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freedom from torture
rights to a fair trial
free speech and expression
freedom of religion
right to health, education, standard of living

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About Breakthrough

Breakthrough is an innovative, high impact, international human rights organization using education, media and popular culture to transform attitudes and advance equality, justice, and dignity. We currently work in India and the United States, the world's two largest democracies, on several issues including violence against women, sexuality and HIV/AIDS, racial justice and immigrant rights.

Breakthrough's Rights Advocates Program in India is an intensive leadership development and capacity-building initiative to mobilize youth and communities to challenge unequal power structures, change cultural norms and bring sustainable social change within all avenues of social interaction, including the home. Their ability to act as catalysts in their own contexts leads to more effective community mobilization for promoting human rights.

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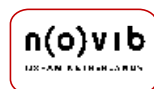
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INTRODUCTION

The Human Rights Handbook is a guide to understanding the basic principles and standards of Human Rights. It includes a Human Rights Calendar and the Articles of the Universal Declaration of Human Rights. Human Rights are inherent in everyone and are based on the principles of dignity, fairness, equality, respect and autonomy. They are relevant in our day to day life and protect our freedom to control our lives, effectively take part in decisions made by public authorities which impact our rights and ensure that we get fair and equal services from public authorities.

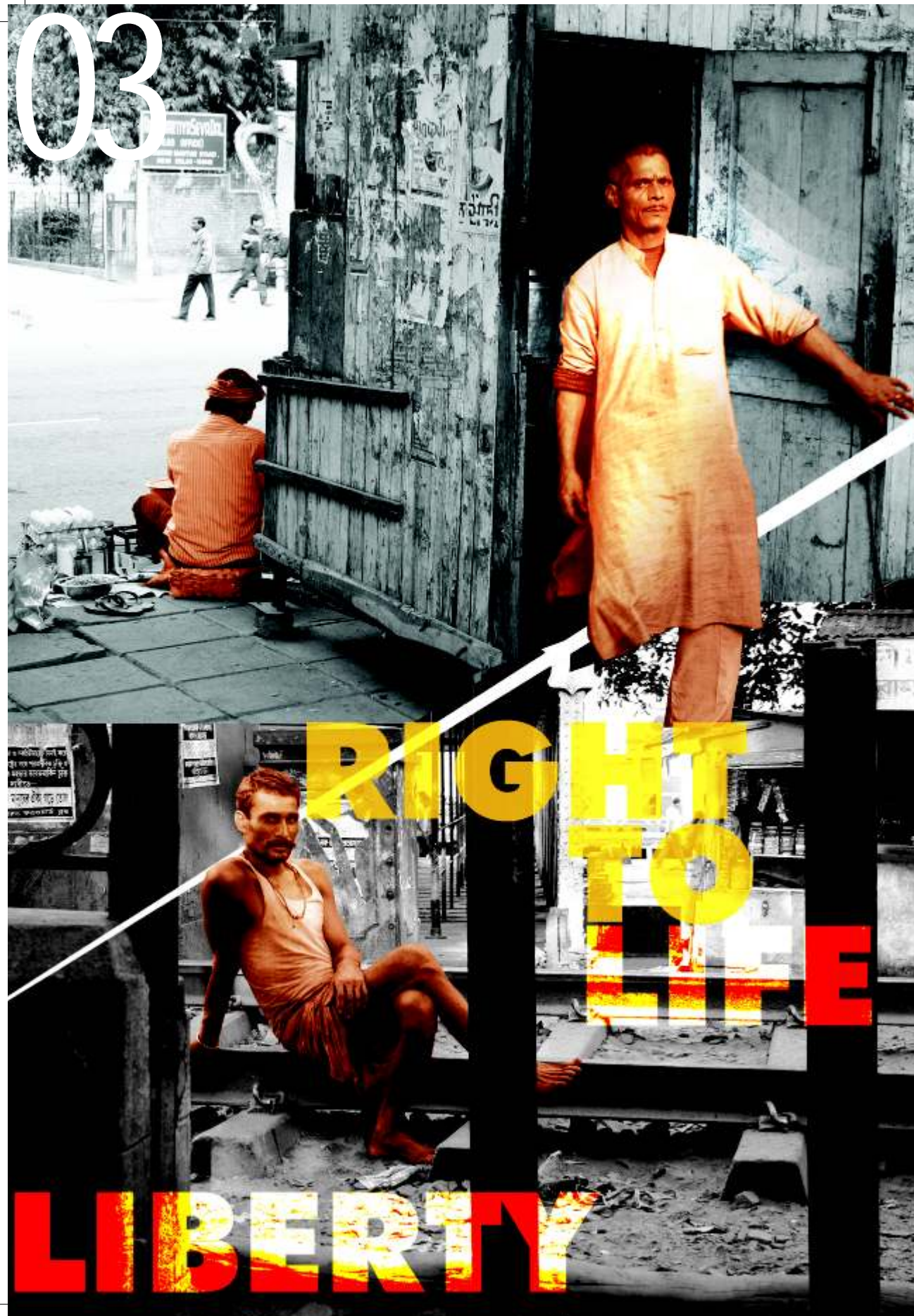
In 1948 the General Assembly of the United Nations adopted the Universal Declaration of Human Rights (UDHR) which recognized the fundamental rights and freedoms shared by all human beings. This document based on core principles like dignity, equality and respect led to the emergence of a range of international and regional human rights treaties. However human rights violations and abuses have been growing at an amazing rate globally and in the last decade the demand for human rights has become a major force in the world.

The Human Rights Handbook provides a tool for community and youth leaders to understand and bring fundamental human rights values of dignity, equality, compassion and justice into our daily lives.

By understanding and addressing human rights violations, it is Breakthrough's belief that we can come together as individuals and communities to make this world free from violations. We invite you to join us on our journey towards realizing our dream of human rights for all.

Alika Khosla
Associate Director

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FREQUENTLY ASKED QUESTIONS 04

1 What are Human Rights?

Human Rights are those basic standards without which people cannot live in dignity. To violate someone's human right is to treat that person as though she or he were not a human being. To advocate for human rights is to demand that the human dignity of all people be respected.

In learning about human rights, we learn about ideas of respect, fairness, justice and equality. We learn about standing up for our own rights and about our responsibility to respect the rights of others. There are a number of basic rights that people from around the world have agreed based on UDHR principles, such as:

- the Right to life , liberty , personal security
- Freedom from torture
- Rights to a fair trial
- Free speech
- Freedom of religion
- Right to health, education and an adequate standard of living

2 What are some of the fundamental principles of human rights?

- Human rights are the same for all people everywhere. Male and female, young and old, rich and poor, regardless of our background, where we live, what we think or what we believe. This is what makes human rights 'universal'.
- Human rights are indivisible. In other words, people are entitled to all rights - civil, political, economic, social and cultural. Access to adequate food, housing and work are as important as political participation, free speech and religious expression. There is no hierarchy of rights where any one right is privileged over the other.
- Human rights reflect our diverse and intersectional identities. To understand the similarities and differences in how we experience human rights, we must incorporate factors that contribute to the creation of our identities such as gender, race, sexuality, class, geographic location and religion. Individuals can have power and privilege while simultaneously experiencing a violation of their rights. For example, a woman experiencing violence because of her gender can still have power, because of her economic class. Therefore, we must acknowledge and take responsibility for our privileges and power, if we are to become participants in creating a human rights culture.

3 How does one understand rights?

Human rights can be understood at the level of **laws, values, and politics**.

➤ **Laws**- Rights laid down in law to protect individuals and groups against actions, which interfere with their fundamental freedom and human dignity. These are expressed in treaties, customary international law, bodies of principles and other sources of law. Internationally, the United Nations has codified all human rights in documents. The basis of all these documents is the Universal Declaration of Human Rights (UDHR). The Constitution of India has Fundamental Rights that are about a citizen being treated fairly regardless of age, gender, class, caste, religion and some other central characteristic to these rights.

➤ **Values**- In many situations, though rights exist, they are not covered by law. Human rights operate within a set of value systems. These are the values that support our social and work relationships, our religious beliefs, and how we treat our families and ourselves. In this regard we need to see do we respect each others right to live with dignity? Do our daily practices promote equality, justice and peace?

➤ **Politics**- Human rights can also be understood at the political level. People from socially excluded communities can come together, and demand their human rights. Government policies and actions that promote peoples human rights can be given a boost. In India at the government level we have the Directive Principles of the State Policy which includes those rights which the government would want to ensure for its citizens in the future.

Respect for human rights helps build strong communities, based on equality and tolerance in which everyone has an opportunity to contribute. The true powers of human rights lie in recognizing the value and contribution of each individual, and respecting the basic dignity and rights of all human beings.

4 Where do human rights come from?

Human rights are not a recent invention. Discussion about these ideas can be traced back to the ancient civilisations of Babylon, China and India. They contributed to the laws of Greek and Roman society and are central to Buddhist, Christian, Confucian, Hindu, Islamic and Jewish teachings.

A significant development in human rights took place in the 18th Century, during a time of revolution which included French, American and the Industrial Revolution led to emerging national identities. The American Declaration of Independence (1776) was based on the understanding that certain rights, such as 'life, liberty and the pursuit of happiness', were fundamental to all people.

The French Declaration of the Rights of Man and the Citizen (1789) challenged the sovereignty of the aristocracy and recognised the 'liberty, equality and fraternity' of individuals.

The growth of totalitarian regimes in the 20th Century and the atrocities of World War II made the protection of human rights an international priority. The first attempt to develop a comprehensive statement of human rights was made in the Universal Declaration of Human Rights (UDHR).

The UDHR sets out the fundamental rights of all people including the right to life, freedom from slavery, torture and arbitrary arrest, freedom of thought, opinion and religion, the right to a fair trial and equality before the law, the right to work and education, and the right to participate in the social, political and cultural life of ones country.

5 Are there different types of human rights?

Human rights cover virtually every aspect of human life and activity.

- Civil and political rights, include freedom of speech and freedom from torture.
- Economic, social and cultural rights, are the right to health and education.
- Some rights apply to specific individuals, such as the right to a fair trial: these are called individual rights.
- Others apply to groups of people, such as children, minorities: these are called collective rights.

6 What are the human rights 'standards'?

The Universal Declaration of Human Rights, agreed to by the nations of the world on 10 December 1948, sets out the basic rights and freedoms of all men, women and children. It has become the most important document of its kind and forms the basis of many legally binding national and international laws.

Since then, human rights standards have been developed and incorporated into many international laws and treaties. Two of the most significant of these are the:

- International Covenant on Civil and Political Rights.
- International Covenant on Economic, Social and Cultural Rights.

➤ **Civil and political rights** attempt to protect the individual from the misuse of political power and recognise a persons right to participate in their countrys political process. The rights include freedom from slavery, torture and arbitrary arrest, freedom of thought, opinion and religion, the right to a fair trial and equality before the law.

➤ **Economic, social and cultural rights** require a government to ensure that its people share in the economic wealth of the country, can participate in its social and cultural life, have access to adequate health care, education, social support and a clean environment and develop to their full potential.

International law also protects people from racial discrimination and recognises the rights of specific groups of people, such as women, children and people with disability.

7 Who has responsibility to protect human rights?

Human rights entail responsibility and duties toward other people and the community. Individuals often have a responsibility to ensure that they exercise their rights with due regard for the rights of others. For example, when a person exercises their right to freedom of speech, they should not infringe on someone else's right to security.

Governments have a particular responsibility to ensure that people are able to enjoy their rights. They are required to establish and maintain laws and services that enable their citizens to enjoy a life in which their rights are observed.

8 Why are human rights important?

In recent decades there has been a tremendous growth in how we think about and apply human rights ideas. This has had many positive results. Knowledge about human rights can empower individuals and offer solutions for specific problems.

Values of tolerance, equality and respect can help reduce friction within society. Putting human rights ideas into practice can help us create the kind of society we want to live in.

Human rights are an important part of how people interact with each other at all levels in society - in the family, community, educational institutions, workplace, in politics and international relations.

It is vital therefore that people everywhere strive to understand what human rights are in order to ensure justice, equality and the well being of society.

9 Are some human rights more important than others?

Disagreements over whether one form of right is more important than another have occurred over past decades between countries with different political ideologies.

Some nations asserted that priority should be given to economic, social and cultural rights and point to the fact that their particular countrys history, culture or religious background is not suited to incorporating ideas of an individuals civil and political rights.

Other nations have argued the opposite, that individuals civil and political rights should take precedence and that the cost to government of meeting the economic, social and cultural rights of its citizens would be impossible to meet.

However, over the last decade there has been a broad agreement between members of the United Nations that human rights are universal, indivisible, interdependent, interrelated and intersectional. In other words, all rights are equally important and necessary in creating a strong and healthy society.

10 Can my human rights be taken away from me?

A persons human rights cannot be taken away. The Universal Declaration of Human Rights states, in its Final Article, that no State, group or person "[has] any right to engage in any activity or to perform any act aimed at the destruction of any of the rights and freedoms set forth herein".

This does not mean that abuses and violations of human rights do not occur. Each day we hear tragic stories of murder, rape, violence, hunger, unemployment, poverty, abuse, homelessness and discrimination.

However, the Universal Declaration of Human Rights (UDHR) and other human rights treaties are more than just noble aspirations. They are essential legal principles. To meet their international human rights obligations, many nations have incorporated these principles into their own laws. This provides an opportunity for individuals to have a complaint settled by a court in their own country.

Education about human rights is just as important as having laws to protect people. Long term progress can really only be made when people are aware of what human rights are and what standards exist.

11 How are human rights protected in India?

India is a sovereign, secular, democratic republic which ensures the rights of its citizens. Indian citizens have fundamental rights which ensure certain social, economic, political rights to them. However violations of rights continue to occur in different parts of the country and concerted effort by everyone is required to ensure that people rights are protected.

A brief chronology of human rights in India

- 1829 - The practice of sati self immolation of widows on the husbands funeral pyre was formally abolished
- 1929 - Child Marriage Restraint Act, prohibiting marriage of minors is passed.
- 1947 - India Independence.
- 1950 - The Constitution of India establishes a sovereign democratic republic with universal adult franchise. Fundamental rights are enforceable by the Supreme Court of India and the High Courts. It also provides for reservations for previously disadvantaged sections in education, employment and political representation.
- 1955 - Reform of the Hindu Family Law giving more rights to women.
- 1975-77 - Emergencies declared in India extensive rights violations take place.
- 1978 - Supreme Court of India rules in Menaka Gandhi v/s Union of India that the right to life under Article 21 of the Constitution of India cannot be suspended even in an emergency.
- 1984 - Operation Blue Star and the subsequent 1984 Anti-Sikh riots
- 1985-6 - Enactment of The Muslim Women (Protection of Rights on Divorce) Act 1989 - Scheduled Caste and Scheduled Tribe (Prevention of Atrocities) Act is passed.
- 1989-present – Insurgency in Kashmir. No security, militant attacks, arbitrary detentions and torture.

1992 - Constitutional Amendment establishes Local Self-Government (Panchayati Raj) as a third tier of governance at the village level, with one third of the seats reserved for women. Reservations were provided for scheduled castes and tribes.

1992 - Demolition of Babri Masjid of India resulting in riots across the country.

1993 - National Human Rights Commission is established under The Protection of Human Rights Act (1993).

2001 - Supreme Court of India passes orders to implement the Right to Food.

2002 - Gujarat Riots.

2005 - Right to Information Act is passed to give citizens access to information held by public authorities.

2005 - National Rural Employment Guarantee Act (NREGA) aiming towards universal right to employment.

2006 - Supreme Court of India passes directives for initiating reform process of Indian Police.



12 What can I do to promote human rights?

Promoting and protecting human rights is everyone's responsibility. You can do a lot to promote discussion, education and action about human rights issues in your local area. Here are a few ideas.

➤ **Learn about Human Rights:** Take the time to understand and learn about human rights. Do some research. Visit human rights websites. Read the newspapers. Engage in conversations. Invite a guest speaker to your community group. Discover what human rights violations exist in your community and what role you can play to help improve situations.

➤ **Join a Human Rights Group:** like Breakthrough in India that promotes human rights and social justice.

➤ **Become a Human Rights Advocate**

If there is a particular issue in your college or community that you think needs to be addressed. Speak up about it and act on it.

➤ **In your college**

- Brainstorm with academicians and students in a class room situation, about various human rights issues.
- Run an awareness campaign - use posters, bulletin boards, wall magazines, screen human rights cinema from around the globe, bring out the college magazine and newspaper to spread the message.
- Get your Student Council involved.
- Conduct a painting photography competition on some specific issue.
- Run a survey, poll to get the views of others on the issue.
- Create book covers, bookmarks, friendship bands, badges with human rights messages.
- Educate those around you on human rights issues through street plays.
- Distribute handouts, pamphlets and booklets on human rights.
- Be a part of email groups, online chat sites, social networking models and blogs around human rights.
- Celebrate certain important days around Rights like Human Rights Day, International Women's Day- check out the Human Rights Calendar for more dates.

➤ **In your community**

- Raise the issue with your local media. Be a part of a talk show on rights or start your own community radio.
- Hold an event and invite guest speakers from the community to discuss and debate the issues.
- Organise a meeting with your local Member of Parliament.
- Set up a stall in the local community.
- Organize a motor cycle rally to raise awareness amongst communities, especially those in remote locations.
- Create an award to celebrate the achievements of someone who has been a champion of human rights in your local community.

Alternatively, why not brainstorm with your friends to come up with an event of your own.



Use the calendar to keep up to date about human rights events and anniversaries that you can promote and celebrate throughout the year.

Check out the list of celebrations and anniversaries below. You can visit the links provided to find out more.

T H E E V E N T S

JAN	12TH	NATIONAL YOUTH DAY	
FEB	21ST	INTERNATIONAL MOTHER LANGUAGE DAY	www.unesco.org
MARCH	08TH	INTERNATIONAL WOMEN'S DAY	www.un.org/womenwatch
APRIL	07TH	WORLD HEALTH DAY	www.who.int
MAY	01ST	LABOUR DAY	http://www.history.com/minisites/laborday
	03RD	WORLD PRESS FREEDOM DAY	www.unesco.org
	15TH	INTERNATIONAL DAY OF FAMILIES	www.un.org/esa/socdev/family
JUNE	04TH	INTERNATIONAL DAY OF INNOCENT CHILDREN VICTIMS OF AGGRESSION	www.unicef.org
	20TH	WORLD REFUGEE DAY	www.unhcr.ch
	26TH	INTERNATIONAL DAY IN SUPPORT OF VICTIMS OF TORTURE	www.un.org/rights
JULY	11TH	WORLD POPULATION DAY	www.unfpa.org

C A L E N D A R

AUG	09TH	INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLE	www.unhchr.ch
	12TH	INTERNATIONAL YOUTH DAY	www.unesco.org/youth
SEPT	21ST	INTERNATIONAL DAY OF PEACE	www.un.org/peace
OCT	01ST	INTERNATIONAL DAY OF OLDER PERSONS	www.un.org/esa/socdev/ageing
	10TH	WORLD MENTAL HEALTH DAY	www.who.int
	17TH	INTERNATIONAL DAY FOR THE ERADICATION OF POVERTY	www.un.org/esa/socdev/
NOV	16TH	INTERNATIONAL DAY FOR TOLERANCE	www.unesco.org/tolerance
	25TH	INTERNATIONAL DAY FOR ELIMINATION OF VIOLENCE AGAINST WOMEN	www.un.org/womenwatch
DEC	01ST	WORLD AIDS DAY	www.un.org.in/agencies/un aids.htm
	03RD	INTERNATIONAL DAY OF DISABLED PERSONS	www.who.int
	10TH	HUMAN RIGHTS DAY	www.unhchr.ch or www.humanrights.gov.au/about/hr_ awards
	18TH	INTERNATIONAL MIGRANTS DAY	www.unhchr.ch

15 UNIVERSAL DECLARATION OF HUMAN RIGHTS

PREAMBLE

Whereas recognition of the inherent dignity and of the equal and inalienable rights of all members of the human family is the foundation of freedom, justice and peace in the world,

Whereas disregard and contempt for human rights have resulted in barbarous acts which have outraged the conscience of mankind, and the advent of a world in which human beings shall enjoy freedom of speech and belief and freedom from fear and want has been proclaimed as the highest aspiration of the common people,

Whereas it is essential, if man is not to be compelled to have recourse, as a last resort, to rebellion against tyranny and oppression, that human rights should be protected by the rule of law,

Whereas it is essential to promote the development of friendly relations between nations,

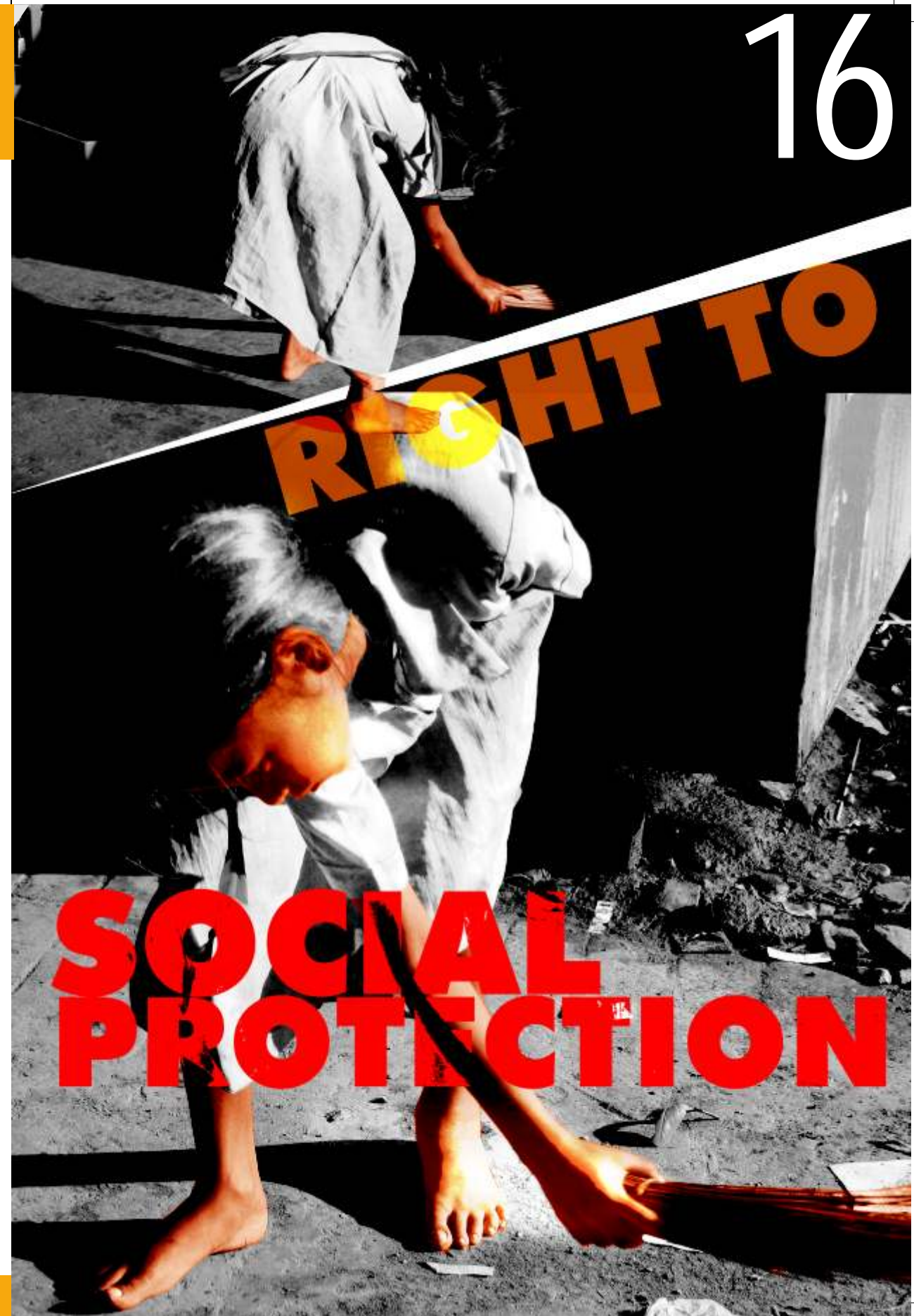
Whereas the peoples of the United Nations have in the Charter reaffirmed their faith in fundamental human rights, in the dignity and worth of the human person and in the equal rights of men and women and have determined to promote social progress and better standards of life in larger freedom,

Whereas Member States have pledged themselves to achieve, in co-operation with the United Nations, the promotion of universal respect for and observance of human rights and fundamental freedoms,

Whereas a common understanding of these rights and freedoms is of the greatest importance for the full realization of this pledge,

Now, Therefore **THE GENERAL ASSEMBLY proclaims THIS UNIVERSAL DECLARATION OF HUMAN RIGHTS** as a common standard of achievement for all peoples and all nations, to the end that every individual and every organ of society, keeping this Declaration constantly in mind, shall strive by teaching and education to promote respect for these rights and freedoms and by progressive measures, national and international, to secure their universal and effective recognition and observance, both among the peoples of Member States themselves and among the peoples of territories under their jurisdiction.

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Article 1.

All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.

Article 2.

Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind, such as race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status. Furthermore, no distinction shall be made on the basis of the political, jurisdictional or international status of the country or territory to which a person belongs, whether it is independent, trust, non-self-governing or under any other limitation of sovereignty.

Article 3.

Everyone has the right to life, liberty and security of person.

Article 4.

No one shall be held in slavery or servitude; slavery and the slave trade shall be prohibited in all their forms.

Article 5.

No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment.

Article 6.

Everyone has the right to recognition everywhere as a person before the law.

Article 7.

All are equal before the law and are entitled without any discrimination to equal protection of the law. All are entitled to equal protection against any discrimination in violation of this Declaration and against any incitement to such discrimination.

Article 8.

Everyone has the right to an effective remedy by the competent national tribunals for acts violating the fundamental rights granted him by the constitution or by law.

Article 9.

No one shall be subjected to arbitrary arrest, detention or exile.

Article 10.

Everyone is entitled in full equality to a fair and public hearing by an independent and impartial tribunal, in the determination of his rights and obligations and of any criminal charge against him.

Article 11.

(1) Everyone charged with a penal offence has the right to be presumed innocent until proved guilty according to law in a public trial at which he has had all the guarantees necessary for his defence.

(2) No one shall be held guilty of any penal offence on account of any act or omission which did not constitute a penal offence, under national or international law, at the time when it was committed. Nor shall a heavier penalty be imposed than the one that was applicable at the time the penal offence was committed.

Article 12.

No one shall be subjected to arbitrary interference with his privacy, family, home or correspondence, or to attacks upon his honour and reputation. Everyone has the right to the protection of the law against such interference or attacks.

Article 13.

(1) Everyone has the right to freedom of movement and residence within the borders of each state.

(2) Everyone has the right to leave any country, including his own, and to return to his country.

Article 14.

(1) Everyone has the right to seek and to enjoy in other countries asylum from persecution.

(2) This right may not be invoked in the case of prosecutions genuinely arising from non-political crimes or from acts contrary to the purposes and principles of the United Nations.

19 UNIVERSAL DECLARATION OF HUMAN RIGHTS 20

Article 15.

- (1) Everyone has the right to a nationality.
- (2) No one shall be arbitrarily deprived of his nationality nor denied the right to change his nationality.

Article 16.

- (1) Men and women of full age, without any limitation due to race, nationality or religion, have the right to marry and to found a family. They are entitled to equal rights as to marriage, during marriage and at its dissolution.
- (2) Marriage shall be entered into only with the free and full consent of the intending spouses.
- (3) The family is the natural and fundamental group unit of society and is entitled to protection by society and the State.

Article 17.

- (1) Everyone has the right to own property alone as well as in association with others.
- (2) No one shall be arbitrarily deprived of his property.

Article 18.

Everyone has the right to freedom of thought, conscience and religion; this right includes freedom to change his religion or belief, and freedom, either alone or in community with others and in public or private, to manifest his religion or belief in teaching, practice, worship and observance.

Article 19.

Everyone has the right to freedom of opinion and expression; this right includes freedom to hold opinions without interference and to seek, receive and impart information and ideas through any media and regardless of frontiers.

Article 20.

- (1) Everyone has the right to freedom of peaceful assembly and association.
- (2) No one may be compelled to belong to an association.

Article 21.

- (1) Everyone has the right to take part in the government of his country, directly or through freely chosen representatives.

- (2) Everyone has the right of equal access to public service in his country.

- (3) The will of the people shall be the basis of the authority of government; this will/ shall be expressed in periodic and genuine elections which shall be by universal and equal suffrage and shall be held by secret vote or by equivalent free voting procedures.

Article 22.

Everyone, as a member of society, has the right to social security and is entitled to realization, through national effort and international co-operation and in accordance with the organization and resources of each State, of the economic, social and cultural rights indispensable for his dignity and the free development of his personality.

Article 23.

- (1) Everyone has the right to work, to free choice of employment, to just and favorable conditions of work and to protection against unemployment.
- (2) Everyone, without any discrimination, has the right to equal pay for equal work.
- (3) Everyone who works has the right to just and favourable remuneration ensuring for himself and his family an existence worthy of human dignity, and supplemented, if necessary, by other means of social protection.
- (4) Everyone has the right to form and to join trade unions for the protection of his interests.

Article 24.

Everyone has the right to rest and leisure, including reasonable limitation of working hours and periodic holidays with pay.

Article 25.

- (1) Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control.
- (2) Motherhood and childhood are entitled to special care and assistance. All children, whether born in or out of wedlock, shall enjoy the same social protection.



UNIVERSAL DECLARATION OF HUMAN RIGHTS

Article 26.

- (1) Everyone has the right to education. Education shall be free, at least in the elementary and fundamental stages. Elementary education shall be compulsory. Technical and professional education shall be made generally available and higher education shall be equally accessible to all on the basis of merit.
- (2) Education shall be directed to the full development of the human personality and to the strengthening of respect for human rights and fundamental freedoms. It shall promote understanding, tolerance and friendship among all nations, racial or religious groups, and shall further the activities of the United Nations for the maintenance of peace.

Article 27.

- (1) Everyone has the right freely to participate in the cultural life of the community, to enjoy the arts and to share in scientific advancement and its benefits.
- (2) Everyone has the right to the protection of the moral and material interests resulting from any scientific, literary or artistic production of which he is the author.

Article 28.

Everyone is entitled to a social and international order in which the rights and freedoms set forth in this Declaration can be fully realized.

Article 29.

- (1) Everyone has duties to the community in which alone the free and full development of his personality is possible.
- (2) In the exercise of his rights and freedoms, everyone shall be subject only to such limitations as are determined by law solely for the purpose of securing due recognition and respect for the rights and freedoms of others and of meeting the just requirements of morality, public order and the general welfare in a democratic society.
- (3) These rights and freedoms may in no case be exercised contrary to the purposes and principles of the United Nations.

Article 30.

Nothing in this Declaration may be interpreted as implying for any State, group or person any right to engage in any activity or to perform any act aimed at the destruction of any of the rights and freedoms set forth herein.

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Tel: 011-23384183
Fax: 011-23381898
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Website: www.ahrchk.net/ua/

The National Commission for Scheduled Castes and Scheduled Tribes

Government of India, 5th Floor,
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Relevant web sitesHuman rights around the globe

Breakthrough <http://www.breakthrough.tv>

Breakthrough has innovative, high impact media and education tools to promote values of justice, equality and peace.

One World Online

<http://www.oneworld.net/>

Brings together the latest news and views from over 1,600 organizations promoting human rights awareness and fighting poverty worldwide.

Derechos Café

<http://www.derechos.net/>

Links to issues, organisations, resources and discussion groups dealing with human rights.

Amnesty International

<http://www.amnesty.org>

Campaigns on serious human rights breaches and to protect the rights of prisoners of conscience.

Human Rights Watch

<http://www.hrw.org>

Major non-government organisation that works to prevent discrimination, uphold political freedom and protect people from inhumane conduct in wartime.

United Nations

<http://www.un.org>

Responsible for promoting human rights, development and international security.

UNICEF

<http://www.unicef.org>

Explore the issues facing children and young people in different corners of the globe.

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RIGHT TO HEALTH

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EDUCATION

