



The Rights of Female Prisoners in Pakistan: A Legal and Human Rights Analysis

Ayesha Nayyab

Advocate High Court, LLM Scholar, International Islamic University Islamabad, Pakistan

nayyabayesha17@gmail.com

Raees Khan

Research Scholar, Governance and Public Policy, National University of Modern Languages, Islamabad, Pakistan

raees.khan191190@gmail.com

Ahsan Aman Khan

Advocate High Court, LLM Scholar, University of Hull, United Kingdom, England

ahsan8195@gmail.com

ABSTRACT

This research paper aims at looking into the status of women prisons in Pakistan by adopting legal justice framework and human rights issues. Even though prisoners' rights have been protected by national and international laws, the lives of women prisoners in Pakistan remain very challenging, including overcrowding of the prisons, gender-violent attacks, unavailability of proper healthcare and no access to mental health care. Local legislation including the Pakistan Prison Rules and international norms and standards including the United Nations Standard Minimum Rules for the Treatment of Prisoners presently known as the Nelson Mandela Rules, are seldom put into practice effectively thus, the female prisoners are at risk. The paper measures gender parity within the legal frameworks of the country and globally, showing where the criminal justice system fails women. Rehabilitation in relation to giving birth, meeting family members, and other needs of fertility age females serving time are not considered. The study also compares Pakistani practice in relation to international human rights standards, with reference to inadequacies in police conduct and female prisoners/players. The paper concludes by making the following suggestions as the way of dealing with these issues: gender sensitive training of prison staff, enhanced legal protection, and depopulation measures to reduce overcrowding. This is informing a set of measures to introduce specific services in a women-centered framework and to adopt a gender-sensitive approach

in the sphere of penitentiary systems' administration. Through these reforms this study seeks equal rights for women who are incarcerated and respect their rights without being violated as provided for in both the Kenyan constitution / bill of rights and other international conventions on human rights.

Keywords: Women Prisons, Human Rights, Gender Violence, Legal Framework, Rehabilitation

INTRODUCTION

The woman prisoners' conditions in Pakistan includes the legal system, social issues, and institutional environment. Even though, there are legal provisions that ensure the prison inmates' rights, female prisoners encounter some special and constant problems, which in fact, are unsolved. Some of these challenges are; the existing facilities are congested and inadequately equipped, there is widespread GBV and health complications such as reproductive and mental health are insufficient. These shortcomings intensify the situation in the female prisoners since in addition to the above-stated problems they have to experience other forms of social injustice. Therefore women prisoners in Pakistan mainly experience abuse during their imprisonment (Jabeen, 2020; Sultana, 2021).

The UN standard Minimum Rules for the Treatment of Prisoners also known as Nelson Mandela Rules and the Bangkok Rules on women prisoners' have provided frames for the humane and parity treatment of women prisoners. For instance, the Nelson Mandela Rules call for gender sensitive policy in prisons to include, right to health care, freedom from violence as well as access to required social services (UNODC, 2015). The Bangkok Rules hereby expands on these recommendations even more by emphasizing the importance of branding responses to the ordeal that faces women in prison as gendered especially where these inmates need to access reproductive health, or where it might be in the best interest of all parties for non-violent offenders not to be imprisoned (United Nations, 2010). However, it is saddest to note that Pakistan is not meeting these international standards fully, and many female prisoners are treated degrading and unsafe conditions (Ahmad, 2019).

The reproductive justice, that is the legal rights of female prisoners in Pakistan are often found to be denied practically despite being enshrined in both the Pakistani law and the international law. While theoretically Pakistan provides constitutional rights and legislations for protection of human rights, the situation inside many prisons of Pakistan does not represent these legal guaranties (Sultana, 2021). This paper examines these legal contexts, considers the situation of female prisoners, and provides recommendations for enhancing the status of women prisoners. Through critiquing the current state of female imprisonment in Pakistan the researcher aims to join the ongoing debates in relation to prison pragmatics with special reference to specificity of gender-sensitive policies.

Legal Framework for the Rights of Female Prisoners in Pakistan National Legal Protections for Prisoners

The prisoners in each country have legal rights to humane treatment, and the

prisoners in Pakistan region do too; their rights are protected in their Constitution and by national laws as well as rules given by prisons specifically to cover humane treatment in the prison area. These rights are based on constitutional provisions as well as legal rules and regulations that establish the essential rights of patient with reference to treatment. The above provisions come as provisions to eliminate chances of prisoners, male or female, being subjected to torture, treated inhumane or degraded, or being denied their dignity besides while in custody. Nondet however irrespective of such legal frameworks asserting these rights the applicability of such measures as well as their implementation can still present complications especially for female offenders.

Constitutional Protections

The Constitution of Pakistan give preliminary rights of all individuals including the people who are in jail. These constitutional rights form the basis of the handling of prisoners across the nation, and sections that relate to female detainees. Key constitutional provisions that safeguard the rights of prisoners, including women, include:

Article 9: This article preserves the rights to life and liberty and it's a constitutional way that the rights can be denied. This provision is helpful in the case of prisoners in particular because there has right to life and liberty which can only be deprived under the law (Constitution of Pakistan, 1973).

Article 10A: This article states for a fair trial which is a very important legal right which every human being in including female prisoners ought to enjoy. The right to a fair trial or detailing and treatment during a trial and the proceedings mean no one including women can be detained or receive unfavorable treatment during a trial (Constitution of Pakistan 1973).

Article 14: This article also safeguards an individual's density by saying that "the dignity of man shall be inviolable". This clause is of special importance to prisoners because it points to the prisoners' legal rights and guarantees the proper treatment of all prisoners, women in particular (Constitution of Pakistan, 1973). It sets the basis of articulating protection from inhuman and degrading treatment for female prisoners who are in custody.

Provisions of the constitution that are as remove as these are sometimes not effectively practiced within prison systems. If these rights are not realized, females continued to be abused and their rights not respected in some regions, and imprisoned females are no exception.

Pakistan Prison Rules of 1978

Therefore, apart from the constitutional provisions, the Pakistan Prison Rules of 1978 containing rules for treatment of prisoners. These rules as stated give elaborate guidelines on how to treat prisoners and it pays a special attention to such prisoners as the female prisoners. The Pakistan Prison Rules highlight several provisions related to the conditions and treatment of female inmates, including:

Separation of Female and Male Prisoners:

Another of the Pakistan Prison Rules is that, categorization of female prisoners should be provided in a different area from that of the male prisoners. This is to

safeguard the female category from acts of abuse and violation, just to mention but a few being; exposing the female inmates or female prison staffs to the male inmates' immoral practices, or any extra-vagance by male prison staff; hence the Pakistan Prison Rules of 1978 were put in place.

Access to Healthcare:

The see also rules touch on the provision of adequate health care facilities to female prisoners. This involves oversight in physical as well as mental well-being. Like all other prisoners, female prisoners are classified as prisoners and thus, they have their health needs met like all prisoners; however, in prison, arrangements are made to attend to the medical needs of women prisoners especially during pregnancy and child birth (Pakistan Prison Rules, 1978).

Provision of Adequate Living Conditions:

The rules put it that a woman prisoner should be provided clothing which is suitable in the circumstances, food and accommodation and that she should be provided with proper toilet and washing facilities. These basic needs are very significant in a way that prisoners not only the female ones does not suffer degrading and inhumane treatment which will in a way hamper their health and lives (Pakistan Prison Rules, 1978).

Maternal Care and Child Custody:

New mothers and pregnant female prisoners are supposed to get extra care. There are provisions made on maternal health and where required female prisoners are allowed to be with their children in prison. This provision was meant to safeguard the mother's rights and those of the child to ensure the mother's role as a caretaker now and then is not affected so much by her incarceration (Pakistan Prison Rules, 1978).

However, the effectiveness of the provisions has been a problem; women have continued to access poor health care, worse inmate conditions, and little or no protection from violence

CHALLENGES AND IMPLEMENTATIONS

Despite of the legal protection of the rights of the female prisoners in Pakistan, these rights are still a dream in practicality. Human rights non-governmental organizations, as well as local women rights-based organizations show that the situation in female prisons is not satisfactory and the provisions of Constitution of Pakistan and the Pakistan Prison Rules are not implemented in letter and spirit.

This has been due to overcrowding in most detention facilities that has eventually denied correctional facilities sufficient structures and resources like health care and water systems. Population density affects female prisoners as overcrowding becomes a potential risk factor, it becomes almost impossible to ensure that female prisoners are separated from male prisoners and that female prisoners with special needs, like pregnant women or those with young children, get special treatment. Also, most of the prison staff have little or no training in how to handle female detainees, worse still, they pay little attention to the disadvantaged situations women prisoners find themselves such as harassment, gender violence among others as Rehman (2019)

observes.

However, there's also fears concerning the system of tuitions put in place in the prison since they are unaccountable. Despite the legal provision for protection of the rights of female prisoners, lack of adequate supervision of the prison conditions and legal compliance hampers the provision and realization of those rights that need not be violated through negligence or rampant abuse. Coronavirus, inadequate financing for prisons, and corruption all interfere with the strict enforcement of legal rights accorded to females in jail (Jilani & Hussain, 2017).

International Legal Frameworks for the Protection of Female Prisoners

The rights of female prisoners can still be protected in the prison system and this is an area of human rights law; some international instruments are very useful in the protection of these rights. Besides the laws of the country, Pakistan for example is convent to the international laws and regulations that govern the treatment of the women in prison. These frameworks seek to guarantee that female prisoners are not only treated with respect to their rights, the health of female prisoners is well as protective measures against violence and discrimination of female prisoner's health. This essay will discuss main international norms that regulate the rights of female prisoners especially, in relation to Pakistani nation's commitments to these treaties.

United Nations Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW)

The United Nation Convention on the Elimination of All Forms of Discrimination against women (CEDAW), is probably one of the most comprehensive international legal tools that focuses on the rights of women, including women in detention. Pakistan signed CEDAW in 1996 and agreed to removal of discrimination against women in whichever legal context they are in, including and especially the criminal justice system. It is Article 10 of CEDAW hence women prisoners and their rights to be protected and respected with their rights to dignity, health and security upheld (United Nations 1979). According to this article, states parties should use all possible measures towards the protection of women in detention with emphasis made on their health in particular reproductive health on health care that is accessible to them (United Nations, 1979).

CEDAW adopted by Pakistan enlarges the obligation of the country for the fair treatment of female prisoners and their need. Therefore, though Pakistan has obligations under this convention, there are problems in the Prison System of Pakistan especially in providing justice to women and; protecting them from abuse and exploitation in Prison.

International Covenant on Civil and Political Rights (ICCPR)

The International Covenant on Civil and Political Rights (ICCPR) ratified by Pakistan in 2008 is other important international human rights instrument in the context of humane treatment of prisoners encompassing women. Within the broad framework of ICCPR, an attempt has been made to protect civil and political liberties; and also, to observe the principle of equal protection of human rights for both men and women as well as other persons during imprisonment. According (United Nations,

1966), Article 10 of the ICCPR states that, all the prisoner including female prisoner shall be treated in a humane manner and all prisoner including the female prisoners have inherent dignity and right that must be respected. This section aims at protecting women prisoners from torture or other related cruel, inhuman, or degrading treatment. It also requires states to ensure prisoner from violent and exploitive circumstances occurring inside the prison system of the state (United Nations, 1966). However, there have been documented cases of abuse, which include sexual assault, and denial of adequate medical care to female detainee's some parts of Pakistan showing that while Pakistan has signed on to international conventions, its prisons do not fully meet the spirit of such provisions regarding women in detention.

The Nelson Mandela Rules (2015)

The United Nation Standards Minimum Rules for the Treatment of Prisoners was updated in 2015 for further descriptions on the treatment of prisoners also known as the Nelson Mandela Rules. They also stress the need to make sure that prisons are free from various policies that socially exclude women with the objective of meeting the nature of women in remand prison. Nelson Mandela Rules Number 8 states that prisoners should be provided with relevant health care; with the use of contraceptives as reproductive health products for women prisoners (United Nations, 2015). The rules also encourage the provision and protection of violence-free and Safe environments for female prisoners who are at high risks of being abused and exploited (United Nations, 2015). Moreover, according to the Nelson Mandela Rules, prison systems cannot only provide ordinary education, and vocational training, as well as other forms of rehabilitation for the purpose of social reintegration of prisoners or prisoners with particular reference to women or girls. This is important because the large population of female prisoners is incarcerated as a result of socio-economic pressing factors or due to gender related violence as noted by the UN (2015)

The Bangkok Rules (2010)

The second is the United Nations Rules for the Treatment of Women Prisoners and Non-Custodial Measures for Women Offenders familiarly known as the Bangkok Rules set in 2010. The rules were developed to prescribe a treatment of female prisoners that this group deserves due to their gender or need for. Array The Bangkok Rules emphasize on meeting the health, welfare and psychological needs of the women and the girls in prison (United Nations, 2010). In the better imprisonment for women, some guiding principle is required for a prison system, which is – gender sensitive healthcare such as reproductive health care services and addressing the mental health crisis that sometimes goes unnoticed within a male-dominated prison system (United Nations, 2010). In addition, the playing rules seek to eradicate all forms of violence against the female prisoners with aspects of sexual violence major on as unlawful and also puts emphasis on the necessity of guaranteeing that females get the major service or products to serve their needs that focuses on their gender (United Nations, 2010).

Pakistan's Obligations and Challenges

CEDAW, ICCPR as ratified in Pakistan, and the Nelson Mandela and Bangkok Rules, adopted by Pakistan, reflect the government's interest in the rights of

incarcerated women. Nevertheless, the compliance of all these international standards inside the Prisons of Pakistan is still questionable. According to Amnesty International 2015, female prisoners in Pakistan, as presented by various human rights organizations continue to live in poor hygiene and sanitation, receive little or no adequate medical attention, and some of the prisoners are sexually and physically assaulted by warders and other prisoners. Although there are some improvements seen in several prisons of Pakistan, to some extent, Pakistani prison systems still did not respect women prisoners' rights. These differences between international human rights as well as the everyday experience of incarcerated female prisoners stress the need for further improvements of the existing legislation and policies, the necessity of staff education and raising concern about female offenders' needs.

Challenges Faced by Female Prisoners in Pakistan

Situation of prison in Pakistan has been heavily criticized for its inefficiency to look in to entire aspects of female prisoner. Absolute confinement, unsanitary conditions, gender violence, melancholic health outcomes, and fluctuations in mental status influence every prisoner but these shifts are more significantly intense on women prisoners. Prisoner women are also at a risk of a number of special vulnerabilities that are common but due to poor infrastructure, social ostracism, and organizational oblivion. This literature review focuses on some of the major issues that women offenders encounter in Pakistan, such as overcrowding in prisons and poor conditions, sexual abuse and exploitation, poor health care and sanitation's and finally psychological and social implications of imprisonment.

Overcrowding and Substandard Facilities

One of the most common violations across all the prisons of Pakistan is overcrowding, and it has a particularly negative impact on women prisoners. As per Human Rights Commission of Pakistan (HRCP, 2020) overcrowding of women prisons is a major problem and the conditions are unhygienic and insecure. Most prisons intended for male inmates are filled with female inmates to compound their suffering and endangered status (Human Rights Watch, 2018). Lack of space leads to woman being packed many in small, dirty cramped cells where they have no privacy and cannot practice any form of body hygiene. This leads to diseases outbreaks, mental issues and violences among prisoners (Pakistan Justice Project, 2019). Moreover, poor service provision and provisions for sensitive needs of women through detention centers raises difficult times for women. According to the Pakistan Prison Rules of 1978, female prisoners should not be kept along with the males. However, this legal provision is not respected due to overcrowding, women are housed in some sectors of male prisons (HRCP, 2020). Omission of these rules puts the lives of the female prisoners peril by predisposing them to cases of physical and sexual violence. Therefore, Pakistani prison system violates Pakistani legal and international principles norms and standards human rights.

Gender-Based Violence and Abuse

Prisoners in the Pakistan especially women are exposed to SFV from the male employees and other male inmates. The Pakistan Justice Project in their record for

2019 have documented many cases of physical, sexual and psychological abuse of women in prison. Most women guards remain rare in many of these facilities and they can easily be vulnerable to exploitation by male staff including the guards. The scarcity of female staff is one of the major problems that keep indefinite violence and exploitation going round. Female prisoners may be harassed, verbally assaulted, even raped and they feel the lack of reporting facilities or institutional support even more. Because of continued poor treatment of female prisoners, many female prisoners fail to report acts of abuse from the male counterparts or other officers for fear the same might retaliate, or their plight will not be taken seriously. Due to the lack of implementation or access to proper reporting means to authorities, along with protocols that enable prison officials to go scot-free, hence making such abuse continue unabated (Pakistan Justice Project, 2019). Quite often, prison authorities rate complaints of abuse as frivolous, meaning victims are again denied voice and their trauma denied validation. When they cannot acquire justice female prisoners stay locked in an endless cruel cycle where they are violated and neglected, beyond being denied their basic human rights.

Inadequate Healthcare and Sanitation

In prison, health care resources are scarce and unsatisfactory in the context of Pakistani prisons for female prisoners who require reproductive health services. The report by Human Rights Watch (2018) reveals that female prisoners deny adequate gynecological care since they do not get adequate access to prenatal and antenatal services. It is common practice to find pregnant or postpartum women detained and receiving inadequate medical care with not only the mothers' lives but also the infants at risk (Human Rights Watch, 2018). The absence of feminine products including sanitary needs are a major constraint to health complications of female prisoners, leading to infections, rashes, and other health complications that are wholly avoidable. Other medical needs affecting the female prisoners include the reproductive health problems combined with mental health problems. Incarceration as a traumatic experience compounded by physical and mental torture that most women in prison receive exposes the incarcerated women to higher risk of mental illnesses including depression, anxiety and PTSD (HRCP, 2020). Alas, there are not many programs for mental health and therapy in prisons that women prisoners have access to. Such a thing only worsens the psychological condition of imprisonment and prevents them from treating and recovering. Further, the shortage of health care human resource and health facility in prisons also add the probates to the challenges that the female prisoners experience get access to adequate medical care (Pakistan Justice Project, 2019).

Psychological Impact and Social Stigma

Imprisonment affects women's mental health, especially in Pakistan, where women are incarcerated for offences as adultery or familial disputes or moral misconduct. When the women of the Pakistani society are involved in such cases, they are looked a constitute and are considered to be immoral and have no honor. This stigma however is not only limited on the women behind bars but to their families as well where the latter are for mentioned by their communities (HRCP, 2020). The

social rejection that the women experience as a result of their status can have dire consequences psychologically especially for the women who already holding traumatic accounts of their experiences in prison all kinds of. The absence of any rehabilitation process in the Pakistani prisons complicates conditions women are bound to confront once they get out of jail. Literally most female prisoners are rendered jobless and therefore cannot be reabsorbed into the society as most people shun anyone with a criminal record. In Pakistan, women who are incarcerated after trial and consultations face joblessness, social rejection or banishment by their families, and poor degree of acceptance in their societies (Pakistan Justice Project, 2019). One of the areas the study revealed as lacking in the prisons is a proper rehabilitation or even vocation training for inmates; this left the women with little or no hope of reestablishing their lives once they are released.

International Human Rights Standards and Pakistan's Compliance: A Focus on Female Prisoners

Currently Pakistan is a member of a number of international human rights conventions that contain provisions regarding the rights of prisoners, women in particular. However there is certain criticism which comes to the country's prison and that is on account of its not obeying all international norms in respect of the treatment of prisoners, specially women prisoners. International human rights standards, including the Bangkok Rules, and the Nelson Mandela Rules have provisions for the treatment of women prisoners firstly and foremost note that these require gender sensitive measures to be applied in the confinement of women. But as a recent news show, Pakistan's prison still faces many challenges in the implementation of the aforesaid recommendations. This paper does a comparative analysis of the country practices in regards to the treatment of and conditions under which female prisoners are held which include overcrowding, violence, lack of adequate health care, and lack of any form of rehabilitation as provided for under International human rights standards.

International Human Rights Conventions and Gender-Sensitive Approaches to Incarceration

The United Nations (UN) has developed several human rights conventions for the protection of all individuals in this World including prisoners. Of these, the Bangkok Rules (United Nations, 2010) and the Nelson Mandela Rules are more of guidelines on the treatment of female prisoners, the state should ensure they take a gender keen approach to address the issue of women who end up in prisons. For example, the Bangkok Rules as stated "the specific needs and vulnerability of women prisoners as well as of those under detention should also be considered" (United Nations, 2010). Also Nelson Mandela Rules, call for equal treatment of all prisoners, and the provision of equal access to health care, education and vocational training (United Nations, 2015). Till date, from the reports of the human rights organizations, it appears that Pakistan has not done much in implementing the standards set under these and many other international conventions which it has ratified. A report on Prison handbook for female inmates of '2022' detailed by the Human rights commission of Pakistan stated that there has been a lack of provision of health care, adequate rehabilitation

and protection against violence for females in the prisons of Pakistan.

Challenges Faced by Female Prisoners in Pakistan

Among all the problems of female prisoners in Pakistan, overcrowding is one of the main ones. As revealed by the World Prison Brief (2023) the prison of Pakistan is severely overcrowded and this worsens the condition of women in prison. This is because overcrowded prisons compromise the quality of prisoners' living standards; this is because there are a lot of prisoners, and it becomes almost impossible to protect them and accord them basic human rights. Women prisoners bear the brunt of overcrowding gains because they are forced to share few resources to cater for their numerous and unique requirements. In the Bangkok Rules, the UN has acknowledged that 'particular attention should be paid to the accommodation of women prisoners' (United Nations, 2010) In Pakistan however overcrowding means little spaced cells, inadequate partitioning and situation that creates a potentially unsafe environment for women.

Another prison problem is violence in the prisons. Systemized rape: Female prisoners in Pakistan prone to physical and sexual abuse by both; jail staff and inmates report anderen. In this regard, it became evident that this constitutes a clear violation of the international human rights provisions, especially the ban on torture and other cruel, inhuman and degrading treatments. The United Nations Convention Against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment (1984) states clearly that "any form of violence especially gender violence should not be tolerated in any detention facility" (United Nations, 1984). Nevertheless, much has been said about the Pakistani prisons' responsibility for inadequately safeguarding the women prisoners from such abuse. According to a report published by the Asian Human Rights Commission in 2018, sexual violence and exploitation are rife in Pakistani prisons and female prisoners are most vulnerable to harassment and assault, but cannot get justice.

The second problem is the absence of proper healthcare in patients' view According to the patients' opinion, they do not have proper access to healthcare. The UN's standard rules are known often as the Nelson Mandela Rules and in these, it clearly points out that prisoner's should be able to get healthcare in jail that is as good as the general population (United Nations, 2015). But it has been observed that in Pakistan female prisoners have a limitation of medical attendance and treatment especially reproductive health related problems. In the report by HRCP 2022, it is stated that many women prisoners in Pakistan never get access to medical treatment because of diseases such as tuberculosis, hepatitis and mental illness. Also, prenatal and postnatal care for pregnant prisoners are also compromised, putting the health of both mothers, and their unborn children in danger.

Another acute problem is a complete absence of rehabilitation programs. The Nelson Mandela Rules recommend that prisoner are given education and vocation training in order to ease their reintegration into the society once serving their prison terms (United Nations, 2015). But such programs are scarce or totally lacking in a majority of Pakistani prisons. Additionally, female prisoners who are mostly from poor black background have no chance of being an alternative to rehabilitation for them

keeps them more marginalized in the society. The realities of women prisoners are that they lack educational material, vocational training facility, and psychological counseling which are essential for their reintegration according to the HRCP of Pakistani prisoners in 2022.

Pakistan's Progress and the Need for Reform

Although Pakistan has achieved some enhance in human rights inside the prisons, female prisoners' conditions are still critical. Through joining of international human rights conventions, a country shows a willingness to abide by international standards in human rights, but the weakness lies in its failure to apply these international standards as they should be applied. A study conducted by Amnesty International in 2020 was informed by the major factors including lack of political will for a chargent of system to address serious structural issues in prisons and, more so, conditions surrounding detained women. Based on human rights benchmarks, Pakistan has to ensure considerable changes to correct the situation of prisoners especially women. Such measures provided in the report include overcrowded facilities that should be replaced by new facilities, protection of violence against female prisoners, health care services which include mental ailment and rehabilitation services which contain educational initiatives, vocation training, and mental illness treatment. However, the government needs to improve coordination to guarantee that women held in detention centres are treated fairly such that any official engaging in mistreatment of women and girls in detention is punished.

Legal Reforms and Policy Recommendations for Female Prisoners in Pakistan

Challenges that Pakistani female offender's experience in the criminal justice system also exist due to gender biasness; lack of facilities and proper legal aids. To solve these concerns the following demands a reformative approach to law and legal systems that flesh out the system challenges of a women inmate. The subsequent measures and policy advises would focus on enhancing quality of life, safety, legal representation and opportunities of rehabilitation for the incarcerated women of Pakistan.

Establishment of Gender-Sensitive Prisons

Another key concern concerning the womens' plight in Pakistani prisons is the general absence of timely and necessary gender-responsive infrastructures meant to cater for the females' needs. The prisons should be designed for the female inmates and the provisions of, for instance, health care, washing, sanitation, and showers should satisfy the female inmates' needs. These are all addressed to current facilities, which are known to be rarely able to provide suitable maternal care, mental health or even decent living conditions for females, which only serve to deteriorate the physical and mental health of women (Khan, 2017).

In response to these challenges, the government of Pakistan must arrange for women's only prisons that would have adequate facilities of health care. These comprise of Antenatal and postnatal care, psychological services on any mental standoff as well as reproductive health services that are usually limited for male prisoners (Hussain & Faiz, 2015). These prisons should be encourage the safety, security and respect of women with private areas of the compound where female prisoners can wash themselves, defecate or sleep without fear of abuse.

The construction of gender sensitive prisons would also assist in eliminating overcrowding which worsens other problems in prison. New building and necessary services for maintenance and equipage would be less expensive than life maintaining of woman prisoners in male prisons as well as it is safety and suitable with the Bangkok Rules of United Nations which states that the women prisoners deserve the suitable environment for their imprisonment (UNODC, 2011).

Increase Female Prison Staff

In order to eliminate the incidences of needlessly endangering the lives of prisoners, specially trained female prison staff has to be present in female only prisons. The great majority of prison staff in Pakistan is male, and this is a major factor inhibiting safe and humane treatment of female inmates. Female employees in organisational man contexts are at a higher risk of suffering from physical and sexual assault, and they can hardly get the necessary support (Fakhar, 2018).

The recruitment of more females in prisons should be achieved not only for the purpose of bolstering security but also for giving prisoners psychological support. Sexual assaulted victims, pregnant inmates and postnatal are easily comforted by fellow females because the staff member is more understanding and is in a better position to advice the female inmate particularly in issues relating to health, trauma and security (Bukhari, 2017). Further, the gender balance of the prison workforce would promote positive interaction and prevent women prisoners from experiencing mistreatment or violence, and promote development of women's careers within the prison framework.

In addition, it is also necessary to increase the limited sources for training and capacity building for the female prison staff so that the female prisoners can be given social, mental health and other treatments like drug addiction treatment, domestic violence issues etc. (Pakistan Bureau of Statistics, 2022). The funding for this type of knowledge could change the conditions of imprisonment and make the system more humane where women serve their sentences with real support.

Expanding Legal Aid and Access to Justice

In particular, imprisonment affects their rights to access justice which is a big problem for women prisoners of Pakistan. Most of the women are arrested and detained without the proper legal counsel, mostly because they cannot afford it or they do not know they have a right to. Coming down to the present moment, a report from the Human Rights Commission of Pakistan unveiled that Most of the females in prison have no chance to contest their convictions or sue to contest due to unavailability of affordable lawyers. This is a direct violation of their primary right of being accorded fair trial and due process.

In order to redress this problem, legal aid programmes in Pakistan need to be increase so that women prisoners can obtain adequate legal assistance. Imagine that there is greatly expanded a legal aid, it will be possible to prevent, inter alia, the violation of the rights of the prisoner not to be imprisoned unfairly, as well as the rights of a woman not to have adequate or proper access to an appeal. Legal aid programs should be specific to women and should mainly comprise the following; Family and domestic cases, women who are victims of violence, trafficking and other

gender related violence. As for the second assertion, gender sensitivity and awareness training also commenced for legal individuals would assist enhance the standard of practical help acquired by female prisoners (Fakhar, 2018).

Equal consideration is to open for amendment and update the legal processes so as to get rid of the gender bias that leads to unfair treatment of women In the criminal justice system. Particular attention shall be paid to the rights of females prisoners in connection with the allegations related to abuse also, availability of the options of non-custodial measures in cases with individuals who have not committed violent offences like probation or community service (UNODC, 2011).

Establishing Rehabilitation and Reintegration Programs

Among the most important steps in the process of correctional management, the most important area is the reintegration of released female prisoners into society.” Unsupportive social environment increases a risk level of female ex-prisoner to recidivate, to be socially outcast and excluded from family and community. Rehabilitation programs should be inclusive of; vocational training, educational, and psychological counseling to ensure the female releases are responsible and useful members in society (Suleman & Masood, 2019).

Such training programs should be more oriented towards imparting such skills to the female prisoners so that they would easily secure employment after their release. For instance in Pakistan, where the scope of employment for women remains limited, such programs assumed a great potential of facilitating successful female ex-prisoner, non-reformation. Since women are aware that they need to reintegrate into society, educational literacy courses and professional development workshops will help improve their confidence, knowledge and skills of the women involved.

Moreover, there is need to include psychological counseling into the list of measures that need to be taken in the course of rehabilitation. According to a recent official survey, female inmates in particular are often victims of traffic and domestic violence, are sexually abused, or forced to marry (Pakistan Bureau of Statistics, 2022). Counseling services would enable female prisoners to be equipped with appropriate tools to help them overcome post imprisonment bleak future brought about by past trauma.

Another area to be tackled is the feeling of shame experienced by women, who have ever been incarcerated. The campaign probably could be effective in removal the shame of imprisoning of females thus helping to facilitate the main theme of reintegrating ex-prisoners into the society (Khan, 2017).

CONCLUSION

Gender related injustice in prisoner’s rights in Pakistan is found to be substantial due to problems such as overcrowding, gender violence, and health problems and limited rehabilitation centers. In Pakistan, female prisoners continue to endure inhumane conditions with regard to respect of the Pakistani laws as well as international human rights conventions and treaties. Despite the fact that by now considerable changes to the situation in the female penal system could be expected, female prisoners still remain exposed to conditions that can barely be considered as

violating their dignity and rights; thus, it can be stated that the problems require comprehensive changes.

To ensure effective implementation of legal and policy measures these critical problems dictate that Pakistan shall focus on setting up the gender sensitive institutions which are more responsive to the needs of women in criminal justice system. They should afford a protective climate to women to stop violence or use them again or even selling them in the markets. Moreover, the representation of the female staff within the prisons should be expanded also because females dealing with the male prisoners are more effective in combating such issues for example sexual harassment, illness or motherhood challenges among women prisoners.

The second major area of concern is that for evolving the concept of correctional system, and they look at the area of rehabilitation expansion as of critical reform. Such essentials should include education as well as vocational training as well as rehabilitation for psychological support of these women in preparation for reformation. If an emphasis on rehab rather than punishment is used, there will be very less chances of people going back to crime and women are most likely to be set up for a better life after they are released from jail.

However, at the end, the government of Pakistan should pay attention on protection of female's prisoners and also respect of their rights as per human rights conventions only. The state must be forced to put through these reforms to transform the lives of female prisoners; the society will also be transformed into a just one. Only by addressing those structural problems and targeting the deficiencies of women's imprisonment can Pakistan strive to build the penitentiary system that would respect the human rights and give a female offender an equal chance for a second chance.

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