

## ‘PEACE AND HUMAN RIGHTS’

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*“If there is a peace in our own self, there will be peace in our our family; If there will be peace in our family there will be peace in our community; and if there will be peace in our community there will peace in our nation; and If there will be peace in our nation and probably there will be peace in the world”.*

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The culture of peace comes within our own selves, we as an individual should know our responsibilities towards peace. To commit peace we shall be responsible enough and be aware in our surroundings. We must know how to value one’s life and the importance of being a good citizen in our country. We should respect every individual, every cultures, races, traditions and religions. Peace comes within our own self in the sense that we should be more educated, developed our good values, and to have a dignity, solidarity, and unity.

Peace connects everything, love for our family, love for our friends, love for someone, love for the community and love for the nation. If there is no peace in our life, then probably our life will be miserable, in the sense that there will be war, troubles and killings and so we cannot live our life to the fullest. The world will be destroyed with full of vengeance, fear, and hatred.

And so I can say that ‘PEACE’ has a pivotal or vital role in our life for us to give love, respect, and for us to build solidarity, unity, and goodwill among people. Peace starts in our own minds and hearts, not outside of ourselves, and until its roots are firmly entrenched in our own selves, we cannot manifest it externally. Once we have found it within, we can share it with our family, our community, and the whole wide world. Some of us may already be doing just that, but for most of us, the first step is looking within and honestly evaluating the state of our own relationship to peacefulness. Peace is commonly misunderstood to be the absence of violence. Peace however, is more than just a break from fighting. A true peace is embodied in respect for all, cooperation among peoples, and a harmony is society. Peace is a process, which involves every individual. Peace is the state in which the peoples within and among communities live in harmony, accord, cooperation. Peace necessitates compromise and give-and-take in order to be sustained. Peace means making friends with everyone, even and especially your enemies. Peace is the absence of conflict with the presence of justice. I think there is a John Paul II quote that goes something like that and I’ve always really believed that. Without justice, there can be no real peace. The absence of violence between two or more separate individuals or groups. A state of non-violence, but, also a state in which resources are distributed fairly and racial, societal, and economic differences are respected. The combination of these two leads to an absence of underlying resentment and anger. An absence of hostile relations of any kind. This usually includes the ability to work together towards a common goal, at the ability to settle conflicts through negotiations or mediations without the use of force. Peace ensures respect at the very least. It allows people to live non-violent lives that center on not acquiring things at the expense of people but instead promoting happiness for the sake of people. Peace is calmness and serenity, which can be applied over many settings, events and things. When in reference to peace in the world, I think it implies stability between and within countries that creates calmness politically, socially and economically. Individual peace is being content and happy with one’s place in the world so as to feel calm. I believe that peace is a time when all beings are in harmony with one another. It is a condition of life in which people and nature can live well with one another and work together for a better future.

Human rights it refers to our right as a human being. Being born in this world is a wonderful gift from god. We have the right to live, we have the right to speak, we have the right to express our opinions, ideas and thoughts, we have the right to be believed in our own abilities and capabilities, we have the right to choose, we have the right to seek for justice, we have the right to do whatever we want as long as we know our limitations or boundaries, and lastly we have the right to be part of this world. We have the right to live, in the sense that no one can get our life except only our almighty father, and so we have the right to live in this world freely and happily. We have the right to express our own self, to be connected or to communicate with other individual to be part of our society, it is the right to express our opinions thoughts and ideas and as well as to respect others opinions. We have also the right to be believed in our own abilities and capabilities in which we could share it to others in a god way. We have the right to choose and to participate in every programs and organizations that can help our country to developed and improved. And also we have the right to seek for justice and to fight for our own rights as a person, because we human beings we are born free and equal in dignity and rights.

Peace and Human Rights describes a society or relationships that are operating harmoniously and without violent conflict. It is commonly understood as the absence of hostility or the existence of healthy or newly healed intrapersonal or international relationship, safety in matters of social or economic welfare the acknowledgement of quality and fairness in our community, society, and in the world.

Now we are living in the modern world. Human beings developed in all the fields. But there is a lot of difference among the countries in the world. Co-operation and co-ordination are necessary among these countries. It is necessary and important to educate everyone in the world. It is very important to know what is Human Rights. Everyone has the right to education... Education shall be directed to the full development of 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. The concept underpinning human rights education is that education should not only aim at forming trained, professional workers, but also at contributing to the development of individuals who possess the skills to interact in a society. Human rights education, human rights into education aim at providing pupils and students with the abilities to accompany and produce societal changes. Education is seen as a way to empower people, improve their quality of life and increase their capacity to participate in the decision-making processes leading to social, cultural and economic policies. Education for human rights helps people feel the importance of human rights, internalize human rights values and integrate them into the way they live. Education for human rights also gives people a sense of responsibility for respecting and defending human rights and empowers them, through learned skills, to take appropriate action.

Human Rights and Fundamental freedom to us, is to develop our human qualities, behavior, intelligent, talents, and conscience, and to satisfy our spiritual and other needs. If there will be peace and human rights the human society became more developed, more men and women were deprived of their full opportunity to live as a freemen, and suffered indignities. Human rights are fundamental because without this, our life and dignity of man will be meaningless. Some examples of Human Rights as fundamental are the right to individual liberty and security of a person or freedom of thought or religion.

Freedom of religion or belief, and the exercise thereof is one of the preferred freedoms in human society. Freedom of thought, which includes freedom of religious beliefs, is basic in the society of freemen. It embraces the right to maintain the theories of life and death.

Men may not be put to the proof of the religious doctrines or beliefs. If one could be sent to jail, punished or discriminated against because the environment of his community find his

doctrines as false, little will be left in religious freedom. All men are to be immune coercion by any individual, social group or any human power or religious matters. No one is to be forced to act in manner contrary to his own beliefs. No discrimination whatsoever is allowed for religious reasons.

The Universal Declaration of Human Rights is that ‘the equal and inalienable rights of each member of the human family’. The foundation of freedom, justice, and peace in the world will be achieved only through the equal rights of men and women.

Man’s responsibility in human society refers to the freedom of man or the right to make moral decisions; he is responsible for doing s and has the answer to his own conscience. The freedom of an individual is realized and upheld in his relations to other people in the form given to social life. Freedom of individual is demarcated by the freedom of others and by a sense of responsibility. The freedom of responsibility includes the rights and obligations of each individual. With freedom comes responsibility. Yet, it is common for many people to seek freedom while trying to avoid responsibility. While, at times, it appears that people may be able to succeed at this, there remains a psychological consequence. This consequence is often not very noticeable, but may find expression through guilt, anxiety, depression, or even anger.

And so as a citizen of our country we should be aware enough in our own responsibilities and for us to build or to commit ‘Peace and Human Rights’ equally and freely for the betterment of our next generation.