

## **PEACE AND HUMAN RIGHTS**

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Peace is achieved when we established it within ourselves. From personal peace we spur peace in the spirit of camaraderie. Peace may not be attained by this world when individual themselves do not have peace within them. Each human is an integral part of a nation; hence, each one must contribute in the advocacies initiated to towards world peace.

Accordingly, human rights are rights to which each individual is entitled by the virtue of being a human being. Include the right to life, liberty, and security and the right to an adequate standard of living. It is believed that the protection of human rights contributes to human dignity and provides an environment in which full realization of human potential is possible.

So, everyone shall have the right to hold opinions without interference. Everyone shall have the right for freedom of expression; this right shall include freedom to seek, receive and impart information and ideas of all kinds. But the respect to other must be remains, because the peace starts to it, if we understand one other for our uniqueness and differences we will have the unity and stay as one, so the peace must born from us humans. So that there will be no wars any more, no violence, no killing, no more death and losing of life for nothing.