



Assistance Association for Political Prisoners (AAPP) နိုင်ငံရေးအကျဉ်းသားများကူညီစောင့်ရှောက်ရေးအသင်း

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TALKS



Figure 1 Self-Care and Mental Empowerment Talk at the youth training school

Self-Care and Mental Empowerment Talk

The Assistance Association for Political Prisoners (AAPP) continued to provide self-care and mental empowerment talks at quarantine centers (COVID-19 Infectious Disease Control Center) and at youth training schools.

On the afternoon of November 23, AAPP members provided for 25 males and 46 females who are in quarantine at the number 7 Basic Education Middle School quarantine center in Rangoon Division's Shwepyitha Township. In the evening of the same day, AAPP provided 19 males and 18 females who are in quarantine opened at the number 37 Basic Education Middle School quarantine center in Shwepyitha Township, Rangoon. The talks were led by writer and AAPP counselor Daw Hnin Pan Eain and AAPP Rangoon Office Head U Aung Myo Kyaw who discussed the purpose of the talks.

On November 17 between 10:30AM to 4:00PM, AAPP held three self-care and mental empowerment talks at the Thanlyin Boy's training school concerning the COVID-19 outbreak. The talks were led by writer and AAPP counselor Daw Hnin Pan Eain, and AAPP Rangoon Office Head U Aung Myo Kyaw who delivered the introduction speech. The district officer of the Department of Social Welfare of Southern District, headmasters, teachers and 364 students attended. This talk was arranged by headmaster U Thit Sar.

TRAINING

Transitional Justice Basic Training (Online) to Participants of Naushawng Development Institute (NDI)

According to the invitation of the Naushawng Development Institute (NDI), Wunna Nwel, Assistance Association for Political Prisoners (AAPP) trainer, provided Transitional Justice Basic Training (Online) to participants of Naushawng Development Institute (NDI) from November 23 to 24. A total of 27 participants attended the training.

Transitional Justice Training (Online) to Trainees of The Wings Institute

According to the invitation of the Wings Institute, Ko Tin Myo Htut, Assistance Association for Political Prisoners (AAPP) trainer, provided Transitional Justice Training (Online) to trainees of the Wings Institute from November 14 to 16. (8) females and (7) males attended the training.



Figure 2 Human Rights, Documentation of Human Rights Violations, Digital Security, Transitional Justice and Complaint Mechanism Training Online

Human Rights, Documentation of Human Rights Violations, Digital Security, Transitional Justice and Complaint Mechanism Training Online

The Assistance Association for Political Prisoners (Burma) (AAPP) held a 12 day training on Human Rights, Documentation of Human Rights Violations, Digital Security, Transitional Justice and Complaint Mechanism Training Online from November 17 to November 28. This training was administered by AAPP trainers Ko Wanna Nwel and Ko Kyaw Oo. A total of 15 participants (11 females and 4males) attended. Participants were members of the Ta'ang Students and Youth Union (TSYU), Lower Myanmar Kachin Baptist Association, Khet Alinn Young Association, University of Computer Studies Hinthata Students Union, Seikk Htarr Phyu – Oxygen, Hinthata University Students Union, Yeat Sein Nu, Wa Baptist conversation Omega Clinic, Wa Youth, Wa Mission School, Ta-ang Women Organization (TWO) and students. Moreover, they were ethnic Burmese, Wa, Ta'ang, Kachin, Chin, Shan, and Shan-Burmese

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

COVID-19 Support to Prison and Prison Advocacy

A group led by AAPP Rangoon Office Head U Aung Myo Kyaw donated COVID-19 prevention materials to Nget-Aw-San Boy's training school on November 5, Thanlyin Boy's training school on November 6. The protection materials are carbolic soap, pesticide spray



Figure 3 COVID-19 Support to Prison and Prison Advocacy

and hand wash.

In addition, on November 12, a group led by AAPP Rangoon Office Head U Aung Myo Kyaw donated COVID-19 prevention materials to prisoners in Paungde prison (600 carbolic soap, 3 boxes of Pesticide spray, 2 boxes of 10-liter of Dettol and 2 boxes of 10-liter of hand wash soap) and Pyay Prison (1600 carbolic soap, 4 boxes of Pesticide spray, 3 boxes of 10-liter of Dettol and 4 boxes of 10-liter of hand wash soap), on November 13, Thayet Prison (2200 carbolic soap, 5 boxes of Pesticide spray, 4 boxes of 10-liter and 5 boxes of 10-liter of hand wash soap). These were received by the responsible officers of the relevant prisons. Moreover, AAPP provided pamphlets with lists of lawyers, which are prepared by the Justice Center to provide free assistance to prisoners who cannot afford a lawyer.

Furthermore, on November 20, a group led by AAPP Rangoon Office Head U Aung Myo Kyaw donated COVID-19 prevention materials to prisoners in Nyaung Shwe Prison, Taunggyi Detention Center, Taung Lay Lone, Htee Kham and Bann Gan Labour Camps (9200 carbolic soap, 20 boxes of Pesticide spray, 14 boxes of 10-liter of Dettol and 11 boxes of 10-liter of hand wash soap). These were received by the responsible officers of the relevant prisons. Moreover, AAPP provided pamphlets with lists of lawyers, which are prepared by the Justice Center, which provides free assistance to prisoners who cannot afford a lawyer. Pyithu Hluttaw MP of Nyaungshwe Township U Nay Myo, officials of the correctional department, and police special branch attended the donation ceremony. The relevant authorities had received the donations and delivered a thanking speech.

AAPP also donated 61 PPE to Insein Prison, 30 PPE to Pathein Prison, 20 PPE to Paungde Prison, 30 PPE to Taungoo Prison, 50 PPE to Mandalay Prison, 30 PPE to Tharyarwaddy Prison, 20 PPE to Pyay Prison, 50 PPE to Taunggyi Prison and 40 PPE to Nyaung Shwe Prison.

SUPPORT

Supporting Current and Former Political Prisoners

The Assistance Association for Political Prisoners (AAPP) continued to provide support to political prisoners currently incarcerated, those facing trial inside prison and former political prisoners struggling with their daily lives. In November, AAPP supported (15) political prisoners from the prison of Mandalay, (2) political prisoners from the prison of Bago, (1) political prisoner from the prison of Sittwe, (1) political prisoner from the prison of Patheingyi, (1) political prisoner from the prison of Mawlamyine and (1) political prisoner from the prison of Lashio and (2) facing trial inside the prison of Mandalay.

In addition to this, AAPP supported (4) former political prisoners suffering from a variety of ailments, such as heart conditions, stroke and diabetes.

Supporting political prisoners	21 prisoner
Supporting former political prisoners with ailments	4 prisoners
Supporting those facing trial inside prison	2 prisoners
Total	27 prisoners

DOCUMENTATION 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 November 6, AAPP published its chronology and political prisoners list for October.

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 November 6, AAPP published our October newsletter.

The following link is available:

<https://aappb.org/wp-content/uploads/2020/11/Burmese-Chronology-and-MiR-for-October-to-release-to.pdf>
<https://aappb.org/wp-content/uploads/2020/11/October-Chronology-1.pdf>
<https://aappb.org/wp-content/uploads/2020/11/newsletter-october-release-3.pdf>
<https://aappb.org/wp-content/uploads/2020/11/newsletter-october-release-ENG.pdf>

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 November 6 and has documented cases during October 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:

<https://aappb.org/wp-content/uploads/2020/11/Final-COVID-19-News-Letter-in-October-Burmese.pdf>
<https://aappb.org/wp-content/uploads/2020/11/Final-COVID-19-News-Letter-in-October-English.pdf>

GENERAL ACTIVITIES

Participation in Donation Supporting Materials to Former Political Prisoners

On November 3 and 4, the Assistance Association for Political Prisoners (AAPP) and 88 Peace and Open Society provided the supporting materials to former political prisoners from South Dagon, North Dagon, East Dagon, North Okkalapa, South Okkalapa and Dagon Seikkan Townships who are not well. These supporting materials were donated by Myanmar families in Korea.

MENTAL HEALTH ASSISTANCE PROGRAM (MHAP)

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 November 2020. The counselors received calls from several locations including facebook messenger and viber such as Yangon, Mandalay, Magway, Bago, Ayeyarwaddy Region, Mon State, Kayah State and Thailand.

The people who called to our Online Mental Health Consultation Program were of different ages and occupations such as government office staffs, migrant workers, women led households, NGO staff, company staff, quarantine people, PLHIVs...etc.

In November 2020, MHAP provided coping with stress skills during COVID-19 pandemic to 162 people {70 male (age range_ 20 – 72), 92 female (age range_ 19 – 70) including 4 LGBTs}. Among these 62 quarantine people from different quarantine centers were included.

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 anxious (“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

Providing Tele-CETA counseling services have begun

On the 16th of November 2020, AAPP’s CETA counseling program has started providing Tele-CETA counseling services to people who need full CETA treatment for their mental health problems of trauma, depression and substance abuse. Tele-CETA is a better way of providing individual counseling service during COVID-19 epidemic and post-epidemic. We can provide CETA counseling to distance clients and/or the clients who move to another location within the treatment. We provide Tele-CETA treatment to 26 female and 17 male clients from various regions.

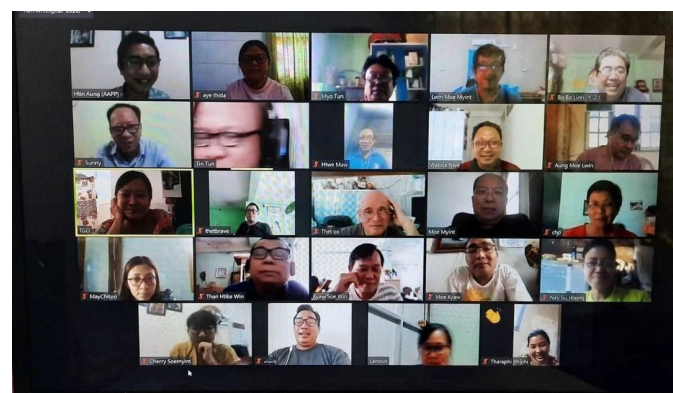


Figure 4 Mental Health orientation event to AAPP staffs

Mental Health Orientation for AAPP Staffs

On the 16th of November, AAPP trainer Htin Aung and CETA trainer Cherry gave a presentation for the online mental health orientation event to AAPP staffs including AAPP mental health services providers. In total 24 participants joined that event.

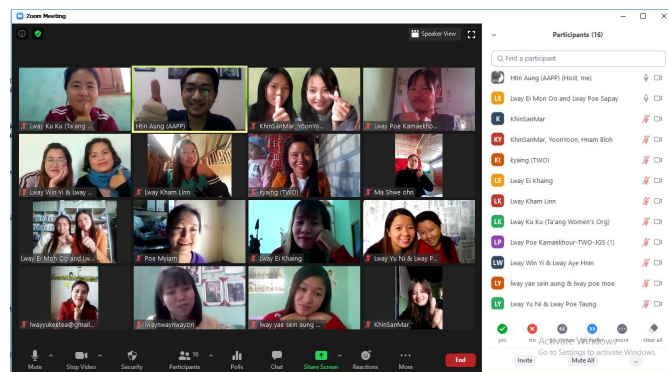


Figure 5 Online Stress Management, Basic Coping skills and Self-care training (11-15 November, 2020)

Providing Online Stress Management, Basic Coping Skills and Self-care Training to Ta’ang Women Organization

On the 11 – 15 and 18 – 22 of November 2020, AAPP trainer Htin Aung provided Online Stress Management, Basic Coping skills and Self-care training to Ta’ang Women Organization through ZOOM application. There were 19 participants each training.

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/634323476905777/videos/401907314180654>

<https://www.facebook.com/634323476905777/videos/699392821006681>

INTERVIEWS

AAPP’s Rangoon Office Head Interviewed about AAPP’s Donation to Prisons

U Aung Myo Kyaw, AAPP’s Rangoon Office Head, interviewed with Myay Latt News on November 12 and Kanbawza Times on November 20. In the interviews U Aung Myo Kyaw talked about AAPP’s donation of COVID-19 prevention materials to prisons.

The following link is available:

https://www.kanbawzatainews.com/2020/11/aapp-covid-19.html?fbclid=IwAR1CHWWYnNw9cEepFehiC51gS01v3Lqvg72Z66_arAkgssYyBiktGn57gDk

AAPP's Rangoon Office Head Interviewed about Monthly Report

On November 14, U Aung Myo Kyaw, AAPP's Rangoon Office Head, interviewed with Eleven Media about AAPP's monthly report. In the interview, U Aung Myo Kyaw said "we evaluate that it will be a very good condition if the charges against those who are imprisoned are dropped due to political oppression and a genuine national reconciliation and peace is implemented".

The following link is available:

<https://news-eleven.com/article/197837>

"Participating in a live interview on Key Challenges for National Unity"



Figure 6 Participating in a live interviewed about Key Challenges for National Unity

On November 15, U Tate Naing, AAPP's Secretary, participated in a live interview presented by the MCN TV News about key challenges for national unity. In the live interview, U Tate Naing and 88 Generation student leader U Mya Aye (founder of Federal Democratic Force) discussed that "the most important challenges in establishing national unity and national reconciliation, which has become the main responsibility for the NLD in its second term of the government.

The following link is available:

https://www.youtube.com/watch?v=dL9JQdxV8zU&feature=youtu.be&fbclid=IwAR1viAy6h5v3xoBZ81th5Pt9crqzW106fJOZkb76ErMv_oH9K6hn-kyKcPg
<https://web.facebook.com/mcntv/videos/375959260277226>

AAPP's Rangoon Office Head Interviewed about Mental Empowerment Talk in Youth Training School

On November 18, U Aung Myo Kyaw, AAPP's Rangoon Office Head, interviewed with News Watch Journal. In the interview, U Aung Myo Kyaw talked about mental empowerment talks held at the Thanlyin Boy's training school.

AAPP's Joint Secretary Interviewed about Release of Arrested Students

On November 23, U Bo Kyi, AAPP's joint secretary, interviewed with RFA about the release of arrested students. In the interview, U Bo Kyi said, "there are many repressive laws such as peaceful assembly and peaceful speech and these laws need to be reformed, As long as these repressive laws exist, there will be resistance. Therefore, laws that should be repealed must be repealed and laws that should be amended must be amended, new laws that should be written must be written. He pointed out that the next parliament should prioritize and reform these laws.

The following link is available:

<https://web.facebook.com/rfaburmese/videos/204798541019275/>

AAPP's Rangoon Office Head Interviewed on Students Arrests

On November 24, U Aung Myo Kyaw, AAPP's Rangoon Office Head, interviewed with Irrawaddy and Myanmar Now concerning the arrests of student activists. In the interview, U Aung Myo Kyaw said, "the arrests of students under Section 5 (j) and the Guest Registration Law were repealed during the NLD-dominated parliament. However, repressive laws of 505(a)(b) of the Penal Code, Peaceful Assembly and Peaceful Procession Law and Law Protecting the Privacy and Security of Citizens have not been.

The following link is available:

<https://www.myanmar-now.org/mm/news/5083>

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