The Assistance Association for Political Prisoners (AAPP) held self-care and mental empowerment talks at quarantine centers (COVID-19 Infectious Disease Control Center) in some townships of Ayeyarwady, Bago and Rangoon Divisions during the first wave of COVID-19. During the second wave of COVID-19, there are more and more infected people and quarantine centers. Due to these conditions, according to the request of writer Than Myint Aung, member of the Yangon City Development Committee (YCDC), we planned to hold talks at the quarantine centers in Rangoon Division with the permission of Rangoon Region Government. At first, we provided the talks at the quarantine centers in Hlaingthaya Township and officials from other centers were informed of the news and AAPP received the invitation from them to hold the talks at other quarantine centers in Rangoon Division.

From October 10-25, the Assistance Association for Political Prisoners (AAPP) provided a total of 25 Self-Care and Mental Empowerment Talks at 24 quarantine centers, which is now housing those losing sense of smell, positive infection and those who have come into
The Assistance Association for Political Prisoners (AAPP) conducted two basic human rights courses online this month. Online courses #9 and #10 were held from September 26 to October 3.

These trainings served as capacity building measures, aiming to encourage and inform the participants about democratic principles and help them protect their human rights.

- 395 quarantined people and 67 health volunteers at four quarantine centers in Thanlyin Township
- 135 quarantined people and 38 health volunteers at a quarantine center in Kyimyindaing Township
- 64 quarantined people and 9 health volunteers at a quarantine center in Latha Township
- 100 quarantined people and 35 health volunteers at a quarantine center in Ahlone Township
- 312 quarantined people and 35 health volunteers at three quarantine centers in Hlaing Township
- 47 quarantined people and 13 health volunteers at a quarantine center in North Okkalapa Township
- 461 quarantined people and 89 health volunteers at six quarantine centers in Hlaingthaya Township
- 50 quarantined people and 8 health volunteers at a quarantine center in Mingaladon Township
- 750 quarantined people and 390 health volunteers at three quarantine centers in South Dagon Township
- 247 quarantined people and 45 health volunteers at three quarantine centers in East Dagon Township
- 2000 quarantined people and 400 health volunteers at a quarantine center in Dagon Seikkan Township

The talks were led by writer and AAPP’s counselor Daw Hnin Pan Eain and AAPP Rangoon Office Head U Aung Myo Kyaw who talked about the purpose of the talks. AAPP members Ko Wunna Nwel, Ko Zaw Than Htut, Ko Khin Maung Win and Ko Kyi Toe also participated. Parliamentary representatives, local officials, Township administrators, health workers, former political prisoners, CSOs members, Red Cross members, Together Thanlyin volunteers, and COVID-19 Protection Committee Members cooperated.

**TRAINING**

**Basic Human Rights Training Online**

![Snapshot from basic human rights online training](image)
A total of 15 people (8 females and 7 males) attended Course #9. The trainees were members of the Shining Life Wa Youth Organizations, Community Peace Support (CPS), Ta'ang Students and Youth Union (TSYU), Kachin Women's Association of Thailand (KWAT), Kyal Sin Pyay Lann Charity Group, Pyin Nyar Yaung Chi Library Association, Indigenous Social Development Organization (ISDO), students and civilians. The trainees were ethnic Burmese, Wa, Kachin, Shan, Shan-Ta'ang, Karen, Shan-Burmese and Chin from Rangoon Division, Sagaing Division, Arakan State, Shan State and Kachin State.

In Training Course #10, a total of 15 people (9 females and 6 males) attended. They were members of the Arakan League for Democracy (ALD), Ethnics Women Group, Community Peace Support (CPS), Green Life Alliance for Development (GLAD), Kasi Kaja Survivor Group, students and teachers. They were ethnic Arakan, Burmese, Shan, Wa, Lisu, Ta’ang and Kachin and came from Kachin State, Arakan State, Rangoon Division and Mandalay Division.

The lectures were provided by AAPP representative, Ko Wanna Nwel. The main topics discussed were the concepts and definitions of human rights, social responsibility, and accountability, and the history of human rights from the Geneva Conventions, to the Universal Declaration of Human Rights (UDHR), and contemporary humanitarian law.

Transitional Justice Online Training (Batch 2)

The Assistance Association for Political Prisoners (Burma) (AAPP) held a training on Transitional Justice Online Training in the month of October. The 8-day training was organized from October 5-12.

The training was administered by AAPP’s trainer, Ko Kyaw Oo. Participants were members of the Ta’ang Students and Youth Union, (TSYU), United Democratic Party, Indigenous Social Development Organization (ISDO), Kasi Kaja Survivor Group, Shining Life Wa Youth Organizations, Harmonious Youth, Green Life Alliance for Development (GLAD), Arakan League for Democracy Party (ALD) and Rainbow Spectrum and a doctor and participants were Ta’ang, Burmese, Shan, Rakhine, Lisu, Wa, Kachin and Chin Ethnic Backgrounds.

The training served as capacity building measures, aiming to encourage and inform the participants about democratic principles and help them protect their human rights.
**Human Rights, Complaint Mechanism, Transitional Justice and Documentation of Human Rights Violations Basic Training Online**

The Assistance Association for Political Prisoners (Burma) (AAPP) held a 12-day training on Human Rights, Complaint Mechanism, Transitional Justice and Documentation of Human Rights Violations Basic Training Online from October 17-28. This training was administered by AAPP trainer’s Ko Wunna Nwel and Ko Kyaw Oo. A total of 15 participants (6 females and 9 males) attended. Participants were members of the National League for Democracy (NLD), 88 Generation Peace and Open Society, Civic and Justice Development Youths, AFFM-IUF, Shan Women’s Lead, Taung Yoe Women Organization, Kyondoe Youth Development Group (KYDG), 8888 New Generation, Kachin Women’s Association of Thailand (KWAT), Shanni Youth Group, Technological University Hinthada Students’ Union, and a militia leader. Moreover, they are Burmese, Ta’ang, Kachin, Shan, Taung Yoe, Mon, Shanni, Karen and Danu Ethnics and from Kachin, Kayah, Karen, Shan States, Rangoon, Mandalay, Bago, Magwe, Ayeyarwaddy and Sagaing Divisions.

The training served as capacity building measures, aiming to encourage and inform the participants about democratic principles and help them protect their human rights.

**ADVOCACY AND LOBBYING**

**AAPP Secretary U Tate Naing and Ko Zaw Moe Attends Meetings and Discussions**

On October 5, U Tate Naing, AAPP’s Secretary, and Ko Zaw Moe AAPP’s Documentation and Research Head and Deputy Foreign Affairs had discussions with Kernellix for an AAPP Application Security Assessment.

On October 21, U Tate Naing and Ko Zaw Moe met with Open Society Myanmar for a brainstorming session and strategy development on promoting legal accountability in Burma.
AAPP Rangoon Office Head Attends Meetings and Discussions

On October 9 and October 15, U Aung Myo Kyaw, AAPP’s Rangoon Office Head, Amnesty International and Athen held a meeting for candidates and political parties to make election promises. The following link of output is available here -


SUPPORT

Supporting Current and Former Political Prisoners

The Assistance Association for Political Prisoners (AAPP) continued to provide support to political prisoners currently incarcerated and former political prisoners struggling with their daily lives. In October, AAPP supported (1) political prisoner from the prison of Pathein. In addition to this, AAPP supported (12) former political prisoners suffering from a variety of ailments, such as (Mental stress, Liver, Malaria, Heart, Stroke, Neuropathy Diseases, Broken Arm and Stomach Operation)

In addition, AAPP supported 2 former political prisoners during the COVID-19 Pandemic.

| Supporting political prisoners | 1 prisoner |
| Supporting former political prisoners with ailments | 12 prisoners |
| Supporting Former Political Prisoners during COVID-19 Pandemic | 2 prisoner |
| **Total** | **15 prisoners** |

**Documentalation and Research**

Publish Monthly Chronology, Lists of Political Prisoners and AAPP Newsletter

With the aim of documenting human rights conditions and how many sentences, arrests and charges of political activists, farmers, workers and civilians have been made in Burma, the Assistance Association for Political Prisoners (AAPP) publishes a monthly chronology and list of political prisoners. On October 7, AAPP published its chronology and political prisoners list for September.

In addition to this, AAPP’s monthly newsletter details the meetings with parliamentary members, officers of the government agencies, ambassadors from international embassies and representatives of NGOs and CBOs, delivering human rights discussions, talks and providing training. On October 8, AAPP published our September newsletter.

The following link is available:


Compiling COVID-19 Newsletter

The Assistance Association for Political Prisoners (AAPP) is compiling cases related to COVID-19 pandemic. Our COVID-19 Newsletter was published on October 6 and has documented cases during September in relation to COVID-19 pandemic with lists of arrests, charges and sentences documenting the violation of the rules related to COVID-19.

The following link is available:

GENERAL ACTIVITIES

Participation in the Live Online Talk "Prisoner Rights and Amnesty"

On October 10, U Bo Kyi, AAPP's Joint Secretary participated in a live online talk to discuss “Prisoner Rights and Amnesty”, conducted by the Voice of Myanmar (VOM). In the talk, U Bo Kyi said, “there are long term and short term processes. The long term process is reestablishing the Ministry of Justice and reorganization of the police force as an independent body. The short term process is prison administration. There is an issue of shortage of staff in the prisons. Therefore, staff have to work doubly hard. These staff should be given more benefits. The other thing is the security (safety) of the prison. Modern technology should be used in relation to the security (safety) of the prison. The use of modern technology will improve prison security. In addition, prisoners need to be categorized and managed. The idea during the dictatorship was that all prisoners were the same, destroying the prison administration. Not all prisoners are the same. Prison administration will be better if it is handled differently depending on the crime committed because it is not the same. I think the suffering of the prisoners will be reduced. It would be easier to manage if prisoners were categorized into crimes.”

The following link is available:
https://www.youtube.com/watch?v=1Gl6cPMPVvo&feature=push-sd&attr_tag=8U17-m9JGAzjqYyu%3A6&fbclid=IwAR2zMfItyf5gxOrevEjuVMtYKyx_vLwWSnywmeZAuzejhFqjLWe2g-J6Lic
Participated in Discussion Organized by Myanmar Youth Stars Network (MYS)

In October, Ko Htin Aung, AAPP’s trainer, participated in a discussion organized by the Myanmar Youth Stars Network (MYS). Myanmar Youth Stars Network (MYS) has discussions with organizations that provide health and other services (mental health, gender based violence, legal support, etc) to targeted youths to address sexual and reproductive health and other issues facing them and put them into better contact with services during the COVID 19 outbreak.

MENTAL HEALTH ASSISTANT PROGRAM

Online Mental Health Consultation Program during COVID-19 pandemic

AAPP’s Mental Health Assistance Program (MHAP) is continuing its Online Mental Health Consultation Program during COVID-19 pandemic in October 2020. They received calls from several locations on Facebook Messenger and Viber such as Yangon, Mandalay, Magway, Bago, Saging Region, Ayeyarwaddy Region, Mon State, Kayin State, Shan State, Kachin State and Thailand. The people who called to our Online Mental Health Consultation Program were also different ages and occupations such as government office staffs, migrant workers, seamen, women led household, NGO staffs, Company staffs, quarantine people, PLHIV. In October 2020, MHAP provided coping with stress skills during COVID-19 pandemic to 273 people {134 male (age range_ 18 – 70), 139 female (age range_ 18 – 72) and 4 LGBTs}. They have following symptoms:

- Constantly being fearful and worrying about your own health and the health of your loved ones
- Feeling emotionally upset most of the time
- Feeling nervous or shakiness inside
- Changes in sleeping or eating patterns
- Difficulty sleeping or concentrating
- Being short-tempered or angry more easily
- Worrying too much about easy infection especially people living with HIV
- Feelings of sadness and depression
- A loss of interest in things you are normally interested in.
- Feeling lonely

Tele-CETA training to AAPP supervisors and counselors

In October, AAPP-MHAP trainer Htin Aung continued giving Tele-CETA training to MHAP supervisors and counselors online. It will be an online CETA full treatment for distance clients and people who are in a difficult situation to meet in-person during the COVID-19 period. It will last until the end of November 2020.
Publish Videos about coping with stress and self-care during COVID-19 pandemic

AAPP’s trainer, Htin Aung, has posted a video and article about coping with stress and self-care during COVID-19 pandemic online. The following links are available:
https://www.facebook.com/watch?v=260163425413086
https://www.facebook.com/watch?v=623666741655925
https://www.facebook.com/watch?v=q89033214938772

INTERVIEW

AAPP’s Documentation and Research Head and Deputy Foreign Affairs Interviewed about COVID-19 Newsletter

On October 7, Ko Zaw Moe, AAPP’s Documentation and Research Head and Deputy Foreign Affairs interviewed with the 7 Day News about our September COVID-19 Newsletter. In the interview, Ko Zaw Moe said, “those who are now quarantined at the quarantine centers are as dangerous to themselves as they are to others. Therefore, they need to follow the rules because if they break the rules, it will not only affect themselves but also others. Despite the restrictions, we urge them to follow the rules as risk of life.”

The following link is available: https://7day.news/detail?id=201366

AAPP’s Rangoon Office Head Interviewed about ABFSU Students

On October 8, U Aung Myo Kyaw, AAPP’s Rangoon Office Head, interviewed with the 7 Day News about recent arrests of ABFSU Students. In the interview, U Aung Myo Kyaw said, “the arrests and charges against students under various sections of the law is very wrong. Students call for an end to war, to not kill the civilians and to reinstall the internet in Arakan State. Protesters are being prosecuted without examining the source of the problem, peaceful protests should not be a crime in a democracy.

The following link is available: https://7day.news/201471?fbclid=IwAR1JoApQOqfy3XiBvLdHhRxVh- yfxBjq99TAcfa6Oh2GBS8RySWNto

AAPP’s Rangoon Office Head Interviewed about COVID-19 Newsletter

On October 8, U Aung Myo Kyaw, AAPP’s Rangoon Office Head, interviewed with Duwun Media. In the interview, U Aung Myo Kyaw talked about the COVID-19 Newsletter.

Interview in relation to Speech at Quarantine Centers

On October 16, U Aung Myo Kyaw, AAPP’s Rangoon Office Head, Daw Hnin Pan Eain, Writer and AAPP Counselor, interviewed with the Reuters Media about delivering speeches at the quarantine centers. In the interview, U Aung Myo Kyaw said, “When the first wave of the COVID-19 began, we looked at the people at the quarantine centers. While they were in prison, they looked for people to talk with, to expect the outside visitors and prison visits. The feelings of those who are currently in the quarantine centers are the same,
and there is not much difference. Therefore, we deliver the speech for those who are in quarantine. These people face dissatisfaction with living in the quarantine centers. Even among the volunteers, it was found that they could not bear it if they teased each other. At first, even though we intended to deliver a talk to those in quarantine, we deliver a talk to both volunteers and those in quarantine as it also needs to be held for volunteers”.

Writer Daw Daw Hnin Pan Eain said “those who are infected COVID-19 suffer from stress of poverty, and suffer from stress of COVID-19 infection, and suffer from the stress of being victims of crime, even in COVID. Especially when these three are combined, our country needs more counselling”.

The following link is available: https://burmese.voanews.com/a/covid-mental-health/5628216.html?fbclid=IwAR0rpLLXhkoZ5mMBBkSvNzsUGczScKqiKRS-9G6lb_rOEg4CHLRe77HNso

Interview on the arrest of three NLD candidates

On October 21, U Tate Naing, AAPP’s Secretary, interviewed with the 7 Day News about the arrest of three NLD candidates. In the interview, U Tate Naing said “The right of candidates to campaign safely in an election is a standard of a democracy, under such conditions, arrests should not be allowed at all.” Therefore, AAPP released a statement in relation to the arrest of three NLD candidates. In addition, U Tate Naing interviewed with Eleven Media Group about the arrest of three NLD candidates. The following link is available: https://7day.news/detail?id=202867&fbclid=IwAR1-vWvc-3PjAr4p5-3IC9L3LX2INaScozFooZ7Y0wb_Ls6303aLdAe-ox4
https://web.facebook.com/rfaburmese/photos/a.10150522560153128/10160470218253128/?_rdc=1&_rdr
AAPP’s Rangoon Office Head Interviewed about COVID-19 Infected in Prison


Interview about COVID-19 and Prison Conditions

On October 26, U Tate Naing, AAPP’s Secretary, interviewed with Irrawaddy and DVB Media Outlets. In the interview, U Tate Naing talked about COVID-19 and prison conditions.

FOR MORE INFORMATION:

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