



Human Rights: A Global Call to Action

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Abstract: Human rights are the basic rights and freedoms that belong to every person regardless of their race, gender, religion, nationality, or any other characteristic. Human rights are essential for a just and peaceful world. However, human rights are often violated by individuals, groups, or governments that abuse their power or discriminate against others. Human rights violations can take many forms, such as physical violence, psychological abuse, economic exploitation, political repression, cultural discrimination, and environmental degradation. These violations can cause immense suffering and harm to individuals and communities. Therefore, it is important to protect human rights and to prevent human rights violations. There are different ways to protect human rights, such as international law, domestic law, non-governmental organizations, the media, and individual action. These methods can help to promote human rights awareness, to monitor human rights situations, to hold perpetrators accountable, and to provide support and assistance to victims of human rights violations. By understanding the different types of human rights violations and the different ways to protect them, we can work together to create a world where everyone is treated with dignity and respect.

Keywords: Human rights, Violations, Protect human rights, Human rights, Gender, religion, Nationality

Introduction

Human rights are the basic rights and freedoms that belong to every person regardless of their race, gender, religion, nationality, or any other characteristic. Human rights are based on the principle of human dignity and equality. They include civil and political rights, such as the right to life, liberty, security, privacy, expression, assembly, and participation; and social and economic rights, such as the right to education, health, work, food, water, and housing. Human rights are essential for a just and peaceful world. They enable people to live with dignity and freedom. They also promote social justice and democracy. However, human rights are often violated by individuals, groups, or governments that abuse their power or discriminate against others. Human rights violations can take many forms, such as physical violence, psychological abuse, economic exploitation, political repression, cultural discrimination, and environmental degradation. These violations can cause immense suffering and harm to individuals and communities. They can also threaten global peace and security. Therefore, it is important to protect human rights and to prevent human rights violations. There are different ways to protect human rights, such as international law, domestic law, non-governmental organizations, the media, and individual action. These methods can help to promote human rights awareness, to monitor human rights situations, to hold perpetrators accountable, and to provide support and assistance to victims of human rights violations. By understanding the different types of human rights violations and the different ways to protect them, we can work together to create a world where everyone is treated with dignity and respect.

What are human rights?

Human rights are the basic rights and freedoms that belong to every person regardless of their race, gender, religion, nationality, or any other characteristic. Human rights are based on the principle of human dignity and equality. They include civil and political rights, such as the right to life, liberty, security, privacy, expression, assembly, and participation; and social and economic rights, such as the



right to education, health, work, food, water, and housing. Human rights are universal, meaning they apply to everyone everywhere; inalienable, meaning they cannot be taken away or given up; interdependent and indivisible, meaning they are all equally important and cannot be enjoyed without each other; and non-discriminatory, meaning they must be respected and protected for everyone without distinction.

What are the different types of human rights violations?

Human rights violations are acts or omissions that violate or deny the basic rights and freedoms of individuals or groups. Human rights violations can take many forms, such as:

- **Physical violence:** This includes acts that inflict physical harm or pain on others, such as murder, torture, rape, assault, kidnapping, and trafficking. Physical violence can also involve the use of weapons, such as guns, bombs, or chemical agents. Physical violence can be committed by individuals, groups, or governments against their enemies, opponents, or civilians.
- **Psychological abuse:** This includes acts that inflict mental or emotional harm on others, such as threats, intimidation, harassment, humiliation, manipulation, and brainwashing. Psychological abuse can also involve the denial of basic needs, such as food, water, or medical care. Psychological abuse can be committed by individuals, groups, or governments against their victims, prisoners, or subordinates.
- **Economic exploitation:** This includes acts that exploit or deprive others of their economic resources or opportunities, such as slavery, forced labour, child labour, human trafficking, debt bondage, and extortion. Economic exploitation can also involve the confiscation or destruction of property, land, or natural resources. Economic exploitation can be committed by individuals, groups, or governments against their workers, customers, or citizens.
- **Political repression:** This includes acts that suppress or restrict the political rights and freedoms of others, such as censorship, arrest, detention, torture, execution, and exile. Political repression can also involve the manipulation or rigging of elections, the banning or persecution of political parties or movements, and the imposition or enforcement of authoritarian or totalitarian regimes. Political repression can be committed by individuals, groups, or governments against their critics, opponents, or dissidents.
- **Cultural discrimination:** This includes acts that discriminate or oppress others based on their cultural identity or expression, such as ethnicity, religion, language, gender, sexual orientation, or disability. Cultural discrimination can also involve the denial or violation of cultural rights and freedoms, such as the right to education, health, work, participation, and self-determination. Cultural discrimination can be committed by individuals, groups, or governments against their minorities, refugees, or indigenous peoples.
- **Environmental degradation:** This includes acts that damage or destroy the natural environment or its resources, such as air, water, soil, flora, and fauna. Environmental degradation can also involve the contribution or exacerbation of climate change, pollution, deforestation, desertification, and biodiversity loss. Environmental degradation can be committed by individuals, groups, or governments against their own or other countries' environments.

These types of human rights violations can cause immense suffering and harm to individuals and communities. They can also threaten global peace and security. Therefore, it is important to protect human rights and to prevent human rights violations such as:



International law: International law is the set of rules and principles that govern the relations and interactions between states and other actors in the international community. International law can help to protect human rights by creating and enforcing norms and standards that bind countries to respect and protect human rights. International law can also help to resolve disputes and conflicts that involve human rights issues. Some of the most important sources of international law that protect human rights are:

- **The United Nations Charter:** The United Nations Charter is the founding document of the United Nations, an international organization that aims to maintain international peace and security, to develop friendly relations among nations, and to cooperate in solving international problems. The United Nations Charter affirms the respect for human rights and fundamental freedoms as one of its purposes and principles. It also establishes various organs and agencies that work to protect human rights, such as the General Assembly, the Security Council, the Human Rights Council, and the Office of the High Commissioner for Human Rights.
- **The Universal Declaration of Human Rights:** The Universal Declaration of Human Rights is a landmark document that was adopted by the United Nations General Assembly in 1948. It proclaims the inherent dignity and equal and inalienable rights of all members of the human family. It also sets out a common standard of achievement for all peoples and nations in terms of civil, political, economic, social, and cultural rights. It is considered as the foundation of international human rights law.
- **The International Bill of Human Rights:** The International Bill of Human Rights is a collection of treaties that elaborate on the rights and freedoms contained in the Universal Declaration of Human Rights. It consists of the International Covenant on Civil and Political Rights, the International Covenant on Economic, Social and Cultural Rights, and the Optional Protocols to these covenants. These treaties are legally binding on countries that have ratified them.
- **The International Humanitarian Law:** The International Humanitarian Law is a branch of international law that regulates the conduct of armed conflict. It aims to limit the effects of war on people and property, and to protect those who are not or are no longer taking part in hostilities, such as civilians, wounded soldiers, prisoners of war, and refugees. It also prohibits certain weapons and methods of warfare that cause unnecessary suffering or damage. Some of the main sources of international humanitarian law are the Geneva Conventions and their Additional Protocols.
- **The International Criminal Law:** The International Criminal Law is a branch of international law that deals with the prosecution and punishment of individuals who commit serious crimes under international law, such as genocide, crimes against humanity, war crimes, and aggression. It aims to hold perpetrators accountable for their actions, to deter future crimes, and to provide justice and redress to victims. Some of the main institutions of international criminal law are the International Criminal Court, the ad hoc tribunals for Rwanda and Yugoslavia, and the hybrid courts for Sierra Leone, Cambodia, Lebanon, and Kosovo.

Domestic law: Domestic law is the set of rules and principles that govern the affairs and interactions within a state or a country. Domestic law can help to protect human rights by incorporating and implementing the norms and standards of international human rights law into the national legal system. Domestic law can also help to provide remedies and mechanisms for individuals and groups who claim that their human rights have been violated or denied by the state or other actors. Some of the most important sources of domestic law that protect human rights are:

- **The Constitution:** The Constitution is the supreme law of a country that defines the structure and functions of the government, the rights and duties of the citizens, and the relationship



between the state and the people. The Constitution can help to protect human rights by enshrining and guaranteeing the fundamental rights and freedoms of individuals and groups, such as the right to equality, liberty, justice, and democracy. It can also help to establish institutions and procedures that safeguard and enforce human rights, such as the judiciary, the legislature, the executive, and the ombudsman.

- **The Legislation:** The Legislation is the set of laws that are enacted by the legislative branch of the government, such as the parliament or the congress. The Legislation can help to protect human rights by creating and regulating specific areas of law that relate to human rights, such as criminal law, civil law, labour law, family law, environmental law, and education law. It can also help to define and prohibit certain acts or omissions that violate or deny human rights, such as torture, slavery, discrimination, and corruption.
- **The Jurisprudence:** The Jurisprudence is the set of decisions and interpretations that are made by the judicial branch of the government, such as the courts or the tribunals. The Jurisprudence can help to protect human rights by applying and developing the principles and rules of domestic and international human rights law to concrete cases and situations. It can also help to resolve disputes and conflicts that involve human rights issues, and to provide remedies and sanctions for human rights violations.

Non-governmental organizations: non-governmental organizations (NGOs) are voluntary associations of individuals or groups that are independent from the government and that work for a common cause or interest. NGOs can help to protect human rights by performing various roles and functions, such as:

- **Advocacy:** NGOs can help to advocate for human rights by raising awareness and educating the public about human rights issues and values. They can also help to lobby and influence governments and other actors to adopt and implement human rights laws and policies. They can also help to mobilize and organize social movements and campaigns that demand and defend human rights.
- **Monitoring:** NGOs can help to monitor human rights by collecting and analyzing information and data on human rights situations and violations. They can also help to report and document human rights abuses and to expose and denounce the perpetrators. They can also help to verify and evaluate the compliance and performance of governments and other actors with respect to human rights obligations and commitments.
- **Assistance:** NGOs can help to assist human rights by providing support and services to victims of human rights violations and to vulnerable groups. They can also help to empower and capacitate individuals and communities to claim and exercise their human rights. They can also help to facilitate and mediate dialogue and cooperation between different stakeholders and actors on human rights issues.

Some of the most well-known NGOs that work to protect human rights are:

- **Acquittal Worldwide:** Acquittal Universal could be a worldwide development of more than 10 million individuals battling for a world where everybody appreciates human rights. Pardon Universal works to ensure individuals where equity, flexibility, truth and nobility are denied. It examines and uncovered human rights mishandle, teaches and engages the open, and makes a difference individuals look for their rights.
- **Human Rights Watch:** Human Rights Watch is an international human rights research and advocacy organization. Human Rights Watch is investigating allegations of human rights abuses in more than 90 countries around the world. It exposes the truth, holds the perpetrators accountable, and inspires change. It also works with local authorities, journalists, lawyers and others to protect and promote human rights.



- **International Committee of the Red Cross:** The International Committee of the Red Cross (ICRC) is an impartial, neutral, and independent organization that works to protect and assist people affected by armed conflict and other situations of violence. The ICRC operates in accordance with the Geneva Conventions and other international humanitarian law. It provides humanitarian aid, such as medical care, water, food, and shelter, to victims of war and violence. It also visits detainees, restores family links, promotes respect for human rights and humanitarian law, and supports the work of national Red Cross and Red Crescent societies.

The media: The media are the means of communication that reach or influence a large number of people, such as newspapers, magazines, radio, television, and the internet. The media can help to protect human rights by performing various roles and functions, such as:

- **Information:** The media can help to inform the public about human rights issues and developments. They can also help to provide accurate and reliable information and data on human rights situations and violations. They can also help to disseminate and amplify the voices and stories of human rights defenders and victims.
- **Education:** The media can help to educate the public about human rights values and principles. They can also help to raise awareness and understanding of human rights norms and standards. They can also help to foster critical thinking and dialogue on human rights issues.
- **Accountability:** The media can help to hold governments and other actors accountable for their actions and inactions on human rights. They can also help to expose and denounce human rights abuses and to demand justice and redress for human rights violations. They can also help to monitor and evaluate the compliance and performance of governments and other actors with respect to human rights obligations and commitments.
- **Mobilization:** The media can help to mobilize the public to support and participate in human rights causes and movements. They can also help to create and strengthen networks and alliances of human rights activists and organizations. They can also help to inspire and empower individuals and communities to claim and exercise their human rights.

Some of the most influential media outlets that work to protect human rights are:

- **The New York Times:** The New York Times is an American newspaper that covers national and international news and issues. The New York Times has a reputation for its high-quality journalism and its commitment to the truth. It has won more Pulitzer Prizes than any other news organization. It has also been a leader in reporting on human rights issues, such as the Holocaust, the civil rights movement, the Vietnam War, the Tiananmen Square massacre, the Rwandan genocide, the Iraq War, and the Syrian civil war.
- **The BBC:** The BBC is a British public service broadcaster that provides radio, television, and online services. The BBC aims to inform, educate, and entertain its audiences. It also strives to be impartial, independent, and accurate. It has a global reach and influence, with more than 400 million people accessing its services every week. It has also been a pioneer in covering human rights issues, such as the apartheid regime in South Africa, the famine in Ethiopia, the fall of the Berlin Wall, the war in Bosnia, the Arab Spring, and the Rohingya crisis.
- **Al Jazeera:** Al Jazeera is a Qatari media network that provides news and current affairs programs in Arabic, English, and other languages. Al Jazeera aims to give voice to the voiceless and to challenge established views and narratives. It also seeks to promote diversity, dialogue, and democracy. It has a large audience and impact in the Middle East and beyond, with more than 270 million households watching its channels. It has also been a trailblazer in reporting on human rights issues, such as the war in Afghanistan, the invasion of Iraq, the Israeli-Palestinian conflict, the Sudanese conflict, the Iranian protests, and the Yemeni civil war.



Individual action: Individual action is the act or behaviour of a person that affects or influences the situation or condition of oneself or others. Individual action can help to protect human rights by performing various roles and functions, such as:

- **Awareness:** Individual action can help to raise one's own awareness and understanding of human rights issues and values. It can also help to educate and inform others about human rights norms and standards. It can also help to foster critical thinking and dialogue on human rights issues.
- **Responsibility:** Individual action can help to take responsibility for one's own actions and inactions on human rights. It can also help to respect and protect the human rights of oneself and others. It can also help to avoid or prevent human rights violations or abuses.
- **Solidarity:** Individual action can help to show solidarity and support for human rights causes and movements. It can also help to join and cooperate with other individuals and groups who share the same vision and values. It can also help to advocate and campaign for human rights.
- **Resistance:** Individual action can help to resist and challenge human rights violations or abuses. It can also help to expose and denounce the perpetrators and the root causes of human rights problems. It can also help to demand and seek justice and redress for human rights violations.

Some of the most inspiring examples of individual action that work to protect human rights are:

- **Martin Luther King Jr.:** Martin Luther King Jr. was an American civil rights leader who fought for racial equality and social justice in the United States. He led nonviolent protests and campaigns against racial discrimination and segregation, such as the Montgomery bus boycott, the March on Washington, and the Selma to Montgomery marches. He also delivered powerful speeches, such as the "I Have a Dream" speech, that inspired millions of people. He was awarded the Nobel Peace Prize in 1964 for his efforts to end racial violence and promote civil rights.
- **Malala Yousafzai:** Malala Yousafzai is a Pakistani activist who advocates for girls' education and women's rights. She survived a Taliban assassination attempt in 2012 when she was shot in the head for speaking out against the ban on girls' education in her region. She recovered from her injuries and continued her campaign for girls' education. She founded the Malala Fund, a nonprofit organization that supports girls' education and empowerment around the world. She also co-authored a bestselling memoir, *I Am Malala*, that tells her story and her vision. She was awarded the Nobel Peace Prize in 2014 for her struggle against the suppression of children and young people and for the right of all children to education.
- **Greta Thunberg:** Greta Thunberg is a Swedish environmental activist who campaigns for action on climate change. She started a global movement of school strikes for the climate in 2018 when she protested outside the Swedish parliament every Friday. She inspired millions of students and adults to join her in demanding urgent and radical measures to reduce greenhouse gas emissions and to prevent global warming. She also addressed world leaders and policymakers at various international forums, such as the United Nations Climate Action Summit and the World Economic Forum. She was named Time's Person of the Year in 2019 for her efforts to raise awareness and mobilize action on the climate crisis.

Conclusion

Human rights are the basic rights and freedoms that belong to every person regardless of their race, gender, religion, nationality, or any other characteristic. Human rights are essential for a just and peaceful world. They enable people to live with dignity and freedom. They also promote social justice



and democracy. However, human rights are often violated by individuals, groups, or governments that abuse their power or discriminate against others. Human rights violations can take many forms, such as physical violence, psychological abuse, economic exploitation, political repression, cultural discrimination, and environmental degradation. These violations can cause immense suffering and harm to individuals and communities. They can also threaten global peace and security. Therefore, it is important to protect human rights and to prevent human rights violations. There are different ways to protect human rights in India.

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