

The 100-Day Sham by the Military Junta



INTRODUCTION

Burma is facing a severe humanitarian crisis. In 2025, it was classified as Asia's deadliest conflict and the world's second most war-affected region,¹ with millions forcibly displaced by military.² Escalating offensives continue to drive communities towards the borders of Thailand, China, India, and Bangladesh. Women and children make up the majority of internally displaced persons (IDPs) and suffer disproportionately from the impacts of the ongoing fighting and worsening conditions on the ground.³ Consequently, families fleeing to remote areas are facing acute shortages of food, medicine, and hygiene supplies as a direct result of ongoing attacks.

The military junta has also obstructed humanitarian aid and targeted first responders to deliver emergency assistance.⁴ The interception of essential supplies has led to preventable deaths and severe malnutrition among children. Civil society organizations have led the response for service provision in Karenni State, often operating at great personal risk. Military forces frequently confiscate or destroy relief materials at checkpoints while simultaneously directing international donors toward unreliable military-controlled channels. Additionally, environmental factors like the monsoon season further complicate the secure transport of food supplies.

The agricultural sector, which is critical to the local economy, has declined sharply since 2021. In Karenni State, where 80% of the population is displaced, food security is a serious concern. In 2018, the region had approximately 90,000 acres of cultivable land; however, the Karenni Interim Executive Council (IEC) projects that only 20,000 acres will be cultivated by 2026.⁵ Insecurity has forced many farmers to abandon their fields or sell their land.

¹ Death toll in Myanmar surpasses 100,000 since 2021 coup, Democratic Voice of Burma, 2 July 2026

² How the Coup Turned Myanmar Into Asia's Deadliest Conflict—and Why the World Is Looking Away, Council on Foreign Relations, 10 July 2026

³ UNICEF Myanmar Update, 2025

⁴ Aid workers arrested, killed amid junta crackdown in Myanmar, Radio Free Asia, 22 September 2024

⁵ Declining Agriculture and the Livelihoods of the Karenni People, Kantarawaddy Times, 30 June 2026

Widespread human rights violations include deliberate airstrikes on civilian targets, resulting in significant casualties and the destruction of property. Aerial and drone strikes often occur outside of active combat zones, creating a climate of constant fear. Vulnerable groups, particularly those with limited mobility, are frequently unable to escape these attacks. The long-term psychological impact on children, who are raised in an environment of perpetual conflict and displacement, remains a concern.

Since the military junta's sham elections concluded with the self-appointment of Min Aung Hlaing as President in April 2026, the human rights situation has deteriorated further. The regime has sought to misrepresent the crisis through diplomatic engagement with ASEAN and foreign leaders in China and India. These actions persist despite the junta's continued disregard for the 5-Point Consensus established in 2021. On 20 April 2026, the junta announced a 100-Day plan, widely viewed as a distraction from ongoing atrocities. Data suggests that between February 2021 and June 2026, over 100,000 people have been killed, with military violence claiming one life every 28 minutes.⁶ This level of horror and targeted violence undermines the legitimacy of any dialogue with the regime.

The Karenni Human Rights Group (KnHRG) has documented this crisis across Karenni State and southern Shan State. Formed by local activists and community practitioners, it focuses on supporting the most vulnerable populations, including women, children, the elderly, and people with disabilities. **Between January and July 2026, KnHRG recorded 35 deaths and 105 injuries among civilians. Documented violations include 561 damaged properties, 40 instances of mortar shelling, 15 arbitrary arrests, and 30 airstrikes. These attacks have continued unabated since the announcement of the 100-Day plan.**

While organizations like KnHRG provide essential support, the population's resilience is under extreme pressure. The civilian demand remains focused on the restoration of peace and the end of military rule. This briefing paper utilizes case studies and documentation from Karenni State to show that the 100-Day Plan is a deceptive tactic. The following sections present data collected by KnHRG, demonstrating the junta's ongoing human rights violations and the devastating impact of its continued offensives on the people of Burma.

⁶ The Chin Human Rights Organization, 2 July 2026

HUMAN RIGHTS VIOLATIONS IN KARENNI STATE SINCE THE 100-DAY PLAN

20 APRIL - 31 JULY 2026

The junta's so-called commitment to peace has consistently proven to be disingenuous. For decades, each time the military regime has announced a ceasefire or peace talks, the soldiers of the Burma Army have continued to inflict widespread suffering on innocent people. The 100-Day plan has been no exception. What remains concerning is the increased engagement by regional and international actors since the announcement. Human rights violations continued at an alarming rate in Karenni State, despite the military junta's claims of 'peace'.

Between 20 April and 31 July 2026, KnHRG reported violations in six townships: Demoso, Hpruso, Hpasawng, Bawlakhe, Phekon, and Loikaw. The violence perpetrated by the military junta resulted in 11 deaths (3 from airstrikes, one from a mortar shell, five from drone attacks, one killed and another shot, and indiscriminate acts of violence). Five men, one woman, and five children were killed.

In total, 41 people were wounded. Injuries were attributed to 8 airstrike-related incidents, 3 from mortar shells, 7 from drones, 2 from landmines, 18 after arrest, two after being shot, and one missing. Those injured included 32 men, 4 women, two children, and 3 unknown. There has been no accountability in any of the cases documented.

In addition, KnHRG documented 230 damaged buildings due to mortar shelling, arson, drone strikes, airstrikes, and theft by the military junta. This includes 160 houses, 3 religious sites, 1 school, 5 public buildings, 28 vehicles, 18 fields, and 15 other infrastructure.

The junta's crimes are ongoing and demand immediate intervention by all stakeholders. Any delay or diplomatic theatre risks further endangering the lives of those who have already suffered immensely and whose survival remains under ongoing threat.



The following are figures reported from KnHRG on the human rights violations that have occurred between April 20 and July 31, 2026.

APRIL OVERVIEW

In April, KnHRG documented cases that included a drone bomb that injured one young boy and a man. A drone explosion also killed two children and a man, while mortar shelling killed one man. There were six damaged houses, including five from drone attacks and one from a mortar shell. The drone attacks took place in Hrpruso, and mortar shelling in Demoso.

MAY OVERVIEW

In May, KnHRG documented the case of an airstrike which injured one unknown civilian. Mortar shelling also wounded one man; drones injured a man; five men were arbitrarily arrested; one man was hurt after he was shot; and one person went missing. In addition, one man was killed in a shooting, and another died.

There were 143 buildings damaged in May, with 118 houses destroyed; among them, 107 were deliberately burned down. A religious building and a school were also burned, as well as 5 public buildings, 17 vehicles, and one field. Human rights violations occurred 21 times across all targeted townships.



JUNE OVERVIEW

There were 17 injured civilians in June, with the majority being wounded by airstrikes, including one child who was hurt, and four men were also hurt. Mortar shelling injured one man and one woman. A drone injured two men and a woman, and a landmine also injured a man. There were also six people arrested. Airstrikes killed one man, and two children were hurt by drones.

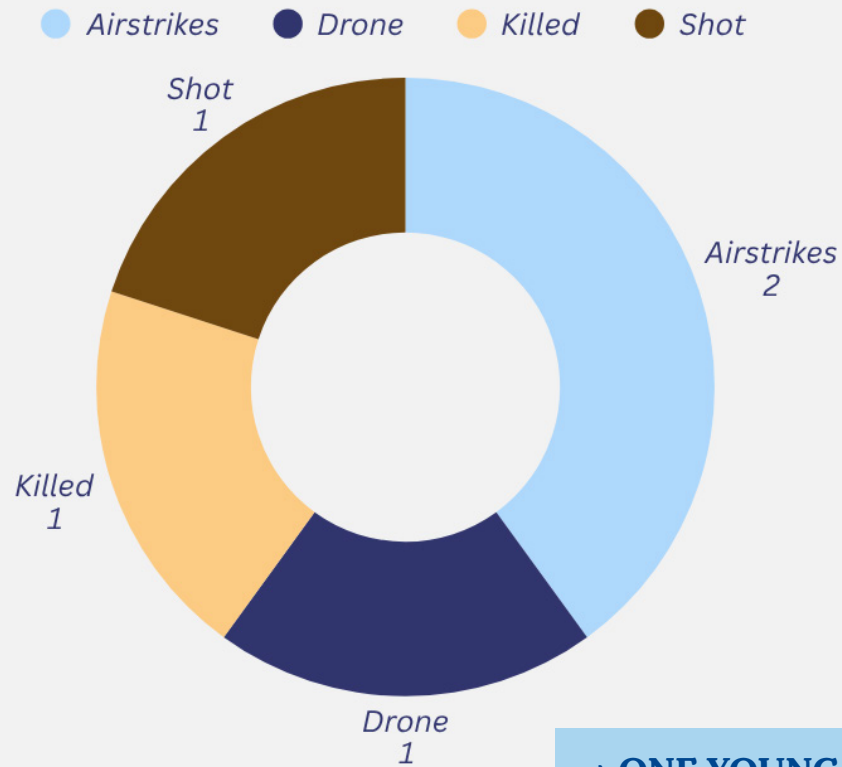
JULY OVERVIEW

By the end of July, KnHRG documented that two people were wounded in airstrikes, and a woman was injured by a drone strike. There were seven people arrested. Airstrikes killed a man and a woman, one in Loikaw and one in Hpasawng. Twenty-three properties were damaged.

Summary of Human Rights Violations Between 20 April and 31 July, 2026 in Karenni State

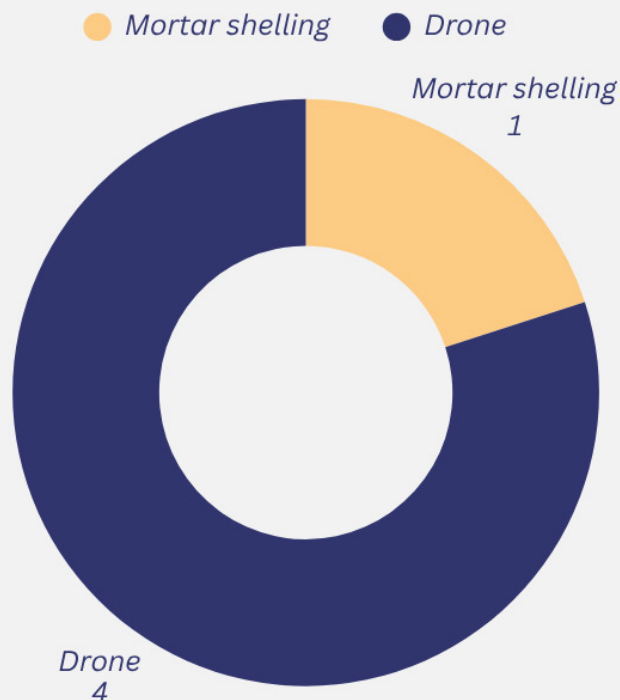
DEATHS (TOTAL KILLED: 11)

YOUNG MEN KILLED: 5



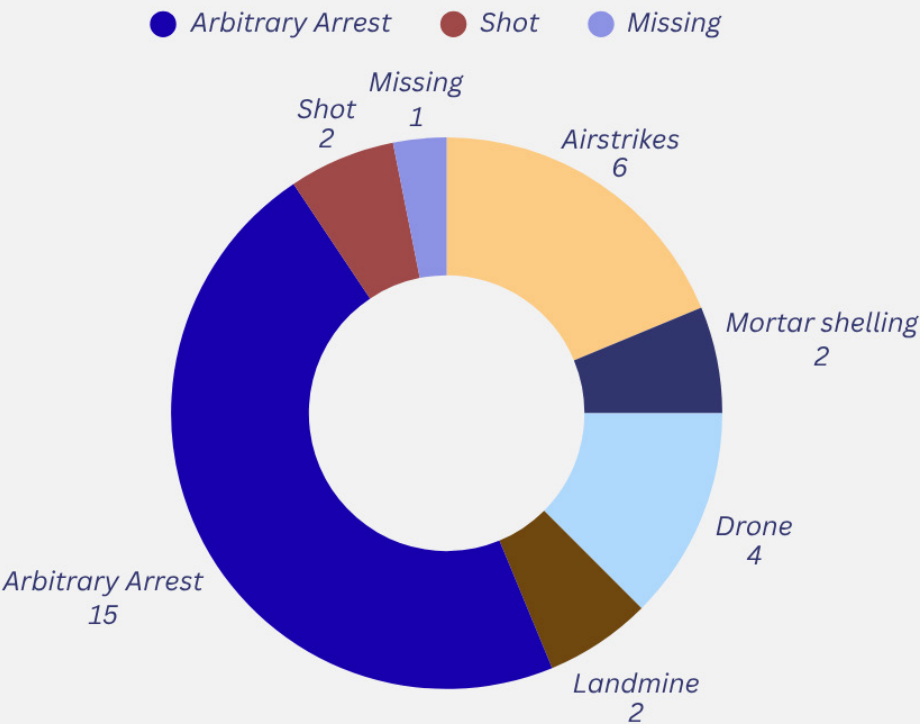
+ ONE YOUNG WOMAN WAS KILLED IN AN AIRSTRIKE.

CHILDREN KILLED: 5

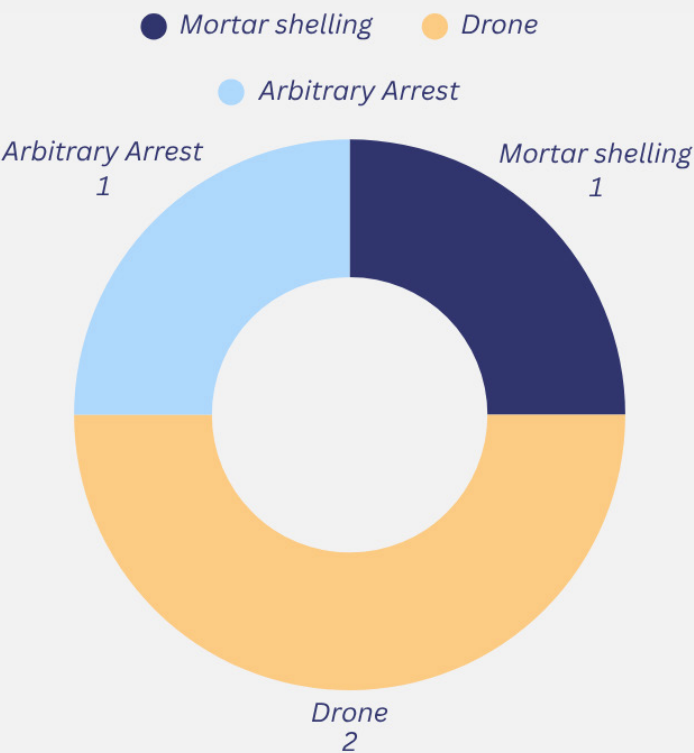


WOUNDED (TOTAL WOUNDED: 41)

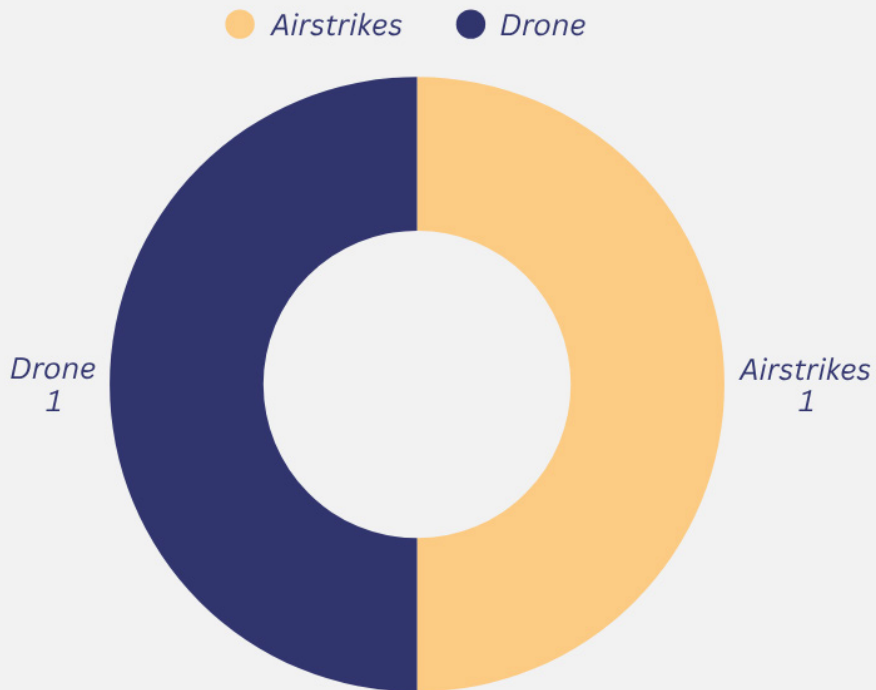
YOUNG MEN WOUNDED: 32



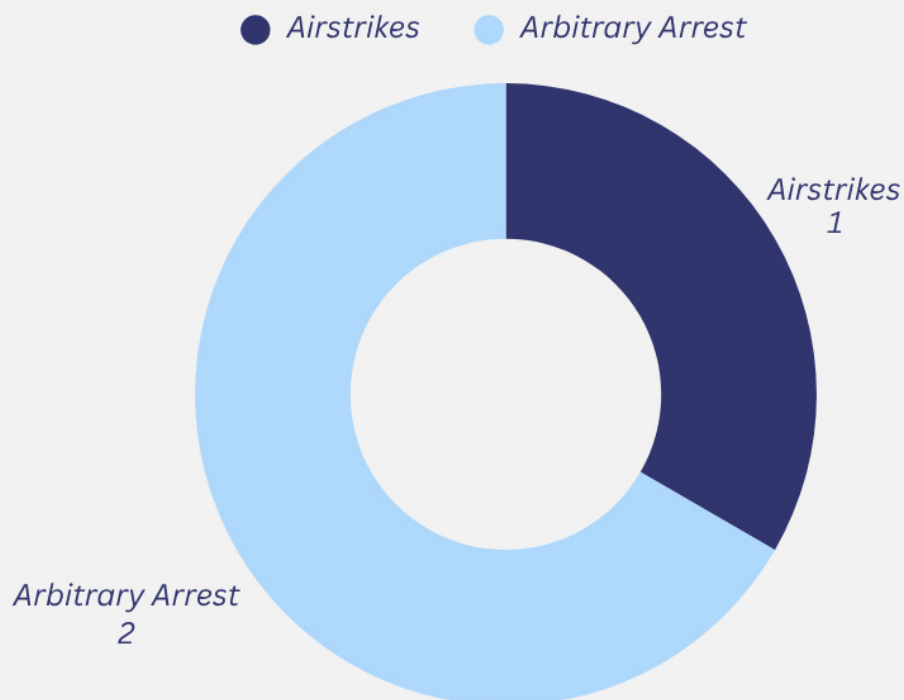
YOUNG WOMEN WOUNDED: 4



CHILDREN WOUNDED: 2



UNKNOWN WOUNDED: 3



DAMAGED PROPERTIES

Damages	Mortar Shelling	Burning	Drone	Airstrike	Theft	Total
House	8	107	12	26	7	160
Religious Building		1		2		3
School		1				1
Other				13	2	15
Public Building	1	3			1	5
Vehicles	1	16	2	9		28
Fields	7		3	8		18
						TOTAL: 230

HUMAN RIGHTS VIOLATIONS BY TOWNSHIP



CONCLUSION

International and regional stakeholders must not be fooled by the military Generals and their staged and performative interest in peace and democracy. Their 100-day initiative is an illusion that lacks substance and practical implications for the economic and livelihood recovery of the thousands of civilians who have lost their jobs since the 2021 coup. As evidenced in this briefing paper, deep-seated violence has not slowed, not only in Karenni State but across large swaths of the country. The regime continues to acquire large-scale weaponry through allies such as Russia, once again making it clear that the junta is concerned with the regular acquisition of weapons, not the opposite. Amid so much suffering, there is a long-overdue effort to firmly oppose the junta's violence and its weaponization of the law. Handshakes and dialogue with dictators do nothing to advance human rights or democracy but merely encourage a murderous regime that treats laws as merely optional.

Further, KnHRG affirms our calls to the international community, notably ASEAN, which has increased its engagement with the junta since the sham election period ended. There can be no progress in liaising with criminals. As of July 2026, the International Criminal Court (ICC) has not issued an arrest warrant for coup leader Min Aung Hlaing, but a request for one is pending. For decades, ethnic communities have suffered a barrage of bullets and bombs from the Burma Army soldiers. As the world's longest-running active civil war, the evidence is clear - the military junta is not a partner in peace or democracy. As noted by the Guardian, *"the junta cannot rescue Myanmar from a disaster it has created over decades."*⁷ Observers and diplomats should take note of the country's historical blueprint, which has seen a series of coups and sweeping attempts to sabotage prospects for peace and the ongoing persecution of human rights defenders.

True and meaningful engagement must ensure that those at the forefront of discussions about long-lasting reform in Burma are aligned with the pro-democracy movement, including the National Unity Government (NUG), the National Unity Consultative Council (NUCC), and emerging interim federal bodies, such as the Karenni Interim Executive Council (IEC). The people of Burma do not accept the military regime as a leader or representative in any capacity. Global stakeholders must honour the voices of those who have fallen and their sacrifice in support of the revolutionary call for a federal future.

⁷ Editorial: The Guardian view on Myanmar's forgotten war: the military cosplay democracy but people demand the real thing, 29 March 2026

RECOMMENDATIONS

TO THE INTERNATIONAL COMMUNITY AND INTERNATIONAL DONORS

- Direct and coordinate emergency humanitarian aid provision efforts, including through cross-border channels, for the aid to reach the vulnerable population of more than 250,000 Karenni IDPs resulting from the military violence and airstrikes, by providing resources and working in equal and meaningful partnership and collaboration with ethnic and community-based humanitarian and civil society organizations;
- Impose further targeted sanctions against the military and its leadership and military businesses, including specifically targeting Myanmar Oil and Gas Enterprises (MOGE), military-linked business partners and a network of arms dealers;
- Impose a coordinated global arms embargo on the Burmese military;
- Sanction the supply of jet fuel to the Burmese military to end airstrikes and impose a no-fly zone;
- Recommend that the International Criminal Court accept the declaration lodged by the National Unity Government of Burma, under Article 12(3) of the Court's jurisdiction concerning international crimes committed in the territory of Burma since 1 July 2002
- Formally designated safe zone for internally displaced persons under the United Nations agencies' management, which the Burmese military is not allowed to have access to.
- For international courts, including those in Argentina, to issue international arrest warrants for coup leader Min Aung Hlaing, who is responsible for genocide against the Rohingya. Additional international accountability pathways must be established and pursued to ensure justice and reparations for all victims and survivors of the junta's ongoing war crimes and crimes against humanity.

TO ASEAN

- Disregard the unsuccessful Five-Point Consensus and create a new strategy in collaboration with civil society organizations, community-based organizations, ethnic resistance groups, and the National Unity Government (NUG).
- Implement coordinated, actionable measures through international bodies, such as the UNSC, UNGA, and UNHRC, to hold the military regime accountable for its crimes while
- Facilitating the nation's shift towards an inclusive federal democratic state and ending military violence against civilians.
- Bar all representatives from the Burmese military junta from all ASEAN summits and meetings. Suspend Burma's membership in ASEAN until the military regime acknowledges the NUG as the legitimate authority while engaging with an official NUG representative and supporting their participation at ASEAN summits or special meetings in Burma's place.
- Thailand must restrict its airspace to prevent the Burmese junta forces from launching air strikes, aiming to safeguard internally displaced persons (IDPs) and refugees in border regions. Thailand must also adhere to the principle of nonrefoulement and provide protection and support to refugees from Karenni areas and other parts of Burma seeking refuge within ASEAN Member States.
- Establish secure humanitarian aid corridors managed by local civil society organizations, community-based organizations, ethnic resistance groups, and the NUG.

TO THE NATIONAL UNITY GOVERNMENT AND THE NATIONAL UNITY CONSULTATIVE COUNCIL

- Engage and collaborate with Karenni civil society organizations to gather the most current information on the region's humanitarian crisis and human rights conditions. Support conflict-affected communities
- In accordance with UNSCR 1325, ensure all armed groups fully adhere to international law and implement specific measures to protect women and children from sexual and gender-based violence while guaranteeing women's meaningful participation with a minimum 30 percent representation at all decision-making levels across sectors.
- Establish a federal democracy that includes all stakeholders and ethnic nationalities throughout Burma.
- Ensure advocacy for the unconditional release of all political prisoners.
- Revise the national justice system to conform to international human rights standards and uphold the rule of law, focusing mainly on justice for women who have experienced sexual and gender-based violence and their rights under CEDAW.