

Recommendations by MNHRC concerning prisons

I. Recommendations concerning health

1. To provide adequate medicine to prison clinics/ dispensaries
2. To make available ART to HIV prisoners and to give nutritious food to them
3. To coordinate with the Health Ministry for prisons to have sufficient number of health officials
4. Majority of prisoners and detainees are serving sentences for violation of narcotic drugs and psychotropic substances law. It would be useful to hold discussions on the danger of using narcotic drugs in coordination with the Department of Health.
5. Responsible officials should do proper supervision to look into weaknesses in the health care in the prisons and to see that there are no expired medicine in the prison clinics/ dispensaries.
6. To give nutritious food to young children who accompany their prisoner (mother) to prison.
7. To separate prisoners with TB from other prisoners.
8. To allocate specific space and time to pursue physical exercise in prisons which lack space

II. Recommendation concerning visitor rooms in prisons

1. The visitor rooms in prisons are not large enough to accommodate the visitors to meet with prisoners. To make necessary expansion to the visitor rooms in accordance with international standards.

III. Recommendations concerning sleeping quarters

1. To keep sufficient dust bins in sleeping quarters
2. In prisons where there is not sufficient water for bathing, to make artisan wells, water storage tanks with government budget
3. To provide machines for making clean drinking water in prisons where they don't have them
4. To resolve the problem of over crowdedness of the prisoner population, to construct additional sleeping quarters, to construct second storey
5. In prisons with many prisoners to construct sufficient number of lavatories for day and night use
6. To spray regularly insecticides to kill bugs and mosquitoes
7. To provide ceiling fans or wall fans in crowded sleeping quarters to have proper ventilation
8. To provide sufficient number of fire extinguishers

IV. Recommendations concerning dignify

1. In bringing detainees to the court, to avoid using shackles and to consider other appropriate ways for security
2. If shackles have to be used unavoidably, not to shackle the legs of prisoners by striking it with a hammer, but to use other means
3. To detect whether the prisoners/ detainees carry with them prohibited items after returning from the court to prison or after receiving articles brought by the visitors during the prison visit, prison officials should use metal detectors or dogs in order to avoid search methods which could affect the dignity of prisoners/ detainees
4. To use machines to pump out feces from the pit, instead of using manual labour to draw the feces out

V. Recommendations concerning elderly prisoners

1. To allot separate bathing time for elderly prisoners from that of the other prisoners
2. To consider reducing prison sentence for prisoners over 70 years of age with drug abuse charges

VI. Recommendation concerning appearing before courts

1. To appear before the court, detainees are transported to the court in a van which hold about 50 detainees. The tightness of space within the van can be resolved by increasing the number of vans to transport the detainees or by reducing the number of detainees transported in a van.

VII. Recommendations concerning disabled prisoners

1. To arrange separate lavatories for the disabled prisoners; to provide western style commode and hand rails
2. To make other necessary arrangements to protect human rights of the disabled

VIII. Recommendations concerning vocational training

1. To coordinate with the departments concerned for opening of vocational training classes, such as repair of machines, sewing, repair of motor cycles, in addition to making of artificial eye lashes

IX. Recommendations concerning religion

1. To allocate specific places of worship for Christian and Moslems
2. To allow worships for different religions on special religious occasions

X. Recommendations concerning change of mindset of prisoners/ promotion of libraries

1. To cultivate habit of reading among prisoners. Prisoners who can read should read out for those who are illiterate; prison officials could also read out and explain; arrangements should be made for exchange of experiences among prisoners. Above measures may help in bringing about softening and changing of mindset of prisoners.
2. To arrange a separate place within prison to conduct educational classes for prisoners
3. To provide books in the library which can improve the mindset of prisoners
4. To invite experts into prisoners to help conduct lessons on mind control such as practice of Yoga
5. Not to show television programmes which can incite violence, but programmes which are educational and which enhance general knowledge
6. To conduct educational programmes for prisoners with drug offence and to consider reduction of days following re-evaluation of their performance after the educational programmes.

XI. Recommendations concerning youth prisoners

1. To arrange separate sleeping quarters for youth prisoners in the prisons in the capital cities of States and Regions, instead of confining them only in the three central prisons. To provide more vocational training for them.
2. To make arrangements to enable prisoners who wish to sit for the matriculation examination.

XII. General recommendations

1. To make arrangements so that all articles sent by visitors to prisoners during prison visits are received by the prisoners
2. To see to it that prices of articles bought by prisoners in prisons with their saving are not higher than the prevailing market price
3. To inform the families concerned soonest when prisoners are transferred to other prisons
4. To provide calendars in sleeping quarters of prisons
5. To provide sufficient prison costumes
6. For those prisoners who wish to be transferred to suitable prisons close to their parents and families, to consider them in accordance with rules and regulations
7. To provide safety outfit for protection in quarries
8. To close quarries for women

9. To increase the labour wage of 200 Kyats for prisoners to a suitable rate
10. To provide shelters with roof and floor mats for labourers to rest in quarries
11. To allow a day of rest for prisoners on Sundays