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PHYSICIANS FOR HUMAN RIGHTS
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The Shadow Of The Police (1)

Report On A Fact Finding Mission To PUNJAB
24 September - 6 October 2000

EXTERNAL

Lise Worm, M.D. Astrid Søchting, M.D.
Troels K. Thomsen, M.D. Ole J. Hartling, M.D.
Jørgen L. Thomsen, M.D.

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INTRODUCTION

Five physicians from Physicians for Human Rights / Denmark (PHR/DK) visited the Indian state of Punjab from 25 September to 5 October 2000 with the purpose of investigating human rights violations. PHR/DK had already visited Punjab in August 1999 (see the report "Eyes Wide Shut") and found that human rights violations were still taking place and that there was a basis for further human rights work in the area. On the occasion of the 1999 visit additional contact was made with Professor Krishan Vij from the Medico-Legal Institute in Chandigarh. We originally planned to give a two day seminar on 1-2 October 2000 for local physicians, lawyers and medical students. The purpose of the seminar was to discuss ethical and medico-legal aspects of human rights. Shortly before our departure, however, Professor Vij informed us that the seminar would have to be postponed as the Ministry for Health and Family Planning had not given the necessary permits.

Since we had hoped to meet with torture victims in connection with the seminar, we had already contacted a physician and a lawyer, both of whom are active in human rights work in Punjab. It was thus possible to go through with this even though the seminar had been cancelled. (Furthermore, all the travel arrangements had been made and the air tickets could not be refunded.) We therefore decided to go ahead. We wished to focus on the current situation in Punjab, interview and examine torture victims, describe means of torture and attempt to assess the physicians' role in human rights violations.

Background

Punjab is a state situated in the North Western corner of India bordering on Pakistan and the states of Kashmir, Haryana, Himachal Pradesh and Rajasthan. Punjab has approx. 20 million inhabitants and the two largest population groups are Sikhs (63%) and Hindus (35%) while Christians and Muslims only account for a small percentage.

Around 18 mil Sikhs live in India, 80% of whom live in Punjab. The Sikh religion was established in the 15th century by Guru Nanak. Sikhs follow the teachings of 10 religious leaders (the 10 gurus lived from 1469 to 1708). The teachings are written in the holy book, Granth Sahib. Sikhs have no caste system. Sikh temples are called Gurdwara and the holiest Gurdwara is the Golden Temple of Amritsar, the destination of many pilgrimages.

In the 16th century Sikhs were persecuted and Guru Gobind Singh introduced the Five Symbols making it possible for Sikhs to recognize each other easily: kesh (uncut hair and beard, symbolizing the sacred), kangha (a wooden comb in the hair symbolizing purity), kuccha (trousers, often short, symbolizing vigilance), kara (a steel bracelet, symbolizing singleness of purpose) and kirpan (a sword to protect the weak). Most male Sikhs took the name Singh at that time, which means lion, while women are called Kaur, meaning princess.

India was ruled by the British until 1947 when the country acquired independence. In this connection a new frontier was drawn between India and Pakistan, thus dividing the province of Punjab. The delineation of the frontier resulted in widespread massacres as Muslims fled to the Western section of Punjab situated within Pakistan while Hindus and Sikhs fled to the Indian section. More than 10 million people fled across the new frontier. Trains packed with escaping Muslims were attacked by Hindus and Sikhs and Hindus and Sikhs were attacked by Muslims. Some sources record that 250,000 people were murdered during these massacres – others claim a much higher figure. Partition was aggravated by the fact that the rural areas in the Pakistani section are richer than in the Indian section.

The Sikh population of Punjab had enjoyed a certain amount of autonomy and a number of privileges under the British Raj – which they lost when India became independent. An increasing desire for independence therefore arose.

Since the City of Amritsar with its Golden Temple was now very close to the Pakistan frontier after Partition, it was decided in the 1950s to build a new capital, Chandigarh. In 1966 Punjab was divided once again into Haryana, which is primarily Hindi speaking, and Punjab, which is primarily Punjabi speaking. Chandigarh remained the common capital. After partition it turned out that most of the water supply was situated in Haryana, adding to the dissatisfaction of Sikh farmers in Punjab.

Alkali Dal (the Sikh political party, established in 1920) wanted greater independence throughout the 1970s and the early 1980s. Certain Alkali Dal fractions demanded the establishment of an independent state, Khalistan (i.e. the pure land). Sikh extremists called for armed battle to achieve independence. Numerous Alkali Dal leaders and activists were arrested. Negotiations took place

between the Indira Gandhi Government and Alkali Dal, but the talks were undermined by conflicts between Alkali Dal leaders and militant fractions and the fact that the central Government lacked the political will to meet Sikh demands.

In 1984 armed extremists occupied the Golden Temple (the Sikhs' most sacred site) in Amritsar, using it as a sort of headquarters for their fight. The situation came to a head in 1984 when the Indian military stormed the Golden Temple in connection with its anti-terrorist program Operation Blue Star. Many died during the attack, including civilian men, women and children on pilgrimage, priests and Temple employees. In retaliation Indira Gandhi was murdered in her home on 31 October 1984 by her Sikh bodyguards. This murder was followed by outbreaks of violence as angry crowds attacked Sikhs in New Delhi and other Indian cities. Thousands of Sikhs were murdered.

In July 1985 a peace treaty was signed between Alkali Dal leaders and the central Government of India. However, the promised reforms were never carried out and Sikh extremists regarded the agreements as a betrayal of the Sikh cause. This was again the cause of mounting unrest.

In 1987 the state government of Punjab was dismissed and Punjab came directly under President Rule (if the government of an Indian state is dysfunctional, direct President Rule can be declared).

In May 1988 the Punjab Police introduced Operation Black Thunder in the fight against Sikh extremists. The outcome was that until the mid 1990s the Punjab police carried out human rights violations on a massive scale, with no interference from the central Government. All Sikhs were considered potential enemies and there was widespread use of arbitrary arrest, torture, extrajudicial execution and "disappearance". The Director-General of the Police (DGP) K.P.S. Gill, who was in charge of the police at this time, introduced a reward system for police officers who killed Sikhs suspected of political/militant activities. In addition the police performed superficial inquests and autopsies in collaboration with physicians, cremated thousands of corpses in secret or threw the bodies into rivers in order to remove all traces of their deeds. Torture took place as a rule at police stations and legislation (including the Terrorist and Disruptive Activities Prevention Act, TADA) made it possible to detain prisoners for months without contact with the judicial system or their families. Nor were they allowed medical attention. Very few police officers have been brought to justice for their actions. The vast majority have never been charged and some have even been promoted. The militant groups, for their part, also violated human rights. They were responsible for killing and kidnapping political opponents, and the local population were forced to provide food and shelter to the military groups.

President Rule ended at the State Election of 1992. The election was marked by violence and Alkali Dal boycotted the Election, resulting in a very low turn-out. The Congress Party won and Beant Singh was elected Chief Minister. Beant Singh was killed in 1995 by Sikh extremists after which there was a fresh outbreak of violence.

There was a new State Election in February 1997. The alliance between Alkali Dal and BJP (Bharatiya Janata Party, a Hindu party) was the clear winner, while the Congress Party lost ground (from 87 seats to 14). Prakash Singh Badal (from Shiromani Akali Dal) was appointed Chief Minister.

There was general agreement among the people we interviewed that the number of killings and disappearances has greatly declined since the mid 90s. Punjab's current problem is a brutal and corrupt police force, the outcome of 10 years of oppression when the police were free to fight potential opponents with no holds barred. There are numerous reports of the police performing arbitrary arrests and torture and accepting bribes.

Does Torture still take place in Punjab?

As mentioned in the introduction, PHR/DK visited Punjab in August 99 with the purpose of assessing the current human rights situation there. It was concluded that torture continued to be wide spread and that it was used primarily against young Sikh men accused of political activities and also to a lesser degree against older Sikh men, women and children.

In addition we saw that torture was used in ordinary police cases against people of all ethnic origins. The current mission was planned on the basis of these findings, the main focus originally being the seminar mentioned above, in which local physicians, lawyers and human rights activists were to participate. However, since the seminar was cancelled, the actual main task of the mission was to assess the current situation and to examine recently tortured subjects.

A total of 21 subjects were examined, including two who had been tortured within the past six months. Out these 21 examinees one has been omitted in this report because it was not a case of Police violence.

We think that Dr. Vineeta Gupta, who was our main contact in the planning phase, may have been reluctant to arrange meetings with torture victims due to uncertainty as to our intentions. If so, this may have been due to the planned collaboration with Dr. Krishan Vij, in whom she expressed very little confidence.

Dr. Vij stated in a meeting with Drs. Jørgen Lange Thomsen and Ole Hartling that he thought that torture in Punjab was on the wane. He did admit, however, that there were persistent rumours that it occurred. He knew of only two cases in which prisoners had died in custody and these had been due to natural causes, such as cardiac infarct or suicide by pesticide although in this case he did not deny that it could have been murder.

Dr. Vineeta Gupta, on the other hand, thought that the extent of human rights violations had increased although the strategy had changed. She no longer saw the Sikh problem as the primary reason for the continued use of torture, but rather general corruption within the ranks of the police, the medical profession and government officials.

According to Dr. Gupta the poor and un-educated are now the ones who are most vulnerable to abuse. They cannot write, have no connections, dare not bring a complaint and do not have the same media appeal as the better-off members of society.

The human rights lawyer Mr. Ranjan Lakhanpal also thought that the human rights situation in Punjab was as grim as it had been for a long time. He continues to have a large number of cases for torture victims and gets about one new case a day.

We met with four representatives of Lawyers for Human Rights International: Mr. Rajvinder Singh Bains, Mr. Navkiran Singh, Mr. S.M. Pasricha and Mr. Harshinder Singh. They agreed with Dr. Gupta that wide spread corruption is currently the greatest problem. People are tortured until their family buy them off, medical reports are twisted or forged for money, etc.

On the last day we met with the State Human Rights Commission of Punjab. All five members, four of whom were retired judges, were present: President Justice V.K. Khanna, Justice M.S. Shahal, Justice T.S. Cheema, Justice Jain Singh Jaikon and Mrs. M.K. Mattewal. The Commission was established in '97. They worked on about 90 cases then. By '99 this figure had increased to about 2000 and in the year 2000 the figure is expected to rise to around 5000 cases. This should not, however, be interpreted as an explosive growth in the number of human rights violations, but rather that more and more people are becoming aware of the Commission's existence and therefore seek its help. It was also the impression of the Commission that the Sikh problem was no longer pronounced.

In the cases of the two recently tortured subjects (both in May 2000) one was a Sikh and the other a Hindu. Both were fairly young men, 28 and 38 respectively. (See cases no. 1 and no. 2). They were both brought up on false charges. The 38-year-old Sikh stated that a financial dispute with a businessman had led to his arrest and abuse. The 28-year-old Hindu was accused of having stolen a car, but later found out that the arrest was instigated (and "paid for") by his opponent in a lawsuit he was involved in.

In these two cases the victims were also subjected to blows with the fists, bamboo canes and leather belts, "the roller" (the victim lies on his back as a wooden pole is rolled over his thighs by one or usually several police officers leaning on the pole with their full weight. The muscle tissue is hereby crushed, leading to the risk of acute kidney failure, life threatening if untreated.), and forcible spreading of the legs (four men, two by two, forcibly rotate the legs outwards, usually repeatedly). Both of them were also subjected to sexual abuse. One had a nylon cord tied tightly around his penis. The chord was then pulled for around five minutes. The other was subjected to electric prodding of the genitals. (Both report that they have been impotent ever since.) The 38-year-old Sikh was additionally strung up by the legs from the ceiling with his head down and his hands tied behind his back. In this position he was spun around until he lost consciousness. He was also subjected to overextension of the shoulder joints. In both cases the findings of the physical examination were fully consistent with the torture described.

The other subjects we examined had been detained and abused between 1984-98. In all cases it was suspicion of political activities or relations with persons under suspicion which had led to the arrest. The youngest was 12 years old when abused. The most frequently cited methods were kicks, blows with sticks and leather belts, being strung up, usually with the hands behind the back or the head down, forced spreading of the legs, the "roller", electric prodding of genitals and other sensitive areas such as ear lobes and fingers, blows to the soles of the foot (falanga) and threats, including of execution. In

addition, burning with hot iron or boiling water, being forced to sit on a block of ice, near drowning (sometimes in filthy water) and chilli applied to mucous membranes such as the anus.

In all cases except one the torture took place at police stations and was carried out by police officers. In one case it took place at a military camp.

In all cases there was convincing consistency between the accounts and the objective findings. The methods of torture described are also identical with the results of previous investigations. The reader is referred to the individual country report by Mr. Nigel Rodley, the UN Human Rights Commission's Special Rapporteur on torture, Human Rights Watch/Asia and Physicians for Human Rights/USA: *Dead Silence: The Legacy of Human Rights Abuses in Punjab*, 1994, Duncan Forest: *"Lives under Threat"*, 1999, and Physicians for Human Rights / Denmark: *"Eyes Wide Shut"*, 1999.

We found the statements of the authors mentioned above and current perceptions of the situation to be strikingly consistent. Only Professor Krishan Vij had divergent views. Our examinations of the two recently tortured subjects bore out reports that ordinary lawsuits, such as cases of financial disputes, can lead to arrest and torture.

Certain methods of torture seem to be endemic to Punjab: 1) forcible spreading of the legs and over-extension of the hip joints 2) the "roller", when a wooden truncheon is rolled over the muscle tissue in the thighs, crushing it and leading to the risk of kidney failure 3) electric prodding or other abuse of the genitals.

It is not possible on the basis of this study to comment on the extent of torture in Punjab today. This would require a much more extensive study of conditions. However, we can conclude that torture does take place and that members of all ethnic groups are at risk of molestation and torture.

The Physicians' Role.

In Punjab, as elsewhere, the medical profession apparently plays a significant role in maintaining a system of torture and oppression.

The following are the views put forth by the human rights activists we interviewed during our stay. These include lawyers and one physician. Their names are as follows: Inderjit Singh Jaijee, Former business man and author of the book: *"Politics of Genocide Punjab 1984-1998"*, His sister Ms. Baljit Kaur, the lawyers Navkiran Singh, Harshinder Singh, S.M. Singh Pasricha, Rajvinder Singh Bains, Ranjan Lakhnpal and the physician Dr. Vineeta Gupta.

All of them are of the opinion that many physicians are corrupt. To a great extent physicians can be paid to adapt their testimony to suit the parties involved. For example, physicians are known to accept payment (i.e. bribes) to describe the results of violence so that in court they either appear more serious or the opposite. The physicians' motive, according to some of the lawyers we talked to, is simple greed.

A similar problem can be seen in connection with medical examinations in torture cases, etc. when the police bring the prisoner to hospital. In such cases the physicians often significantly play down the extent of the injuries or what might have caused them. They are forced to do so since not complying could have serious personal consequences for the physicians themselves in the form of dismissal, a ruined career, reduced earning capacity, etc. Threats on the part of the police to persecute them or their families reportedly also occur.

Examples:

1) A prisoner, Kashmir Singh, 40, arrived in court supported by two guards. A medical report had maintained that he was in excellent health. The lawyer then called on the guards to allow the prisoner to walk himself. He fell to the ground – both thigh bones were fractured. The two officers then informed the court that the accused had fallen when going to the toilet! (See also the section on personal examination).

Several of the medical reports which we have had the opportunity to study seem to confirm this unflattering picture of the medical profession:

2) Bhupindar Singh, a 38-year-old man whom we examined, was left unconscious by the police on 7 May of this year after having been subjected to severe torture. Family members had him admitted to hospital where he remained for the next 19 days. Despite the fact that his condition was reportedly critical when he was admitted, the case sheet is extremely brief. It states: "Alleged MLC (i.e. medico-legal case). No evident injury or swelling. Police informed". It also emerges that Bhupindar Singh had high blood pressure and was taking medication for this as well as painkillers and tranquillisers. Considering the extent of the alleged abuse and the objective findings of our investigation, it is fair to regard the case sheet as totally inadequate and untrustworthy.

It is evident from other medical reports that doctors have actually refused to examine - much less treat - prisoners. The extent of reported injuries also seems to be significantly played down:

3) Balbir Singh, a 20-year-old man from Gurdaspur, was subjected to severe abuse in April 2000 while in police custody. He was beaten and kicked all over the body and beaten with a leather belt (patta). The report is brief but does mention bruises measuring 3.5 x 1.5 cm on the upper right arm and large bruises measuring 21 x 18 cm and 23 x 16 cm on the left and right buttock, respectively. The injuries are all described as simple and blunt.

4) Rach Pal Kaur, a fairly young woman, was subjected for three months starting in February 2000 to severe torture at the police station in Dahta District. She was beaten with nail encrusted leather belts (patta) and bamboo canes (lathis). On 7 May 1999 she was left unconscious outside her home. Physicians at two different hospitals refused to examine her until a judicial order ordered them to do so the next day. In the case sheet the examining physician describes three day old bruises approx. 12 x 12 cm and 12 x 15 cm on the outer right and left hip. On the basis of these injuries the woman was admitted to hospital for 13 days.

There are several examples in the medical reports of physicians reporting objective, physical findings, but without ever drawing any conclusions as to the probable cause, for instance that symptoms and findings might be the outcome of torture.

5) Sapinder Singh, a 23-year-old man, was tortured along with his two year younger brother Davinder Singh, and two friends, also in their 20s, Inderjit Singh and Karnail Singh, in each other's presence on 18 September 1999. The abuse was severe and prolonged. Davinder Singh died under torture. At some point at the end of the day the three others were driven to hospital. On the way the police threatened to shoot them if they mentioned anything about the torture to the physician. If they were unable to stand up on their own, they were to lean against the wall. The staff physician merely asked for their signature as proof that they had been examined, but he did not examine them. He then wrote a report stating that there was nothing wrong with them and that they showed no signs of having been molested. The report was to be presented to the judge in Kharar. (This information is from Sapinder Singh's court testimony.)

According to the human rights activists we interviewed, ethical issues and human rights do not seem to interest the majority of Indian physicians. In addition many are afraid of reprisals of various kinds and of financial losses. As elsewhere in Indian society corruption was said to be widespread also in the medical profession. There is a financial incentive to write incomplete and inaccurate medical reports. "People buy the system! Everybody is bribed: the police, doctors and judges" was one comment.

Furthermore, the outlook was quite bleak for the future involvement of physicians in human rights issues, including giving a seminar on the subject. It was mentioned that in all likelihood very few physicians would have attended the planned seminar in Chandigarh. Inderjit Singh Jaijeet proposed that in order to disseminate knowledge of these issues it would be a better idea to distribute written material concerning examination of alleged torture victims and medical reports that live up to medical and ethical standards. Such material could be sent to all physicians and lawyers. In this way lawyers could be made more aware of what can be expected of a medical report. The feasibility of addressing the country's/region's physicians via the Indian Medical Association was also discussed with the human rights activists. Most of them, however, did not consider this particularly fruitful. The Indian Medical Association is not widely respected and the membership percentage is low.

We are forced to conclude all in all, based on our own interviews and our perusals of medical reports concerning torture, that some members of the Indian medical profession, not least in Punjab, consciously or unconsciously help maintaining a system in which the use of torture is widespread.

There are several cases of physicians' refusing to examine and treat alleged torture victims and many medical reports are inaccurate and incomplete. Even when objective findings are reported we have seen no reports in which any connection is made between symptoms and findings on the one hand and the allegation of torture on the other.

In addition to corruption, which is apparently rampant in large sections of society, there is also the problem that all forensic examinations are performed by hospital physicians with little or no training in forensic medicine. The medico-legal institutes have apparently very little to do with cases involving alleged police violence and death in police custody. Dr. Krishan Vij, who is Professor of forensic medicine at Government Medical College Hospital in Chandigarh, informed us during the course of an interview that he performs approx. 250 autopsies a year and that the vast majority of deaths are due to traffic accidents and burns. He was aware of the most commonly used forms of abuse in Punjab (the

wooden roller and forcible spreading of the legs) but otherwise it was his stated opinion that civil rights concerns are highly exaggerated and distorted. He had seen a few cases of death in police custody when the cause of death was poisoning by aluminium phosphate so that he had considered a diagnosis of suicide.

Physicians all over the world are bound by international standards of medical ethics stating, among other things, that physicians shall examine and treat anyone in need regardless of race, religion, ethnic origin or political ideology. Ever since the Hippocratic Oath physicians have been bound to observe professional secrecy, a fundamental principle intended to ensure confidentiality between physician and patient.

In the current state of affairs it is not possible for Indian doctors to observe these fundamental principles for the practice of the medical profession.

The following proposals might improve conditions:

Adequate training in forensic examinations of living subjects

Ensure that forensic examinations are performed at the request of the prisoner, the public prosecutor etc. and not solely at the request of the police themselves, who are often responsible for the abuse and who put pressure on the physician to ignore signs of torture

Ensure that the medical report is given to the public prosecutor and not the police.

Ensure that the examination of the prisoner takes place in private without the presence of the police.

We will contact the Indian Medical Association, urging their members to act in accordance with internationally accepted ethical standards for the medical profession and calling on them to take steps to prevent physician participation in human rights violations.

Finally we will send via our contacts material containing ethical and practical guidelines for the examination of alleged torture victims to all physicians and lawyers in Punjab.

Examination of Subjects.

The following section contains a description of the examination of every subject we examined during our stay.

The first two reports treat events which took place this year. These are cases of severe torture of two fairly young men. The remaining cases occurred for the most part several years in the past.

1) Examination of B.S. Punjab, India (tk,as)

The examination took place on October 1, 2000 at the home of lawyer R. Lakhanpal in Chandigarh. Mr. Lakhanpal served as interpreter. The translation was quite good but not perfect and there were a number of interruptions during the course of the interview for various practical reasons.

BS informed us that he was 38 years old, married and has two daughters. He formerly worked as a farmer, but he moved after the torture and now lives with a prominent politician, where he is comparatively safe. He was formerly in excellent health and was an active, top-level sportsman. B.S. informed us that on May 5, 2000 uniformed police officers came to his home, beat him and took him to the local police station. The reason for his arrest was apparently a private dispute over payment of money with an individual from a business company. At the police station he was subjected to severe maltreatment for the next three days. The abuse took place morning and evening when he was dragged from his cell. It was carried out by five police officers who seemed drunk. B.S. stated that he was subjected to the following abuse including:

Hanging by the legs, his hands tied behind his back with a rope fastened to a hook in the ceiling. The police spun B.S. around and around until he fainted.

Overextension of hip joints (cheera). This was done by holding B.S. down as he lay on the floor while two officers forced both hip joints into an extreme position, keeping them there for 15 -20 minutes. He was also beaten and kicked on several parts of his body, primarily the genitals. This took place twice a day for three days.

Overextension of shoulder joints. B.S.'s arms were tied so that both hands almost reached the opposite elbow. Then as he lay fixed in a supine position on the floor with his tied arms lifted above his head one of the police officers crawled through the resulting arch, thus forcing his shoulder joints to bend backwards even further, reportedly past the point of dislocation. B.S. stated that the police officers re-set his shoulder joints themselves.

Blows inflicted by 4-5 cm wide leather belts, primarily on the back, lumbar region and buttocks.

Blows inflicted with truncheons to the back, lumbar region, buttocks, soles of the feet and fingers while B.S.'s hands were outstretched on a table.

Blows inflicted by fists and slaps to his body and head. His entire body was kicked.

Penis tied with a nylon chord after which one of the officers pulled the chord for all of five minutes.

Roller torture. B.S. was fixed in a supine position on the floor with another person sitting on top of him while a wooden roller was rolled up and down his legs.

The result of this torture was that B.S. could neither walk, stand nor sit. He had a great deal of pain particularly in the feet, shoulders, hips and groin, his penis being swollen and discoloured. For a week

following the abuse there was blood in B.S.'s stools and urine. (2) He did not receive food in the cell, but would not have been capable of eating due to vomiting.

We were informed that on the evening of May 8, 2000 B.S. was examined by a doctor who reportedly informed the police that B.S. was in peril of his life. He was bleeding from the ears and nose. He was then removed from the police station and left unconscious in front of his home. He learned of this from family members who tried to have him examined by a doctor. The doctor refused because police officers were involved in the case.

His family then took B.S. to a hospital where he was hospitalised for 19 days. B.S. was reportedly only treated for high blood pressure. It was solely owing to a prominent politician's intervention that B.S. was given adequate medical attention by a private physician. While he was hospitalised an unsuccessful attempt was reportedly made to kidnap B.S. His medical record, which we have studied, states that "this is a medico-legal case, there is no visible injury, and the police have been informed". See the section in this report on the physicians' role.

Present state of health

B.S.'s health has significantly deteriorated since the abuse. He has chronic pain in most of his body, particularly the shoulders, back, legs and feet. He suffers from constant dizziness and his vision is impaired. He has become impotent and has not completed intercourse since being tortured. In addition he has mental symptoms, such as difficulty remembering, concentrating and sleeping.

B.S. was formerly healthy and all symptoms are of recent origin.

Physical examination

Muscular male in generally good condition, appearance corresponding to his age, state of nutrition slightly above average. B.S. responds calmly and to the point, but seems dejected and depressed, not psychotic.

Outer skull: No visible scars on the scalp or irregularities in the bones.

Ears, including otoscopy: Both auditory passages irritated, inflamed and sore. Ear drums: normal.

Eyes: Normal.

Nose: Normal.

Oral cavity: State of teeth good. Tooth no 4 on the left side of the upper jaw is missing (reportedly the result of the abuse). A tooth on the right side of the upper jaw is also missing (removed for natural reasons).

Heart and lungs: Normal. Cardiac rhythm regular, 84 beats/min.

Abdominal wall/abdomen: There is diffuse, atypical soreness in the entire abdominal region and pronounced soreness in the flanks and kidney regions.

Locomotive apparatus: There is pronounced, diffuse muscular soreness in the shoulders, the neck and the back.

Shoulders/arms:

Right arm/shoulder: mobility: Reduced mobility in the shoulder joint during stretching, outward movement, and outward rotation. Extreme positions cause pain.

Strength: slight loss estimated.

Sense of touch: significant decrease to virtually complete loss in almost the entire right arm.

Left arm/shoulder: Same results as on the right side.

Right and left leg/hip:

Mobility: reduced when bending, outward and inward rotation. Pain in extreme positions.

Strength: slight loss estimated.

Sense of touch: significant decrease to virtually complete loss in almost the entire leg.

Genitals: - Penis without bruises, swelling or discolouring. One testis normal, the other small, soft and partly retracted towards the groin (the reason for this was not elucidated).

Skin:

A 3 x 0.2 cm transverse, striped, brownish scar on the right side of the lumbar region

A 2 x 0.2 cm transverse, striped, brownish scar on the left side of the lumbar region

Two transverse, striped, brownish scars on the left buttock

The above scars are all reportedly results of the abuse.

An approximately 10 x 15 cm irregular scar with thinner skin in the right hollow of the knee (reportedly the result of a burn from the exhaust pipe of a moped many years ago)

A 2 x 2 cm round, atypical scar with thinner skin on the left forearm (origin not given)

Conclusion:

B.S., a formerly healthy 38-year-old man, was reportedly arrested by the police on 5 May 2000 in the village where he lived and subjected to severe abuse during the course of the next three days in the form of blows to his entire body with fists and slapping, wooden sticks, so-called lathis, (which were also used on the soles of his feet: *falanga*), leather belts, wooden rollers on his legs, tying/ligature of the penis, hanging by the legs and overextension of shoulder and hip joints. He had to be hospitalised for almost three weeks after the abuse. It is fair to call the hospital medical record, which we studied, grossly incomplete.

B.S. today has chronic pain in large areas of the body, particularly in the arms and legs, a prickly sensation in the hands and feet, and mental symptoms such as trouble remembering, concentrating and sleeping. In addition he has become impotent.

The medical examination observed significant loss of mobility in shoulders and hips, almost complete loss of the sense of touch, possible loss of strength in the shoulders, elbows, hips and knees, and pronounced soreness in a large section of the muscular system. In addition small, brownish, linear scars in the lumbar region and left buttock were observed.

Reduction of mobility, soreness and disturbances of the sense of touch are typical results of being hung up and overextension of the joints, due to damage to tendons, joint capsules and nerves. The scars observed on the back and buttocks are characteristic results of blows inflicted by leather belts. Impotence has now been described by so many victims of overextension that it seems likely that impotence is caused by this form of torture due to damage of nerves in the genital organs. B.S.'s mental symptoms are common in persons who have been subjected to severe trauma, such as imprisonment and torture.

In conclusion, the reported symptoms and objective findings are fully consistent with the described events including torture.

2) Examination of D.K., Punjab, India (as,ojh)

Examination of D.K., born 1972. D.K. worked as a taxi driver. He was examined on 2 October 2000 by Drs. Astrid Söchting and Ole J. Hartling at the office of Ranjan Lakhanpal, the lawyer in Chandigarh. The interpreter was his niece, Mayury, a law student, and the translation was fluent and seemed accurate.

Background: Ranjan Lakhanpal, the lawyer conducted a case for D.K.'s family. His mother ran a school on the ground floor of their home. Some other people made a claim on the rooms and, among other things, had taken possession of some of the goods there and occupied the premises. The family had therefore instituted proceedings.

D.K. was arrested in May 2000 when he was returning his taxi to the cabstand. Two policemen approached him, claiming he was involved in stealing a car. They had no arrest warrant and were dressed in plainclothes. D.K. believes they were under the influence of alcohol. They forced him to accompany them on a scooter. He was just able to ask some others to put the cab back. He was driven to a Central Interrogation Agency station (CIA) where he was detained for 3 days.

The abuse commenced immediately in a room designed for the purpose.

D.K. was ordered to undress. 6 or 7 policemen were present, two of them presumably drunk. His hands were tied behind his back and he was beaten on the ribs with fists and on the body with a leather belt (batar) and sticks (lathis). They then forcibly spread his legs. An officer jammed a knee into his back between his two bound hands, grabbed a hold of his head and wrenched his head backwards, one of them held his shoulders down and two of them forced his legs apart. This was extremely painful and he heard a sound coming from his hips. He doesn't know how long they kept his legs in this position, 2 or 3 minutes perhaps, because he fainted. He was woken by having warm water poured into his mouth. A large wooden truncheon was rolled down over his thighs while 4 persons, two on each side, applied their weight to it ("the roller").

His toes were forcibly bent towards the soles of his feet.

A police officer sent an electric current through his genitals with a special shock generator.

The abuse was repeated on the second and the third day.

On the second and third day private individuals took part in the proceedings. These were from the family's legal adversaries. The charge of stealing a car was quickly dropped. Instead D.K. was

threatened and repeatedly ordered under torture to drop the family's lawsuit. It became clear to him that the adversaries had bribed the police to arrest and torture him.

His mother had been informed by those who had helped with the taxi. She appealed to the court and men were sent to the police station and had D.K. released.

State of health prior to abuse: D.K. states that prior to his detention and abuse he had always been in excellent health and fully functional, both physically and mentally.

(Lawyer Lakhanpal informed us that he had known D.K. as a happy man full of initiative and optimism, but that he had changed and was now depressed and reserved.)

State of health during and directly after torture: The maltreatment was extremely painful and D.K. suffered great pain in his back and legs. He could hardly walk.

Physical symptoms today: D.K. does not walk freely. He has trouble sitting astride a scooter for example, and cannot assume a crouching or crossed legged position. He experiences pain in his groin and genitals.

Current mental symptoms: D.K. has left his hometown and his home in shame and lives in his car. He does not wish to return to his family. He always feels depressed. He sleeps badly, unable to fall asleep because the torture "returns" in the evening. When he finally does fall asleep there is hardly a night when he is not awakened by nightmares. He has become impotent.

Objective physical findings: Normal build, a healthy appearance corresponding to his age, and normal state of nutrition.

Outer skull: V shaped 2x2 cm scar under his chin after a fall in childhood.

Ears including inspection of the eardrum (otoscopy): nothing abnormal.

Eyes: Normal.

Oral cavity: State of teeth good.

Heart and lungs (auscultation): Normal.

Mobility: Slow and clumsy walk.

Free and painless mobility in shoulder joints. Good, uniform muscular strength in both arms and hands.

Examination of the hip showed significant loss of mobility as pain was experienced when attempts were made to move his legs – actively or passively – beyond the degrees indicated below:

	Flexion	Extension	Abduction	Inward rotation	Outward rotation
Right hip:	30 deg.	5 deg.	25 deg.	10 deg.	10 deg.
Left hip:	30 deg.	5 deg.	25 deg.	15 deg.	5 deg.

There is soreness on the back of both thighs. Not in the calves or feet. There is a pain reaction when lightly touched on the back of the thigh (hyperaesthesia).

Skin: In addition to the above-mentioned scar under his chin, there is a 5x0.2 cm. curved depigmented scar just in front of the left armpit, allegedly a result of ropes when his hands were tied behind his back. On the outside of his right arm 5x3 cm. slightly indented hyper-pigmented scar, allegedly a vaccination mark.

On the inside of the left arm a 5x2 cm blue to purple but non-uniformly pigmented area and in the middle a 4x 0.2 cm. firm, elevated, thick scar. This is allegedly the result of a burn and a cut caused by a cooking utensil and occurred in an accident after the abuse.

Above the right kneecap 1x1 cm slightly indented scar of unknown origin.

On the front of both thighs and down over both buttocks stretch marks (striae distensae) are visible.

External genitals. On the back side of the penis 4 or 5 depigmented areas measuring up to 4 mm flush with the skin. On the front of the testicles (scrotum) a little to the left also a 3x4 mm depigmented area.

These findings are discrete. They are allegedly the result of electrodes placed there under torture.

Objective mental observations: D.K. is alert, clear headed and aware, and speaks calmly and to the point. He seems clearly dejected and tears come to his eyes when he mentions that he was formerly happy and optimistic. No signs of psychosis.

Conclusion:

D.K. is a formerly physically and mentally healthy 28-year-old man, who according to our information was arrested in May 2000 by the police and for the next three days was subjected to severe maltreatment in the form of blows on the entire body with leather whips, fists and truncheons, forcible over-extension of the hip joints, wooden "roller" on his thighs, electric shocks to his genitals.

D.K. today experiences pain, soreness and reduced mobility in the legs. Pain in the groin and the genitals. He is depressed, has trouble sleeping and is impotent.

The medical examination noted significant reduced mobility in hips, occasional stretch marks (thighs and buttocks) and scars (genitals). Reduced mobility is a typical result of overextended hip joints due to damaged tendons, joint capsules and nerves. The observed stretch marks (thighs and buttocks) and scars (genitals) may well be the results of overextension and electric abuse. Hypothetically, impotence could be caused by overextending the hips, thereby causing damage to the nerves to the genital organs, and/or caused by shame and depression and the psychological impact of electrical abuse being directed at the genital area. The depressive state arose after torture in a previously psychologically stable person.

To sum up: It is our conclusion that the physical and mental symptoms that D.K. experiences today and the objective findings made during our examination are fully consistent with the abuse described.

3) Gurmet Singh (tkl,jlt)

On 2 October 2000 we examined Gurmeet Singh, b 1950, in Chandigarh. He informed us he is a Sikh and is married.

The interpreter at the examination was Amandeep Singh.

G.S. told us that he knew the leader of a militant Sikh organisation called Babbar Khalsa International. He was arrested in 1992 at 5 a.m. by police officers in uniform, who wanted him to tell them the leader's name. He was taken to the police station in Banur in Patiala District and subjected to various forms of abuse: he was beaten by hand and rifle butt while strung up from a ventilator hook in the ceiling, hanging with his hands tied behind his back and a rope around his ankles. Finally he was subjected to forcible spreading of the legs while seated in a chair with his hands tied behind his back. His legs were pulled in opposite directions, which was painful, and he fainted. This went on for 1 ½ to 2 hours. He was beaten with a bamboo stick (lathis) on the soles of the feet. In addition he was placed on a hot cement floor, under which burning coals were placed. He was forcibly spun around on the floor in a seated position. After 2 or 3 minutes he fainted. This took place in the open air at the police station as there was an open area in the approximate middle of the police station where the cement slab was placed. The cement slab measured more than a meter on each side. He was nude and at one point they put salt in his mouth when he needed water. They also used so-called rollers, thick wooden rollers, which were rolled down the back and front of the legs from the hips to the feet, a policeman standing on each end. G.S. had formerly been healthy, but after his release he suffered from bad health for 2 or 3 years. He felt better now, but still experienced pain in the groin and the knees in winter. His vision had got worse and also his memory. He slept very little as he could only sleep 2 or 3 hours at a time. He woke up because his legs were asleep. He then had to rub oil onto the skin, which helped. There was pain on the instep, dependent on the weather. His sex life was unremarkable and still functional.

Physical examination:

The examination showed a 50-year-old man whose appearance corresponded to his given age. He was markedly overweight. G.S. co-operated willingly. He was quiet, spoke in a low voice, was serious, but did not appear depressed.

His eyes reacted normally to light and there was full mobility.

The nose was straight with no injuries.

The tongue and throat were normal as were the teeth. Tooth no 6 on the right side of the lower jaw was missing, however (the result of cavities).

Normal conditions in the ears by so-called otoscopy.

Cardiac auscultation showed normal cardiac conditions, no murmurs and the cardiac rhythm was equal to the pulse, which was 88/minute.

Pulmonary auscultation showed normal conditions.

There was free mobility in the shoulder joints, but pain in extreme positions.

There was anterior soreness in both shoulder joints, when touched.

There was no soreness of the neck.

There was soreness of the right hip and knee when flexed maximally.

Alleged loss of sense of touch in the entire lower part of the left leg, but this was difficult to assess due to language difficulties.

There were no definite changes in the balls of the feet.

Distinctive marks included tattoos on the upper front of both thighs, a flower on the right side and what appeared to be a lion on the left. Both tattoos were amateurish.

In addition there was a round scar around 1 cm on the inside of the lower part of the right leg (acquired prior to torture).

Additional scars were found measuring 2 x 2.5 cm below the right elbow (not torture related.)

The following scars were reported to result from the abuse described above:

On the inside of the right ankle joint an not clearly defined, irregular scar no more than 6 cm in diameter (reportedly the result of burns). There was a small, roundish scar on the front of the lower part of the left leg. There was an atypical scar measuring 1 x 0.5 below the right shoulder blade.

Conclusion:

GS states that he was tortured around 9 years ago. The scar tissue described above and his other symptoms are fully consistent with his statement.

4) Examination of Sarabjit Singh (jlt,lw)

We examined Sarabjit Singh on 1 October 2000. The examination took place at the office of lawyer Ranjan Lakhanpal in Chandigarh.

The initial examination was made about a year ago by Dr. Morris Tidball Binz and is fully described in the report "Eyes Wide Shut", p 13. The methods of abuse included forcible spreading of the legs, stringing up by the wrists with the hands tied behind the back, tearing out of toe nails with tweezers, kicks to the genitals and kicks and blows in general.

Sarabjit Singh was re-examined because his symptoms have continued unchanged and unabated. He wished to be examined with a view to treatment. The most notable symptoms were: impotence (erectile dysfunction) despite continued sexual desire (libido), sleeping disorders and nightmares, pain in the whole body and abnormal sense of touch in the legs.

He stated that he was 42 years old, married, with two children born in 1992 and 1997.

The examination showed a 42 -year-old man wearing Sikh headgear.

He seemed co-operative, but inadequate interpretation made verbal communication difficult thus rendering it impossible to carry out an adequate examination of his neural sensitivity.

He did not exhibit any noticeable mental symptoms although his spirits seemed to be generally rather low.

State of nutrition was average. S.S. moved freely, without any apparent loss of movement. For example, he sat in a cross- legged position for a long time with no difficulty although he complained afterwards of a dead sensation on the front of the thighs.

No loss of shoulder mobility.

No irregularities were found in the back, the shoulder region was symmetrical.

Soreness of the muscles in both shoulders was found. Mobility of the shoulder joints was found to be normal, but SS reported pain in extended positions.

There was marked loss of strength on both sides (most pronounced on the right side) when lifting the shoulder and moving the shoulder and elbow. There were normal reflexes (biceps). When touched SS reported loss of sense of touch in both arms. He could feel the touch but had trouble telling the difference between blunt and sharp. He experienced the greatest tactile loss on the inside of the arms.

Soreness in the muscles around the hip joints (particularly the gluteal muscles) was observed. Normal mobility was observed in the hip, knee and ankle joints. There was pain in the hip joints when moving against resistance. SS was able to sit in a cross- legged position. There were normal reflexes (patellar, Achilles tendon, plantar). There was loss of strength in the hip joints and slight loss of strength in the knees and ankle joints. SS reported loss of sense of touch in both legs, and almost complete loss of sense of touch on his inner thighs.

We observed a deformity in the outer section of the left nail of the big toe, which had only grown to around 2/3 its normal size.

There was a deformity of the right fifth toe (the smallest toe) and there was a corn on the top.

The sexual organ was normal. The left testis was lower than the right, which is normal. Both testes were of normal size, the right one possibly slightly smaller than the left. No scar tissue or thickening was felt and the consistency was normal.

Conclusion:

The examination brought nothing new to light concerning the torture, (see the previous examination for details.)

However, there seems to be no improvement in the symptoms. Treatment is necessary and we will try to arrange for treatment at a rehabilitation facility.

5) Examination of Kashmir Singh (as,jlt)

On 4 October 2000 we examined Kashmir Singh, 41 -year-old Sikh. Married with 4 children aged 7 – 15. Formerly worked as a bus driver, but was subsequently unable to work. K.S. comes from the village of Choti Bhaini Bangar of Qadian District Gurdaspur. On 12 December 1995 K.S. was told to report to the police station for an unimportant interview. He arrived on the morning of 12 December with his father and two others from the village. He was immediately removed to another, smaller police station called Wadala Granthian Police Post. He was left alone in a room and immediately subjected to torture. First, his hands were tied behind his back and he was then suspended from the ceiling by a rope tied to his wrists. A weight was also attached to his feet. He hung in this position for an hour or an hour and a half. When he was taken down, he heard a crunching sound coming from his shoulders. During the abuse, which was carried out by five police officers, he was humiliated verbally, threatened with execution and accused of possessing weapons. KS stated that he had no weapons in his house. During the abuse K.S. was stripped naked and deprived of the five Sikh K s (see background section). When he was taken down from the ceiling the forcible spreading of his legs began. One policeman stood behind

him, forcing up his back, while four men pulled his legs apart. This continued for about 45 minutes and KS believes he heard the muscles in the region of the groin rupturing. As his legs were being forced apart he was kicked with full force by booted police officers on the outer and inner thighs and hips. K.S. denies having been kicked in the genitals or having been subjected to electric prodding. He was now unconscious. That evening he regained consciousness at which point the abuse was resumed. No one else was present but the victim and the police. After the first day K.S. was no longer capable of walking. The abuse described here was repeated on a daily basis for 11 days.

On the 11th day KS heard a crunching sound in connection with kicks to the hip while his legs were being forced apart. KS believes that at this point both hipbones fractured. The police then started to use the roller on his thighs, 5 or 6 times in all. This resulted in excruciating, sharp pain. When KS continued to deny having any knowledge of weapons the police officers apologized for their behaviour and offered KS money to prevent him from going to court.

Thus KS was detained illegally from 12 – 24 December 1995. Charges were not brought against him until 24 December when he was charged with illegal possession of firearms, i.e. a 12 gauge shotgun, length of barrel 8 ", handle 6". This was allegedly found in the left side of his trousers. In court on 25 December KS was held upright by two officers who stated that he had a cold and fever, which is why they had to support him. He was removed to a civilian hospital on 27 December and was again brought before a judge on 29 December '95. The initial physician's statement seemed to indicate that KS was physically intact: "All joints are normal". A judge then ordered a new physician's statement. KS was again removed to hospital and the file indicates that on 30 December 95 he fell in the bathroom with all his weight on his hips, thus allegedly incurring an impact fracture of the right femur neck. The physician's statement of 30 December neglects to mention the hip joint in question, but describes normal conditions in the other joints.

In an x-ray report it is evident that there was an observable impact fracture of the right femur neck. The left hip is not mentioned in the report.

KS stated that his health prior to torture was good. Immediately after the abuse he started to experience pain in the right shoulder. This was so painful that he was not able to eat. After six months the shoulder had almost returned to normal.

He was released on bail on 1 January 1996. On 5 January pins were inserted in an operation on his left hip and a month later metal plates were inserted in an operation on his right hip. Ever since, KS has had great difficulty walking. He is incapable of walking without crutches and there is now pus in the incision on the left side.

Physical examination:

Slightly overweight, his appearance corresponds to his age. He seems to be in low spirits but otherwise no other direct mental symptoms.

Oral cavity: a number of cavities. Fragments of front teeth chipped off in upper jaw and a molar is missing in the left lower jaw. This is reportedly not torture related.

Shoulders: free and painless mobility

Pulmonary auscultation: normal conditions

Cardiac auscultation: distant cardiac sounds, no murmur. Pulse slightly irregular = 108/m.

Below the edge of the left side of the rib cage an approx. 4 cm long transverse scar is visible, reportedly not torture related.

Legs: scattered, atypical scars are visible – one above the right knee and one above the lower part of the left leg. They were not caused by torture. There is some accumulation of fluid in the lower part of both legs. Normal skin sensitivity in both legs.

Normal reflexes of the foot soles. It was impossible to call forth Achilles tendon or patellar reflexes, possibly due to difficulty understanding instructions.

On the left hip there is a bandage partially seeped through with fluid. The bandage was loosened, not completely removed. Several longitudinal scars were observed. In one of the scars there was a hole oozing with pus. Above the right hip a 25 cm longitudinal scar is visible, bifurcating towards the bottom.

The left leg is 2 cm shorter than the right leg.

Mobility: right hip: free mobility in connection with flexion and outward rotation. Loss of inward rotation, pain occurs at approximately 10 deg. Free mobility in connection with inward and outward rotation of the hip. Left hip: loss of mobility in connection with flexion at approx. 15-20 degrees, also pain. Heavily reduced outward rotation.

We did not see x-rays of the hip joints.

Conclusion: Both the immediate and long term symptoms are fully consistent with the forms of torture described. There are fractures which probably arose in connection with hard kicks. It is highly unlikely that a simple fall could be the cause of a bilateral hip fracture.

KS was urged to seek medical attention for the infection in his incision.

6) Examination of N.K. (as)

N.K., a 60-year-old Sikh woman, widowed since 1988, was examined on 2 October 2000 at Chandigarh. She is extremely anxious to remain anonymous.

Interpreter: Harshinder Singh

NK stated that her husband, who was not a member of any political party, went to the Golden Temple in 1988 and "disappeared". NK's oldest daughter's husband was a member of a militant Sikh movement. One morning in November '92 as he was performing his morning prayers in NK's home, police in plain clothes arrived at the house. They were followed by several police officers in uniform. The daughter was

also present. When the son-in-law realized he was outnumbered he took a cyanide capsule and also shot himself with a revolver. The daughter managed to escape and informed her husband's family. The police officers then raided the house, taking valuables and especially jewellery. NK and her 12 - year-old son were taken to the police station and NK was taken alone to a room apart where the abuse took place.

First she was beaten on the soles of her feet while she lay on her stomach. She was then tied with her hands behind her back and hoisted up to the ceiling by a thick nylon rope tied around her chest and under her arms. While she was hanging in this position she was beaten with lathis (bamboo canes) and suddenly the rope was released causing her to fall to the floor. She then lost consciousness. The roller was used next. There were four people, two on each side, who rolled the roller from her chest downwards over her thighs.

NK was also beaten on the head by fists, but was not subjected to electric prodding. Under torture she was interrogated about political contacts and her daughter's whereabouts. Female officers interrogated her and male officers carried out the torture. The next day NK was released, but they retained her son, who later stated that he had been tortured with blows from a stick, the roller, kicks from boots, having his legs tied together for days and being strung up and threatened with execution.

After her release NK sold some land to get money to buy her son off. She had to pay 10,000 rupees. 3 or 4 months later around 10 policemen in uniform turned up at NK's residence, making inquiries about her daughters, who were not present. NK was again taken to the station. She was again interrogated as to her daughters' whereabouts and threatened with rape, but was not molested this time. She was released the next day, due to help from the village council.

Prior to her arrest NK had had no health problems. Afterwards she experienced digestive disorders and pain in her legs and shoulders, a feeling of numbness in her entire body and a sensation of heat in the soles of her feet and pain when walking. In addition she has been plagued by sleeping disorders since her arrest, but does not mention nightmares.

Shortly after the torture NK discovered a growth in her right breast which was later surgically removed. After the operation her right arm has become fat and swollen.

Physical examination:

Showed a 60 -year-old woman, appearance corresponding to her given age, in good state of nutrition. NK co-operated willingly at the interview and the physical examination, but burst into tears several times when describing the torture or when discussing the children. She appeared moderately depressed, not psychotic.

Oral cavity: Several molars were missing. Not torture related.

Cardiac and pulmonary auscultation normal. Right breast missing and an approx. 12 cm long scar was visible after the operation.

A significant accumulation of fluid in her right arm. There was pain in connection with movement and slight loss of mobility in both shoulder joints, most pronounced in the right arm.

Hip joints and legs normal, distinct soreness when the ball of the left heel was pressed. There were no visible changes in the soles of the feet.

Conclusion: NK stated that she had been tortured around 8 years ago. NK's 12-year-old son was reportedly also tortured at that time. There were no scars or marks of abuse on NK, but her pain in the shoulder and the left heel are fully consistent with the abuse described. It is, however, highly unlikely that the growth in her right breast was torture related.

7) Examination of K.N. (as)

KN., 36-37 -year-old Sikh woman. She is extremely anxious to remain anonymous. Interviewed and examined in Chandigarh. KN's husband, who was a member of a militant Sikh movement, was shot to death by police on 15 June '91. Her husband had been arrested for a period of 16 days three months previously. He was arrested again 6 days before he was reportedly killed by police. After the second arrest KN fled with her four children to a nearby village, where they were given sanctuary and food and shelter by the village leader who shortly afterwards was killed by police officers. KN and her children were then taken to a police station. KN remained in police custody for 15 days. She was then bought off by the sons of one of her aunts, who paid 25,000 rps.

Upon arrival at the police station KN was blindfolded, forced to lie down and subjected to the roller by a total of 6 female police officers. There were three on each side and the "rolling" took place from hip to knee. KN was then strung up with her head hanging down and her hands tied with rope behind her back. As she was suspended in this position electric prods were applied to the fourth and fifth toes of her left foot. She was beaten on the back with a leather belt after being taken down. KN was also subjected to forcible spreading of the legs as well as blows to the soles of her feet.

KN lost consciousness several times under torture.

She was abused daily. It was only the first day that female police officers performed the maltreatment. Afterwards the torturers were all men who all seemed to be drunk. During the abuse the police demanded information about members of the political movement and threatened to rape her. KN denies sexual molestation, but states that two of the four women with whom she shared a cell were unmarried and allegedly these two were raped, although not in the cell. In the cell she was offered tea, daal and bread.

KN stated that prior to the abuse she had been in good health and had never been hospitalised before. Directly afterwards she experienced violent pain in the shoulders and hips and was not able to walk for 10 days. She also had a sensation of numbness in her arms and head.

Now, eight years later, KN still experiences shoulder pain, has difficulty lifting her left leg and often has a sensation of numbness in her legs.

KN suffers from digestive disorders, constant head aches and is often dizzy. She often has nightmares, is forgetful and has trouble concentrating, is restless and is quick to feel anxiety.

Physical examination:

Mental: neutral spirits

Cranium and oral cavity: normal

Throat: approx. 2 cm long transverse scar in the clavicular hollow. KN stated that this is from an operation unrelated to torture.

Cardiac and pulmonary auscultation: normal conditions

Locomotive apparatus:

Shoulders: Moderate loss of mobility on both sides: flexion approx. 100 deg., outward movement: approx. 100 deg., extension: approx. 30 deg.

Rotation: normal conditions in right shoulder. Left shoulder: outward rotation approx. 30 deg. KN can bring her hand to the back of her neck and to the lumbar region, although with difficulty. Strength good above the elbow when flexing, but this causes pain in the shoulder area.

Hip joints: flexion on both sides approx. 100 deg. Outward rotation approx. 30 deg. pronounced pain reaction in connection with flexion, outward rotation and attempt at rotation. Slight loss of strength in the entire left leg. KN is able to stand on one leg, on her toes and on her heels. Gluteal muscles: sore when touched.

On her left arm and leg there was observable loss of sense of touch when touched with blunt and sharp objects.

Conclusion:

KN states that she was tortured eight years ago. Her mental and physical symptoms are fully consistent with the torture described. Forcible spreading of the legs as described can in all probability cause neural damage resulting in loss of skin sense of touch.

8) Examination of Gusnam Singh Sidh (as,jlt)

Gusnam Singh Sidh, 53 , Sikh, married, farmer, businessman, politician. Village: Gursagar, district: Chandigarh.

GS worked as a telegraph operator with the Indian Army until 1978. He then worked in agriculture, residing on a farm near Gursagar. He has 4 children (b 66,68,70,72).

In 1984 GS was picked up by uniformed military and police officers on his remote farm.

He was accused of being a terrorist because of his knowledge of Khalsa (the Sikh doctrine of right living, see background section.). GS was blindfolded upon arrest, tied with his hands behind his back and electric prods were applied to his earlobes and genitals. Boiling water was poured onto his left thigh, causing excruciating pain, but he did not lose consciousness.

He was then driven by jeep to Chandigarh's military headquarters where he was put in a cell with 25 or 30 others.

GS was in the military camp for 20 days, but was "only" tortured during the first week. After 20 days he was removed to a police station where he spent two months in judicial custody.

In the camp GS was suspended with his head down until he lost consciousness. He was prodded with electric prods and reportedly suffered fractures of the left shoulder and right wrist because of lathis beatings. (bamboo canes).

Between 1984 – 1988 GS was arrested and tortured several times by Senior Superintendent S.S. Sani. He was subjected to the roller carried out by three persons, one on each side and one seated in the middle. He was also forced to bend his knees around a metal bar. In addition, for three days in a row he was subjected to forcible spreading of the legs as well as blows to the soles of the feet.

GS had been in good health prior to arrest. Since his arrest he has had back and thigh pain especially in winter. Until four or five years ago he suffered nightmares and violent changes of mood, but this is not currently a problem.

Since being tortured in 1984 GS has not been able to complete intercourse.

Physical examination:

GS was a slender man, giving his age as 53, his appearance was consistent with his given age.

He appeared mentally stable, his spirits neutral.

Legs: In the middle of the left thigh there was irregular, curved scar tissue measuring 12 cm at the longest vertical line and 11 cm on the horizontal line.

Above the left inner ankle bone there is a barely visible horizontal pigmentation approx. 3 cm x 0.1 cm in length.

Above the right inner ankle bone there is also 2.5 x 0.1 cm horizontal pigmentation.

External genitals: the skin is unremarkable all over, testes are identical and of a natural size and consistency.

Conclusion:

The findings described are fully consistent with the alleged torture: burning and hanging by a rope head down.

9) Examination of K. (as)

K., 42-year-old Sikh woman, widow since '92. She is extremely anxious to remain anonymous.

Interviewed and examined in Chandigarh.

K's husband was wanted by the police which is why K and her father fled to another village in 1992. K never saw her husband again. Two weeks later K and her 60-year-old father were arrested in the afternoon by 12-15 uniformed police officers. They wanted information on her husband's whereabouts. K and her father refused to answer and were subsequently beaten with rifle butts.

The father's glasses were broken. They were both driven to a police station where they were immediately taken to a torture cell. The father was made to lie on his stomach, held down by 4 or 5 men and beaten unconscious with lathis (bamboo canes) and patha (rubber belts). K was also beaten with lathis and patha, but less severely than her father. K was released the next day, her father after 5 days. Subsequently, the father was bedridden for two months. The father and daughter went to another village after their release. K was informed of her husband's death in the press after he had been cremated by the police.

K had never had health problems prior to arrest. Since '92 she has had pain in her right shoulder and elbow. She suffers from insomnia, often wakes up very early in the morning and is very worried about her children's future. All five children live with their mother at the home for children.

Impression:

K is acutely run down, complains of headache, cries easily and trembles all over, possibly has fever. Did not wish to undergo examination, and was therefore not examined. She was given Ibuprofen (a pain killer) 400 mg.

10) Examination of Parmjeet Singh (tk)

30-year-old farmer, Sikh. Residence: Ghanauri Khurd, District Sangrur.

The examination took place on 2 October 2000 at the Children's Home run by Gura Asra Foundation in Chandigarh.

The English speaking interpreter was Baljit Kaur, who translated well.

PS stated that on the evening of 1 February 1992 four or five plain clothes police officers from CIA (Criminal Investigation Agency) arrived at his home. He was then taken to the so-called Interrogation Centre in Patala where he was illegally detained for almost 70 days. During his stay he was frequently subjected to severe maltreatment – the first 10 days several times a day, later frequently but with a few days' break.

PS stated that among other things he had been subjected to the following forms of torture:

Falanga: long bamboo sticks were used to beat the soles of his feet, causing severe pain when walking.

Suspension: PS was strung up with his legs up and his hands tied behind his back, fastened to a hook in the ceiling. This lasted for 2 or 3 minutes at a time and was repeated several times.

Overextension of the hip joints: PS was seated on the floor and two people held his arms behind his back while two others forcibly spread his legs wide apart.

Electric prodding: Small electrodes were attached to his genitals, fingers, earlobes and temples and the electric current was turned on.

After more than two months PS was released. However, shortly afterwards he was reportedly falsely charged with illegal possession of firearms. This cost PS five years in prison in Nabah where, however, he was not tortured.

PS stated that previously he had been in good health.

After the abuse he had many symptoms such as pain in the shoulders, hips, knees and feet, particularly the soles of the feet when walking. He also suffered from frequent headache.

In addition there were mental symptoms such as difficulty remembering and concentrating and sleeping disorders.

PS still suffers from these symptoms to a variable degree. The symptoms are dependent on the weather, worst in winter. He is still afraid the police will turn up to interrogate him. PS has also become chronically impotent.

Physical examination:

At the physical examination normal conditions were found in the eyes, oral cavity and teeth, cardiac auscultation, abdominal wall, arms and legs (including mobility and sense of touch). The pulmonary auscultation revealed a whistling rale, characteristic of asthma and bronchitis. In addition atypical, small scars on the right foot were found, reportedly not torture related. There was atypical soreness on the soles of both feet but no changes in sense of touch. All the fingernails of the left hand and on the first finger of the right hand were thickened, deformed and discoloured. The changes were reportedly the result of electric prodding.

Conclusion:

PS, a 30-year-old farmer, Sikh, stated that for about 70 days while he was being illegally detained in 1992, he was frequently subjected to severe torture including blows with bamboo sticks, blows to the soles of the feet (falanga), suspension by the legs, overextension of the hips and electric prodding of the genitals.

Today, eight years after torture, PS still experiences symptoms in the form of joint pain, headache, occasional sleeping disorders, concentration and memory disorders and impotence. Such symptoms are often seen in persons who have been subjected to severe trauma such as imprisonment or torture.

The physical examination revealed soreness of the soles of both feet, which is a well-known consequence of falanga abuse. The nail changes described could also be the result of an infection with fungus and are thus not directly attributable to electric prodding.

PS's present symptoms are fully consistent with the reported abuse despite the fact that now eight years after the abuse there are few physical findings that can bear out PS's statement.

11) Examination of Jasmer Singh Bala (tk)

62-year-old Sikh, formerly Colonel of the Indian Army, married, has two grown children who live in the USA.

Residence: 2685 Bhasse 11, Mohali, Punjab

The examination took place on 2 October 2000 at the Children's Home run by Gur Asra Foundation in Chandigarh.

JSB spoke English quite well.

JSB stated that he had taken an academic degree in literature and poetry in the 1960s before joining the Indian Army in 1962, gradually rising to the rank of Colonel. He participated in two wars against Pakistan in 1965 and 1971, but was never wounded. He also took part in Operation Blue Star in 1984, a period of great political unrest. Reportedly, he professionally pursued a very humane policy causing his colleagues to regard him with a certain amount of suspicion.

In 1990 he retired after 27 years of service.

On 14 October 1991 as he was driving on the highway in his car with his chauffeur, a car containing four men in plain clothes drove in front of JSB's car, blocking the way. Three of the men jumped out of the car and started shooting at JSB and his chauffeur, who was killed instantly. JSB escaped being killed, probably owing to his many years of military experience, but he was hit in one arm and the abdomen and elsewhere before the perpetrators disappeared. Witnesses later stated that the perpetrators were police officers in plain clothes. JSB later heard this confirmed by a former General of his regiment, who became Governor of Punjab.

GSB was hospitalised for 14 months during which time he had to have several operations on the left knee, among other things.

The following positive observations were made when examining GSB:

Abnormal position of the third finger of the right hand (reportedly the result of bullet wounds)

A 1-2 cm foreign object in the subcutis of the inner side of the upper left arm

An atypical 2-3 cm scar slightly below and to the left of the navel.

An atypical scar approximately the size of the palm of the hand with thinner skin and loss of substance and an abnormal position/deformity of the left knee.

Conclusion:

JSB, a former officer of the Indian Army, stated that in October 1991 he was ambushed and shot by police officers in plain clothes, his chauffeur was killed and he himself seriously wounded. He exhibited several scars which were reportedly the result of the shooting. The objective findings and the reported cause seem fully consistent.

12) Examination of Jarnail Singh (ojh)

42-year-old Sikh from the city of Tibba (Sangry), born 1 April 1958.

Married with two sons and one daughter. Works repairing petrol engines, runs a garage.

The interpreter was lawyer Harshinder Singh.

Examined on 2 October 2000.

Background: Jarnail Singh was detained by the police in July 1992 on suspicion of terrorist activities. He was interrogated by CIA (Criminal Investigation Agency) in Barnala. He was detained for 26 days and then again for 2 days a month and a half later.

Abuse: He was ill-treated twice a day for the first three days of his detention. He was suspended, his arms tied behind his back, while being beaten. If he tried to stretch his feet down to relieve the pressure he was beaten on the feet.

He was also strung up by the ankles with his head down, thus reportedly dislocating his right ankle. Overextension of the legs was repeated 6 times in all, during which there were periods when he lost consciousness due to pain.

He was subjected to the roller 5 or 7 times in all. Often preceded by tying his big toes together and tying his arms behind his back with a stick below the elbows. Blows with a leather whip were applied simultaneously.

While his hands were tied behind his back, water was poured into his nose, which made him feel as though he was suffocating.

Jarnail Singh was released by the village leader (Panchayat).

1 ½ months later he was ill-treated again during a two day detention period.

This time he was strung up by the hair. In addition the abuse described above was repeated with the exception of pouring water into the nose.

In both cases the torturers were police employed by CIA.

Health prior to abuse: Jarnail Singh was healthy before being detained by the police.

Present symptoms: He has constant pain in some part of his body. He can go for short walks of no more than 2 km, then he begins to feel pronounced muscular fatigue and starts to shake. He can no longer assume a crouching position because of pain. He runs and organizes the repair work at the garage but takes very little part in the work himself, as he is not supple enough.

Mental symptoms: Loss of memory and constant depression. In the aftermath he was also frequently contacted by the police, who, however, have not approached him for the past two years. Until then he was constantly worried and anxious, fearing renewed contact. He has trouble concentrating and reading for any period of time.

Physical examination:

Normal build, healthy appearance, corresponding to his age. State of nutrition slightly above average. Pulse 84, regular.

Condition of teeth good

The pupil of the right eye was deformed reportedly due to a childhood injury caused by the branch of a tree in his eye. Reported loss of vision in that eye.

Cardiac and pulmonary auscultation: Normal conditions

Arms: Free mobility but pain in the shoulder muscle during passive movement.

Skin: A 1x2 cm irregularly defined scar down the back, slightly above the pelvic crest, reportedly the result of blows inflicted by a leather belt.

Legs: On both shins 2 or 3 small, unspecific scars reportedly the result of blows.

On the inner side of the right ankle slightly above the anklebone a 3x4 cm swelling can be seen and felt, reportedly the result of the ankle being disjointed when JS was strung up with his head down.

Mental assessment:

Jarnail Singh is clear and alert and speaks calmly and to the point. He does not seem depressed and there is no sign of psychosis.

Conclusion:

Jarnail Singh is now 42 years old, formerly in good health. He was detained twice in 1992 by the police under suspicion of having terrorist connections. While detained he was subjected to the methods of abuse typical of the region including blows to the body with a leather whip, forcible over-extension of the hip joints and wooden roller on his thighs.

In addition he was strung up with his hands behind his back, also hung by the ankles with his head down and later by the hair. Water was also poured into his nose.

Jarnail Singh suffers today from loss of mobility. He cannot sit in a cross-legged position nor can he crouch. He experiences muscular soreness and muscular fatigue and can only walk for short distances. He suffers from memory loss and has trouble concentrating.

His reduced capacity for physical activity can easily be explained by his having been strung up and by his hip joints being overextended under torture. His mental symptoms are also in all likelihood the result of ill treatment and subsequent fear of the police.

13) Examination of Narinder Singh (ojh)

30-year-old Sikh, born on 12 April 1970, comes from the village of Palsore just outside Chandigarh. He works as a bicycle repairman. Married. The interpreter was lawyer Harshinder Singh.

Examined on 2 October 2000 in Palsore.

Background: In February 1990 he was stopped by the police and arrested in the middle of the high street on suspicion of being connected with the Sikh revolt of 1984 and the following years.

He was taken to CIA (Criminal Investigation Agency) by Chandigarh Police.

He was retained for one month by CIA personnel (sector 11, Chandigarh).

Abuse: He was ill-treated 12-13 times within a month.

Strung up with his head down while being beaten all over the body, especially the feet. Lost consciousness.

Strung up with his arms tied behind his back for up to two hours. He was suspended with his head close to the wall so that if he tried to support his feet on the wall he was pushed against it, knocking his forehead against the wall.

Overextension of the hip joints 7 or 8 times, 20-25 minutes at a time.

Wooden roller over his thighs weighed down by police officers on both sides.

Electric prodding of genitals, earlobes, lips and nose 3-4 times.

Insertion of chilli into his anus.

After his detention he was charged and sentenced and spent 1 ½ years in prison before he was acquitted.

Health prior to abuse: In perfect health.

Current physical symptoms: Has a tendency to muscular pain in his entire body, particularly during the cold periods of the year. He can work, but does not have the same working capacity as before. He cannot run at all due to pain in the groin and calves, nor can he crouch or sit in a cross-legged position.

Mental symptoms: He does not feel "crushed" or depressed. He is not impotent, but was for a month after the abuse.

Physical examination:

Slender, almost skinny, but otherwise healthy appearance corresponding to his age.

Pulse 72, regular.

Pulmonary auscultation: Normal conditions.

Pain was experienced in the triceps of the upper right arm when flexing the elbow and pain in the right shoulder when performing outward rotation. Otherwise full mobility.

Pain in the groin occurs at 45 degrees of outward rotation of both legs. Flexing the hip joint causes pain in the hamstrings at 60 degrees on both sides.

Skin: On the inner side of the left wrist (medially) there is a 5x5cm depigmented scar reportedly from the ropes that tied his hands behind his back. Just above both anklebones on the inside there are 2x2 cm lines or stripes, also reportedly caused by the rope in connection with being strung up.

Conclusion:

Narinder Singh is a formerly healthy, now 30-year-old man, who was arrested and tortured by the police during the course of a detention lasting around one month. He was later imprisoned for 1 ½ years before he was acquitted. The abuse consisted of blows inflicted to his entire body, hanging with his hands behind his back and with his head down while being beaten on the soles of the feet until he lost consciousness. He was further ill-treated by overextension of the hip joints, the wooden roller and electric prodding to his genitals, among other things. Finally chilli was inserted into his anus. The torture described is typical of the region.

NS suffers from loss of mobility, which is consistent with the torture described.

There are also scars on the skin. They could be the results of the rope used to tie his hands behind his back.

14) Examination of Laph Singh (ojh)

37-year-old Sikh from the state of UBI, Bareilly (was unable to state his date of birth).

Examined on 2 October 2000 in the Children's Home in Palsore outside Chandigarh. The interpreter was the lawyer Rajvinder Singh Bains and the interpretation proceeded without difficulty.

Laph Singh worked as a farmer and today is a Sikh priest. He was married, but his wife was killed by the police in a so-called "fake encounter", a not unusual method in which the police shoot the suspect and report afterward that this took place in self defence in a sort of duel with rebels.

Background: Laph Singh chose to become a Sikh in 1982. Sikhs who actively choose the movement automatically become police suspects. He was therefore taken into illegal custody or detention in 1987. He was dragged outside of town along with 6 other suspects and shot by the police. The 6 others were killed, but Laph Singh, who had been shot in the head, regained consciousness and virtually crawled to the temple in Amritsar for medical attention. A projectile attached to the bone was removed. Laph Singh thus survived his "execution". For some time after this episode he experienced loss of hearing on the right side, but this has gradually gone away.

In 1987 he was detained and taken into illegal custody again, i.e. without being sentenced. On this occasion he was ill-treated as follows:

Falanga, during which the third right toe was fractured.

He was hung with his hands tied behind his back for up to 24 hours at a time while his legs were forcibly spread.

He had to relieve himself, both stools and urine, while suspended and the guards fed him liquids and food.

Burnt with hot iron on the left thigh.

Beaten over the entire body, including the chest, thus fracturing a rib on the left side

The roller weighing 95 kg was rolled down over his thighs.

A wooden truncheon was attached to the hollows of his knees and his legs were forced backwards to his back, while one of the torturers was seated on them.

Electric prodding to the genitals.

Threatened with execution, including being told that his family would soon receive his corpse.

The torture took place in Malmendy near Amritsar, said to be notorious for torture.

The police who took part were usually drunk although this did not apply to the officers in charge.

After torture Laph Singh spent 10 years in prison from 1987 – 1997. He was not significantly ill-treated except for the general conditions. (Torture commonly takes place in interrogation facilities and is carried out by the police whereas generally speaking severe abuse does not take place in prisons, except for the bad conditions.)

Laph Singh thus spent 10 years in prison. He was brought to trial 9 times.

He was acquitted of all charges and was released on 19 December 1997.

Since then he has worked for CCDP (Commission for Co-ordination of Disappearances in Punjab.)

In March 1998 he was again detained by the police for a month. The police drew up a false report stating that 2 rifles (AK 47) and 90 rounds of ammunition had been found on him.

He was then ill-treated for a week:

He was strung up with his head down three times in a row.

His legs were forcibly spread by fastening a truncheon between them.

The roller was rolled from his groin downwards over his thighs.

His head was plunged into a bucket of dirty hot or cold water.

He was forced to sit on an ice block for 20 minutes.

Electric prodding was applied to his genitals and ears.

Laph Singh was released after a complaint lodged against the police in the course of which a police officer in charge was forced to admit that the police statements were inconsistent.

Physical symptoms today:

Loss of muscular strength in the left leg, which cannot support him. He is thus unable to stand on the left leg alone. He is incapable of performing physical labour.

Mental symptoms:

According to his own statement Laph Sing only managed to survive because of extreme piety. He is very religious, praying several times a day. He works as a priest among Sikhs and likes the work. He was told that one of the purposes of the torture was to make him impotent. He has not had a woman since, but is capable of having an erection.

Physical examination:

Just in front of the outer opening of the right ear there is a 3 cm rather narrow (1 mm wide) scar from the bullet which attached itself to the bone in front of the ear.

On the scalp there is a 1x1 whitish scar which is hairless due to blows (1987).

The left ear is also deformed due to blows and he is missing a front tooth in the lower jaw (1-) after blows with sticks (1987).

On the front of the left thigh just above the knee there are 3 scars in the skin (no difference in level) 0.5 x 4 cm, reportedly the result of burning.

On the front of the chest there are rib bones deformed by hard thickening, 3x3 cm., reportedly the result of fractured ribs due to blows.

The third right toe, which was fractured by blows to the feet, is now numb, but has free mobility.

Mental assessment:

Laph Singh is clearheaded and alert and does not seem depressed. No signs of psychosis.

Conclusion:

Laph Singh is a formerly healthy man, now 37 years old. An attempt to liquidate him by shooting was made in 1987, but miraculously he survived. He was later subjected to severe abuse chiefly with methods typical of the region.

The long-term effect he experiences today is loss of muscular strength so that he is unable to support his full weight on his left leg and he is therefore incapable of performing physical labour. He works today as a priest.

The loss of movement and the observed formation of scar tissue can easily be explained by the abuse described, the results of blows to the face (left ear, teeth, scars in the scalp). This also applies to the scars on the left thigh.

15) Examination of Makhan Singh (jlt,ojh)

Examination of 26-year-old Sikh from Patiala in Punjab, born 18 April 1974.

The interpreter was Gurjeet Singh. The interpretation was more or less fluent.
Examined on 2 October 2000 in Palsore.

Background:

Makhan Singh was trained as a priest of the Sikh religion. Was educated at Amritsar from 1991-1995. In 1992 he was arrested, accused of protecting militant Sikhs. This was repeated in 1994. He was subjected to torture during each detention, lasting 1 ½ months. He was not brought to trial, but was moved from one police station to another, reportedly because the police were afraid attempts would be made to free him.

In 1992 he was caught along with 7 others, four of whom were immediately executed.

Abuse:

Makhan Singh has been subjected to prolonged, recurrent and varied torture:

Falanga.

He was placed on his stomach, a wooden roller on the backs of his knees, tied and beaten on the soles of the feet so that they became swollen and inflamed immediately afterwards. Precisely 400 blows were inflicted each time and he was told that this way they would make sure he was incapable of escaping. Close to drowning. His head was plunged into a bucket of cold water at intervals.

Stringing up. He hung by the arms, which were tied behind his back, for up to two hours. Lost consciousness at intervals.

Overextension of the hip joints. This form of abuse usually led to loss of consciousness because of the pain but after approx. 10 minutes he regained consciousness.

Blows. Blows were inflicted by a leather belt. Beaten with fists. Kicked in the groin. Beaten with this (bamboo sticks encrusted with nails). His jaw was fractured and teeth in the lower jaw were knocked out.

The roller. 5-6 persons rolled the wooden roller downwards over his thighs while placing their weight on it and kicking it.

Threats to his life.

Makhan Singh was released when 20,000 rupees were collected for bribery in 1992. In 1994 he was detained again and subjected to the same abuse as in 1992.

Health prior to abuse: He was in excellent health when arrested.

Physical symptoms today:

Makhan Singh has universal muscular pain at rest and in motion. This is most pronounced in the winter when the weather is colder. He suffers most from pain in his right foot and loss of sense of touch in the soles of the feet as well as pain in the thigh muscles.

He cannot sit in a cross-legged position for two hours, which is a requirement for a priest. His eye muscles have a tendency to vibrate. This means he cannot concentrate on reading, etc. He has frequent headache which are very painful. He is impotent with erectile dysfunction.

Mental symptoms:

Makhan Singh was "blacklisted" by the police, but is so no longer. He would be able to get a passport now, for example. Nevertheless he fears the police and dreams of them. He wakes frequently with nightmares. Feels tired almost 24 hours a day.

Physical examination:

Heart rate: regular 60/min. Cardiac and pulmonary auscultation show normal function.

Abdomen: Soft, not sore, without tumours.

Genitals: Nothing noticeable.

Shoulder joints: No loss of mobility, but there is pain from outward rotation of the right shoulder and flexing of the right elbow.

Hip joints: Pain occurs at 60 degrees outward rotation on both sides. Localised in the groin. Inward rotation: 20/30 degrees. There is no loss of movement with regard to flexion and rotation.

Skin:

There is a 5x5 cm puckered scar in the lumbar region above the pelvic crest, probably the result of a boil. A bit higher up, above the lumbar vertebrae a 2x3 mm depigmented scar. Makhan Singh cannot explain this scar.

Ribs:

There is pronounced thickening, presumably the formation of new bone tissue anterior to right ribs nr. III and IV.

Neurologically:

there is loss of sense of touch on the inner side of the right thigh and slight loss of sense of touch on the inner side of the left thigh. There is also loss of sense of touch of the right instep. Reflexes normal (plantar, patella and Achilles).

Eyes: Normal.

On the right jaw there is a 2 x 0.2 cm. scar, reportedly the result of blows from the bamboo stick embedded with nails. In the lower right jaw 2 teeth are missing, the eye-tooth and a molar (first premolar). This is also due to the blows mentioned when his jaw was fractured.

Conclusion:

Makhan Singh is now 26 years old, formerly a healthy man. Detained twice by the police in 1992 and 1994 on suspicion of connections with militant Sikhs. During detention subjected to various forms of torture such as falanga, almost drowning, stringing up, overextension of the hip joints, blows (including

blows with a stick encrusted with nails, fracturing his jaw and knocking out teeth from the lower jaw), the roller and threats to his life.

Makhan Singh today suffers from muscular pain and loss of movement. He cannot sit in a cross-legged position. He is impotent.

The symptoms and the objective findings (results of a fractured jaw and loss of teeth etc.) can easily be explained by the torture he was subjected to.

16) Examination of Man Singh (ojh/jlt)

Man Singh, a 33-year-old Sikh. The interpreter was Dejinder Pal Singh. The interpretation was not entirely fluent but it was our impression that there were no real errors. Man Singh was formerly a landowner and is now a kind of attendant at the Children's Home.

Background:

In 1984 Man Singh took part in an airline hijacking which helped make the Sikh revolt known world-wide. He was 17 years old at the time.

He and 6 other young men including Tejinder Singh (see his report below) forced an Indian domestic flight from Chandigarh bound for Srinagar (Kashmir) to fly to Lahore in Pakistan. The leader was Kamelged Singh who was studying art history in Chandigarh. He was killed by police after 12 years in prison.

The group threatened the crew by pretending that a camera they were holding was a bomb. In Lahore they refuelled and allowed two English passengers and some disabled passengers to disembark. They flew on to Karachi where women and children were also released. They refuelled again and flew on to Dubai where they were refused permission to land. They were finally permitted to land, however, by threatening to fly into the control tower.

In Dubai they negotiated with the authorities. Promised that they would be flown to America where they could get asylum, they released the hostages and surrendered.

They spent a week in Dubai in a hotel under guard. They then went on board an American commercial flight. It turned out that the other "passengers" were commando troops in disguise.

The flight proceeded to Delhi where all seven were put in prison, first in Red Fort in Old Delhi where there was an interrogation centre. After about a month they were sent to Chandigarh for trial.

They were sentenced to prison in another state to get them away from friends and family and were brought to Ajmer Prison in the state of Rajasthan, where they spent 12 years.

Torture:

In prison Man Singh was put in fetters and beaten with a leather belt as he lay on his stomach while his torturers walked and jumped on top of him. He was also beaten on the back and buttocks. Beaten with fists on the body 2-3 times a day. Lost consciousness and unable to sit afterwards. In addition they pulled his beard and hair – clumps of hair were actually torn out.

Man Singh was addressed in humiliating and insulting language. There was no latrine in the cell – he had to relieve himself in a corner.

In 1987 there was a medical examination in the prison, perhaps owing to the media coverage which pointed out that the hijackers were "rotting away in prison". The medical examination was ordered by the Honourable Judge of the Additional Special Court, Ajmer.

The examination of Man Singh showed $\frac{1}{4} \times \frac{1}{4}$ inch and $\frac{1}{4} \times \frac{1}{12}$ inch scars on his back near the midline at the level of the thoracic spine. In addition, an old vertical scar not described in detail on the right side of the forehead $\frac{3}{4}$ inch above the innermost end of the right eyebrow.

When Man Singh came home after being released from prison it was difficult for him to resume contact with his former friends. People are afraid to talk to released prisoners due to police persecution, which also includes those who contact them, he said.

The term "we live in the shadow of the police" was used, hence the title of this report.

Health prior to abuse: MS was healthy.

Physical symptoms today:

Prison conditions were so cold and damp that Man Singh believes he developed an allergy with frequent attacks of coryza (head colds). Many of the other hijackers developed asthma. He often has headache.

Mental symptoms: Is not depressive, but can have nightmare-like dreams.

Physical examination:

On the right side of the forehead there is a $1 \times \frac{1}{2}$ cm irregular, clearly defined scar on a slightly lower level than the skin. This scar, which is also mentioned above, is reportedly an old one and is not the result of prison. In addition a few small scars on the back but none that can be related to blows such as from a whip.

Mental impression:

Man Singh is clear-headed and alert and does not seem depressed. He appears to be pleased with and even proud of the events related to the hijacking. No sign of psychosis.

Conclusion:

Man Singh is a formerly healthy man, now 33 years old, who, in order to draw the attention of the world to the Sikh revolt after the attack on Amritsar, took part in 1984 (at the age of 17) in an aircraft hijacking. He spent 12 years in prison in Rajasthan during which time he was ill-treated, apparently moderately. He believes that the allergies and headache he suffers from today are the outcome of the poor prison climate. He exhibits no other certain objective, physical or mental results of torture.

17) Examination of Tejinder Singh (jlt,ojh)

35-year-old Sikh.

The interpreter was Dejinder Pal Singh. The interpretation was not sterling but it is doubtful there are any serious errors.

Examined on 3 October 2000.

Background:

See the background section on Man Singh, as Tejinder Singh was one of the 7 hijackers. During his prison term Tejinder Singh studied language (Punjabi) and political science. Like Man Singh he works in the local area as an attendant but is also a poet.

Torture:

Similar to what Man Singh went through. Once he lost consciousness under blows. Extremely poor conditions in the prison cells, damp and cold and lack of fresh air.

On the occasion of the medical examination in 1987 several abrasions were found as in Man Singh's case, but no other noticeable changes.

Health prior to abuse: Healthy.

Physical symptoms today:

Has developed heavy asthma or bronchitis for which he receives medication.

Physical examination:

Rather thin but otherwise a healthy appearance corresponding to his age. Pulmonary auscultation revealed asthmatic rales heard on both sides, common in asthma patients. Otherwise the physical examination revealed nothing abnormal. He produced a report of the results of an ultra- sound kidney examination showing normal conditions.

Mental impression:

Clear headed and alert and does not appear depressed. Like Man Singh he does not seem sorry that he took part in the hijacking. No sign of psychosis.

Conclusion:

Tejinder Singh is a formerly healthy man, now 35 years old, who in 1984 at the age of 19 took part in an aircraft hijacking. He spent 12 years in prison in Rajhasthan, during which time he was ill- treated, reportedly to a moderate degree. He was able to get an education in prison. He believes that the bad prison climate led to the pronounced asthma and headache he suffers from today. Apart from that he has neither physical nor mental after-effect of torture.

18) Examination of Gajrup Singh (lw)

43-year-old Sikh, unmarried, works at an office in "social service".

G.S. comes from the village of Changli, district Sangarur. The interview took place at a Children's Home in Chandigarh with Baljit Kaur serving as interpreter.

From 1985-1992 G.S. was repeatedly taken to so-called interrogation centres and tortured because of his religion. The abuse was carried out by the police. During this period G.S was subjected to the following forms of abuse:

Electric prodding of the temples and genitals. He was told that he would now never be able to have children.

Spreading of the legs to a painful extended position while seated on the ground with his hands held behind his back.

Head submerged in water.

Strung up with his arms tied behind his back

The roller, i.e. a large wooden roller which was rolled up and down over his thighs while two men forced it down at both ends.

Beaten on the lower left leg with a stick so that the bone fractured.

G.S. states that he was not subjected to falanga (blows to the soles of the feet).

Immediate symptoms:

Just after torture G.S. had pronounced pain in the shoulder and hip joints. There was a prolonged healing period of the fracture of the lower left leg.

G.S.'s genitals were swollen.

Current symptoms:

Physical:

G.S. has pain in the shoulder and hip joints when at rest, aggravated when in motion. He also has a sleeping sensation in the arms and legs. His legs often swell up and there continues to be pain and weakness in the left leg after the fracture. G.S. has difficulty walking or standing for any period of time. He often has headache.

Mental:

Since the torture G.S. has had trouble sleeping, only able to sleep for a few hours at a time and often waking with nightmares. G.S. also finds it extremely difficult to concentrate, for example, during the course of a normal conversation. G.S. states he also suffers from memory disorders.

G.S. says he has been impotent since the abuse.

Physical examination:

Arms: Shoulders are visibly symmetrical. Pronounced loss of mobility with active and passive motion and outward and upward shoulder rotation (outward rotation: 0-120 degrees, flexion: 0-130 degrees, extension: normal). Similarly reduced outward rotation (0 - 20 degrees). Normal inward rotation.

G.S. can raise his hands to his neck and lumbar region with difficulty.

There is marked loss of strength in connection with shoulder joint and elbow joint motion. This examination was additionally limited by the fact that movement causes pain. Normal strength when spreading the fingers. The sense of touch was estimated to be normal.

Legs: Marked soreness when touched in the muscles of the hip joints on both sides (gluteal muscles).

Loss of mobility in the hip joints, active and passive in all directions. Motion is limited by pain.

(flexion: 0-80, outward rotation: 0-10, inward rotation: 0-10 outward/inward rotation: 0-10).

Loss of strength in both legs, most pronounced on the left side. G.S. reports change in/loss of sense of touch in both legs and is thus unable to differentiate between being touched with blunt or sharp objects.

No sense of touch on the inner part of the thighs.

Reflexes: Nothing noticeable.

On the front of the lower left leg there is a 3x2 ½ cm scar (G.S. states that it is the result of blows which fractured the bone of the lower left leg.)

G.S. is able to sit on a chair but cannot assume a crouching or cross- legged position. Can walk without limping, but has trouble standing on one leg (right) due to weakness/pain in the previously fractured lower left leg.

Conclusion:

GS reports that he was tortured several times in the period from 1985 – 92. The forms of abuse included being strung up by the arms and forcible spreading of the legs. Examination of Gajrup Singh revealed that mobility of the hip and shoulder joints had been affected. These symptoms are fully consistent with the forms of abuse described. In addition GS has a scar on the lower left leg. It is unspecific but consistent with his statements concerning blows to the lower leg.

19) Interview, Kuldeep Kaur (lw)

35-year-old Sikh woman. The interview took place at a Children's Home in Chandigarh with Mr. Harshinder serving as interpreter. KK cried during the interview.

KK lives in the village of Tibber in Gurdasbur district where she takes care of her cow and a small plot of land. KK cannot read or write. KK has been a widow since 1992 and has 3 children.

After the attack on the Golden Temple in 1984 some Hindus in KK's village were shot and KK's husband, (a military person) was suspected of being behind it. The husband therefore fled to Pakistan where he stayed for two years. During this two year period KK was picked up by the police and taken to the police station in Gurdasbur many times – each time for 3-4 days at a time. KK states that she was not tortured herself but that she was forced to watch while men were being tortured. They were strung up with their hands tied behind their backs, their thighs were rolled on by a large wooden roller and they were beaten with leather belts.

When KK was not witnessing the abuse she remained in the same room as the police.

In 1986 her husband returned to India. He was caught and imprisoned for two years. After he was released the police harassed him constantly and in 1992 he was shot by the police, according to KK. Currently: KK says that life is very hard without a husband. She often has nightmares about what happened. Her head often feels very heavy and she frequently experiences stomach pain in the entire abdomen. KK states that she is very anxious about the future – she is particularly worried about her 16-year-old son who is starting to react to what has happened to his family in the form of sleeping disorders, trouble concentrating in school, guilt feelings and anxiety about the future.

20) Examination of Lakhvir Singh (lw)

37-year-old Sikh, farmer, married to his brother's widow. Comes from the village of Tibba in Sangrur district. LS's brother was killed by police in 1994 (because he was a Sikh, according to LS). LS was subsequently accused of being in possession of a walkie- talkie (he states he never had a walkie- talkie) and later also accused of having killed 8 policemen. He was taken to a so-called interrogation centre and tortured in order to make him confess to the above accusations. The police also wanted information on the military, but LS doesn't know anyone in the military. That year LS was taken to the interrogation

centre 10 times in all and tortured each time. He finally promised he would become a police informer and has not been tortured since.

He was subjected to the following forms of abuse:

Electricity applied to his earlobes, temples and genitals.

The roller, a thick wooden roller was rolled up and down over his thighs while 6-7 people pressed it down on both sides. According to LS the skin and muscles on the right thigh were "split in an open wound". LS was then forced to stand under the cold water faucet for an hour.

Spreading of the legs to painful, extended positions. LS fainted during this.

Several policemen held his right arm and wrenched it about so the bone fractured. Later in the village 2 pieces of wood were applied to it as a splint.

Hung with his feet up. LS lost consciousness.

Beaten all over except on the genitals with sticks.

LS was kept alone in a room without windows or light. He was fed every two or three days. LS was often forced to watch while others were tortured. Frequently the policemen were drunk.

Symptoms immediately after abuse:

LS was unable to walk or stand after being subjected to the roller. He was bedridden for 6 months owing to pain in the open wound on the right thigh.

His fractured lower right arm also caused pain.

Symptoms today:

Physical:

LS has constant pain in the hip joint and thigh, also when at rest. He is able to walk for up to an hour but he feels pain after a short time and tires easily. LS states that the sense of touch in his legs is normal but that his thighs hurt when touched – he is thus unable to rest his hands on his thighs as he normally would when seated.

His right arm is weak after the fracture. LS is normally right handed but has mainly used his left hand since the abuse.

Since the abuse LS has experienced frequent pain in the upper abdomen after ingestion of food.

Mental:

LS sleeps badly due to leg pain. He often wakes up because of nightmares about the police and torture. He has trouble concentrating, feels sad and is actually just trying to get by and let time pass. He is frightened every time he sees a person in uniform.

Physical examination:

Eyes, mouth: normal

Heart/ lungs: Normal cardiac and pulmonary auscultation.

Back: There is a 25 cm, very narrow transverse scar over the mid- line of the back and an additional 2x2 cm scar above the sacrum. According to LS both scars are the result of childhood injuries.

Medico-legal Cases.

The following section contains a résumé of some of the human rights cases currently being conducted by lawyer Ranjan Lakhanpal. The plaintiffs have reportedly all been subjected to torture and we studied their files, including the accompanying medico-legal documents in every single case. English is the official language of public administration. Some of the cases have already been commented on in our section on the physicians' role.

MRlw1

Plaintiff: Mr. K.P.S.

P. Singh (23) and P. Singh (20), brothers from Dhaka, Punjab. Both work as chauffeurs. For some time they had been in a dispute with a man who owed them money. This man had good contacts in the police and on 11 February 2000 at 10 a.m. both brothers were picked up at home by the police.

One brother was released the next day, the other was detained and tortured. He attempted to escape nude but someone saw him and called the police who took him back to renewed abuse. He was released after two days.

He was examined in hospital. See enclosed copies of the medical report. The conclusion was that he had sustained "blunt, simple injuries, mainly on chest and back".

As yet no one has been prosecuted.

MR lw3

P. Singh (PS) was shot on 12 August 1999 in the presence of his wife and son. A post-mortem certificate was drawn up concluding that PS had died of gunshot wounds. The son, S. Singh (SS) contacted the police to institute proceedings against those who had shot his father. The police did not wish to take up the case. According to SS the police look on passively while the guilty continue to threaten and harass the family – including preventing them from going to their land and cultivating their crops.

SS is now trying to have his case accepted as a human rights case.

MR lw4 *this is not a case of Police violence.

Mr. P is a lieutenant in the Air Force. He lives in a building with his mother (the father is dead). The neighbouring building is a factory that is eager to expand. The owner of the factory offered to buy Mr. P's house but he did not wish to sell. Mr. P has subsequently received a number of threats. In October 1999 his mother was home alone and people from the factory turned up and beat and kicked her. In November the episode was repeated but Mr. P was at home and both mother and son were beaten. On his own initiative Mr. P has had medical reports drawn up and has instituted proceedings. Now, a year later, nothing has happened in the case yet. Mr. P is trying to have the case accepted as a human rights case.

MRtk1

J. Singh, 25, vs. two named policemen.

Sikh; farmer. No previous convictions.

In the summer of 2000 JS witnessed a traffic accident during which a man was killed. As a witness to the accident JS was called in for questioning at the local police station on 30 August 2000.

He was showered with abuse, forced to strip and was then subjected to severe abuse in the form of blows to the body, his hair pulled and overextension of the legs. The latter occurred four times according to the report.

He was released on 31 August incapable of sitting or walking, with death threats and threats of false charges against family members.

The physician at a hospital refused to examine JS as this was a case of alleged torture. The next day JS was examined by order of a judge at Civil Hospital, Amloh. The medical report shows there were large bruises, the largest up to 58 cm in length, on both legs, the buttocks, the lumbar region and around the shoulder blades. All blunt, simple recent injuries.

MRtk2

S. Singh B. , 25, farmer, Sikh; vs. three named policemen (2 from Jalandhar, 1 from Chandigarh).

SSB has been an inmate of Central Jail in Jalandhar since 5 May 1998, charged with FIR No. 39.

On 25 August 2000 he was called to the Deputy Superintendent's office and told to find a cell phone which the police officer had given to a prisoner who had now escaped. When by 9 September he had not succeeded in finding the cell phone he was beaten with dan (rods) and leather belts over his entire body.

The abuse didn't stop until SSB was about to faint

He brought a complaint on 11 September to the Additional Sessions Judge and the press. He was then medically examined at Central Hospital in Jalandhar.

The examination showed numerous 2-3 day old blunt injuries on the back, chest, flanks, abdomen and buttocks.

MRtKT3

R.P. Kaur, woman, Sikh, vs. three named police officers from Dahta District Police Station.

On 8 February 1999 the plaintiff's house was raided by six policemen. They heaped abuse on her and after confiscating 30,000 rupees and two new scooters they dragged her to a jeep and took her to the police station. She was forced to strip and lie face down on the floor whereupon she was beaten on the hips with leather belts embedded with nails (pattas) 30-40 times in all.

This was repeated several times during her 3 month illegal detention during which time she was also beaten with lathis (wooden sticks) on the lumbar region and buttocks. On 7 May she was left unconscious outside her home in the village. Physicians at two different hospitals refused to examine her since she was an alleged torture victim, but an MLA ordered a medical examination, which took place on 8 May. Abrasions/bruises estimated to be three days old measuring approx. 12.5x12 cm were found on the sides of both hips. They were blunt injuries. The plaintiff was hospitalised for 13 days.

MRtk4

B. Singh, 38. The plaintiff had a financial dispute with another firm and on 5 May 2000 sought out employees of that firm, who beat him up. Later that day he was visited in his home by policemen who beat him and then took him to the local police station where the abuse continued at regular intervals until 7 May when he was left unconscious outside his home. He was then admitted to hospital where he was hospitalised for 19 days. The examination records "No evident injury or swelling. Police informed." Nevertheless the plaintiff was hospitalised for 19 days where among other things he was treated for high blood pressure.

MRtk5

B. Singh, 20, male, Sikh vs. 5 named policemen from Chandigarh, Patalla, Quadrian, Wadala Granthian. No previous convictions. One uncle is serving a life sentence for the murder of a woman.

On 29 April 2000 B. Singh was visited at his residence by relatives of the murdered woman and subjected to severe abuse, including being forced to drink his own urine.

On the evening of the same day the plaintiff was visited by two policemen and taken to the station in Wadala Granthian where the same relatives along with the police continued the severe abuse. He was forced to remove his clothes, beaten with fists and kicked on the entire body and beaten with leather belts (patta). He was again forced to drink his own urine from a glass and was held by the arms, legs and hair while policemen urinated in his mouth.

An eyewitness among the policemen, who were subsequently suspended, took the case to the press and on 4 May the plaintiff was examined by a physician. Bruises measuring 3.5x1.5 cm were found on the side of the upper right arm and large bruises measuring 21x15 cm and 23x 16 cm were found on the left and right buttock.

The injuries were blunt and estimated to be 6 days old.

MrTK6

S.D. Singh, vs. two policemen from Amloh Police Station + a private individual, on behalf of his wife J. Kaur, female, 40, Sikh.

On 5 May 1999 several policemen forced their way into the couple's home, allegedly on behalf of a private individual with whom they had a dispute, and beat JK on the knees, one arm and the face. A medical examination showed soreness and a contusion wound on the right wrist and an abrasion measuring approximately 3x4 cm on the right hip. X-rays of the wrist and hip joint were advised. The woman complained of visual disorders allegedly caused by blows with the fist, but "no external injury was seen".

The injuries were fresh and blunt.

MRtk7

R. Kaur, Sikh, female.

The plaintiff was visited in her home on 25 October 1999 by a group of drunken policemen. They allegedly began to beat the plaintiff and her husband, who were involved in a lawsuit concerning some land. The couple were threatened with false charges, taken to the police station and released the next morning.

The medical examination showed fresh blunt bruises on the back measuring 9x0.5 .

MRtk 8

K. Singh on behalf of G. Singh, approx. 50, Sikh.

G. Singh was arrested at his home on 4 January 2000, reportedly on suspicion of illegal alcohol production. On the occasion of his detention GS was beaten by policemen and allegedly knocked his head on a gate. He was taken to the police station and released a few days later in miserable condition and left near his home.

GS was first examined by the local physician but when his condition grew worse he was admitted to a hospital in Jalandhar where the medical report states that he was in a deep coma with no reaction to pain stimuli. Resuscitation was attempted, but in vain, and he was pronounced dead at 10.30 a.m.

The post-mortem certificate stated that the cause of death was subdural hemorrhage on the right side ("s.h. is sufficient to cause death in an ordinary course of nature due to neurogenic shock"). The time elapsed from the occurrence of the trauma to death was estimated at 4 hours.

The wife has signed a statement that her husband had an alcohol problem and that the injuries were caused by a fall while intoxicated.

CONCLUSION

Based on our conversations with lawyers and human rights activists in Punjab as well as our interviews and examinations of former and recent torture victims the following picture of the situation emerges:

Torture continues to be used in Punjab. In contrast to 6 or 7 years ago, when widespread political violence was the cause of severe human rights violations, torture today does not seem to have a political foundation but is based on ordinary corruption, abuse of power and greed on the part of the police. Several of the cases we studied, cases with which we became acquainted through lawyers and our own examinations, point to this.

Two types of torture, which are also described in earlier reports (for example *The Legacy of Abuses in Punjab*, by Human Rights Watch/Asia and Physicians for Human Rights/USA, 1994), are frequently used:

Overextension of the hip joints and large wooden rollers being rolled heavily downwards over the legs. The first type of abuse leads to loss of mobility and function in the legs. The wooden roller causes injury to the leg musculature followed by prolonged pain and the risk of kidney failure leading to death. In addition electric abuse is frequently used, including prodding of the genitals, as is hanging by the arms or legs and blows with sticks or leather belts. Almost everyone we examined exhibited the characteristic mental symptoms of torture.

The medical profession contributes, directly or indirectly, to the perpetuation of this abuse. Many medico-legal documents concerning reported torture victims are incomplete or false. Even when the injuries are mentioned no conclusion is ever drawn as to possible causes, such as torture. There are examples of physicians simply refusing to examine torture victims precisely because they had been tortured.

PHYSICIANS FOR HUMAN RIGHTS DENMARK

Is a group of Danish medical doctors whose goal is to bring the skills of the medical profession to the protection of human rights. Members of PHR/DK have participated in fact finding missions to several countries such as Israel and The Occupied Territories, Chile, El Salvador, Guatemala, Venezuela, Turkey, Northern Ireland, Cyprus, Kuwait, Kenya, Romania, Uruguay, Lithuania, Latvia, Pakistani and Indian held Kashmir, Sri Lanka, Mexico, Nepal, Croatia, Bosnia, Thailand, The Philippines, Punjab, and Kosova.

PHR/DK co-operates with several other human rights organisations, notably IFHHRO.

Secretary: Olav M. Vedel, M.D. Volshøjvej 12, 8240 Risskov, Denmark

TEL + 45 86 21 07 40 FAX + 45 86 21 07 84 E-mail

mailto:omv@dadlnet.dk omv@dadlnet.dk

(1)

The title alludes to the testimony of examinee #16: "people who are released from prisons live in the shadow of the Police".

(2)

"Blood in the stools" has been described by many victims of torture that our group has interviewed over the years. We think that at least in some cases it may be caused by rape with a blunt instrument, e. g. a bottle or a truncheon.

Likewise, "blood in the urine" is a rather frequent symptom of torture victims. It may be caused by blunt trauma, but in some cases it is caused by crushing of large amounts of muscle tissue which may lead to excretion of a red muscle protein (myoglobin) through the kidneys: a condition called rhabdomyolysis, which can lead to kidney-failure and be life-threatening. This condition is seen as an after-effect of heavy torture e.g. with a wooden roller applied to muscles of the thighs, which is common in Northern India and Nepal, as described in the present case.

