immediate medical attention and treatment in the case of emergencies. Absence of prompt medical response can be life threatening. Women have special medical emergencies including child birth, which is why the jail administration should foster prison conditions that have speedy response to medical emergencies. This variable has been assigned a weight of '8'.

When women prisoners in the central jails of Punjab were asked to rate the emergency response of their respective jails, the following responses were generated.



89% of the women considered, in their experience, that medical responses during emergencies were prompt. This adds positively to the prison conditions that were prevailing in women jails in Punjab. The weighted score of this variable is:

$$89 \times 8 = 712$$

- **Meal Quality:**

Prison conditions and administration can be gauged by observing the meals given to the prisoners on a daily basis. Healthy, balanced and well cooked meals, prepared according to a standardized, nutritionist approved menu, is

generally expected in global prison standards. This is why a weight of 10 was assigned to ‘meal quality’ in the prison conditions equation.

In the case of this sample of 144 women prisoners, the respondents’ rating of the food quality is represented in the pie chart below:



70% of the women described the food to be well cooked and were satisfied with its quality. These women then also stated that their health was not affected by the food quality. Therefore one can assume that the administration was providing an above average quality of food which accounted for a score of 70.

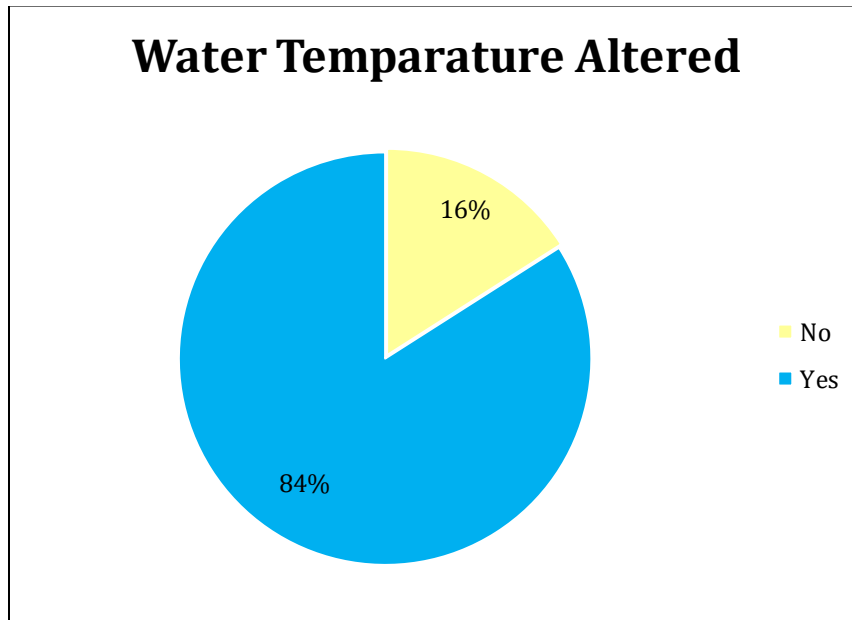
The weighted score for this variable would be:

$$70 \times 10 = 700$$

- **Alteration of Water Temperature According to Weather:**

Water is an integral part of the routine of women prisoners who drink it, and use it wash themselves and their living spaces. Water used for bathing purposes especially, should be altered in extreme weather conditions so that the prisoners’ health is not affected. Cold water during winters and hot water during summers can be a hazard to the health of prisoners. Therefore, in the overall prison conditions, a weight of 7 has been assigned to alteration of water temperatures according to weather.

In this research it was found that 84% of the women prisoners reported that the administrative staff made sure that water temperature was altered. The other 16% disagreed.



From the results it can be concluded that the prison conditions, with regard to alteration of water temperatures according to weather, scores 84. The weighted score would then be:

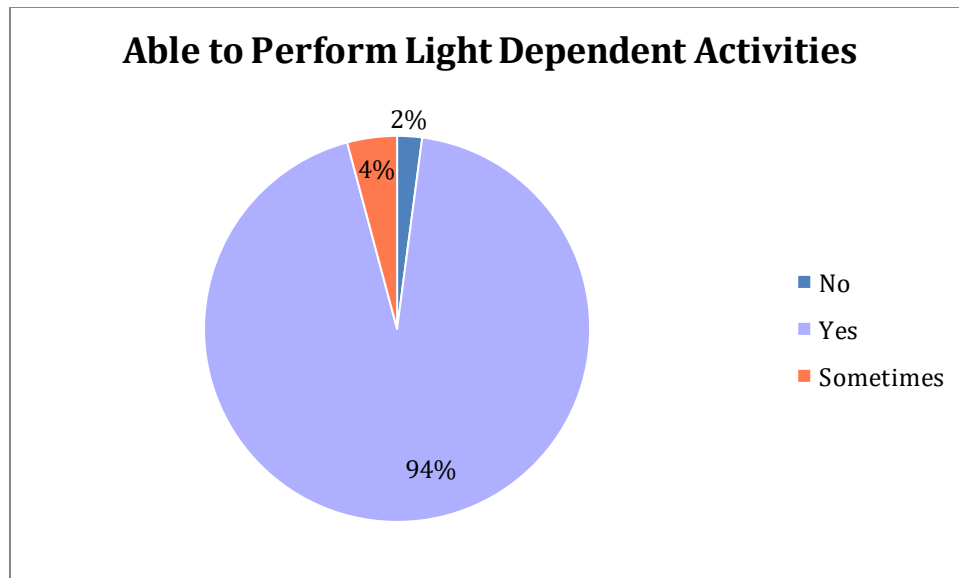
$$84 \times 7 = 588$$

- **Sufficient Light:**

Lighting is an important indicator of assessing the overall prison conditions. A well-lit prison facility will have an adequate number of windows to allow day light in prison cells and would also have sufficient number of bulbs and electric supply too. Dark prison cells have been known to have severe effects on the mental and physical wellbeing of prisoners. Light is also important for prisoners to perform activities like reading, writing, knitting, or everyday tasks. Therefore, a weightage of 5 is assigned to the presence of sufficient light. In contrast, too much light can also be a cause of disturbance to prisoners. Excessively bright

lights are so torturous to a human mind, that they are used as a torture technique in abusive prisons.

The 144 prisoners that were interviewed were asked whether they are able to perform light dependent activities or not. The responses are represented in the pie chart below.



94% of the women prisoners were satisfied with the brightness of their prison cells. This means that the lighting conditions were satisfactory for most prisoners. The researchers also confirmed in their field notes that at least one bulb was present in the barracks. There were a few cells, in which the windows were absent or were not facing the sun, which accounted for darker rooms, during the day. This may have accounted for the 2% who were not satisfied with the lighting. The weighted score for this variable would be:

$$94 \times 5 = 470$$

- **Sufficient Space:**

As overcrowding is such a pressing issue in prisons across the world, provision of adequate space for prisoners has been made a standard rule, internationally. Prisoners living in closer space increase risk of violence and spreading of infectious diseases. But more importantly, suffocation, especially in hotter weathers, can pose a risk to the life of a prisoner. In prisons where there is less

space, some prisoners are forced to sleep on the floors, which is indicative of poor prison conditions. Therefore, provision of sufficient space for prisoners is assigned a weight of 6.

The researchers observed that in all 6 central jails, the women prisoners were made to sleep in large, high ceiling hall like barracks. 2 women prisoners shared a bunk bed, which meant that each woman had her own bed to sleep in. The prisoners were asked if they were provided with an individual bed. 100% of the prisoners replied in affirmative, and were satisfied with their living space.

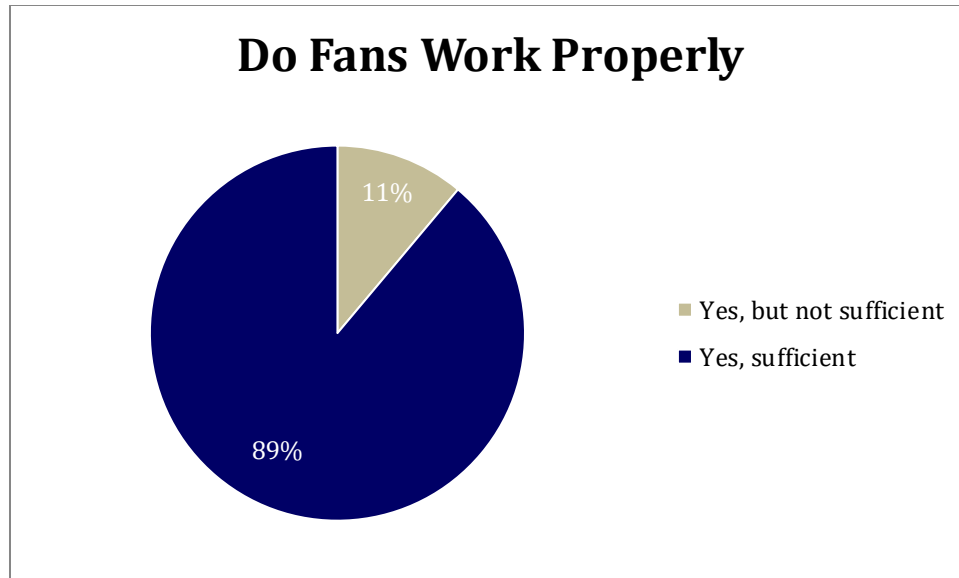
Therefore, the weighted score of this variable is:

$$100 \times 6 = 600$$

- **Temperature:**

Adapting the temperature of the surroundings according to the changes in seasons is an essential part of the living conditions of human beings. Therefore, even in prisons, the presence of fans in summers, and heating in winters, is an assumed standard of conditions that the administration has to provide and it directly affects the physical and mental wellbeing of prisoners. The weight assigned to this variable is 5.

During winters, instead of providing heaters, the prison administration provided warm blankets to each prisoner. Heaters were not allowed due to them being considered a safety hazard. The women prisoners confirmed that they were provided with blankets. The researchers observed that there were fans in all the barracks in the 6 central jails in Punjab. However, due to load shedding, it was not clear whether these fans were operative at all times during summers. The prisoners were asked whether the fans were turned on when required. Their responses are represented in the pie chart below.



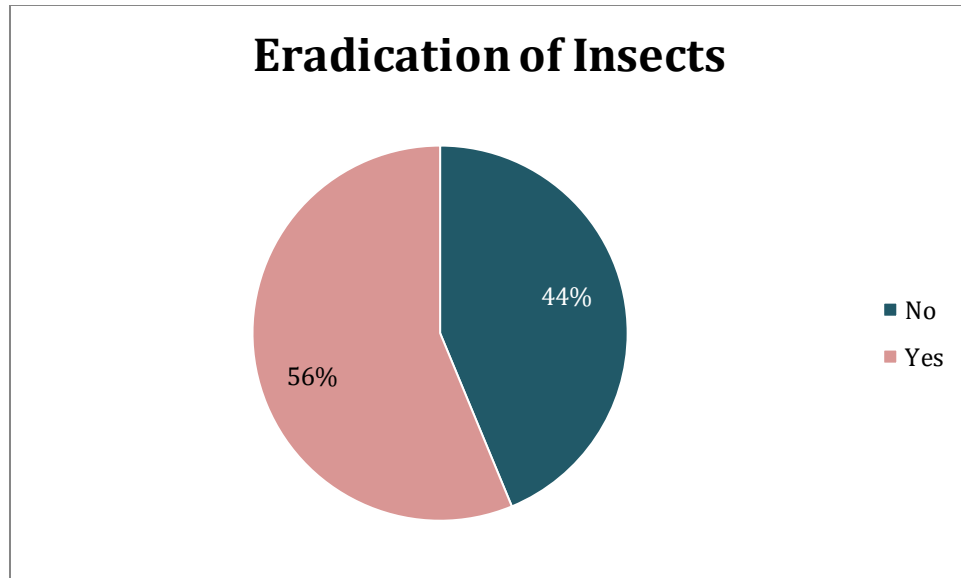
It can be observed that 89% of the prisoners were satisfied with the fans and thought they were effective in hotter weathers. The other 11% stated that the fans were operative but deemed them insufficient to cool the surroundings. The overall percentage weighs in the favor of the prison administration and the weighted score is:

$$89 \times 5 = 445$$

- **Eradication of Insects:**

Presence of insects in jail surroundings can be a cause of disturbance to prisoners. It is not only indicative of poor hygiene and cleanliness of prisons but it can also pose as a hazard to prisoners if the insects are harmful. Especially the presence of mosquitoes can put prisoners at a risk of diseases like malaria and dengue. Therefore, regular eradication of insects is necessary to maintain prison conditions, and it is why this variable is assigned a weight of 3.

In the 6 central jails of Punjab, the researchers observed that apart from Faisalabad jail where seasonal flying ants were present, the rest of the jails seemed free of insects. The prisoners were asked if the administration took steps to eradicate mosquitoes by spraying. The responses of the inmates are represented in the pie chart below:



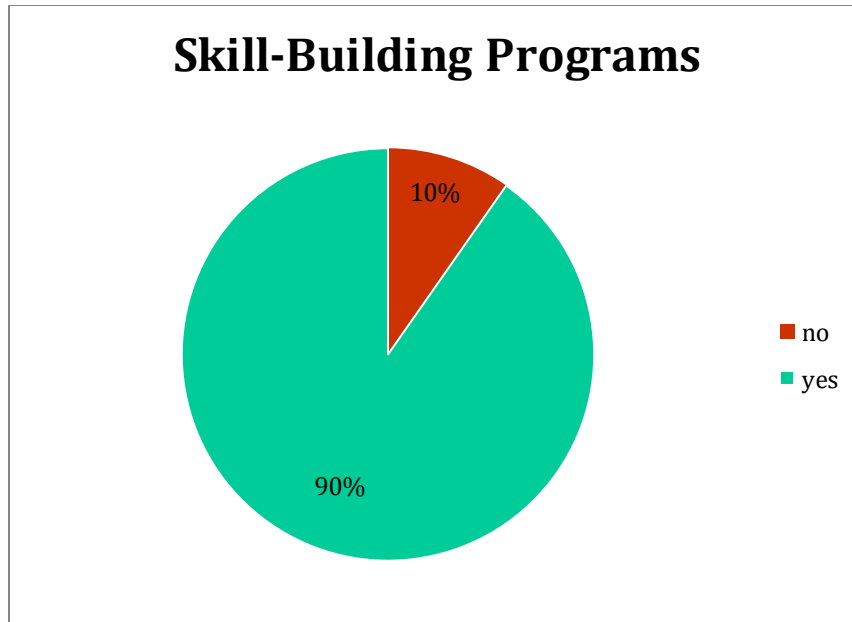
According to these statistics, prison conditions with regard to eradication of insects, scores a 56. The weighted score would then be:

56 x 3= 168

- **Provision of Skill Building Programs:**

Prisons can only be considered correction centers if the administration initiates programs intended to target the growth and future of the prisoners. Providing prisoners with some kind of training to build their skill is not only important to ensure that they integrate well in their post-custodial lives, but it is also integral to maintain a positive routine and environment during their time in prison. This is why skill building programs are important and are assigned a weight of ‘5’ in this equation.

In all 6 central jails that were visited, government run skilled building programs were started a month ago. They were training women prisoners to stitch and embroider clothes. Beautician courses were also run in parallel. The women were asked about skill building programs to cross check the consistency. 10% of the 144 women prisoners responded in negative and claimed that these programs were not provided on a regular basis.



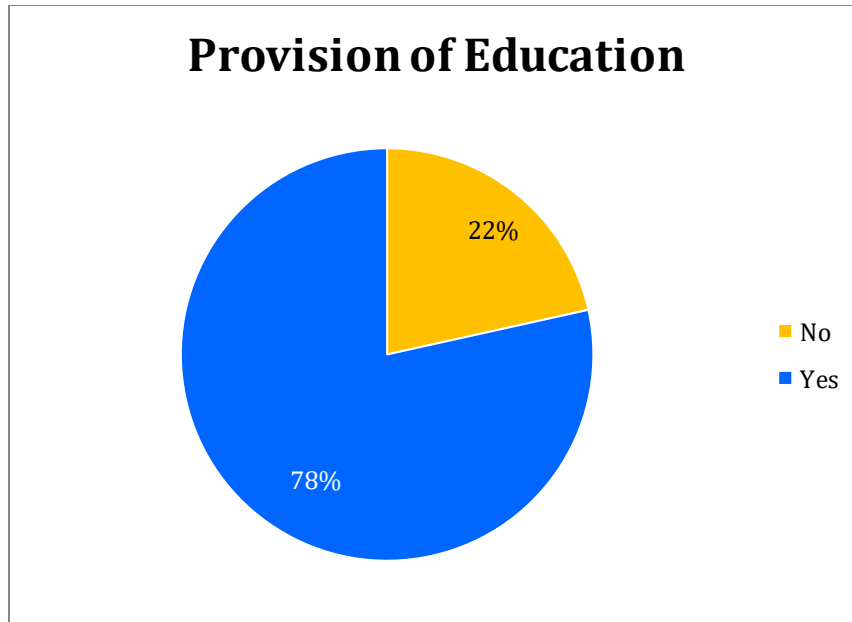
The weighted score for this variable is:

$$90 \times 5 = 450$$

- **Provision of Education:**

As mentioned in the last variable, for prisons to fulfil their role as a correction center, a teaching mechanism should be established. From being taught skills that can help them reestablish themselves after release, to education that can help them make better choices in the future, prisons should harbor a learning environment. Therefore, provision of education, especially in a country like Pakistan where literacy rates are low, is essential. This variable has been assigned a weight of '5'.

It was observed that some women prisons in Punjab had education programs called '*taleem-e-baligha*' (translates to education for adults). When asked about the existence of education facilities, the prisoners responded in the following ratios:



22% of the women responded that they were not provided education while the other 78% responded that they had access to education. This difference in responses could be due to various reasons. Sometimes, women with no educational background may be preferred in these in-jail schools, as opposed to women who have some background of education. Or the opposite case may be true. Either way, the weighted score for this variable is:

78 x 5= 390

- **Treatment of Prisoners:**

A prisoner’s measure of jail conditions is influenced heavily by how the prison administration treats them on a daily basis. Abusive environments create the worst kinds of prison conditions and can severely affect the wellbeing of prisoners. This is why the treatment of prisoners is assigned an overall weight of 15.

Treatment of prisoners includes the following indicators:

- i. Allowing Visitors:**

Being allowed to interact with families on a routine basis is essential for women prisoners. Prison administration should facilitate family visits for the prisoners in order to establish positive prison conditions. In this research sample size, it

was found that 99% of the women stated that they were allowed access to visitors. Since the weight assigned to this variable is 5, the weighted score will be:

$$99 \times 5 = 495$$

ii. Use of Force:

The administration's use of force or lack thereof, plays a huge role in setting the conditions of the prisons. Abusive environments where prisoners live in constant fear of being beaten make for adverse prison conditions. This is why this variable is assigned a weight of '5'.

When the women prisoners in 6 central jails of Punjab were asked whether they were beaten by the administration or not, 89% prisoners replied that they were not. This means that 89% of the women had not experienced use of force. However, the rest of the 11% did, which is an alarming figure still. The weighted score is:

$$89 \times 5 = 445$$

iii. Verbal Abuse:

Verbally abusive environments also deteriorate prison conditions, whereas prisons where the inmates are treated with respect and treated kindly can be considered appropriate prison conditions. The weight assigned to this variable is '5'.

82% of the respondents in this research stated that they were not verbally abused by the administration while 18% recounted experiences of being verbally abused. The weighted score for this variable is:

$$82 \times 5 = 410$$

- **Provision of Necessities:**

Establishment of good prison conditions means that the jail administration has to provide the basic needs of women prisoners. This is why ‘provision of basic necessities’ is assigned a total weight of 11. This is divided in the following two indicators:

- i. Provision of Clothes:**

Women prisoners need to be provided the same number of clothing items as stated in the Punjab Prisons Code, if not more. Similarly, separate suits for winters and summers should be provided. Not all women prisoners have the resources to have their families provide them with clothing, as a lot of families’ severe contacts with women prisoners, considering them to be outlaws. Therefore it is the legal duty of the prison administration to provide them with clothing. The law dictates that 2 pairs of clothing should be provided to women, annually. The weight assigned to this variable is 6.

The women prisoners in this study were asked if they were provided with clothes on a regular basis. Only 16% of the women were given two pairs of clothing, in line with the rules of Punjab Prisons Code. The rest were either given 1 pair or none at all. The weighted score is:

$$16 \times 6 = 96$$

- ii. Provision of Hygiene Material:**

Provision of hygiene material like soap and sanitary pads are essential to ensure healthy living conditions for women prisoners. This is why the variable is assigned a weight of 5.

Women in the 6 central jails of Punjab were asked regarding these materials. 99% women were not provided with sanitary pads, whereas 76% were not provided with soap. This reflects negatively on the prison conditions. The weighted score for these two variables would be:

$ \begin{array}{r} 1 \times 2.5 = 2.5 \\ + 24 \times 2.5 = 60 \\ \hline 62.5 \end{array} $

Weighted Average Score for Prison Conditions:

Based on the scoring above, the weighted average score for prison conditions in the 6 central jails of Punjab is calculated in the table below:

Variables	Scores
Medical Treatment	1660
+ Response to Medical Emergencies	712
+ Food Quality	700
+ Alteration of Water Temperature According to Weather	588
+ Sufficient Light	470
+ Sufficient Space	600
+ Temperature	445
+ Eradication of Insects	168
+ Provision of Skill Building Programs	450
+ Provision of Education	390
+ Treatment of Prisoners	495+445+410= 1350
+ Provision of Necessities	62.5
TOTAL	7595.5
Divided by Total Weight=100	7595.5/100=<u>75.95</u> (Weighted Average)

Therefore it can be concluded that the weighted average score for prison conditions is 75.95. The score indicates that although prison conditions are well maintained and not

as horrible as the preconceived perceptions of society, there is still room for improvement and areas where the administration can work to meet international standards. This is especially true in cases where prison conditions lack; for instance in the provision of basic necessities, or in the eradication of insects.

Prisoner Wellbeing:

Prisoner wellbeing is divided in two components physical wellbeing and mental wellbeing. Physical wellbeing is assigned a weightage of 60 while mental wellbeing is assigned a weightage of 40. This is because mental wellbeing of prisoners is already compromised when their freedom is taken away from them as a punishment for the crime they committed. Isolation, distance from families, freedom to move around and other privileges that human beings enjoy, women offenders have to give up. So even if prison conditions are perfect, the mental wellbeing of prisoners still would not be a hundred percent. However, physical wellbeing is directly affected by prison conditions. This is why a 60:40 weightage is assigned to physical and mental wellbeing respectively.

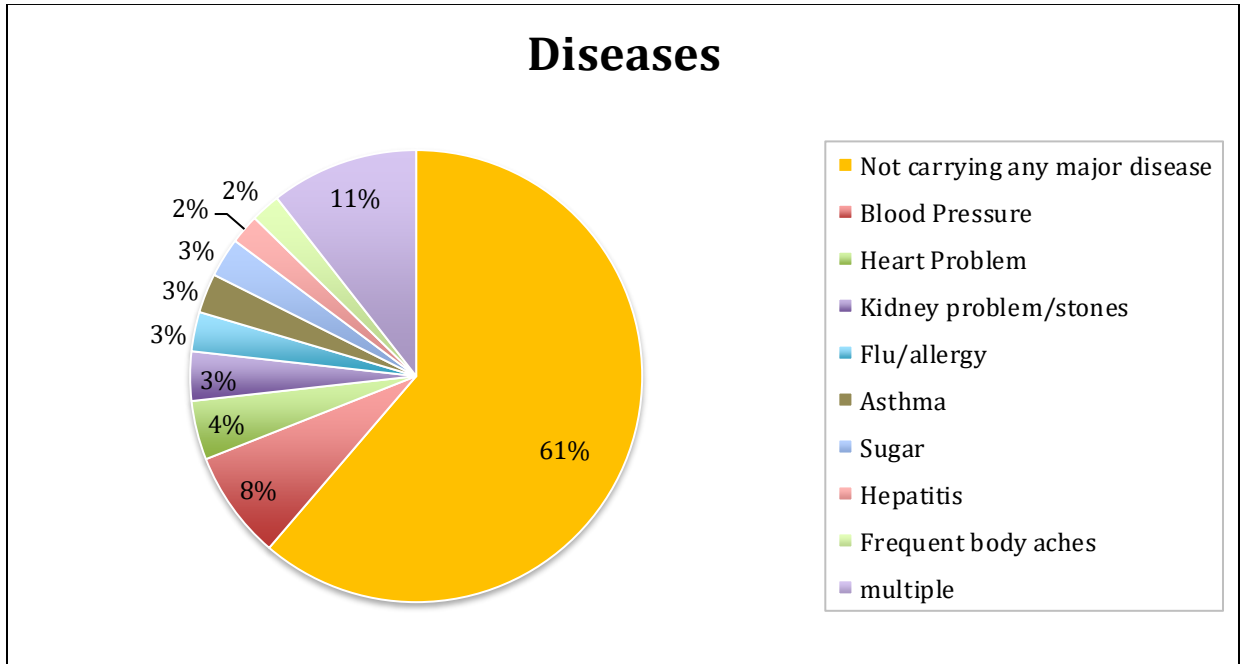
Physical Wellbeing:

- **Diseases:**

Diseases affect a person's immune system and have negative implications on normal functioning of a body and thus hold a lot of importance when it comes to determining an individual's physical wellbeing. Therefore, out of the total weightage given to physical wellbeing (60 point), 15 points have been allotted to the component or variable of 'diseases'.

Prisoners were asked if they carried any disease and responses were divided into 8 categories namely; Not carrying any major disease, Blood Pressure, Heart Problem, Kidney problem/stones, Flu/allergy, Asthma, Sugar and Hepatitis. This is represented in the pie chart below. According to the responses received by 144 prisoners, it was found that 61% claimed to not have been carrying any major disease whereas the rest 39% had different illnesses. Bacterial and viral infections such as flu or other allergies which are easily caught by human

system were also found to be minimally present amongst the prisoners (only 3%). This reflects positively on the jail administration as majority of the inmates had good physical health. However, the score could be improved as 39% of the prisoners still suffered from illnesses. Prevention and treatment patterns require attention.



Therefore, the weighted score for this variable is:

$$61 \times 15 = 915$$

- **Hygiene Tools**

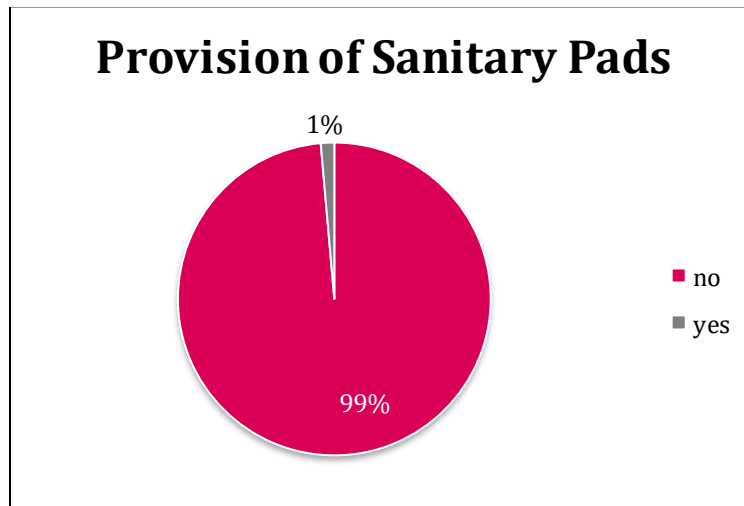
Hygiene can be determined as conditions or practices conducive to maintaining health and preventing diseases, especially through cleanliness. It includes any practice or activity that one does to keep things or surrounding healthy and clean^{xci}. It is very important to have clean environment as it affects an individual’s mental and physical health. Similarly it is important for prison administration to provide hygienic environment or tool to women prisoners. Different tools can be used to ensure hygienic conditions and be given to women inmates such as Sanitary Pads, Soap, Clean Towels and Toothpaste. Overall weightage to this indicator has been given as 15 points. These have

been broken down each tool where each have been allotted different weightages. These are mentioned below.

i. Sanitary Pads

Sanitary pad also known as sanitary napkin or menstrual pad, is a thin pad made of absorbent material that absorbs the menstrual fluid during menstruation. This is a necessity for women between the ages of 15-50 (before reaching their menopause). It has been given 6 points.

According to the responses provided by women inmates it was found that 99% of women were not given sanitary pads whereas only 1 percent said that they were. This reflects poorly on jail administration as it is clearly stated in Punjab Prisons Code that each female inmate shall be provided with at least 8 pads per month. It was found that women prisoners had to succumb to arrange pieces of their own clothes or bedsheets to make pads themselves. This is not very hygienic and can lead to many infections if not properly administered.



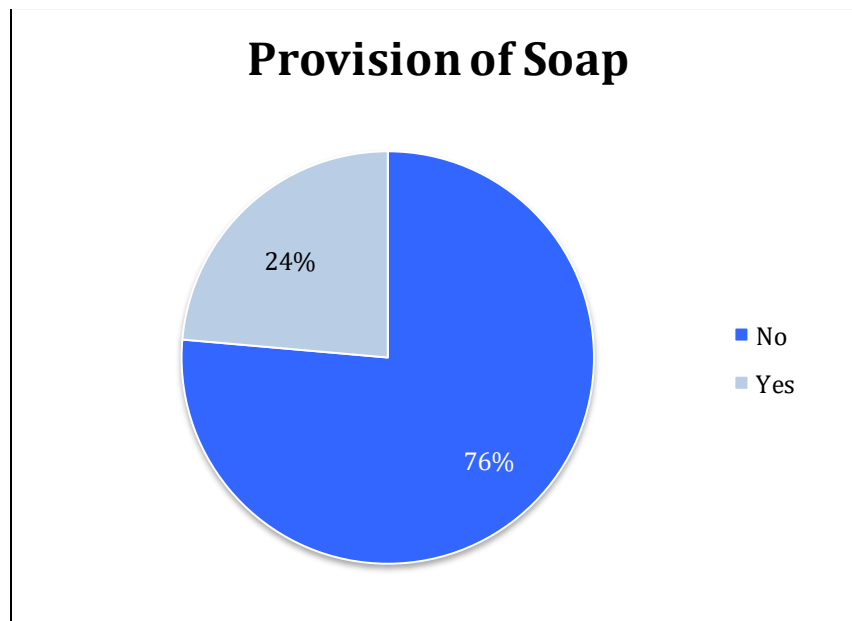
According to the statistics, the weighted score for this variable is:

$$1 \times 6 = 6$$

ii. Soap:

Soaps are essential items for maintaining personal hygiene and directly affect the physical wellbeing of women prisoners. Lack of soap can promote skin problems, spread of germs, bacteria and other infections. Therefore soap has been assigned a weight of 4 points in physical wellbeing.

It was found that out of 144 women prisoners, 76% were not provided with soap whereas only 24% said they were.



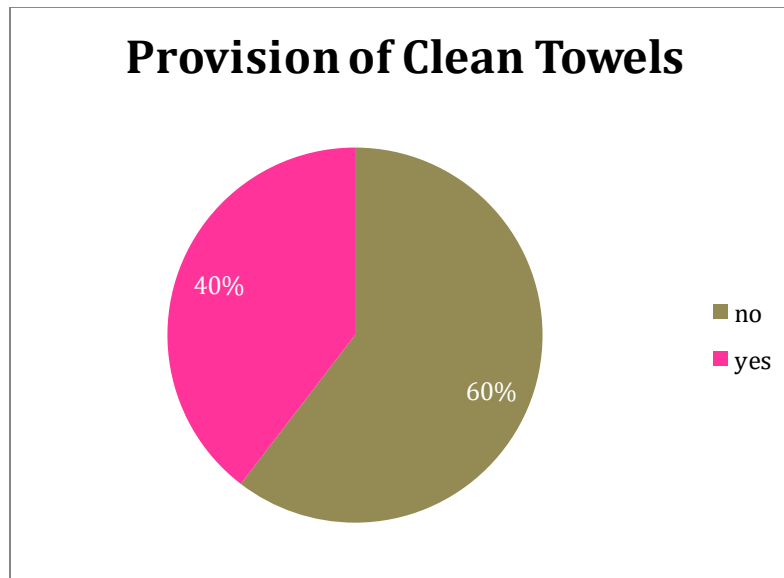
Looking at the minimal provision of one of the most essential items required for hygiene, total weighted score for this indicator is:

$$76 \times 4 = 304$$

iii. Clean Towels

Clean towels should be provided to each woman prisoner. Towels are required for personal cleaning and no woman should have to share towels with others. Shared and unhygienic towels can account for the spread of skin diseases. The Punjab Prisons Code ordains for the provision of individual towel for each woman. Therefore this indicator has been given a weight of 3.

It was found that 60% of women prisoners stated that they were not provided with clean towels whereas 40% stated that they were. The 60% who weren't given towels had to purchase towels themselves or ask their family members to bring them. This can be inconvenient as majority of the prisoners belonged to poor backgrounds.



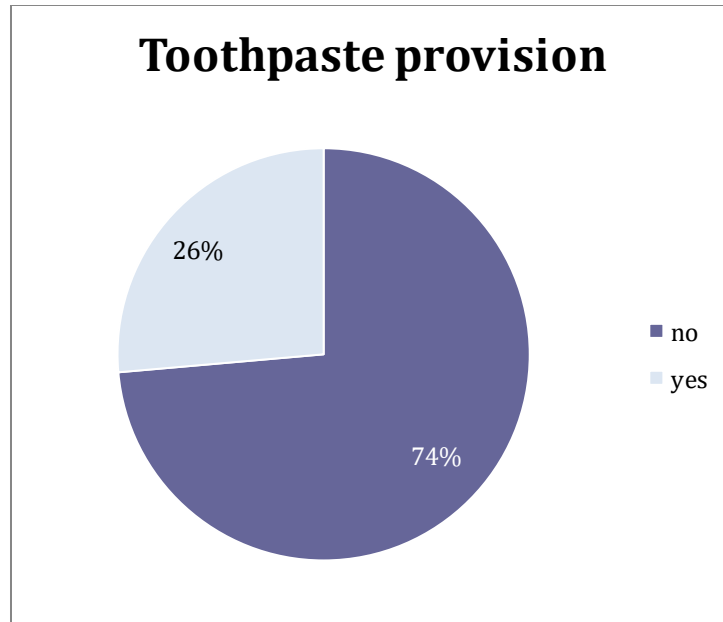
The weighted score for this variable would be:

$$40 \times 3 = 120$$

iv. Toothpaste

Toothpaste is essential to your daily oral hygiene routine. Toothpastes are pastes, gels or powders that help remove plaque, a film of bacteria that forms on teeth and gums^{xcii}. Dental health is an important component of overall physical health. Not using toothpaste everyday can leave food material in your teeth resulting in cavities, tooth and mouth infections and even bad throat. Total weight allotted to toothpastes is 2.

According to the data collected it was found that only 26% of female inmates stated that they were provided with toothpaste where as a majority of 74% dictated the opposite.



Because of the lack of provision of toothpaste, total weighted score for this indicator is:

$$26 \times 2 = 52$$

- **Food:**

Food is an integral part of the physical wellbeing of women prisoners as it provides energy, maintains life, or stimulates growth^{xciii}. Without food, women prisoners may be malnourished and their immune systems can become weak, which can put them at greater risk of catching diseases. This is why the total weight given to food is 14. These are further broken down into factors of ‘food quality’ and ‘frequency of food poisoning’.

- i. Food Quality*

This has been given total 5 points. The team gave three options to the women prisoners namely well cooked, undercooked and stale. According to the responses it was found that a majority of 70% stated that the quality of food was good or ‘well-cooked’ where as the other 30% said the food was either stale or undercooked. This reflects positively on jail administration as majority was content with the food. Many prisoners belonged to poor

backgrounds so when asked about food, many claimed that they are better fed here than they are at their own homes. The total weighted score of food quality is:

$$70 \times 5 = 350$$

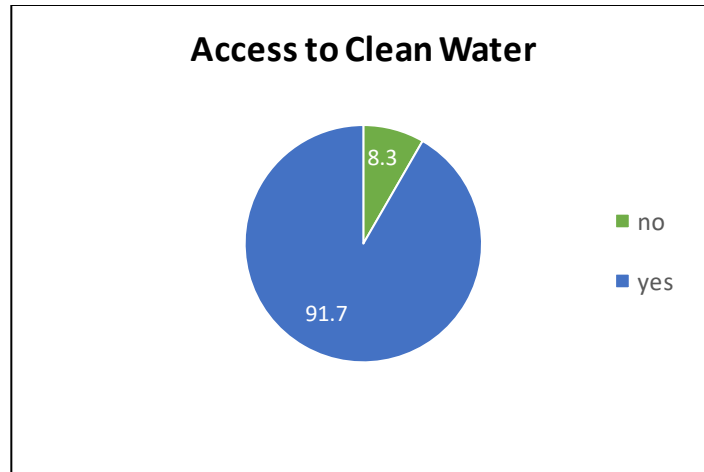
ii. Food Poisoning

Food poisoning also known as foodborne illness is illness caused by eating contaminated food. Frequency of food poisoning is an indicator of the physical wellbeing of women prisoners so it has been given total 4 points. It was found that 54% stated that they never or rarely had food poisoning, 30% stated sometimes and 15% stated they had food poisoning all the time, or very often. Therefore, only 54% of the women prisoners were physically well and did not contract food poisoning often. After looking at the results, the weighted score for this variable is:

$$54 \times 4 = 216$$

- **Access to Water**

Water is basic necessity of life and it is right of every individual to be given access to clean water. Intake of contaminated or unfiltered water can lead to many diseases such as diarrhea and cholera. It has been given a total of 5 points as it holds a lot of importance. The overall responses that we received were positive as 91.7% stated that they had access to clean water.



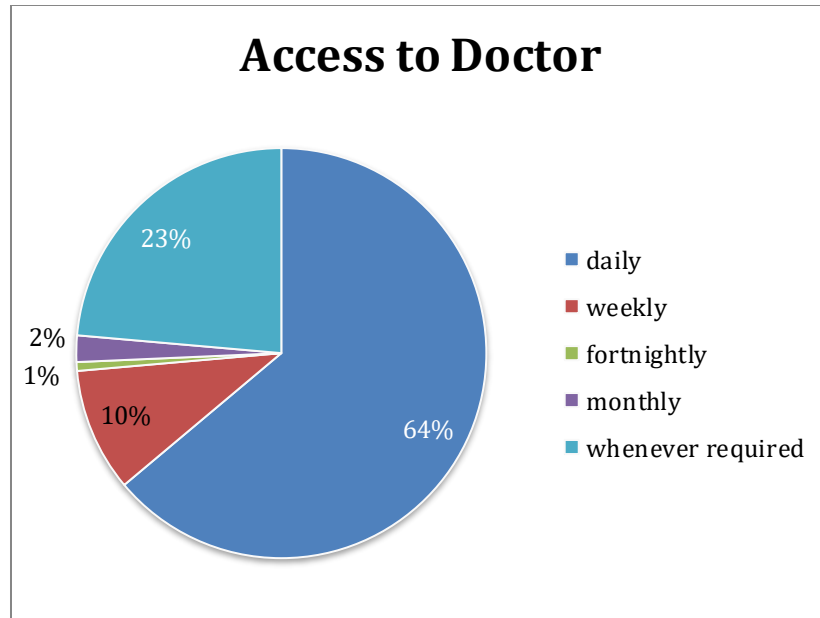
The weighted score for this variable is:

$$91.7 \times 5 = 458.5$$

- **Regular Access to Doctors**

Prisoners live in a confined environment where there are high risks to their health. As we have seen before not a lot of effort has been put on hygiene so there are high chances of prisoners traversing bacterial diseases. This is why ensuring the physical wellbeing of women prisoners requires regular access to doctors. Total weightage allotted to this indicator is 5.

From the pie chart given below we can see that majority of respondents (64%) stated that the doctor visited them every day. Whereas the rest 36% stated that they had access to doctors on weekly, fortnightly, monthly or as per requirement basis. In many jail administration there was a small room allocated as the ‘medical room’ where doctor was available during the official office hours.

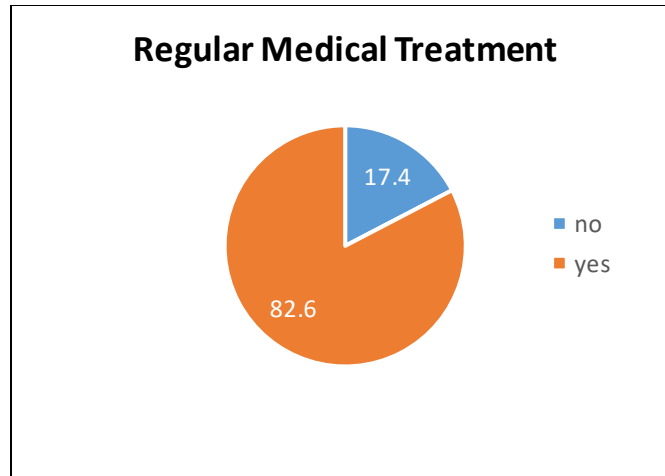


For the purpose of this study, only daily visits will be considered regular access to doctors. This is what the Punjab Prison Code also ordains for medical officers. Therefore, the weighted score of this variable would be:

64 x 5= 320

- **Regular Medical Treatment**

Same as ‘access to doctor’, ‘regular medical treatment’ also holds a lot of importance when it comes to maintain good health of individuals. This has also been given a total weightage of 5 points. According to the data collected it was found that 82.6 people stated that they received regular medical treatment where as 17.4% stated that they did not.

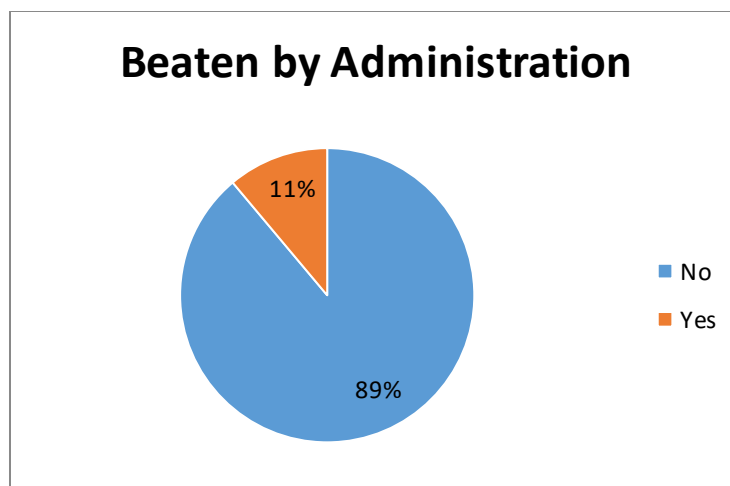


The weighted score for this indicator is:

82.6 x 5= 413

- **Beaten by Administration**

Physical abuse is something that one assumes to be a common practice in jails. However it needs to be realized that it is unlawful to beat anyone without a proper reason. This indicator has been given total weightage of 6 points. When asked about prisoners being beaten by administration, it was found that 89% stated that they weren't. Whereas the other 11% stated that they were indeed beaten by the administration. The responses for this indicator are very tricky as many respondents who stated that they were beaten, a few of them stated that they were beaten as punishment (making it valid) whereas some stated that it was routine based (Some prisoners related that every prisoner was slapped on their first day). On the other hand, there is a room of doubt present in these responses as inmates could be scared to voice their concerns against the administration in fear of being reprimanded.



The total weighted score for this indicator is:

89 x 6 = 534

Weighted Average Score for Physical Wellbeing of Prisoners:

Based on the scoring above, the weighted average score for prison conditions in the 6 central jails of Punjab is calculated in the table below:

Variables	Scores
Diseases	915
+ Hygiene Tools= Soap + Sanitary Pads + Clean Towels+ Toothpaste	304+6+120+52=482
+ Food= Food Quality + Frequency of Food Poisoning	350+216=566
+ Access to Water	458.5
+ Regular Access to Doctors	320
+ Regular Medical Treatment	413
+ Beaten by Administration	534
TOTAL	3688.5
Divided by Total Weight=60	3688.5/60= <u>61.48</u> (Weighted Average)

This shows that the women prisoners in central jails across Punjab are 61.48% physically well. This score is not a great one and implies that the physical health of the women lacks and can require significant improvements. These improvements could be made in improving hygiene conditions and by ensuring physical safety of women prisoners from physical abuse. Medical facilities in prisons could also be improved to ensure better standards of physical health.

Mental Wellbeing:

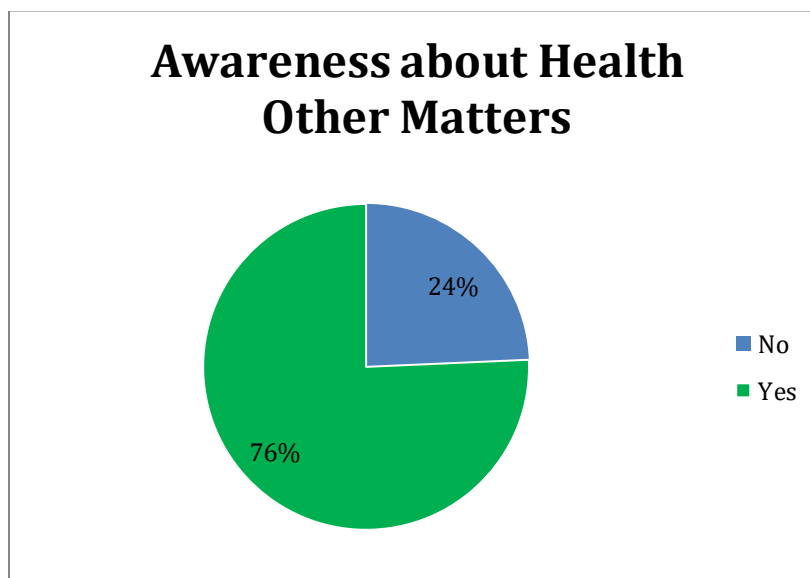
- **Awareness:**

Awareness about rights and health matters is the first step to ensuring mental wellbeing of women prisoners. Illiterate and poor women prisoners often feel that as criminal offenders they deserve all sorts of mistreatment. If they have awareness on how they are supposed to be treated, they can feel more confident and safer demanding their rights and ensuring their own safety. The awareness variable is divided into two indicators; awareness about general health matters and awareness about legal rights.

- i. Awareness of Health Matters:*

Mental health influences how we think and feel about our future, others, and ourselves. Furthermore, it helps us learn and communicate with others as well as cope up with changes in life. For an inmate, understanding both physical and mental health is immensely important as this major transition in their life changes even the smallest of acts. For example, it changes the time and the manner in which they eat, sleep etc. Usually, people are resistant to change and are unable to adapt to such variations quickly, which in turn affects both mental and physical health. Therefore, it is important for an inmate to be aware of their health so that they realize its importance and adapt to the situation accordingly to prevent any further illnesses and diseases. For this reason, the weightage assigned to this indicator is 2.

The responses of 144 women prisoners were statistically analyzed and 75.7% stated that they were aware of health and other matters whereas 24.3% responded in negative.



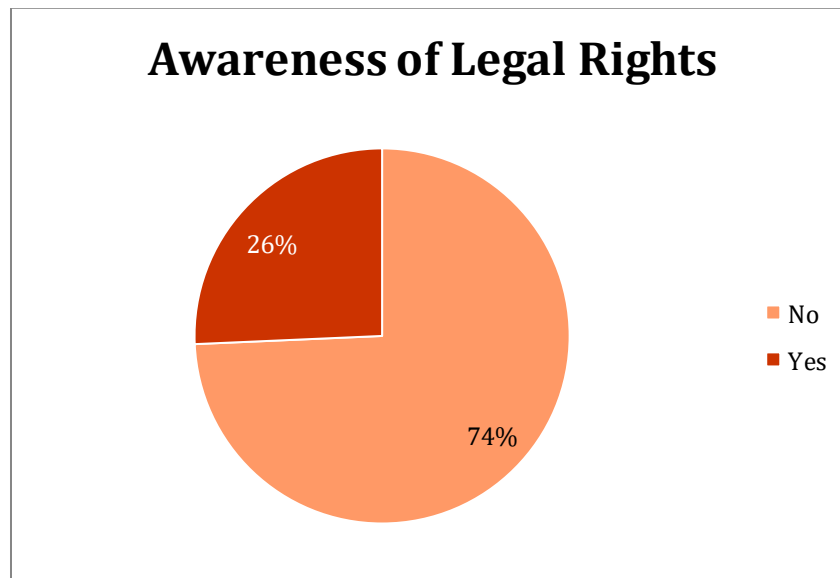
Due to the fact that the majority gave a positive response, the weighted score of this indicator would be:

$$75.7 \times 2 = 151.4$$

This is mainly because all the jails had a medical officer present to treat minor diseases and illnesses of the women inmates. Furthermore, medicines (mostly painkillers) were present which provided instant relief. However, the jail administration did fail to provide efficient long-run solutions to diseases such as hepatitis, blood pressure, frequent body aches etc. Failure to treat such medical issues eventually affects the mental wellbeing of the inmate and they face more harsh situations as compared to other inmates. For example, inmates with prolonged illnesses are unable to work and remain active, which affects their mental health.

ii. Awareness of legal rights:

It is the right of every prisoner to be aware of his or her legal rights. Having this knowledge allows the prisoner to follow the correct process for appeal. In a country like Pakistan, there is empowerment of the elite classes and usually the poor become victim of injustice and many innocent men and women end up in jails just because they do not have enough information to know what legal process they can undertake. Therefore, to avoid any inequality, it is important for an inmate to be aware of their legal rights and hence, the weightage assigned to this indicator is 3. In 74% of the prisoners were unaware of their legal rights as opposed to 26% who knew the legal process.



Therefore, this indicator would be given a weighted score of:

$$26 \times 3 = 78$$

Those who knew about the legal process were generally those inmates who had an educated background. Even though most of the respondents stated they did appeal for pardon, however, their appeal was either never processed or left idle resulting in many innocent women unjustly serving their time as well as many inmates serving more time than punished for.

Under such circumstances, a person becomes mentally upset and dull, and the thought of unlawfully being denied of freedom mentally isolates a person and hence, fails to reintegrate back into the society after such long periods of external isolation.

- **Mistreatment:**

Being mistreated in prisons not only results in physical injuries, but also has a great impact on the mental health as people face psychological trauma and feel internally weakened to face the society. Such people become very sensitive and avoid trying to socialize with others leading to an overall negative change in one's personality. Therefore, this indicator has been given a high weightage of 8 as its affects are not limited to one consequence but are spread out to many.

This indicator is further divided into four different indicators:

- a. **Beaten by Administration:***

It is unlawful, for any member of the administration to beat female inmates no matter what the circumstances may be. The weightage assigned to this indicator is 4. According to the statistical survey, 89% of the inmates stated that they were never beaten by anyone in the administration whereas just 11% stated that either they or their fellow inmates faced physical beating by the administration. As a result, the weighted score of this indicator would be:

$$89 \times 4 = 356$$

Of the 11% most were often slightly beaten with a stick by the administration with the intent to end an on-going quarrel or fight amongst the inmates. This means that the force used on the inmate was to control the situation that arose because of the inmates' misbehavior.

b. Beaten by Inmates:

Being beaten by fellow inmates causes a prisoner to live in constant fear and on defensive. This affects the mental stability of prisoners. The weightage assigned to this indicator is 4. From the 144 responses, 94% stated that their fellow inmates never beat them whereas only 6% stated that other women inmates beat them. According to these statistics, the weighted score of this indicator would be:

$$94 \times 4 = 376$$

Since only 9 inmates out of 144 female prisoners either witnessed an inmate to inmate beating or were victim to such a beating, we can conclude that these would be exceptional cases and scenarios where the inmates lost control of a disagreement or argument which resulted into physical beatings. Otherwise, the prison conditions with respect to this indicator are very much satisfactory and therefore, the mental well-being remains positive.

c. Verbally Abused by Administration:

Verbally abused statements and words play on the victim's emotions and can lead the victim to feel unimportant, misunderstood and afraid.^{xciv} Furthermore, long-term effects of verbal abuse can also impact the mental health of the victim because it can cause stress and anxiety. Therefore, the weightage assigned to this indicator is 2. Fortunately, from the results derived by interviewing the women inmates across Punjab, it was concluded that 82% stated they were never verbally abused by the administration whereas 18% stated they were. By looking at these statistics, the weighted score of this indicator would be:

$$82 \times 2 = 164$$

d. Inappropriately Touched:

Inappropriate touching refers to inappropriate exposing or subjecting a person to sexual activity, contact or behavior.^{xcv} Unwillingly exposing and permitting such sexual activity can affect a inmates mental wellbeing and can cause a change in his/her behavior. Due to the fact that the inmate is present in a certain boundary, he/she will be in the presence of the person (either inmate or member of administration) at all times. This will cause a change in behavior as well as mental and emotional trauma and a sense of fear would be constantly present within the victim. Since being inappropriately touched is a very sensitive matter, this indicator has been assigned a weightage of 4.

The results shown from the field survey suggest that 95% of the female inmates have never been inappropriately touched whereas 5% of them have. However, lack of education and knowledge of differentiating between an appropriate and an inappropriate touch is a limitation in measuring this indicator. Furthermore, many inmates consider security screening by hand on all parts of the body 'normal' whereas this is not the case. Therefore, statistically the weighted score of this indicator is:

$$95 \times 4 = 380$$

- **Visitors Allowed:**

Allowing visitors has a great impact on the mental health of the inmates. It acts as a great motivator for the inmates and also develops a sense of hope in them, as they believe that their loved ones have not forgotten them. No matter what personality you have or what character you own, being connected to your family is one of the most important things that is needed by everyone and hence, they look forward to it the most. Therefore, it is necessary for inmates to be allowed frequent visitation as this provides them with a sense of relief and calmness as they can share their

feelings with their loved ones. By looking at the immense importance and need of allowing access to visitors, this indicator is assigned a weightage of 4.

The scores show that 99% of the 144 female inmates stated that they were allowed visitors. Most of the inmates, who had visitors come frequently (usually weekly) were very satisfied and happy as they received extra things as per their requirement as compared to those who had somewhat frequent visitors who were fairly happy as they could speak with their family by using the PCOs. However, those who had no visitors in months and years, were mentally upset and stressed and wanted their freedom back.

The weighted score of this indicator, showing its impact on mental wellbeing, is:

$$99 \times 4 = 396$$

- **Isolation as Punishment:**

Isolating an inmate means locking them up in a small square shaped cell and restricting him/her from any contact with the other inmates. They are given food inside the cell and are prohibited to come outside under any circumstances. Confined inmates experience a multitude of psychological effects, including emotional, cognitive, and psychosis-related symptoms. Solitary confinement is considered harmful to the mental health of inmates because it restricts meaningful social contact, a psychological stimulus that humans need in order to remain healthy and functioning. Longer stays in solitary confinement are associated with greater mental health symptoms that have serious emotional and behavioral consequences.

Therefore, due to the fact that isolation can bring about such a change, therefore, the weightage assigned to this is 4.

The responses of the female inmates stated that a total of 40% of the inmates were either isolated themselves (7%), or had seen a fellow inmate isolated as punishment. (33%). 60% of the inmates were never a victim or witness to isolation. Even though the majority stated that there was no isolation, however,

in real terms, 58 inmates stated witnessing isolation, which is a very significant figure. This means that it is very common for inmates to be isolated. Many of the prisoners stated that the common solution to end and prevent future fights amongst inmates is to send them into isolation. The maximum time period of isolation goes up to 3 months and such conditions can lead to high psychological effects in a short span of time and can also cause different diseases and headaches to occur. The inmates that were isolated in the jails were very afraid of the administration and failed to give honest answers in fear of being beaten or further being held in isolation. Furthermore, the inmates who were isolated were not allowed to be a part of any skill-building programs, which further caused anxiety and stress in them.

Therefore, the weighted score of this indicator would be:

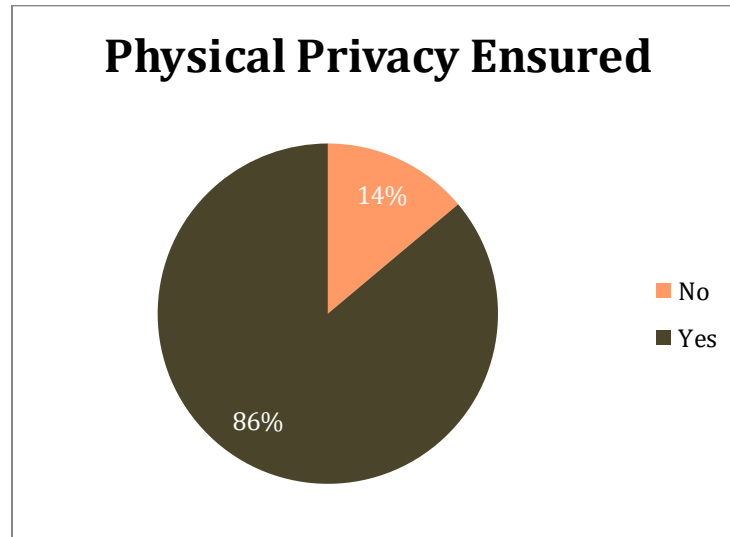
$$60 \times 4 = 240$$

- **Privacy:**

Physical privacy refers to the patients' perceptions of the degree of their physical inaccessibility to others, which is critical for well-being. Inmates, however, do have to give up a certain extent of privacy, as they are no longer able to choose their own space to move in. Officials have to keep a constant check on these inmates to avoid any mishaps or misconduct. Therefore, after considering the view of the prison requirements, the weightage assigned to this indicator is 2.

A significant 86% of all the prisoners said that their physical privacy was ensured as opposed to 14% who stated that it was not. However, this is because the majority of the inmates were locals. The 14% who disagreed can most likely be the foreigners and internees, who are grouped together in sets of 4 to 6 people in one cell. The cell they live in has only one bathroom and one shower with no wall to cover it from the beds. As a result, these people have zero privacy from their fellow cell inmates when it comes to showering or using the toilet. This is not only a lack of privacy, but also a feature of discrimination by the jail administration towards the

foreigners. They are overcrowded, separated from the locals and provided with no privacy.



Lack of such privacy leads to a sense of embarrassment and lack of confidence in the inmate and she feels highly uncomfortable in front of the other inmates. A combination of these factors emotionally impacts the mind of the inmates and thus negatively impacts the mental well-being.

The weighted score of this indicator, according to the statistics would be:

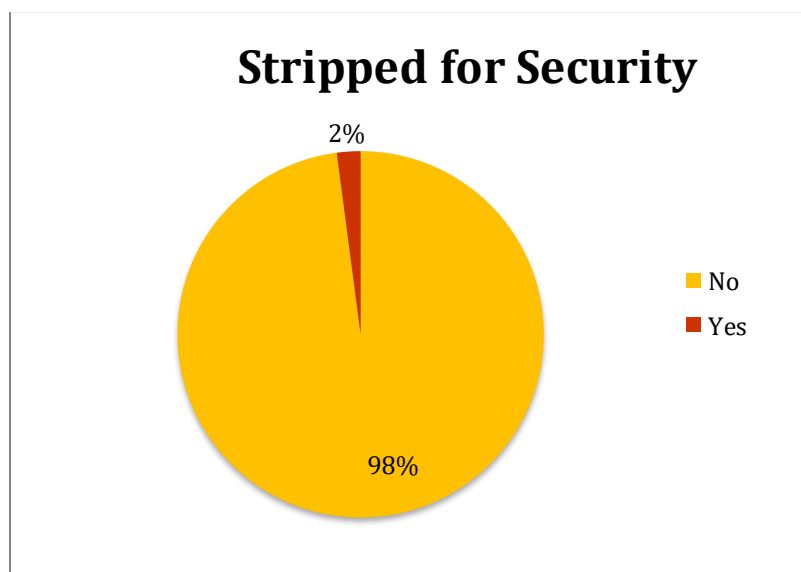
$$86 \times 2 = 172$$

- **Not Stripped for Searches:**

It is the responsibility of the government to adhere to measures that maintain security amongst the jails from outsiders. This is done by setting up of security cameras, signal jammers etc. Further, security must also be ensured internally from each other. For this, it is the role of the administration to check all inmates and make sure they are free of any harmful weapons or other prohibited items when they enter the facility. However, even though this security is important, dignity and security must be balanced within the prisons. For this reason stripping one even for security purposes is seen as an attack to their dignity as it can lead the inmate to feel a high degree of disrespect and humiliation. However, since new ways have come

into practice like the use of hand and body scanners, this process is not used much and so we have given this indicator a weightage of 2.

From the interviews taken, 98% stated that they were never stripped for security reasons or search as opposed by 2% who stated they were.



The Punjab Prisons have separate rules for women prisoners and treat them with more respect i.e. they are not punished with fetters, whipping or even handcuffs (except in extreme cases) and are searched by a female warden. This attempts to balance the security and dignity in prisons that must be compatible.

The weighted score for this indicator would be:

$$98 \times 2 = 196$$

- **Provision of Education:**

Being educated in prisons is an important part of the mental wellbeing of prisoners as it not only provides the prisoners a chance to indulge in a mentally stimulating activity like reading or writing but it also gives them confidence and hope about

leading better lives after release. This is why a weight of 2 is assigned to this indicator.

According to the statistics generated, 78% of the women inmates stated that they were provided with education whereas 22% stated they were not. Most of the jails had separate classrooms for teaching the inmates and their children basic education. Facilities like books, library rooms, stationary etc. were provided by NGO's such as Women Aid Trust and government programs such as TEFTA. These supplies help in assisting the inmates to continue with their education that makes them internally satisfied and brings about a sense of achievement within them as they have the opportunity to gain knowledge even when inside the prison. Further, provision of such education also helps to reduce the recidivism and relapse rates as they are well integrated back into the society.

Despite the fact that many said they were provided with education and teaching, there were about 32 inmates who stated they were not. This was because either they were too old and personally did not feel the need to use this facility or because certain classrooms (e.g. Sahiwal Jail) had limited spacing and taught a certain number of people for a course of 3 months after which the remaining would be taught.

The weighted score for this indicator is:

$$78 \times 2 = 156$$

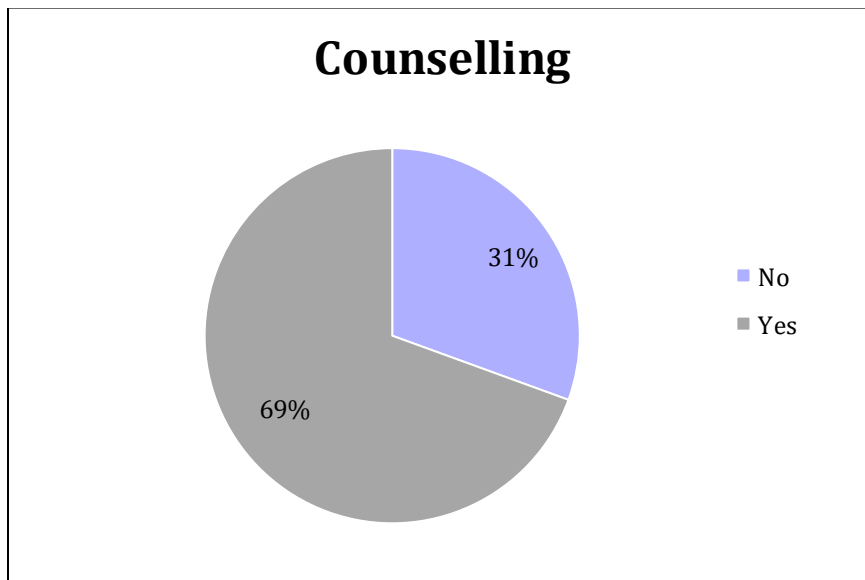
- **Counseling**

Providing a counseling service to the inmates is an effective prison mental health facility. Given the situation of the prisons, where freedom is taken away and other financial and human resources are limitedly available, it is important for such inmates to be counseled which will help them be guided on how to pass this time without any extra stress and anxiety and will also encourage them to participate in skill-building programs that will benefit their mental health. According to the book, Effective Prison Mental Health Services, there are three main reasons why counseling should be needed which are:

- a) To reduce the disabling effects of serious mental illness and maximize each inmate's ability to voluntarily participate in correctional programs.
- b) To decrease needless human suffering caused by mental illness.
- c) To help keep prison staff, inmates, volunteers, and visitors safe.

By considering the importance of counseling mentioned above, we have given this indicator a weightage of 2.

From the interviews conducted, it was found that 69% said they were counseled as opposed to 31% who said they were not.



According to these statistics, the weighted score is:

$$69 \times 2 = 138$$

Counseling services were provided usually by outsiders (WAT NGO) who would direct the inmates towards skill-building programs and other self-management issues like anger control, anxiety control etc. this enabled a majority of inmates to feel better and best utilize their time in jails as many learned to read the Holy Quran, learned to pray and also learned basic level education. As a result of such counseling, these inmates gained religious as well as other education and this maintained their mental well-being.

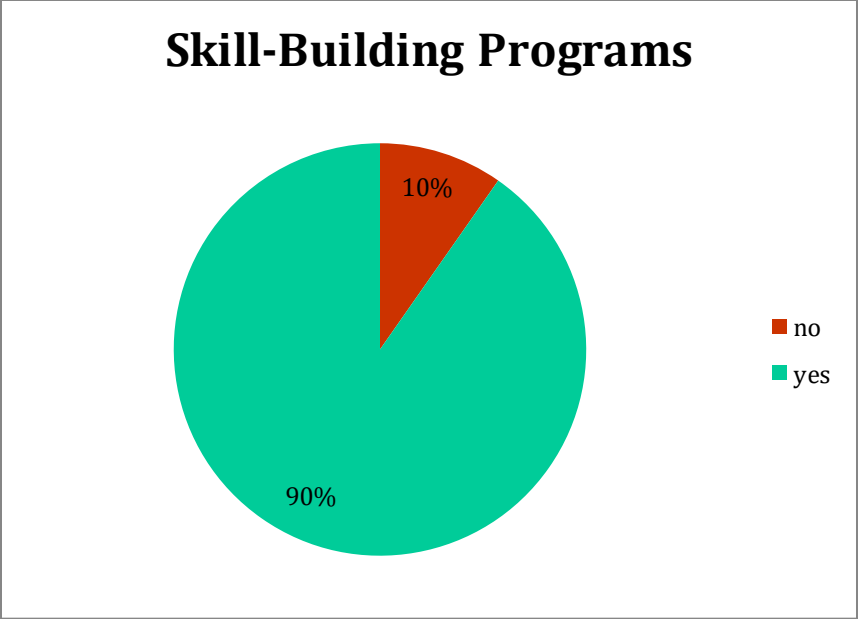
Counseling services were not provided in all the jails by the government or NGOs. Further, even if provided, the availability of this service was very much limited which did not allow all the inmates to get benefit from these services.

- **Provision of Skill-Building**

Providing an inmate with skill-building programs is highly important as it enables one to learn and develop them. Further, learning new skills adds on to ones confidence as well and a sense of achievement is gained. This is not only beneficial within the jails, but it polishes and prepares the inmates for the outside world as well. As a result of skill building, inmates can adapt better back into the society and hence, recidivism rates are also lowered in this way. For this reason, the weightage assigned to skill-building programs is 2.

Results shown from the surveys suggested that 90% of the inmates stated they were provided with skill building whereas 10% said they were not.

Skill-building programs varied from jail to jail but a variety was found in them all. The programs included stitching uniforms and clothes for which inmates were also paid for (though minimal), embroidery, computers, beautician courses and arts & crafts. These programs helped inmates utilize their time and effort towards producing something beneficial. Punishments were also reduced by participating in skill-building and so this factor motivated plus encouraged them to further enhance their skills and as a result, there were many inmates who participated in more than one program. Also, the inmates who were previously educated were given an opportunity to further polish their skills by passing on knowledge to other inmates by teaching them education.



The 10% who stated they were not given skill-building programs were those who willingly did not participate. This was due to them being either aged or ill to not work properly. For example, it was difficult for certain inmates with back aches to sit and stitch for a long period of time and so they avoided it.

Collectively, the response for skill-building programs was positive so the weighted score would be:

$$90 \times 2 = 180$$

Weighted Average Score for Mental Wellbeing:

Based on the scoring above, the weighted average score for mental wellbeing in the 6 central jails of Punjab is calculated in the table below:

Variables	Scores
Awareness = Awareness of Health + Awareness of Legal Rights	151.4 +78=229.4
+ Mistreatment = Beaten by Administration + Beaten by Inmates + Verbal Abuse Inappropriately Touched	356+376+164+380=1276
+ Visitors Allowed	396
+ Isolation as Punishment	240
+ Privacy	172
+ Not Stripped for Searches	196
+ Provision of Education	156
+ Counseling	138
+ Skill-Building Programs	180
TOTAL	2983.4
Divided by Total Weight=40	2983.4/40=74.59 (Weighted Average)

This 74.59% score shows that the mental wellbeing of women prisoners in Punjab jails is 74.59% satisfactory. For the mental wellbeing of prisoners, who are bound to be disturbed due to their lack of freedom, it is a pretty good score. The Punjab jail administration can improve upon it further by reducing instances of mistreatment and isolation and providing greater counseling opportunities to women prisoners.

Conclusion:

From the findings and the discussion in the above chapter, we can conclude that the score of the prison conditions in the women sections of the 6 central jails that were visited was more or less the same as the score of the overall physical and mental wellbeing of prisoners. 75.95% good prison conditions translated into women prisoners who were 61.48% physically well and 74.59% mentally well. This shows that while prison condition did indeed impact the physical and mental wellbeing of prisoners, there are some external factors too. For instance, some women were old, or came from poor backgrounds and had weak immune systems due to poor dietary habits which may be the reasons why they caught diseases so often, as opposed to assuming that it was the prison conditions that caused them. Similarly, the mental wellbeing of prisoners is bound to be affected regardless of the standards of the prisons because a prison at the end of the day is a confined space, denying freedom to its inhabitants and fostering feelings of guilt and remorse. So even if all due requirements of prison conditions are met to the maximum, prisoners will still not be 100% mentally content. The analysis also helps conclude that there are areas that require improvement in the prison administration and there are ways that the physical and mental wellbeing of the prisoners can be improved by adjusting the prison conditions. There is a 24.05% space for improvement in the prison conditions, a 38.52% possibility of improvement in physical wellbeing and a 25.5% space for betterment of mental wellbeing of prisoners.

Chapter 7

Recommendations

Introduction

The following chapter aims to propose different methods and ways in which the prison conditions can be enhanced by taking into account the major gaps and problems discovered from the research. Furthermore, by looking at the performances of developed countries, it will help suggest ways in how these best practices can be integrated in the jails in order to achieve satisfactory prison conditions.

1. Training and Development

Actions taken by the prison administration have a direct impact on prisoners and prison environment. Prisoners have daily interactions with the administration and thus, the way in which they are treated and handled has a direct impact on an inmates physical and mental well-being. Therefore, it is very crucial to ensure that the prison staff is well trained and well suited for the job so that they can handle the inmates with care and effectiveness and help create an environment where prison conditions are satisfied.

Even though some focus is currently being given to training of officials such as physical training and abroad training sessions, a few more measures can be taken. These are as following:

a. Workshops designed for prison staff teaching ‘how to handle and behave with prisoners’

Certain prisoner responses stated that the language used by prison staff is often abusive, demeaning and hurtful. Constant language abuse demotivates the prisoners and affects their mental wellbeing. As prisons are supposed to also act as rehabilitation centers, it is essential for the administration to be given workshops and lectures on anger management, controlling of intense situations and conflict resolution so that they can not only calmly resolve inmate-to-inmate arguments, but can also prevent other fights and quarrels from occurring.

b. Training based on handling Mental Patient Prisoners

According to rule no. 12 in UN Bangkok Rules, it is stated that ‘Individualized, gender-sensitive, trauma-informed and comprehensive mental health care and rehabilitation programs shall be made available for women prisoners with mental health-care needs in prison or in noncustodial settings’. This can be considered as one of the best-case practices being taken place in multiple jails around the globe. However there has not been much focus given to this area as yet in Pakistan prison systems. A detailed training program should be made where prison staff is informed about how to handle mental patients. Public-private collaboration trainings and motivational lectures with practicing Psychologists or Psychology students can be carried out and be delivered to both prison staff and prisoners.

2. Standardization of Medical Facilities

One of the main observations made during our research was the inconsistency in terms of facilities provided to prisoners among different jails. In jails such as Adiala, prisoners had access to specialists whereas in jails of cities such as Lahore and Gujranwala the case was opposite. This variation directly affects the health of prisoners.

- a.** It should be made certain that same standards should be followed in terms of medical treatment and facilities. For example, in certain jails, specialists visited twice a week whereas in other jails the visit was made after 15 days. It should be ensured that all prisoners are being treated equally with out any discrimination (especially with foreign prisoners) and are being provided with the same supplies.
- b.** To monitor this standardized treatment, a sub independent committee should be made and that would carry on checks on an annual basis. This will ensure that there are no shortcomings in supplying basic medical facilities.

3. Expansion of Training Programs for Prisoners

So far it can be seen that trainings provided in prisons are limited to religious teachings, embroidery, stitching and beautician courses. However, these can be further expanded that would not only enhance skills of women prisoners but also give them additional tasks to do during the day. A few examples of training programs include gardening, flower arrangements, painting, fabric/block painting, wall painting, pottery, seam stressing, cooking etc.

A concept of 'prison products' being followed in Thailand should be adopted.^{xcvi} According to this concept, products made by the prisoners can be sold to the general public or tourists. This will not only help in utilizing the day effectively, but will also be a source of income for these prisoners. This self-development and earning would positively impact both the mental and physical health of the prisoners.

4. Public Private Partnerships

Part of the reason why jails in Punjab have failed to meet international and legal standards, is because of the shortcomings of the government. These shortcomings include a shortage of budget, lack of expertise in staff, poorly designed strategies and plans. On the other hand, the private sector is strong because it has a greater capital, more specialized labor force and better planning skills. The private sector companies have great incentives in partnering with public sector programs so that their image is enhanced as a socially responsible entity. Corporate social responsibility of a corporation is important for its marketability and its repute. This is why if the public sector forms partnerships with the private sector, both can supplement each other for greater productivity and benefits.

The skill building programs currently operative in jails are run by the Technical Education & Vocational Training Authority (TEVTA). The variety of skills offered is very less; only sewing, embroidery and beautician courses are available. Furthermore, the teaching staff and the machinery required for these classes are also less in number because of the limited budget of the government. This is where the private sector can be

collaborated with. The following table outlines new initiatives that can be supplemented in the training programs within women jails in Punjab, and the corresponding entities who can be involved:

New Initiative	Description	Providers
Career Counseling Services	<p>Women in jails need an outlet to discuss the prospects of their future employment opportunities. Many women come from poorer backgrounds and lack the networks to find suitable jobs for themselves and have to resort to criminal activities like drug smuggling and prostitution. They can be enlightened about alternative sources of income and then provided training. Aptitude tests can be conducted and their interests and ambitions can be connected with training courses.</p>	<p>Pakistan Institute of Career Counseling ^{xcvii} is an organization that works towards providing basic career counseling services, in collaboration with the media, the academic sector and other institutions like British Council. PICC can collaborate with the government to have their experts' visit the women central jails in Punjab and provide them with career counseling.</p>
Culinary Arts Program	<p>Cooking skills are soft skills and one that attracts more interest of women, especially in Pakistan, where women usually make food for their families. With a budding restaurant industry, and food based entrepreneurship, there is a lot of scope of employment for women with polished cooking skills.</p>	<p>A brand of HUM Network limited, Masala TV, one of the most frequently watched TV channels in Pakistan is the first food channel in Pakistan. In a few years it has grown to become a market leader and has been the source of many culinary events and competitions. As a market leader in its category, Masala TV can set a benchmark by</p>

		collaborating with the government to run short training courses for women prisoners in central jails of Punjab. Chefs across the country can be asked to volunteer as teachers and given incentives to train the prisoners
Computer Training	With the advent of technology, jobs require computer and digital skills. It will help women prisoners a lot if they are given lessons to learn computer skills. Some jails like Adiala Jail had computer labs, equipped with latest PCs that were donated by various NGOs. These labs should be taken full advantage of. Furthermore, those inmates who are educated with a minimum of Matriculation can use computer systems for online freelancing jobs. This will not only be a source of income for them, but will develop on their research and writing skills that would add to their self-development.	Computer training can be easily provided online and through video lessons. Software students in universities across Pakistan can be asked to volunteer. Software houses and firms like IBA and Microsoft can introduce lessons for women prisoners.
First Aid Training	Women can be given first aid trainings, emergency response trainings, CPR trainings and medical health awareness. This will help them build possible post-custody	Medical Schools across Punjab can start a voluntary program for medical students to conduct first aid training lessons to women central jails in Punjab.

	careers in the nursing industry as well.	Participating students can be given the incentives of rewards and recognitions and extra credits under community service.
Art and Crafts Training	<p>Many women prisoners in Punjab were known to possess basic and intermediate levels of art skills. This was reflective in Lahore Jail the most, where a separate room was dedicated to displaying art work that the female prisoners had produced in collaboration with UN Office of Drugs and Crime (UNODC). Art classes on techniques of painting, sketching, sculpting and even pottery can be initiated in jails.</p> <p>An example of one such initiative is called SPACE (Space in Prisons for Arts and Creative Expression) which was a volunteer organization started by Brown University that offers weekly arts workshops at the Rhode Island Adult Correctional Institutions (ACI).^{xcviii}</p> <p>Carpet weaving and bedsheets.</p>	The National College of Arts is a hub of artistic activities in Pakistan and is the leading art school of the country. The students of the school are encouraged to take up revolutionary and original projects. One such project could be the provision of art classes in women jails across Punjab. The art created can be exhibited in a network of art galleries and can even be auctioned.

5. Prison Design

Women prisoners have a different physco-social construct than male prisoners. The trauma history of women prisoners includes neglect, sexual abuse and violence. Women are also more prone to carry chronic health issues and have a greater suicidal

tendency. However, since majority of the incarcerated population is composed of men, the prison design is not altered for women sections of jails. Studies show, that alteration of prison design can have beneficial effects on the mental health and stability of women prisoners.^{xcix}

The first aspect of prison design that can be worked upon is the ‘color of the walls’. Color psychology, an emerging subject in marketing and human perception makes claims that different colors bring out different psychological tendencies and responses from human beings.^c Color psychology chart (attached as Appendix L). For example, the color red is meant to alert and invoke emotions and the color blue is said to curb appetite. The flow chart on the next page explains the use of colors in various scenarios. An interesting case is the painting of 30 prisons in Switzerland to the color pink. This initiative was called ‘Cool Down Pink’. The color pink is supposed to have a calming effect and has been found to reduce the anger level of prisoners and is known to bring out a ‘passive mood’.^{ci} Jails in America have followed suite. In 1979, a commander and a warden at a US Navy correctional facility painted walls and ceilings of an admission cell, a certain shade of pink. This shade of pink, later named after the two officers: Baker Miller Pink was found to reduce erratic behavior and calmed the blood pressure and pulse of prisoners within 15 minutes.^{cii}



1 Baker Miller Pink in Prisons

6. Prison Contemplation Program

A rehabilitative technique, gaining popularity in America and Europe is ‘prison contemplative program’. This exercise involves activities like meditation, yoga and contemplative praying. These activities, also referred to as ‘Transcendental Meditation’ have been found to reduce aggression, recidivism up to six years after release.^{ciii} Meditation programs also help prisoners adapt a balanced lifestyle; control instincts like anger, and abstain from violence or self-destructive behavior. These programs can be initiated in women prisons across Punjab. If there is difficulty finding yoga instructors or meditation specialists, recorded programs can be run on televisions that the prisoners can watch and imitate.



7. Life skills Programs

a. **Between the Lines:**

This was a program sponsored by the Junior League of Portland and can be replicated for the women prisoners in Punjab Central Jails too. In this program, women inmates make audio recordings of storybooks, which are sent to their children. This not only helps maintain bonds between a mother and child but also reduces feelings of depression for both. Not only audio books, but personal messages of motivation and love can be recorded and exchanged from both ends.

b. **Speaking to Save:**

Women prisoners have great potential at becoming motivational speakers and councilors for at-risk adult females about decision-making, thinking errors and consequences of crimes. The women can be asked to speak to first time offenders and minor crime offenders and encourage them to make smarter choices. They can speak about their life in incarceration and such an activity can boost the confidence of women who will feel less guilty having prevented future crimes.

c. Honor Programs:

The Honor Program was initiated in 2000 in California State Prison in Los Angeles County. The program looks to lower violence, crime, racism, and drug use in prisoners and has effective rehabilitation effects. Through this program, prisoners create an “Individual Development Plan” to achieve self-improvement goals.^{civ} This way, prisoners take up the responsibility for their growth and personal change. They are required to indulge in activities that address mental, emotional, psychological and social health. This way, prisoners have a choice between a ‘negative group punishment model’ or personal responsibility and individual accountability.^{cv} The positive effects of this rehabilitation program have been manifold and its model can be replicated and implemented in women jails across Punjab too.

8. Separation of Juvenile Prisoners

There should be projects to divide juvenile and women prisoners. In the Punjab prisons that we visited, age ranged from 15 to 60+. That, clearly, is a huge gap and there are many reasons as to why age groups should be separated from each other. Different age groups have different abilities according to which types of activities could be provided. The types of language some of the older women use during fights and even in their normal conversations are not appropriate for younger girls to hear. Older women can bully or even sexually assault younger girls, if they are in the same prison. Education opportunities and the type of education provided should also be according to age, hence it is important to divide juvenile and women prisons. It was also recommended by one

of the prisoners that barracks should be divided according to age groups. The government of Punjab has recently started a project to divide juvenile and women prisoners.

Search methods used in the prisoners as seen by the research team included walk through gates, scanning of the items on entry, electronic scanners and physical searches. All these procedures were long and time consuming. Most of the women answered that they were strip searched on admission to the jail, but never afterwards. The administration told the research team that there are proper mechanisms to check the visitors of prisoners, visitors and all their physical items are scanned, the ID cards are checked and it is ensured that those people are included in the prisoner's visitor's list. Hence, it was concluded that some good initiatives have been taken. But these should be upgraded and reliance should be on latest technology and up to date methods like laser scanners, drive by scanners, eye scanners etc. These will save time and make the workings more efficient.

9. Doctors to Employed on Rotation

The jail administration employs MBBS general medical practitioners to treat the inmates who work daily on a fixed wage rate. Many medical consultants resist working in the jails because of security issues and lack of advancement owing to shortage of facilities and supplies, and this limits the treatment and interest with which the patient is treated. Therefore, we recommend that motivation strategies should be applied in the employment of general physicians so that they can fulfill their need of employment as well as gain self-development. Offering a higher wage rate due to isolation from other colleagues and work in a high-risk environment can do this. Further, by limiting the contract of service, an employer would be more motivated and encouraged to work for the jail and treat the prisoners because he would be gaining personal benefits as well. Furthermore, rotation of the job would cause more diversity that would eventually help in the medication of inmates.

10. Availability of Psychologists

As per the Punjab Prison Manual, a medical officer is appointed for the prison that spends a set number of duty hours in the prison and then can be called upon anytime in case of an emergency. Other than the medical officer, a specialist also visits the prison once a week, as seen in some prisons. Hence, it is recommended that a psychologist should also be appointed for each prison similarly, who should visit weekly or quarterly to check up on the prisoners. According to the UN Bangkok Rules, mental wellbeing of prisoners is crucial to successfully run a prison facility. Therefore, regular counseling by a psychologist will help determine the mental state of each prisoner and will help bring back the mentally ill patients to a state of normality.

11. Introduction Of Prison-Specific Courses In BPA/MPA Programs

Over the course of our research, the group felt there was lack of knowledge existing in the outer world with regard to the prison treatment and its conditions. Since ensuring human rights in a country is the work of a public administrator, we suggest that courses of prisoner rights and criminal psychology should be introduced either at a bachelors or masters level so people can be more aware of the inner conditions of the prisons and can take regular trips as part of their projects to ensure that the laws and rules are being followed. Many students are open to opportunities of advancement and often attempt to promote social change. By studying these courses, these students can help by assisting to offer their individual programs and ideas that can make the facility a better place. This would not only create awareness in the outer world, but the inmates would also feel a sense of relationship with the outside world and would feel cared for which would add up to their mental well-being.

12. E-Governance For Administration Management

In order to maintain and ensure security in the facility, it is important to administer all records of prisoner entries, note down the time and date of their registered visitors, have reports of prisoner hearings plus release dates and take account of any other issue or situation that arises. Officers are provided with registers to maintain such records. However, this is not only time consuming, but it also involves human errors due to certain miscalculations. Further, the records can easily be manipulated and misused in

favor of personal connections. In order to deal with this corruption on the part of the administration and to further strengthen the security by preventing unnecessary visitors, a prisons management system must be developed. The Goa government has implemented this initiative under the name Prisons Management Systems (PRISMS) in an attempt to provide effective and efficient mechanisms to the administration.^{cvi} This will electronically keep record of all the prisoners and the members of administration and will not only be time efficient but will help the prisoners as well as they will be able to know their current status whenever required. This process would benefit the administration by making their work easy and quick, and for the prisons, the PRISMS system would ensure better prison conditions by preventing unfair practices like corruption and tampering of data.

13. Sports and Recreational Activities

Given the lack of freedom in a facility, an inmate is restricted in performing activities. This results in the dullness of the mind and body leading to deteriorating physical and mental wellbeing conditions. Therefore, it is important to counter such inactivity and enhancing wellbeing and introducing exercise in the form of sports and recreational activities can do this. This will not only help to maintain and improve the general wellness of the inmates but it will also assist in easy assimilation of the inmates back into the society. Benefits of exercise also include countering anti-social behaviors and relaxation of the body by eliminating stress and controlling anger issues. This will have a positive effect on the communities and with many inmates working and playing together, social values and social rules will also be learnt which would enable them to improve their manners.

14. Establishment of Complaint Addressal Mechanisms Inside Jails

In the jails of Punjab, after every 15 days a hearing (peshi) is held, where the superintendent interacts with the inmate and listens to their queries and concerns and develops a way to resolve them. For example, in the Sahiwal Jail, this hearing is conducted in an open courtyard. In order to manage such hearings more competently and effectively, a complaint addressable mechanism inside each jail shall be established

and an external person shall be called to record the complaints and examine the prisoner conditions. Prisoners shall be classified in groups of similar complaints and these groups should go one at a time to the courts. This will not only be more efficient and time effective, but it will also ensure that the voices of everyone are being heard.

15. Provision of Basic Necessities

The research team visited six central jails of Punjab, and in all of these prisons it was observed and then confirmed by the prisoners that they were not regularly provided with necessary items such as sanitary pads, bed sheets, toothpaste etc.

Bed sheet is a necessary item in the day-to-day routine of an individual that not only keeps the mattress clean but also helps in maintaining a clean and hygienic place to sit or sleep on as a bed sheet can be easily taken off and washed. Prisoners with very young children complained that their little ones wet the bed on the mattress. Sleeping on the same mattress is extremely unhygienic and leads to diseases that affect the well-being of the prisoners. Although prison administration is bound to provide prisoners with bed sheets, they are only provided one in case a visitor is expected to visit the jail and are then taken back soon after. It is therefore recommended that the large and profiting textile industries of Pakistan can provide these prisons with defected pieces of fabric that go waste due to misprinting. This fabric can be recycled and sheets can be provided to the prisoners to reduce the burden off the already constraint prison budget.

Another one of the biggest implementation gaps of the Punjab Prisons Code was the lack of provision of sanitary pads or napkins to women prisoners. Always, a subsidiary brand of Proctor & Gamble commercially produces and supplies sanitary pads. The corporation has been leading CSR activities in women empowerment projects like 'Always Girls Can'.^{cvii} The government could collaborate with Always to provide sanitary pads on a subsidized rate to women prisoners in Punjab as a part of their CSR program.

16. Food Chart

The Punjab Prison Manual has set a basic and standardized menu to be followed across all prisons in Punjab. It includes chicken 5 times a week, with pulses and vegetables once a week.

The menu however, lacks any fresh fruits and vegetables and milk is also rarely provided to adults. Therefore, it is recommended that a nutritious food chart should be prepared with the help of a nutritionist so that basic nutrition requirement of all prisoners and their young ones are met. Since fresh fruits and vegetables are a necessary dietary requirement, they should also be included in the menu as per the nutritionist's instructions. Milk is currently only provided to children at the prison facility, but since women are most prone to osteoporosis; milk should be included in their menu at least once a day. Moreover, it was observed that the same menu had been followed for months, which makes a person sick of the repeated food items. Hence, the prison menu should be changed at least once a month to introduce variety of foods and keep the prisoners happy and healthy.

Conclusion

As a developing country which struggles to ensure basic human rights for its citizens, many people presume that all of Pakistan's public institutions are steeped in backwardness and underdevelopment. In the case of prisons of Pakistan, that perception would be stronger. When there are examples of countries like America, which is on the forefront of UN human rights advocacy, indulging in the worst kinds of breach of human rights in jails like the Guantanamo Bay, very little would be expected of Pakistan. More so, in the case of the conditions of women prisons in Pakistan, the public perception would be even more tainted. A country where free women struggle each day to fight the clutches of patriarchy and to avoid harassment and lack of equal opportunities, the women prisoners would be considered to be on the bottom of the human rights food chain. Perceptions aside, the past researches conducted to gauge the conditions of women prisoners have painted broad generalizations of the spite of women, based on data gathered from the smallest of samples. Human rights reports have narrated instances of torture, beating, diseases, and dirt, all of which the thesis details in its literature review.

However, through this study, when 144 odd women prisoners were interviewed in the women sections of 6 out of 7 central jails in Punjab, the perceptions and the generalizations all stand altered. Prison conditions in the central jails of Punjab and the physical and mental wellbeing of women prisoners was not in the worst of states. The research assigned different indicators of the three variables; prison conditions, physical wellbeing of prisoner and mental wellbeing of prisoners. Through the manipulation of data and the observations made in the field research, these indicators were ranked and correlated with other indicators. Cross tabbing and frequency analysis were conducted, weighted average scores were calculated. It was found that the prison conditions of the women section of 6 central jails scored 75.95 out of a total of 100. This meant that 75.95% of the requirements of prison conditions were being met. It also showed us that the female prisoners in Punjab central jails were 61.48% physically well and 74.59% mentally well. These are good scores for a developing country. They require improvement of course, but they also show that the conditions in the jails of Pakistan for women prisoners were not alarmingly poor. Descriptions and observations of the

jails showed that Sahiwal central jail and Sialkot jail had the best facilities, in terms of the prison conditions and were working hard to ensure adequate standards. The correlational data analysis and the evidence collected proved the hypothesis that *“Prison conditions and Prisoner treatment directly impact the prisoner’s physical and mental wellbeing.”*

In order to understand where Pakistan’s prison laws stood in contrast with the benchmarks set by the United Nations, the Punjab Prisons Code was compared with the UN Bangkok Rules. The analysis rejected the hypothesis that *“the Punjab Prison Manual satisfies the necessary prison conditions and rehabilitation mechanism stated in the United Nations Bangkok Rules for the Treatment of Women Prisoners and Non-custodial Measures for Women Offenders.”* Punjab’s Prisons Code was found to be incomplete in the attention it gave to the special needs of women prisoners. There were many rules of the Bangkok Rules that elaborated on the various rights of women, as HIV patients, as mothers separated from children, and as targets of sexual abuse and violence, which the Punjab Prison’s Code fails to enact in its rules. While this thesis recognizes and pledges for the inclusion of counter measurements and resolutions of these issues in the framework of Pakistan’s prison standards, it also applauds the areas of Pakistan’s Prisons Code that does align with the standards of the United Nations. Physical privacy and suicide prevention of prisoners is reiterated in the rules of the PPC.

Whereas a gap was identified in the law vs law analysis of the Punjab Prisons Code and the UN Bangkok Rules, it was also assessed whether the Punjab Prisons Code was being implemented in the jails of Punjab or not. Of the 8 aspects of prison conditions that were analyzed, only 2 were found to be fully implemented. The rest were either broadly, partially implemented or not implemented at all. Some glaring implementation gaps were identified such as the lack of provision of sanitary pads to women prisoners, despite the Punjab Prisons Code mandating its supply. The hypothesis that *“an implementation gap exists between the Punjab Prison Manual and the actual prison conditions in central jails of Punjab,”* was proven. The implementation gap was found to exist in the provision of basic necessities of women and could have been fueled by budget shortages, corruption or general misgovernance in the prison administration.

There are flaws in the way women prisoners are treated and managed in the jails of Punjab, but more importantly these flaws are fixable and they do not outshine the strengths. All the shortcomings that were identified in the study were supplemented with solutions in the form of recommendations. The recommendations framed were aimed to be both practical and also reformative, because in order for Pakistan's prison administration to improve and the jail conditions to evolve, it was important to take examples from international settings. Partnering with the private sector, introducing better rehabilitative practices, training its staff and standardizing its procedures could go a long way for improving prison conditions.

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