



Shadows of Suffering:

Unveiling Torture Tools and Tactics in Balochistan



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Introduction:

Context and Background:

Balochistan, the largest province of Pakistan, has long been a crucible of conflict, marked by a deep-seated struggle for autonomy and resistance against state oppression. Historically rich and culturally distinct, Balochistan has witnessed significant political, social, and economic marginalization, fostering an environment where human rights abuses have become alarmingly routine. This report delves into the harrowing realities faced by the Baloch people, focusing specifically on the pervasive use of torture as a tool of state control.

Since Balochistan's accession to Pakistan in 1948, the region has experienced waves of insurgency and brutal crackdowns by the state. The Baloch struggle for autonomy and rights has been met with severe repression, and the state's response has been characterized by systemic human rights violations, including arbitrary arrests, enforced disappearances, and the widespread use of torture.

The situation in Balochistan represents not just a regional crisis but a significant human rights issue with broader implications for international law and justice. Torture, as a violation of fundamental human rights, demands immediate attention and action from the global community. The patterns of abuse detailed in this report are not isolated incidents but are indicative of a systematic and deliberate strategy by the state to suppress dissent and maintain control through fear and violence.

The primary objective of this report is to shed light on the patterns and practices of torture employed by the Pakistani state in Balochistan. It aims to document the methods, impacts, and systemic nature of these abuses while highlighting the broader implications for human rights and justice. By providing a detailed analysis of the mechanisms of torture and the impunity enjoyed by perpetrators, this report seeks to bring attention to the ongoing plight of the Baloch people and advocate for urgent international intervention and accountability.

Methodology and Sources:

This report is the result of extensive research, incorporating interviews with victims and their families, along with an analysis of existing literature and reports from the Human Rights Council of Balochistan. The HRCB also carried out detailed survey-based research to uncover the patterns of abuse and the methods of torture employed by Pakistani forces against victims of enforced disappearances. The testimonies included have been meticulously collected to ensure accuracy and provide a comprehensive account of the experiences of those subjected to torture. The data includes both well-documented cases and those that have remained underreported due to fear of retaliation and the oppressive environment in Balochistan.

Scope and Structure:

The report is structured to provide a comprehensive overview of the torture practices in Balochistan. It begins with an in-depth examination of the patterns of torture, detailing the methods used and the systemic nature of these abuses. The report then explores the various purposes of torture, ranging from routine state practice to punishment and information gathering. This is followed by a discussion of collective punishment, the use of human shields, and enforced labor practices, highlighting the broad spectrum of human rights violations perpetrated in the region. The final sections focus on the impunity enjoyed by the perpetrators and the urgent need for accountability and justice.

Chapter 1: Patterns of Torture in Balochistan

State-Sanctioned Torture Practices

- **Historical Context:**

Since the integration of Balochistan into Pakistan in 1948, the state has consistently used coercive measures to assert control over the region. The unique ethnic identity and historical context of Balochistan have often been ignored in favor of a unified national identity, enforced through military and political means. Torture has been a critical part of this enforcement strategy, serving as a tool to silence dissent and punish those perceived as threats to the state's authority.

- **The Continuum of Torture:**

Torture in Balochistan follows a continuum that includes illegal detention, physical and psychological abuse, enforced disappearances and extrajudicial killings. Victims often suffer in silence, fearing further retaliation if they report their ordeal. This continuum not only aims to break the will of the individual but also to send a message of deterrence to the broader community, thereby maintaining a climate of fear and compliance.

Torture as a Tool of Governance:

- **Military Operations and its Impact on Society:**

Military operations in Balochistan have often been characterized by widespread human rights abuses, including torture. Families are subjected to brutal interrogations, homes are destroyed, and communities are terrorized as a form of collective punishment. The normalization of torture in military operations has eroded the civilian foundation, dehumanizing individuals and reinforcing state control through fear and violence.

- **Arbitrary Detentions and Torture:**

Arbitrary detentions are a common precursor to torture in Balochistan. Individuals are often detained without explanation or due process, and subjected to inhumane treatment to extract information or confessions. This practice is supported by a systemic structure that provides impunity to the perpetrators, making it a deeply entrenched aspect of state governance.

- **Torture as Punishment and Retaliation:**

In rural Balochistan, communities endure shelling, arbitrary arrests, and enforced disappearances as forms of collective punishment. These measures are not confined to any particular demographic; men, women, and children across the region suffer from the state's

retaliatory practices. The aim is to break the spirit of resistance and instill a pervasive sense of fear and helplessness.

On August 13, 2020, Frontier Corps (FC) personnel came under attack during a routine patrol in Balochistan. In retaliation, FC forces conducted a sweep of the nearby area and arrived at a date orchard where they found Hayat Baloch¹, a student of Karachi University, working alongside his parents. Without any investigation or due process, the FC personnel dragged Hayat in front of his parents, subjected him to severe physical abuse, and forced him onto the road while continuously beating him.

The situation escalated tragically as the FC personnel took Hayat's mother's headscarf, blindfolded him, and then, in a shocking display of brutality, shot him eight times. The entire ordeal unfolded in front of his distraught parents, leaving them and the community in shock and grief.

On October 10, the Frontier Corps (FC) fired a mortar that tragically landed in the backyard of Mehrab Khan's home² in the Hoshab area of District Kech. The incident resulted in the deaths of Mehrab Khan's grandchildren: seven-year-old Sharatoon and five-year-old Allah Bakhsh. Another child was also injured in the blast. The children were playing in the backyard when the mortar, fired by the FC, landed nearby. Sharatoon died instantly, while her brother Allah Bakhsh succumbed to his injuries later at the hospital. Heartbreakingly, Sharatoon and Allah Bakhsh were the 10th and 11th members of the same family to be killed by the FC.

- **Torture for Information Extraction:**

Despite international prohibitions against using torture for information extraction, such as Article 15 of the United Nations Convention against Torture (UNCAT), the practice remains rampant in Balochistan. Detainees are often tortured to reveal the whereabouts of militants and weapons or to confess to crimes they did not commit. This not only violates their fundamental human rights but also undermines the integrity of the judicial process.

¹ <https://voicepk.net/2020/08/hayat-baloch-killing-student-was-tortured-and-shot-in-front-of-family/>

² <https://hrcbalochistan.com/why-dead-bodies-protest-in-balochistan/>

Methods and Impacts of Torture

▪ Techniques of Torture

The Pakistani security forces employ a wide range of torture techniques in Balochistan, causing both physical and psychological trauma. These methods include:

Blunt Trauma: Victims are beaten with sticks, rods, and other objects, leading to severe injuries and lasting physical damage.

Positional Torture: Detainees are forced into stress positions for extended periods, causing excruciating pain and long-term musculoskeletal issues.

Burns and Electric Shocks: Torture techniques such as burning with cigarettes or applying electric shocks are used to inflict intense pain and fear.

Psychological Abuse: Victims endure threats, humiliation, and verbal abuse, which can lead to profound psychological distress and trauma. These methods are often used in combination, creating a cumulative effect that devastates both the body and mind of the victim. The impunity with which these acts are carried out reflects a systemic disregard for human rights and the rule of law.

▪ Impact on Victims

The impact of torture extends beyond the immediate physical and psychological damage. Victims often suffer from long-term health issues, including chronic pain, depression, and post-traumatic stress disorder (PTSD). The social stigma associated with torture, especially when it involves sexual violence or humiliation, further isolates survivors and hinders their ability to seek justice and support.

Chapter 2: Phases of Repression and Torture in Balochistan

Phase 1: Enforced Disappearances and Mass Crackdown

- **Historical Context and Initial Cases**

Enforced disappearances have been a tool of state repression in Balochistan since the 1970s, when the first elected government was dissolved, leading to an armed struggle. The military response resulted in thousands of deaths and disappearances, with individuals like Asad Mengal becoming early symbols of this brutal practice.

- **Systematic Use During Military Rule:**

The practice intensified during General Pervez Musharraf's military rule (2000-2008), with hundreds of people disappearing in state custody. Many were later found to have been tortured, coerced into false confessions, or framed with fabricated charges³. The cycle of detention, torture, and disappearance became a hallmark of the state's counter-insurgency efforts, deeply affecting the civilian population and fostering a climate of fear and mistrust.

The Human Rights Council of Balochistan has documented a total of 7,215 cases of enforced disappearances between January 2016 and November 2024. However, it is crucial to note that due to various factors, including fear of reprisal, and lack of access to documentation, many cases go unreported, indicating that the actual numbers may be significantly higher.

- **Repeated Enforced Disappearances:**

Many individuals have endured the unimaginable horror of being forcibly disappeared not just once, but multiple times⁴. These victims, often targeted due to suspected affiliations with Baloch nationalist movements or simply because of their ethnic identity, have suffered the brutal cycle of abduction, inhuman torture, and temporary release, only to be re-abducted and subjected to the same harrowing ordeals.

Each abduction is a dark chapter filled with relentless physical abuse and psychological torment. Victims⁵ describe being kept in isolation, blindfolded, and subjected to continuous beatings with iron rods and wooden sticks. They are frequently left in stress positions for extended periods and denied basic human dignity, such as food and medical care. The torture does not stop at physical pain; they are also humiliated, threatened, and forced to witness the suffering of others, breaking their spirit and instilling a deep, enduring fear.

³ <https://hrcbalochistan.com/tales-from-the-dungeon-haji-naseer/>

⁴ <https://hrcbalochistan.com/caught-between-survival-disappearance-and-resistance-the-dilemma-of-visiting-pakistani-military-camps/>

⁵ <https://hrcbalochistan.com/tales-from-the-dungeon-dr-naseem-baloch/>

Over the past two years, our records indicate that an average of five individuals experience re-disappearance every month. Out of every ten individuals, one has faced their second or even third disappearance. Alarming, this number continues to rise with each passing month. Despite these troubling trends, many cases remain underreported.

Phase 2: Kill-and-Dump Policy

▪ Targeting Political Activists

In the year 2008, the general elections were held in which Pakistan People's Party came into power, the first democratic government after nine years of military dictatorship. Instead of addressing the grievances, we saw a shift in tactics, with a focus on killing political activists and dumping their mutilated bodies to send a clear message of terror. High-profile cases such as the abduction and murder of Baloch leaders like Ghulam Mohammad⁶ and Lala Munir highlighted the brutal efficiency of this policy. Hundreds of political activists were forcibly disappeared and later found dead in desolated areas. Their bodies bore signs of severe torture, most with broken limbs and mutilated.

On December 11, 2010, Qayum Nizar⁷, also known as Comrade Qayum, was abducted by Pakistani state agencies from his uncle's house in Gwadar. After two months of no contact or information regarding his whereabouts, his badly mutilated body was discovered on February 10, 2011, in the Heeronk area of District Turbat. Alongside him was the body of Jameel Yaqoob Baloch, another Baloch activist and a member of the Balochistan National Party-Mengal (BNP-M).

Similarly, On December 8, 2008, Sana Sangat⁸, the former chairman of the Baloch Student Organization (BSO-Azad), was forcibly taken from the Kolpur area in Bolan. After enduring years of enforced disappearance, his mutilated body was finally discovered on February 13, 2012. He had been shot 27 times.

According to data collected by the HRCB, a total of 710 people have been killed in extrajudicial killings between January 2016 and November 2024.

▪ Widespread Crackdowns and Torture:

Following these targeted killings, the state intensified its crackdown on political activists, subjecting them to arbitrary detention, torture, and eventual execution. The use of mercenaries, known locally as death squads, further exacerbated the violence, with these groups conducting abductions, torture, and killings under the guise of combating insurgency.

⁶ <https://www.unhcr.org/news/briefing-notes/question-murders-baloch-leaders-pakistan>

⁷ <https://baluchsarmachar.wordpress.com/2023/02/09/comrade-abdul-qayyum-baloch-of-gwadar-6/>

⁸ <https://tribune.com.pk/story/335821/body-of-missing-brp-leader-found-near-turbat>

The impunity enjoyed by these actors, often operating under the protection or direction of the military, perpetuated a cycle of violence and abuse.

On the night of May 26, 2020, in Dannuk, Turbat, three armed men jumped into a house where a family was sleeping under the open sky to stay cool – a common practice in Turbat, where temperatures can soar up to 50 degrees Celsius.

The armed men demanded cash and valuables. When the woman, Malik Naz⁹, resisted, she was shot and killed on the spot, and her 4-year-old daughter was injured. The other family members managed to catch one of the robbers and handed him over to the local police. The captured robber admitted they were sent to the house by Sameer Sabzal, a man who leads one of the many death squads in Turbat for Pakistan's Military Intelligence and is a member of the ruling party.

In another incident, On May 3, 2021, in the heart of Panjgur city, located in Pakistan's Balochistan province, two civilians were tragically killed by gunmen in a Vigo pickup truck. As is often the case in such incidents, the assailants were unidentified. The victims were later identified as Khan Dost and Ali Amir Bakhsh.

Khan Dost¹⁰, a 45-year-old farmer known affectionately as Khan Jan by his loved ones, was a devoted father of five. Tragically, this was not his first encounter with violence. On March 17, 2017, Pakistani military forces from the Frontier Corps (FC) had forcibly taken him from his home in Resh Peesh village, Paroom. When his family attempted to report his disappearance to the central police station in Panjgur on March 23, 2017, the police, fearing the powerful military, refused to register the case. Despite repeated efforts by his family, they were unable to lodge the complaint.

During the raid in 2017, the military not only took Khan Dost but also conducted a door-to-door search, looting valuables and physically assaulting women and children. Alongside Khan Dost, four other civilians were also abducted: Haji Abdul Salam, Majeed, Imran Hakeem, and Shakir.

Imran Hakeem, a relative of Khan Dost, is now in exile in the Netherlands and has shared his traumatic experience. He described how the military raided several houses, taking him and others to the main military camp in Paroom. Imran recounted the torture they endured, being deprived of sleep, and subjected to intense interrogation about Baloch militant activities. They were kept in solitary confinement in small rooms and were blindfolded, with everything taken from their pockets by FC soldiers.

⁹ <https://hrcbalochistan.com/balochistan-20-killed-in-may-29-disappeared-womans-killing-by-state-backed-robbers-sparks-protests/>

¹⁰ <https://hrcbalochistan.com/torture-victim-killed-by-military-backed-death-squad/>

Imran also detailed how the military conducted similar raids in four or five other villages, abducting residents and accusing them of supporting Baloch militants—a charge he denies. He was released after nine days, but fearing further persecution, he fled Balochistan and embarked on a perilous journey on foot, which took over a year to reach safety in the Netherlands.

Unlike Imran, Khan Dost was not released promptly. He endured over two years in detention before finally being freed. Deciding to stay in his homeland, Khan Dost's choice ultimately led to his tragic assassination. Imran, who firmly believes that Khan Dost's killers were associated with the military and its local death squads, reflects on the grim reality that staying at home became a fatal decision for his cousin.

Phase 3: International Investment and Mass Displacement

- **China-Pakistan Economic Corridor (CPEC)**

The signing of the China-Pakistan Economic Corridor (CPEC) agreement in 2014 brought new challenges for the people of Balochistan. The construction of infrastructure projects, including the Gwadar port and a network of highways, led to forced evictions and mass displacement of local communities¹¹. Military operations under the pretext of national security were used to clear land and suppress dissent, leading to widespread torture, enforced disappearances¹², and extrajudicial killings while the city of Gwadar is being fenced off¹³, effectively turning it into a fortress for Chinese investment at the expense of the local population. These actions have not only disrupted the lives of thousands but also highlighted the state's prioritization of economic interests over human rights.

Phase 4: Collective Punishment

- **Targeting Communities**

Collective punishment¹⁴ in Balochistan involves punitive measures against entire communities in response to the actions of a few individuals. This includes military operations, communication restrictions, property destruction, and torture. Such practices aim to suppress dissent by punishing innocent civilians, thereby creating a climate of fear and compliance.

¹¹ <https://hrcbalochistan.com/china-pakistan-economic-corridor-cpec/>

¹² <https://hrcbalochistan.com/updates-military-operation-in-kolwah-balochistan-on-cpec-route/>

¹³ <https://thediplomat.com/2024/05/why-are-people-protesting-against-a-fence-in-gwadar/>

¹⁴ <https://hrcbalochistan.com/najib-and-his-missing-father-a-tale-of-collective-punishment/>

- **Forced Labor and Reprisals**

In many villages, male residents are forced to work for the military in building military camps' boundary walls¹⁵ and on road maintenance. Moreover, military imposed its laws which require permission from military authorities to go to town, hold funerals, and or even celebrate weddings. These practices not only violate fundamental human rights but also serve as a form of psychological torture, reinforcing the state's dominance over the civilian population.

Phase 5: Fake Encounters and Extrajudicial Killings

- **Fabricated Incidents**

The state has frequently used fake encounters¹⁶ to justify the killing of political dissidents and suspected militants. Victims are often tortured before being killed, and their bodies are presented as those of militants killed in encounters. This practice not only serves to eliminate opposition but also to obscure the state's role in extrajudicial killings and torture.

- **Death Squads and Impunity**

Death squads¹⁷, operating with the tacit approval of the state, have played a significant role in carrying out extrajudicial killings and abductions. These groups often operate outside any formal legal framework, conducting covert operations that include intelligence gathering, torture, and execution. The lack of accountability for these actions perpetuates a culture of impunity and lawlessness, further entrenching the state's violent control over Balochistan.

Underreporting and Impunity

- **Fear and Stigma**

The fear of state reprisals and the social stigma associated with being a victim of torture prevent many survivors from reporting their experiences. This underreporting means that the true extent of torture in Balochistan is likely much higher than documented cases suggest. The lack of independent oversight and the state's control over information further complicate efforts to gather accurate data.

¹⁵ <https://hrcbalochistan.com/balochistan-murad-bakhsh-commits-suicide-after-coming-out-of-torture-cell-sabir-hamza-and-dozens-of-others-are-thrown-into-forced-labor/>

¹⁶ <https://hrcbalochistan.com/forces-kill-disappeared-persons-in-fake-encounter/>

¹⁷ <https://www.southasiapress.org/2021/04/27/exclusive-how-pakistan-army-runs-death-squads-in-balochistan/>

Legal and Institutional Impunity

The armed forces in Balochistan enjoy total impunity for human rights violations, including torture. Despite numerous reports and evidence of abuses, there has been little to no accountability for the perpetrators. This culture of impunity not only undermines the rule of law but also perpetuates a cycle of violence and abuse, making it difficult for victims to seek justice and redress.

Chapter 3: International Standards and Local Violations

International Legal Framework

- **United Nations Convention Against Torture (UNCAT)**

The United Nations Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment (UNCAT) is a key international instrument aimed at preventing torture and ensuring accountability for those who perpetrate it. Article 2 of UNCAT obliges states to take effective measures to prevent torture, while Article 15 prohibits the use of statements obtained through torture in legal proceedings.

Regional and Local Legal Framework

- **Constitution of Pakistan**

The Constitution of Pakistan explicitly prohibits torture and ensures the protection of human rights. Article 14 of the Constitution guarantees the inviolability of the dignity of man and forbids torture for the purpose of extracting evidence. However, the reality on the ground in Balochistan starkly contrasts with these constitutional guarantees, as state forces continue to engage in widespread torture with little fear of legal repercussions.

- **Local Mechanisms and Their Failures**

Local legal mechanisms, including the judiciary and law enforcement agencies, have largely failed to address the issue of torture in Balochistan. Corruption, lack of independence, and military interference have rendered these institutions ineffective in holding perpetrators accountable. The lack of proper investigative procedures and the reluctance to prosecute security personnel further entrench the culture of impunity.

Chapter 4: The Broader Implications of Torture

Social and Psychological Impact

- **Community Trauma and Fear**

The pervasive use of torture in Balochistan has profound social and psychological impacts on communities. The constant threat of torture and enforced disappearances creates a climate of fear, inhibiting social cohesion and undermining trust in institutions. The psychological trauma endured by victims and their families often goes untreated, leading to long-term mental health issues and social disintegration.

- **Impact on Civic Engagement**

The fear of torture and reprisal discourages political and civic engagement, silencing dissenting voices and stifling democratic processes. This erosion of civic space limits the ability of communities to advocate for their rights and participate in decision-making processes, further entrenching their marginalization and disenfranchisement.

Economic Impact

- **Displacement and Livelihoods**

Torture and the associated violence have significant economic impacts, particularly through forced displacement and the destruction of livelihoods. Communities uprooted by military operations or forced evictions often lose their homes, land, and sources of income, leading to economic hardship and increased poverty.

- **Stagnation and Underdevelopment**

The instability and violence in Balochistan have stifled economic development, deterring investment and hindering progress. The focus on security and control over economic development has left the region underdeveloped, with limited access to basic services such as education, healthcare, and infrastructure.

Chapter 5: Survey on Torture Victims

The Human Rights Council of Balochistan conducted a comprehensive survey to document the experiences of victims who have been forcibly disappeared and subjected to torture by Pakistani intelligence agencies and military forces. The survey was conducted via Google Forms, featuring mostly objective-type questions designed to uncover the methods, patterns, and tools of torture used by the state to instill fear and conceal its crimes in the region. 26 survivors of enforced disappearances, all of whom had been subjected to torture, participated in the survey.

Findings:

▪ Demographics of Victims:

- **Age:** The survey found that 10.7% of victims were under 18, 82.1% were between 18 and 30, and 7.1% were between 30 and 45 at the time of their disappearance.
- **Occupation:** At the time of their disappearance, 67.9% of the victims were students, 7.1% were shopkeepers, and 3.6% were activists. The remaining 21.4% included individuals from diverse occupations such as landlord, actor, driver, religious scholar, NGO worker, and unemployed, each constituting 3.6%.
- **Political Affiliations:** The survey found that 50% of the victims had no affiliations, while 21.4% were associated with the Baloch Students Organization (BSO), 17.9% with the Baloch National Movement (BNM), and the remaining 10.7% with human rights organizations and others like BRSO and BNP.

▪ Locations of Abduction:

The survey revealed the following distribution of abductions:

- 28.6% occurred in Quetta
- 25% in Karachi
- 17.9% in Kech
- Panjgur and Gwadar each accounted for 7.1%,
- Hub, Chagai, Nushki, and Khuzdar each constituted 3.6%.

▪ Methods and Place of Abduction:

- 46.4% were abducted during house raids
- 25% while traveling
- 10.7% from their workplace
- 7.1% during military operations
- 10.7% from other places

- **Involvement of Authorities:**
 - 10.7% of victims were abducted by the ISI
 - 10.7% by the MI
 - 7.1% by the CTD
 - 60.7% were subjected to joint involvement by various authorities, including ISI, MI, CTD, police, army, and death squads

- **Duration of Detention:**
 - 28.6% of victims were detained for six months to a year
 - 25% for one to three years
 - 17.9% for less than a month
 - 14.3% experienced detention for one to six months
 - 7.1% for three to five years
 - 3.6% for six years and more than ten years

- **Frequency of Abduction and Torture:**
 - 67.9% of the victims were abducted and tortured once, while 32.1% experienced abduction and torture twice.

- **Conditions of Detention:**
 - Location of Detention: 78.6% were held in unknown secret locations, while 21.4% were detained in military camps.
 - Size of Cells: 46.2% were held in cells ranging from 5 to 10 square feet, 25.9% in cells smaller than 5 square feet, and 19.2% in cells between 10 to 15 square feet.
 - Hygiene Conditions: The hygiene conditions were reported as very poor, with a pervasive bad smell in the cells.
 - Interaction with Others: The survey found that 84.6% of victims saw or heard other detainees during their captivity. Among them, 54% reported witnessing individuals who were later killed by the authorities.

- **Basic Needs and Personal Hygiene Conditions:**
 - **Food:** 80.8% of victims were provided food twice a day, while 19.2% received food once a day. The food was minimal, just enough to survive.
 - **Water:** 70% of victims were provided with one bottle of water for the entire day, which they were required to fill in the morning from the toilet.
 - **Sunlight:** 88.5% of victims never saw sunlight throughout their captivity.
 - **Bathroom Use:** 85% of victims were allowed to use the bathroom for defecation only once in the morning for 2-3 minutes. Exceeding the allotted time or requesting a

second bathroom trip resulted in physical and verbal abuse. The remaining victims were given between 5 to 10 minutes for bathroom use.

- **Urination:** 58% of victims were forced to urinate in a bottle throughout the day and could only empty it in the morning.
- **Personal Hygiene Restrictions:** 50% of the victims were not allowed to change clothes, trim their beards, cut their nails, or take a bath.

▪ **Psychological and Physical Torture:**

The survey revealed that all victims were subjected to physical beatings, verbal abuse, and forced confessions.

- **Sleep Deprivation:** 88.5% of victims endured sleep deprivation.
- **Threat of Killing and Mental Torture:** 80% experienced the threat of death or mental torture during transfers.
- **Solitary Confinement:** 77% faced solitary confinement.
- **Electric Shocks:** 67.9% were subjected to electric shocks.
- **Stress Positions:** 65.4% were placed in stress positions.
- **Threats to Loved Ones:** 57.1% were threatened with the killing of themselves or their loved ones.
- **Upside-Down Hanging and Denial of Medical Treatment:** 46.4% were exposed to upside-down hanging, while the same percentage was denied medical treatment.
- **Witnessing Torture:** 42% were forced to witness the torture of others.
- **Sensory Deprivation:** 36% were deprived of sensory stimuli.
- **Food and Water Deprivation and Exposure to Extreme Temperatures:** 32.1% faced food and water deprivation or exposure to extreme temperatures.
- **Electrocution in Genitals and Sharp Objects:** 27% were electrocuted in the genitals, and 21.4% were subjected to cuts made with sharp objects.
- **Genital Crushing and Bone Breaking:** 18% faced tools used to crush or pressurize genitals, while 14.3% experienced crushing or breaking of bones.
- **Animal Rubbing and Burning:** 10.7% had animals rubbed on their bodies, and 7.7% endured burning with hot objects.
- **Exposure to Water and Chemical Agents:** 7.1% experienced exposure to cold or hot water, and 7% were exposed to chemical agents in confined spaces.
- **Stripping and Psychological Torture:** 50% of victims were stripped naked, and 75% of victims reported psychological torture, including false information that their loved ones had been harmed or killed.

▪ **Duration of Torture:**

The survey revealed that:

- 30.8% of victims were continuously tortured for less than one week.
- 30.8% endured torture for 1 to 4 weeks.
- 19.2% were tortured for 1 to 3 months.
- 3.8% experienced torture for 3 to 6 months.
- 15.4% were tortured for over six months.

▪ **Religious and Political Coercion:**

- 67% of victims were subjected to religious rhetoric, being labeled as kafirs (non-Muslims) and accused of being agents of India and Israel. They were physically tortured and forced to offer prayers. 19.8% were encouraged to adopt extremist beliefs or participate in jihad.

▪ **Post-Release Complications:**

Victims suffered from a range of physical and psychological complications after their release, including chronic pain, ongoing injuries, sleep disturbances, PTSD, depression, and anxiety. Many reported significant weight loss or gain due to poor nutrition.

- 63% of victims had thoughts of self-harm or suicide after their release.
- 42.3% lost family members due to the grief caused by their loved one's disappearance.

▪ **Ongoing Harassment After Release:**

The survey revealed that all of victims faced ongoing threats, harassment, and surveillance after their release.

- 85% were threatened with violence to work for the forces, including acting as informants against Baloch militant groups, joining state-sponsored militias, or carrying out target killings.
- 67.8% reported that their homes were raided, looted, or burned.
- 90.3% of victims' family members, friends, or acquaintances experienced harassment after their release.

▪ **Legal and Political Repercussions:**

- 43.6% had fabricated charges or cases filed against them during their captivity.
- 69.2% of families took legal action to secure the release of the victims, but these efforts were unsuccessful.

▪ **Media Coverage:**

- The survey indicated that 53% of victims had media coverage of their disappearances, while 46% either did not have media coverage or were unaware of any media coverage.

Chapter 6: Testimonies of Torture Victims

To further understand the extent of human rights abuses in Balochistan, HRCB conducted interviews with eight individuals who provided detailed testimonies about the severe torture they endured in secret detention facilities operated by Pakistani forces. These survivors courageously described the inhumane treatment they suffered, exposing the brutal practices within these clandestine torture cells. While some interviewees requested confidentiality for their safety, their stories offer critical insights into the extensive violations occurring in the region. These testimonies are essential for understanding the full scope of these human rights abuses and the harrowing reality of systematic torture. They stand as a testament to the resilience of those who continue to fight for justice and underscore the urgent need for accountability.

Testimony No. 01

- **Name:** Nawaz Atta Baloch
- **Father's Name:** Atta Muhammad
- **Residence:** Panjgur
- **Current Age:** 29
- **Date of Abduction:** 28 October 2017
- **Date of Release:** 22 March 2020
- **Date of Interview:** 13 July 2022
- **Affiliation at the Time of Abduction:** BHRO
- **Occupation at the Time of Abduction:** Human Rights Defender, Information Secretary BHRO and a student

▪ **A Brief Introduction of the Victim:**

Nawaz Atta Baloch, former Information Secretary of the Baloch Human Rights Organization (now the HRCB), is a committed human rights activist who began his journey in 2013. While pursuing a Master's in International Relations at Karachi University and working at a private hospital, Nawaz documented cases of enforced disappearances, extrajudicial killings, and other human rights violations in Balochistan. This critical work made him a target of Pakistan's security forces. Abducted in 2017, he endured inhumane torture and psychological torment for his activism. Despite his eventual release in 2020, Nawaz continues to face threats, highlighting the grave risks human rights defenders endure in the region.

▪ **Detailed Account by the Victim:**

On October 28, 2017, at around 1 am, Sindh Rangers, along with secret agencies, raided my place in Gulshan Iqbal, Karachi. They blindfolded, beat, and abused me before dragging me into the trunk of a car. I lost consciousness during the ride. When the car stopped, I was taken to what felt like a basement. They stripped me, tied me to a chair, and gave me electric shocks until I lost consciousness. They threatened to kill me, my cousin Ilyas, and his nephew Abid. That same night, they abducted a total of nine students, including a 13-year-old boy named Ulfat and a 7-year-old boy named Aftab, among others.

The practice of enforced disappearances is considered a huge crime, but in Pakistan, speaking against these crimes is an even bigger crime. My captors demanded that I confess to involvement in anti-state activities, threatening to torture and kill us all. They declared there was no mercy for those who opposed the army and state policies, labeling human rights activists as the most dangerous adversaries.

They hung me upside down, subjected me to brutal beatings, and hurled abusive language at human rights activists and international organizations we worked with, such as Amnesty International and Human Rights Watch. They interrogated me about professors, students, and activists who supported us, as well as the families of missing persons who sought our help. Denying their accusations only intensified the torture.

Three or four men stripped me of my clothes and assaulted me with tools. They used a thick lash with tiny needles that left me in excruciating pain and caused me to lose consciousness repeatedly. They also drove needles into my nails, the scars of which still remain on my body. Pliers were used to target my private parts. They cut my skin with sharp objects and made me sit on a heated iron chair, burning my body. During interrogations, I was blindfolded and restrained in painful positions for hours. They kicked, punched, and slapped me regularly. In another room, they showed me a blood-stained table with a gun, threatening to execute my cousins and me.

They took me outside, openly discussing the disposal of dead bodies to instill fear in me. Convinced that I would meet the same fate as countless missing persons, I prepared myself for death. However, instead of executing me, they transferred me to another location where the torture became even more brutal.

After a few days, they showed me bullets stained with blood, claiming they had killed my cousin and that I was next. The continuous torture over the next two or three weeks left me completely senseless. I was deprived of sleep for three weeks and forced to stand for prolonged hours, always under the threat of severe beatings.

They discovered a file related to our work, which included forms used to document cases of enforced disappearances. This discovery led to relentless questioning about journalists and political workers, with a particular focus on Karima Baloch, who was later suspiciously killed in Canada, and Abdullah Abbas Baloch, the then General Secretary of the BHRO and currently Executive Director of HRCB.

During protests, when families displayed pictures of their missing loved ones, they intensified the torture, accusing us of defaming them and tarnishing their image.

Over time, the frequency of torture reduced to three times a week, but the conditions remained inhumane. I was allowed to use the washroom only once a day for one or two minutes, during which I had to fill my water bottle. Any delay resulted in severe beatings. For urination, I was given a gallon, and requesting a bath led to further physical abuse.

I was forced to sit in front of a wall with my legs folded for long hours. If I shifted position, I was beaten. My daily food consisted of a small spoon of dhal and a piece of bread, served twice a day. The cell was cramped and foul-smelling, making it difficult to eat. The prolonged torture took a devastating toll on my health.

On one occasion, I complained about a glass particle in my food and was severely beaten in response. Most of the time, I was kept blindfolded, except when eating or using the washroom. The relentless mistreatment left me physically and mentally broken.

One day, they took me and another victim, Saghir Ahmad, out of our cells, tied our hands, and told us to pray, saying it was our last day. They spoke about cutting off my hands, making me believe they were going to kill us. The journey lasted about four hours. They claimed we were in Lahore, but I knew it wasn't Lahore because of the cold.

At the new location, there were other victims as well, but we were not allowed to communicate with each other. The air was filled with the sounds of constant screaming and crying from those being tortured. The sessions of torture were reduced to twice a week. I was permitted to sleep for three hours a day. The guards would knock violently on the cell door, taunting, "Wait for your death; you'll be killed soon."

The electric shocks I had endured during the early days of torture caused numbness on my left side. My health deteriorated so much that I was eventually taken to a hospital. The doctor removed my blindfold, and I realized I was in Khuzdar. He explained that my condition was due to a lack of proper food and vitamin D. Afterward, they tied me outside to expose me to sunlight.

After five or six months, they took me out of the cell along with another victim named Rafiq and placed us in a vehicle. They discussed killing us quietly and suppressing our news. We arrived at another concentration camp, where I was locked in a cell with a fellow victim, Azim. We were forbidden from speaking, and cameras constantly monitored us. If we were caught talking, we were beaten.

The next day, they tortured me again, demanding information about Abdullah Abbas, his family, and other members of the Baloch Human Rights Organization (BHRO). After enduring severe torture, I was isolated completely. My physical health continued to decline, and I was denied any medical treatment. My urine contained blood. One day, I fainted in the toilet and accidentally broke the sink, which led to another round of severe beatings.

After some time, an officer entered my cell and informed me that my death order had been approved. He asked whom to hand over my body to. I told him that my father had passed away and that my mother wouldn't be able to handle it, so they should bury me without giving my body to anyone. I declared that I was a human rights activist, not a terrorist. The officer, furious, accused us of being the most dangerous terrorists and interfering with state policies. He mentioned a video where I had mentioned witnessing an incident in Mashkay in 2015, where the army killed four people during a wedding.

One evening, they gave me clothes and slippers, took me to a room where an official was present, and handed me some papers. They warned me not to speak a word about what had happened and to abandon my human rights activism. They threatened that any disobedience would result in my death. Afterward, they handed me over to my mother and a relative, taking their fingerprints. When my mother saw me, she cried, and I, too, couldn't hold back my emotions. That relative informed me that it was March 22, 2020. They took me to another relative's house in Hub Chowki. Within an hour, someone knocked and summoned me. A man from the secret agencies said, "Sir has sent me here; you must stay in touch and update us." He warned me that if I spoke out, I would be disappeared and killed.

I moved to another relative's home in Karachi for treatment. The doctor advised seeing a psychiatrist, which I did. The agency official insisted on visiting me alone, but due to my poor health and knowing their nature, I refused. He persisted, so I met him in Malir. He took me to a location and called an officer, asking me to work for them. I refused, citing my poor health. They offered money for treatment, which I also declined. I returned to my hometown, Panjgur. They continued summoning me to Karachi or Khuzdar, but I refused. Despite this, they kept contacting me.

In July 2020, during a doctor's visit to Karachi, they summoned me to a market and then took me to the FC camp. A high-ranking FC official told me, "Value this second life we've given you. Stay in touch with human rights colleagues abroad, like Abdullah Abbas, Karima, and Lateef Johar. If you continue this work, you'll get your documents and fees." They also asked about Sammi Deen, suggesting bribing her. I replied that releasing her father might stop her activism. They pressured me to assist, but I apologized, expressing my desire for a neutral life.

Mentally, the pressure was worse than physical torture. I fell into deep depression.

A DSP in Malir summoned me and mentioned my blocked papers. He informed me about a court hearing where I was supposed to claim ignorance about my captors. During the hearing, the DSP and judge quickly closed the case. I attempted to renew my documents and passport secretly, but it was unsuccessful.

They summoned me again to the Malir cantonment, where an officer yelled at me for refusing to work for them. He demanded that I work on social media, claiming that the army's actions were for Islam and the betterment of everyone. He threatened me, and another officer asked for permission to shoot me. They gave me one final chance.

I went into hiding, but the agents began harassing my family. In November, they sent someone to our home. My mother lied, saying I wasn't there. Realizing the danger, I understood that I wasn't safe. Anyone who refuses to cooperate with the army faces either death or disappearance. I had no choice but to leave home, not knowing where to go. To this day, my life remains under threat from Pakistan's security agencies and the army.

- **Medical Condition:**

The torture left me with lasting physical and psychological scars. I suffer from chronic pain, memory loss, and numbness on my left side. The trauma has caused deep depression, and my overall health has significantly worsened, leading to hospitalization due to critical health complications.

Victims I encountered during my ordeal included:

- Noor Bakhsh from Awaran
- Hakim from Kolwah
- Muhammad Sharif
- Luqman
- Faisal
- Nasrullah
- Arif (Released)
- Ijaz
- Rafiq (Released)
- Hassam (Released)
- Naseer Baloch (Released)
- Anwar
- Azim
- Parvez
- Najeeb
- Alam
- Balach
- Dost Muhammad
- Saghir Ahmad
- Mohammad Noor
- Sanaullah
- Khuda Rahim
- Noroz Baloch
- Rawat Baloch (Released)

Testimony No. 02

- **Name:** Baba Bohair
- **Father's Name:** Faqeer Mohammad
- **Residence:** Pasni, Gwadar
- **Current Age:** 50
- **Date of Abduction:** February 15, 2011
- **Date of Release:** February 23, 2012
- **Date of Interview:** December 3, 2023
- **Affiliation at the Time of Abduction:** Baloch National Movement (BNM)
- **Occupation at the time of Abduction:** Shop owner

- **Brief Introduction of the Victim:**

Baba Bohair is a 50-year-old political activist from Pasni, District Gwadar, and a former member of the Baloch National Movement (BNM), a political organization. He served as the zonal finance secretary for Pasni and actively advocated for the rights and identity of the Baloch people through peaceful means. On February 15, 2011, he was abducted by military intelligence (MI) and endured a year of brutal captivity in Pakistan's torture cells. His disappearance was widely covered in local media, including *Daily Intekhab*, *Tawar*, and *Vsh News*. Upon his release, in a near-death state, he escaped Pakistan to avoid further persecution and now resides in a safer location.

- **Detailed Account by the Victim:**

On the morning of February 15, 2011, I was traveling from Karachi to my hometown, Pasni. Around 8 a.m., our vehicle was stopped at the Badok checkpoint by security forces. They inspected the vehicle, noted its number plate, and allowed us to continue. Shortly after, a Vigo vehicle began tailing us. I recognized it as the same vehicle involved in previous forced disappearances, including those of Naseer Kamalan, Siddique Eidoo (a human rights activist, affiliated with the Human Rights Commission of Pakistan), and Yusuf Nazar—all of whom were later killed. I had previously witnessed an abduction by the same vehicle but had narrowly escaped thanks to the intervention of a crowd who saved me.

This time, as the Vigo caught up, I knew they had come for me, as I had already been attacked twice, and my house had been repeatedly raided. The men in the Vigo stopped our vehicle, dragged me out, and when I resisted and questioned their identity, an older man with a religious appearance, whom I identified belonging to Punjab province and having regular visits to most of the mosques in Pasni for preaching Islamic content began beating and abusing me. They demanded my phone, which I didn't have with me. When I explained that I was a shopkeeper returning from Karachi with supplies, they dismissed my claims, searched the vehicle, and continued to beat me, the truck driver, and his assistant. They confiscated all my valuables, including my watch, ring, and money.

After blindfolding me, they forced me into the back seat of their vehicle. For the next hour, they beat me, demanding information about my contacts and affiliations. They repeatedly questioned me about the whereabouts of my associates, including Salma, the wife of Chairman Ghulam Muhammad (founder of BNM), who had been killed by the state, and were asking about people I had never heard of before. Despite my denials, they intensified their threats, and beatings, with one man suggesting shooting me and disposing of my body, but another objected, saying they might get useful information.

When we arrived at their destination, I was taken to a basement. My hands were tied, and I remained blindfolded. They hung me upside down and subjected me to brutal beatings while interrogating me about Baloch separatist groups, and their weapons. My answers remained the same, I knew nothing. They also asked about prominent activists like Karima Baloch and others regarding their activities, as well as the source of funds for the protests. I explained that the funds came from charity, and I had also contributed, which angered them further, and they beat me more severely for contributing.

The next morning, I was permitted to urinate into a gallon and given a single bottle of water per day. Bathroom access was limited to two minutes once a day, during which I had to refill my water bottle and empty the gallon. Taking longer than two minutes or any request for more water or a second bathroom trip during the day resulted in severe beatings and abuse. They opened my eyes and feet only in the morning while using the washroom. They forced me to chant pro-Pakistan slogans and insult Baloch nationalists in exchange for bathroom access. Each time I returned from the washroom, they would strike my feet with a chain, the marks of which are still visible.

For the first three months, I endured daily torture. They stripped me of my clothes, tied my hands and feet, and blindfolded me during interrogations. I was dragged from my hair, electrocuted, flogged with belts, and had salt rubbed into my wounds. They poured an extremely bitter liquid into my mouth and were calling me an agent of India and Israel. They mocked me, saying I should have instead contributed in jihad in Kashmir and Afghanistan against the enemies of Islam, specifically, India, Israel, US and NATO. They were verbally abusing and threatening me, saying “We will kill you and put the Indian flag on your grave: tell us your last wish.” They also mentally tortured me a lot by falsely claiming my mother and sister had died and threatened to harm my family. During the initial ten days, I was forced to stand the entire day, collapsing only when I fainted. Upon regaining consciousness, the beatings and torture would resume. This cycle continued until they finally opened my hands.

The food they gave me was old, rotten, and minimal—just enough to keep me alive. The cell I was held in was so small and suffocating that I couldn't even properly extend my legs. Bad smells and blood smell around was intolerable. On the walls, I saw many names written in blood by former victims—messages meant for their families, etched in case anyone had the chance to be released.

I had to keep my head down all day; if I failed, they would beat me. Every hour, they came to check if the victims were sitting in the exact way they dictated. I wasn't allowed to bathe, cut my nails, or trim my beard. Sleep was a luxury I could not afford. During the first three months,

relentless torture kept me awake. After that, the cries of other victims while being tortured and my deteriorating health robbed me of rest at nights. Every day, at least two new victims were brought in, and the horrors multiplied. At night, during brief moments of silence, I sometimes heard the voices of women—sometimes laughing, sometimes singing, and sometimes crying. During the day, if I was caught sleeping, I would be beaten all day. One day, I was caught trying to pray. They punished me severely, beating and abusing me mercilessly.

The severe torture left me in a state of half-consciousness, vomiting, and unable to eat for a long time. When I was near death, they finally took me out of the cell and abandoned me at night along the Gwadar-Pasni highway near Shadikore, close to a checkpoint. I thought they would kill me, as they had killed many of my friends, but instead, they left me there, expecting I would soon die. A close relative, who could not recognize me due to my physical condition, only realized who I was when I told him my name. He took me home, where I began initial treatments. Soon after, knowing military's intentions for harming or disappearing me again, I left the country. After my escape, they summoned my family several times, and interrogated them about my whereabouts.

▪ **Medical Condition:**

Following my release, I was hospitalized and underwent treatment for months. I still cannot see well from one eye, suffer from mental health issues, and required extensive care for my head injuries.

▪ **Other Victims Seen During Detention:**

Although I was kept in isolation, I could hear and occasionally communicate with other victims when the wardens weren't around. Some of the names I recall include:

- Abid Bashir (later killed)
- Tariq Taheer (later killed)
- Zubair from Pasni (later killed)
- Haneef from Pasni (later killed)
- Wajid (Released)
- Sajid (later killed)
- Abdul Mutalib
- Mullah Abdul Khaliq (later killed)
- Abdul Rasool (who later died in custody)
- Shamim from Nizarabad (later killed)
- Asif Yousuf from Mand (later killed)
- Nabeel (later killed by an unknown person)
- Waleed (later Released)
- Afzal (later killed by Baloch Liberation Front (BLF))
- Sameer Rind (later killed)
- Two Pashtun brothers from Dera Ismail Khan
- Sangat Sana (later killed)
- Jaleel Reki (son of Mama Qadeer Baloch, Vice Chairman of Voice for Baloch Missing Persons), later killed

Testimony No. 03:

- **Name:** Nasir Azeem
- **Father's Name:** Muhammad Azeem
- **Residence:** Absar, Turbat, District Kech
- **Current Age:** 33
- **Date of Abduction:** 16 May 2019
- **Date of Release:** 18 October 2019
- **Date of Interview:** 08 July 2022
- **Affiliation at the Time of Abduction:** None
- **Occupation at the Time of Abduction:** MPhil Student, Consultant at CG Group, Gwadar

▪ **Brief Introduction of the Victim**

Nasir Azeem, an MPhil student and consultant, was abducted from his residence in Karachi on 16 May 2019 by intelligence agents. His ordeal spanned five harrowing months filled with physical and psychological torture, false accusations, and constant surveillance even after his release.

▪ **Detailed Account by the Victim:**

On May 16, 2019, I was in my room in Karachi when intelligence agents knocked on the door. One of my roommates opened it, and the agents, with their faces covered, entered the room and called out my name. I responded, and they ordered me to bring my phone and wallet. After that, they blindfolded me and dragged me into a car. With the cooperation of the police, they took me to Malir Cantonment. During the journey, they kept asking me questions.

Upon arrival, I was forced to change into a prisoner uniform and taken to an investigation room. They accused me of involvement in the Karachi consulate and PC attacks, claiming I had facilitated them and there are photos and videos as evidence of my association with militants. When I denied the allegations, they intensified the torture, demanding a forced confession and stated the interrogation would continue the next day.

I was detained for 48 hours. Afterward, they brought me in and falsely claimed to have found evidence of activities connected to militant groups on my mobile, email, and WhatsApp. I denied the accusations, and in retaliation, they began beating my hands, legs, and chest with a pipe. I refused to confess, despite the pain. They unlocked my phone using my fingerprint, went through my messages, and then moved me to another location where I saw other victims. The torture continued relentlessly, with hourly beatings, and the mental torment was intense.

The next morning, they interrogated me again, repeating the same questions about my alleged affiliations with militant organizations. They demanded names and a confession. Handing me a paper and pen, they insisted that, as an educated person, I should document everything I had done. I maintained that I had done nothing wrong but was willing to write about my work and education. They dismissed my response, claiming their informant had provided evidence of my

involvement. While subjecting me to torture, they threatened to harm my parents. My sleep was severely disturbed; they woke me repeatedly and deprived me of sleep. They displayed various torture tools and threatened to render me impotent.

There were many forms of torture that I did not personally endure, but others did. One such method involved injecting a substance into the nose, causing severe bleeding. The victim would lose consciousness or die within moments. Saddam Marri, a fellow detainee, was subjected to this.

Another form of torture led to impotence. A machine was used on the genital area of male victims, applying pressure that resulted in painful rashes and intense discomfort. During the procedure, the individual would lose consciousness and, afterward, require medication for a period ranging from one week to 15 days. Tabish Abbas Ali Zaidi, another victim, experienced this form of torture and was later given a cream labeled “Ministry of Defence, Government of Pakistan” for treatment.

During the period, I was kept in complete darkness, deprived of any exposure to sunlight. I had no sense of when the sun rose or set. Each time they thought they had found evidence of my involvement, their anger intensified, and they subjected me to even harsher torture. During this period, tensions between Pakistan and India escalated over Kashmir. A fellow detainee, who had been abducted the night before and brought to the same facility, informed me about the abrogation of Article 370 of the Indian Constitution. He explained that this development had infuriated Pakistan, which seemed to fuel their aggression and led to more brutal beatings.

They interrogated me about every email I had sent, demanding explanations for each—why and where I had sent them. They also questioned me about the phone numbers I had used during my work as a Sales Executive at CGI Consultants in Karachi, including my international contacts from Dubai, London, and Oman. Despite my repeated explanations that these were customer contacts, they refused to believe me and accused me of receiving foreign funding.

They scrutinized my bank account and demanded explanations for every deposit. If I failed to recall specific details, they beat me. They also examined my phone contacts and interrogated me about any name that resembled a militant’s. For example, Hammal Parvez, a former Vsh News anchor, was in my contacts. They accused me of being in touch with a militant named Hammal, who was allegedly involved in the recent PC Hotel attack in Gwadar, simply because of the similarity in names. When I denied the accusation, they beat me again, claiming they had abducted my father and younger brother and they were held in a torture cell in Turbat. They asserted that my father had confessed to my alleged involvement in terrorism and claimed they possessed all the evidence against me. They further threatened that, in the coming days, they would execute me by shooting. At night, I would sit in deep thoughts.

After five months, in the final days before my release, they offered me the chance to work for them. I refused, explaining that militants would kill me if I did. They resorted that if I refused, they would kill me instead. I replied that since death was inevitable, it was better for them to kill me now. Due to the torture, we had come to see death as a gift. This enraged them, and I was severely beaten and tortured.

Later that day, they told me to prepare as their convoy would leave, and they would execute me. A soldier sitting nearby introduced himself without giving his name. He said he had been posted in Turbat from 2009 to 2014 and asked if I knew Kambar Chakar and Ilyas Nazar, prominent Baloch student leaders who disappeared and were killed in 2011. When I said yes, he claimed he had shot them and could do the same to me. He threatened to dump my body in Murghap or cut me into pieces and discard me in Karachi's gutters, saying no one would question it. Finally, they told me the same soldier would take me that night to throw me in the river.

After three days, I was moved to another location where they strapped a lie detector machine around my chest. They questioned me about my alleged affiliation with militant organizations, whether I supported their ideologies, and if I wanted a free Balochistan. After the test, they claimed the results were good and I might get a chance. I remained silent and did not react to their statement.

Two days later, an investigator pretended to show sympathy and offered to support my education and work. He then asked if I knew anyone in militant organizations. When I denied any knowledge, he immediately began beating me.

Fifteen days later, a Baloch with a Marri accent came to ask my name and where I was from. He told me they would release me that day, October 18, 2019. An intelligence officer then brought me my clothes and lectured me for an hour on Islam and Pakistan's ideology. They promised to return my mobile, card, and wallet, gave me a thousand rupees for a rickshaw ride home, and blindfolded me while tying my hands. I was then taken in their car, accompanied by two other abductees: my cousin Ramdil Pir Bakhsh and another man named Basit from Hub Chowki.

Most of the intelligence personnel who visited for interrogation wore masks, Shalwar Kameez, and Peshawari footwear. The place we were held near a farm with goats and bulls, and I could occasionally hear their sounds. When someone visited the secret torture cells, they wore doctor's clothes, pretending to be there to treat the animals. Just two days before my release, they conducted a photo session. I was made to wear an orange shirt and hold a board with written details. They took about four photos from different angles. In a closed room, I saw a person wearing a lab coat, pretending to be a doctor or veterinarian while my eyes were open.

During that time, three different officers came in shifts, asking each of us our names. One officer was then instructed to drop me and my cousin in Karachi, and the other detainee in Hub Chowki. Before releasing me, they warned that they would be watching me. After being dropped off in Karachi, my cousin and I removed our blindfolds and untied our hands. I then realized that my phone and wallet had not been returned. We took a rickshaw and went home.

Two months after my release, the same officers contacted my family, asking why my number was off. My family explained that I was undergoing treatment in Karachi and wasn't using the number. I activated it, and four hours later, I received a call from someone who claimed to be from the same office. He asked why I had been abducted, and I said I didn't know. He

mentioned he had my case and knew every detail, asking if my family had filed an FIR. I said I wasn't aware. He told me to ensure any FIR filed was withdrawn in time. I agreed, and he said I should visit him if I went to Turbat. After the call, I turned off my phone.

I received weekly calls from unknown numbers, sometimes late at night, asking strange questions like about car tyres, cycles, or cake deliveries. I felt these calls were reminders that I was under surveillance.

▪ **Other Victims Seen During Detention:**

During my time in detention, I encountered several individuals who faced similar accusations and brutal treatment. Some were later relocated to different places.

One of the detainees I spent time with was Prof. Ghulam Shabir Kalhoro, a known Sindhi nationalist who was abducted in September 2018. We were imprisoned together for two months, and despite enduring physical torture, we constantly reminded ourselves not to break down psychologically.

Saddam Marri, who was also held in the same cell as me, was from Hub Chowki and had been abducted from his sister's house in Hyderabad.

I also heard the voices of other detainees, including Hassan Marri (whom we referred to as Kamash), Kashif Tagar, abducted in 2017, and Aqib Chandio, a Sindhi political activist who was abducted in 2018. Aqib was released in 2019 but disappeared again in 2020.

Another Baloch detainee, Ibrahim Bugti, originally from Rajanpur, had been working for a security company in Karachi before his abduction ten years ago.

I met Basit, a resident of Hub Chowki, who had been in detention for over three years and was released alongside me.

I also learned about Syed Tabish Abbas Ali Zaidi from the Shia community, who was detained at Karachi Airport and released in February 2020 after being abducted for three years. Two other men from the Shia community, Ali Raza Zaidi and Kamran Haider Zaidi, residents of Malir, were also later released.

I saw Prof. Ghulam Shabir Kalhoro, Saddam Marri, and Tabish Abbas Ali Zaidi face to face, but I only heard the voices of the others.

When media reactions to enforced disappearances occurred, we were informed that we were being discussed outside. We learned of this whenever a new victim was brought into the dungeons. One day, I was told that I had become a "hero" on social media and in the news. I believed my friends and supporters must have protested for my release.

Testimony No. 04:

- **Name:** Abid Nawaz
- **Father's Name:** Mohammad Ashraf
- **Residence:** Gichk, Panjgur
- **Current Age:** 24
- **Date of Abduction:** 28/10/2017
- **Date of Release:** 21/07/2018
- **Date of Interview:** 08/07/2024
- **Affiliation at the Time of Abduction:** Baloch Students Organization – Azad
- **Occupation at the Time of Abduction:** 9th Grade Student

▪ Brief Introduction of the Victim

Abid Nawaz, a 17-year-old student and member of the Baloch Students Organization – Azad, was abducted by Pakistani forces from his home in Karachi on October 28, 2017. Detained for nine months, he endured brutal torture across multiple locations before his release on July 21, 2018. The ordeal left him with lasting physical and psychological injuries.

▪ Detailed Account by the Victim:

I was at home in Gulshan Hadid, Malir, Karachi, and around midnight I heard a heavy knock on the door. I sent a boy to check. He returned and said they were speaking in Urdu. When I went to the door, I saw men in Rangers uniforms and some in civilian clothes. They asked, "Who is Abid?" I replied, "I am Abid." They immediately grabbed me, raided the house, and searched for about 10 to 15 minutes. Then they took me to a corner, beat me, and tied my hands with chains.

After approximately 30 to 40 minutes, they forced me into a vehicle and commanded me to lie down. Subsequently, they raided the homes of my friends and disappeared Farhad, Sajjad, Aftab, Rahat, and Arif. After a 5 to 10-minute drive, they stopped at a camp, asked for our details, then relocated us to another place. Through their walkie-talkie communication, I learned we were in Malir Cantonment. I was detained there for about three days and was tortured daily. Later, I came to know that my family members, Nawaz, and Ilyas, and a young boy who was residing at my home were also among the detainees.

They then transferred me and Ilyas to Hub Chowki, where we were detained for 14 to 15 days. During these 17 days, I was subjected to continuous torture. Later, I was transferred to Khuzdar, where I remained for about 3 to 4 months. When winter arrived, I was relocated back to Hub Chowki. In Khuzdar, I encountered several detainees; there were roughly 12 to 13 cells, with 2 to 4 people in each, while some detainees were held alone in their cells.

During my detention, I suffered many forms of torture and mistreatment. I was forced to stare at a high-voltage lamp and endure exposure to extreme cold and hot weather conditions. Sleep deprivation was enforced for seven straight days, and I was often deprived of sleep whenever there was an attack, or a new person brought in at night. I was dragged, slapped, kicked, and punched. They stripped me naked during interrogations and forced me into painful positions, including hanging upside down. I was beaten with a leather strip, wooden stick, and copper wire. They also threatened to kill me.

One night, sepoy entered my cell and informed me that I was being taken to be executed. At the time, another detainee, Rafiq, was in the same cell. Around midnight, they took me away. After a 20-minute drive, the vehicle stopped, and they asked, "You are about to be killed. What is your last wish?" Fifteen minutes later, I was transferred to another vehicle and driven for about an hour.

During the journey, someone addressed me in Balochi, asking my name and identity. He then told me to open my eyes. Although my eyes weren't fully closed, they had been covered with a black cloth. After removing it, I was instructed to sit in the front seat. The man introduced himself as a member of Military Intelligence (MI) and explained that he had arranged my release. He said I was now under his protection but mentioned there were allegations against me, and my family had sought my freedom. I did not know him. He took me to his home, where we arrived around 2 AM. By 9 AM, I was finally reunited with my family.

After my release, I continuously faced severe threats to my life, forcing me to leave the area. Following my departure, they began harassing my family and conducted multiple raids on my home. During a recent raid, they attempted to abduct my sister and detained several of my relatives, interrogating them about my whereabouts.

▪ **Medical Condition:**

I have been experiencing spinal cord vein issues and stomach problems since my detention.

▪ **Other Victims Seen During Detention:**

I encountered 40 to 50 detainees at different locations. Some names I recall include:

- Engineer Imran Zehri from Khuzdar
- Ijaz from Khuzdar
- Faisal from Nokjo Mashkay
- Noor Ahmed from Kalat
- Rafiq from Zehri Khuzdar
- Mazar from Mashkay, Awaran
- Noor Baksh from Jhaoo, Awaran
- Nasraullah Zehri
- Meeras (not his real name) from Mashkay
- Nooruddin from Kolwah
- Sakhi from Kolwah

All of them, except Mazar, were later released.

Testimony No. 05:

- Name: Mujahid Ibrahim
- Father's Name: Ibrahim
- **Residence:** Mand, district Kech
- **Current Age:** 31
- **Date of Abduction:** 21/08/2011
- **Date of Release:** 29/08/2011
- **Date of Interview:** 08/07/2022
- **Affiliation at the Time of Abduction:** None
- **Occupation at the Time of Abduction:** shop owner

▪ **Brief Introduction of the Victim:**

Mujahid Ibrahim, a 31-year-old resident of Mand, district Kech, was abducted by Frontier Corps (FC) personnel in 2011, during a raid at a hotel in Gayab, Mand. He was held in multiple detention camps under extreme conditions for eight days before being released in 2011. During his detention, Mujahid suffered physical and psychological torture, leading to lasting trauma and medical issues. He witnessed the inhumane treatment of other detainees, some of whom were later killed.

▪ **Detailed Account by the Victim:**

I was with 12 others at a hotel in Gayab Mand, Kech, when Frontier Corps (FC) raided the hotel around midnight. They ordered us to remove our shirts and used them to blindfold us before forcing us into their vehicles. We were taken to a camp in Mand, where they asked our names and professions. Those who hesitated were beaten on the spot.

Early the next morning, they loaded us onto a truck. After several hours of travel, we arrived at a camp in Turbat, Kech, around 9 AM, still blindfolded. They took our photographs as we got off the truck and then confined us to small, dark rooms, five people in each. I was placed with Asghar Balach, Eid Mohammad, Brahim, and Abdul Ghaffar. They punished us by making us stand with our hands tied. They provided a single water bottle for the day, and another bottle for urinating. For bathroom visits, they guided us step by step, still blindfolded and with our hands tied.

One night, they took us to an open space and ordered us to clean our clothes while beating us and hurling verbal abuse. I could hear the voices of others who had disappeared with us. My friend Khayyam called out my name to confirm if I was there. He then told me that secret agents and Frontier Corps (FC) personnel had threatened to kill him and dump his body.

Later, they moved us to other cells specifically used for torture. During interrogation, they questioned me about any organizational affiliations, which I denied. Afterward, we were transported again and placed two people in each room. I was with Ghaffar. Although still blindfolded, I could see a little. The room was filthy, with a fan, a broken desk, a slipper, and a chadar (sheet), clearly designed to create a mentally torturous environment.

In the morning, they returned us to the previous place. I was held for a total of 8 days, and during that time, I was tortured for one night.

Throughout my detention, I endured extreme conditions, including exposure to intense heat and sleep deprivation. I was subjected to verbal abuse and physical torture, such as being dragged, slapped, kicked, punched, and beaten with a leather strap. I was forced into stressful positions with my hands and feet tied, and throughout it all, I was constantly blindfolded.

One evening, they informed us that we were going to be released. They allowed us to shower and then took me, Ghaffar, Eid Mohammad, and Asghar to the Absar area of Kech around 3 AM. They warned us not to remove our blindfolds until five minutes after they had left, threatening to shoot us if we did. After they untied our hands and left, we waited for about 5 to 10 minutes before removing our blindfolds and calling our families, who then came to pick us up.

▪ **Medical Condition:**

As a result of the torture and trauma I endured, I continue to suffer from sleeplessness. The unhygienic conditions in detention caused me to develop skin diseases.

▪ **Other Victims Seen During Detention:**

I encountered many detainees, but I couldn't determine their identities. Among them were Khayyam Mohammad Umer and Gohram Khalid Baloch, who were detained with us. They were later killed, and their bodies were found in Turbat on November 3, 2011. I heard them being brutally beaten while we were in detention.

Testimony No. 06:

- **Name:** Confidential
- **Father's Name:** Confidential
- **Residence:** Kulanch, Pasni, Gwadar
- **Current Age:** 32
- **Date of Abduction:** 20/10/2013
- **Date of Release:** 13/03/2016
- **Date of Interview:** 19/06/2024
- **Affiliation at the Time of Abduction:** Baloch Students Organization – Azad
- **Occupation at the Time of Abduction:** Student

▪ **A Brief Introduction of the Victim**

The victim, a 32-year-old former member of the Baloch Students Organization - Azad, is from district Gwadar. He was abducted on October 20, 2013, while traveling on the Coastal Highway. After enduring nearly three years of severe torture and detention, he was released on 13,

March, 2016. Due to ongoing threats to his safety, his identity remains confidential. He shared his harrowing experience during an interview conducted on June 19, 2024 by the HRCB.

Detailed Account by the Victim

I was riding my bike to a nearby town via the Coastal Highway, passing through Karwat, Gwadar, when two Toyota Vigo vehicles overtook me. A little further ahead, I saw one of the vehicles blocking the road and inspecting a van. Secret agents in civilian clothes then stopped me, took my mobile phone, and called their number from it. As soon as their phone rang, they blindfolded me, grabbed me, and let the other people go. After about 35 to 40 minutes of driving, they stopped. I realized then that I had been taken into custody. Upon arrival, Army officers in uniform asked for my details and questioned me. During this time, they slapped, punched, and struck me with a leather strap. They then placed me in a small cell.

The next day, I was taken for another round of questioning. They had a list of my contacts and asked, "Which organization do you belong to?" "What is your role?" and inquired about every contact. This session involved severe torture. I could hear the screams of other victims during this time. These interrogations continued daily for 36 days. During these sessions, I was severely beaten with various objects, and subjected to upside-down and straight-hanging torture, and once, they tried to pull out my nails. After 36 days, the interrogations became less frequent, but each session still involved torture.

During my first 76 days in detention, I was kept in a small cell with my hands and one leg chained, and I was blindfolded. I had a small bottle for urination, and for defecation, I was allowed to go once a day for a few minutes. Sometimes, they beat me on the way to the washroom and cursed me for asking for more bread.

Later, I was detained with other prisoners.

I was detained for 1 year and 13 days alongside Yousuf Younus from Pasni, Gwadar, and spent a year with Habib Faqir, a resident of Pasni. I spent one day with Babo Mehrab from Kolanch, one month with Sabir Mohammad from Kolanch, four hours with Sana Dashti from Dasht, and time with Parvez Khan Mahammad from Niabad Gwadar and Bolan Karim from Pasni. Yousuf Younus and Sabir Mohammad were later killed in fake encounters. Sana Dashti was also killed, and the FC handed over his body to a hospital in Gwadar. Babo Mehrab was released but then abducted again and killed a year later. Parvez was released but later he died due to COVID-19 and Bolan Karim is still missing, his condition was very poor when I last saw him. One night, he lost consciousness after being beaten with a thick stick by the custody in-charge in front of us.

They subjected me to intense psychological torture in many ways. One day, they brought me and other detainees to the corridor, removed our head coverings, and forced us to watch as they dragged Habib Faqir, a detainee from Pasni, Gwadar, and submerged him into a drum of cold water. It was a freezing January night, and the sight was unbearable. On another occasion,

they forced him to drink an unknown liquid that resembled oil. I don't know what it was, but it left him visibly disturbed. Habib Faqir was later killed in a fake encounter.

I met other detainees who shared horrifying experiences. One had been stabbed with a knife. Another described how petrol had been poured into his rectum. Yet another confided that he had been sexually abused and raped.

When they were preparing to release me, I was uncertain if it was truly a release or if they intended to kill me. We frequently heard about detainees being either released or executed. Eventually, they released me.

▪ **Medical Condition:**

Prolonged torture and detention conditions have caused me severe medical issues, including Post-Traumatic Stress Disorder (PTSD), cardiomegaly, chronic back pain, and semen leakage.

During my time in custody, I saw these people:

- Yousuf Younus from Pasni Gwadar (killed in a fake encounter)
- Haneef Anwar from Kolanch (killed in a fake encounter)
- Sana Dashti (killed)
- Yayhya Fazal from Nasirabad Kech (killed in a fake encounter)
- Babo Mehrab from Kolanch (released, then abducted again and killed)
- Suleiman Haji Fairoz from Kolanch (released)
- Mossa Haji Feroz from Kolanch (released)
- Diljan from Pasni Gwadar (released)
- Dad Karim Deedag from Jiwani (released)
- Parvaiz Ustad Khan Mohammad from Kumbel Dasht (released and he died later)
- Naveed from Jumamah Goth Karachi (Released)
- Bolan Karim from Pasni Gwadar (still missing)
- Shehzad from Ormara (never heard about him again)
- Javed Shah from Gwadar (released)
- Yasir Barkat from Jussak Turbat (released)
- Asif Khalid from Pasni Gwadar (disappeared twice and released)
- Naveed Akhtar from Pishokan Gwadar (released)
- Abdul Majeed from Jiwani (never heard about him again)
- Saleem Chota from Nalent Gwadar (released in a mentally ill condition)
- Habib Faqeer from Pasni Gwadar (killed)
- Sabir Mohammad from Kolanch (killed)
- Master Abdul Ghani (released)
- Maqsood Abdul Ghani (released)
- Obaidullah from Nalent Gwadar (released)
- Zakir Dad from Gwadar (released)
- Waris from New Town Gwadar (released)
- Waheed Abdul Wahid from Zarren Bug Dasht (released)

Testimony No. 07:

- **Name:** Confidential
- **Father's Name:** Confidential
- **Residence:** Paroom, district Panjgur
- **Current Age:** 21
- **Date of Abduction:** 15-8-2019
- **Date of Release:** February 2021
- **Date of Interview:** 1-8-2022
- **Affiliation at the Time of Abduction:** None
- **Occupation at the Time of Abduction:** Student

▪ **Brief Introduction of the Victim:**

The Victim is a 21-year-old resident of Panjgur, who was abducted by secret agencies and detained for eighteen months in torture cells of Pakistani forces from 2019 to 2021. During his detention, he was only 16 and endured severe physical and psychological torture, including beatings and threats. Following his release, he fled the country due to ongoing threats to his safety. The prolonged torture left him with serious health issues, including kidney problems, PTSD, depression, and anxiety.

▪ **Detailed Account by the Victim:**

My friend and I were on our way to the Bazar in Panjgur for a stroll. While driving along DC Road, 3-4 vehicles passed us, then slowed down before overtaking us again. When we reached Allah-u-Akbar Chowk in Panjgur Bazaar, those vehicles blocked our path. Armed men in civilian clothes called out my name. My friend asked what the issue was and why they were looking for me, but they didn't respond. Instead, they blindfolded us, tied our hands, and took us captive. We were placed in a vehicle, and after a brief 5-minute drive, we stopped at the Frontier Corps (FC) camp in Panjgur. They separated me from my friend, and I never saw him again.

During the interrogation, they mentioned several names and claimed to know about my affiliations. When I denied these accusations, they took me to the torture room and showed me various instruments, including a hammer, threatening, "We will pull your nails out with this." They bound me, forced me to stand, and deprived me of sleep for 15 days.

While torturing, they used various instruments, such as sticks, chains, and leather straps. They also had spices and chillies, threatening to insert them into me, which they eventually did. Within the first 15 days, I fell seriously ill. They took me to the hospital inside the camp, where I was hospitalized for two days and nights. Afterward, they returned me to the cell, made me sign some papers, took my biometrics, and filed my case.

They tortured me daily for three months. The routine began either at 12 or 1 PM and lasted until 3 or 4 PM, then resumed from 12 AM to 3 or 4 AM. I was taken to the office for interrogations and torture, where several officers and sepoy were present.

After three months, they moved me to a torture cell, where there was no fixed routine, but the beatings and torture continued during interrogations. They typically asked about people from Paroom, Panjgur linked to militant organizations, inquiring about their whereabouts, contacts, and relatives.

When they were about to release me, they psychologically threatened me, saying they were taking me to kill me. They tied my hands, blindfolded me, and took me to an office where my uncle and grandfather were waiting. Before handing me over to them, they told me I had to work for them. Upon handing me over to my family, they insisted I stay in Panjgur and not go anywhere else, as I was obligated to work for them and stay in contact.

Before my release, they took my fingerprint and signature. A few days later, they sent someone to remind me to contact them, warning that failure to do so would result in my disappearance. Fearing for my safety, I quickly arranged a visa to flee the country.

▪ **Medical Condition:**

As a result of the torture and harsh conditions during my detention, I have developed several serious medical issues, such as Kidney problems, Post-Traumatic Stress Disorder (PTSD), Depression, and Anxiety.

▪ **Other Victims Seen During Detention:**

During my time in detention, I came across the following individuals:

- Asghar, a resident of Sorab, who was detained with me for 6 months
- Adham, a resident of Iranian Balochistan, who was detained with me for 3 months

I have not heard from or about them since our time in detention and have no information on their current whereabouts.

Testimony No. 8:

- **Name:** Ghulam Rasool
- **Residence:** Pirandar, Awaran
- **Current Age:** 44
- **Date of Abduction:** 25/03/2005
- **Date of Release:** 18/05/2005
- **Date of Interview:** 18/06/2024
- **Affiliation at the Time of Abduction:** Baloch Students Organization (BSO)
- **Occupation at the Time of Abduction:** Student leader

▪ **Brief Introduction of the Victim**

Ghulam Rasool, a 44-year-old former student leader and member of the Baloch Students Organization (BSO), was abducted on March 25, 2005, while in Karachi participating in a protest against the military operation in Dera Bugti, Balochistan. After enduring over a month of harsh detention, physical abuse, and interrogation, he was released on May 18, 2005. Due to ongoing threats, his identity remains confidential. His account of the ordeal was shared in an interview on June 18, 2024.

▪ **Detailed Account by the Victim:**

I was in my hometown when the chairman of our organization, BSO, Imdad Baloch, asked me to come to Karachi to protest against the military operation in Dera Bugti, Balochistan. We organized the protest, and the following day, I stayed with other BSO leaders in Gulistan-e-Johar, Karachi. Around 2:30–3:00 AM, we were startled awake by loud noises. Armed men in civilian clothing raided the apartment, capturing me along with Dr. Allah Nizar, Dr. Naseem, Akhtar Nadeem, Dr. Yousuf, Dr. Imdad, and Ali Nawaz Gohar.

They had five handcuffs, but as there were seven of us, they used our bedsheets to blindfold and tie the remaining two. While others were taken via the elevator, I was dragged down the stairs due to a lack of space. We were loaded into the back of a vehicle, likely a Toyota Vigo. I was forced to lie down with one person sitting on my legs and another pressing on my head, making it difficult to breathe. After a brief drive, the vehicle stopped at a camp where they asked for our names, confiscated our mobile phones and wallets, and then separated us, locking each of us in separate cells.

In the morning, I was taken for interrogation, during which they questioned me about our demand for a free Balochistan, our sources of funding, and who was responsible for the attack on Chinese engineers in Gwadar. Throughout the interrogation, I was blindfolded, with my hands and legs tied, while someone continuously tortured me from behind using sticks, fists, and kicks. The beatings were relentless, causing me to fall repeatedly. Each time, they forced me to stand or sit before resuming their questions and physical abuse. This session lasted about two hours.

They also interrogated me about my family, demanding the names of my mother, siblings, brother-in-law, cousins, and others. Their language was extremely abusive and disrespectful. These brutal interrogations continued daily for a week, during which I was subjected to constant torture. After that period, the interrogations and physical abuse occurred less frequently but remained a regular part of my detention.

My cell was dark and cramped, with barely enough space to move and a tiny washroom. For breakfast, they gave me a cup of tea and a half-cooked paratha, which soon caused severe stomach issues.

During one torture session, I lost consciousness from the repeated torture. After this, they took me to a different place where a doctor briefly examined me, prescribed medicine, and ordered a change in my diet.

On May 11, they gave me clothes, blindfolded me, and transported me from Karachi to Quetta on a military jet. Dr. Imdad, Dr. Naseem, and Dr. Yousuf were also with me. Upon arrival, we underwent medical check-ups followed by another round of interrogation. Afterward, they separated us and confined each of us to different cells.

In this facility, our hands and legs remained tied, and we were allowed to use the washroom only once a day. The lack of drinking water caused me severe constipation. Unlike before, they did not physically torture us here, likely because they were preparing for our release.

On May 16, they transferred us from Quetta to Multan Cantonment by air. From Multan, we were driven to Dera Ghazi Khan in vehicles. The journey was grueling, as we were blindfolded, dressed in thick clothing, and endured extreme heat throughout the trip.

They kept the windows shut and refused to turn on the air conditioning during the journey, making the conditions unbearably suffocating. Upon arriving in Dera Ghazi Khan, they handed us over to the local police, who fabricated charges against us, accusing us of robbery. We appeared in court once and were then transferred to another police station. On Eid, they released us, but only on the condition that we would never engage in activism again.

• Conclusion

The use of torture in Balochistan is a deeply entrenched practice that reflects broader issues of state control, impunity, and human rights violations. Addressing this issue requires a multifaceted approach that includes strengthening legal protections, promoting transparency and accountability, and providing support to victims. By taking concrete steps to address torture and uphold human rights, Pakistan can move towards a more just and equitable society, where the dignity and rights of all individuals are respected and protected.

Chapter 7: Recommendations for Addressing Torture in Balochistan

- **Strengthening Legal Protections:**

- **Enhancing Accountability Mechanisms:**

To address the issue of torture in Balochistan, it is essential to strengthen legal protections and enhance accountability mechanisms. This includes ensuring that allegations of torture are thoroughly investigated and that perpetrators are held accountable, regardless of their position or affiliation. Strengthening the independence and capacity of the judiciary is crucial to upholding the rule of law and protecting human rights.

- **Implementing International Standards:**

Pakistan must fully implement its obligations under international human rights treaties, including UNCAT. This involves incorporating international standards into domestic legislation, ensuring that torture is explicitly criminalized, and providing victims with effective remedies and reparations. Regular monitoring and reporting on compliance with international standards are also necessary to promote transparency and accountability.

- **Promoting Transparency and Oversight:**

- **Independent Monitoring Bodies:**

Establishing independent monitoring bodies to oversee detention centers and investigate allegations of torture is essential for promoting transparency and accountability. These bodies should have the authority to conduct unannounced inspections, interview detainees, and report their findings publicly. Independent oversight is crucial to ensuring that state practices comply with human rights standards and that victims receive justice.

- **Providing Support to Victims**

- **Access to Justice and Reparations:**

Providing victims of torture with access to justice and effective remedies is crucial for their recovery and for promoting accountability. This includes ensuring that victims have access to legal representation, psychological support, and medical care. Establishing mechanisms for compensation and reparations can help address the harm suffered by victims and support their rehabilitation.

- **Rehabilitation Programs:**

Developing and implementing rehabilitation programs for victims of torture is essential for their long-term recovery. These programs should provide comprehensive support, including medical treatment, psychological counseling, and social reintegration services. Supporting victims in rebuilding their lives and restoring their dignity is a critical component of addressing the impacts of torture.