

Observer Voice

NHRC Concludes Two-Week Internship Program

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Shalini Singh, February 8, 2025 | Last Updated: February 8, 2025

0 3 minutes read

The National Human Rights Commission (NHRC) of India has successfully wrapped up its two-week online short-term internship program. This initiative began on January 27, 2025, and saw participation from 70 students hailing from various universities across the country. The program aimed to educate and engage young minds in the vital area of human rights, fostering a deeper understanding of civic responsibilities and social justice.

A Platform for Learning and Growth

The NHRC internship program provided a unique platform for students to learn about human rights from experienced professionals. Throughout the two weeks, interns attended various sessions led by senior NHRC officers, experts, and representatives from civil society. These sessions covered a wide range of topics, including the legal framework surrounding human rights, the role of government institutions, and the importance of protecting the rights of marginalized communities.

In addition to theoretical knowledge, the interns were given practical insights through virtual tours of significant institutions like Tihar Jail and Asha Kiran Shelter Home in Delhi. These experiences allowed students to witness firsthand the challenges and realities faced by vulnerable populations. By engaging with these institutions, interns gained a comprehensive understanding of the mechanisms in place to protect human rights and the ongoing efforts to improve the quality of life for all citizens.

Insights from NHRC Leadership

During the valedictory address, NHRC Secretary General Shri Bharat Lal congratulated the interns on their successful completion of the program. He emphasized the importance of reflecting on the knowledge gained during the internship and encouraged students to apply this understanding in their future endeavors. Shri Lal highlighted the significance of India's Constitution, which guarantees civic and political rights to every individual. He pointed out that recent efforts have focused on ensuring socio-economic and cultural rights, aiming to uplift all sections of society.

Shri Lal also stressed the role of youth in driving change. He urged the interns to utilize the constitutional provisions available to them for the all-round development of the country. By embracing new ideas and adapting to changing times, the youth can contribute significantly to the nation's progress. His message resonated with the interns, inspiring them to take an active role in promoting human rights and social justice.

Core Values and Future Responsibilities

In his address, Shri Bharat Lal emphasized the need for empathy and sensitivity in the pursuit of human rights. He reminded the interns that opportunities to help others should not be taken lightly, as they can be fleeting. The Secretary General called for a collective effort to improve the quality of life for all citizens, ensuring access to basic amenities, safe public spaces, and education for everyone.

Furthermore, he highlighted the importance of protecting the rights of vulnerable and marginalized groups. The NHRC aims to create an inclusive society where every individual can thrive. By internalizing these core human values, the interns are encouraged to become advocates for change in their communities. The knowledge and experiences gained during the internship will serve as a foundation for their future contributions to society.

Celebrating Achievements

The internship program concluded with a presentation of the internship report by Lt Col Virender Singh, Director of NHRC, India. He shared insights into the various activities undertaken during the program, including the book review, group research project presentations, and declamation competition. These competitions not only fostered teamwork and critical thinking but also allowed students to showcase their understanding of human rights issues.

The NHRC's commitment to educating the next generation about human rights is evident in the success of this internship program. By equipping young minds with knowledge and skills, the NHRC is paving the way for a more just and equitable society. As these interns move forward, they carry with them the responsibility to advocate for human rights and contribute positively to their communities.

Orissa Diary

NHRC, India's two-week online short-term internship for university-level students concludes

<https://orissadiary.com/nhrc-indias-two-week-online-short-term-internship-for-university-level-students-concludes/>

By Odisha Diary bureau On Feb 8, 2025

The two-week online short-term internship programme organised by the National Human Rights Commission (NHRC), India has concluded today. It started on 27th January, 2025 with 70 students from various universities in different regions and far-flung areas of the country.

NHRC, India Secretary General, Shri Bharat Lal in his valedictory address congratulated the students for the successful completion of their internship. He urged the interns to reflect on the knowledge they gained in various sessions on different aspects of human rights and carry it forward to make meaningful contributions to society.

Shri Lal said the nation earned its hard-fought freedom to have a Constitution guaranteeing civic and political rights to every individual. In recent years, concerted efforts are being made to ensure socio-economic and cultural rights and dignity to all. A massive effort is on to improve the quality of life, ease of living and dignity to all. The idea is that no one is left behind. It is for the youth of the country to make the best use of the constitutional provisions for the all-round development of the country with new ideas in keeping pace with the changing times.

The Secretary General also encouraged the students to internalise core human values of empathy and sensitivity. He stressed that once the opportunity to help someone is lost, it is lost forever. Therefore, it is essential to ensure that there is improved quality of life, enhanced ease of living, access to all basic amenities, safe and secure public spaces and workplaces, education for all and the rights of every individual including the vulnerable and marginalized, are protected,

Lt Col Virender Singh, Director, NHRC, India presented the internship report. Besides the sessions on different aspects of human rights by the senior NHRC officers, experts and civil society representatives, the interns were also taken for virtual tours to the Tihar Jail and Asha Kiran Shelter Home in Delhi. They were given an understanding of how different government institutions function, the mechanisms to protect human rights, the realities on the ground, and the necessary steps to protect the rights of vulnerable sections of society. He also announced the winners of the book review, group research project presentation, and declamation competition.

Univarta

राष्ट्रीय मानवाधिकार आयोग के प्रशिक्षण कार्यक्रम में 70 विद्यार्थियों ने प्रशिक्षण पूरा किया

<http://www.univarta.com/70-students-completed-the-training-in-the-training-program-of-national-human-rights-commission/india/news/3386298.html>

भारत Posted at: Feb 8 2025 4:44PM

नयी दिल्ली, 08 फरवरी (वार्ता) राष्ट्रीय मानवाधिकार आयोग (एनएचआरसी) की ओर से आयोजित ऑनलाइन प्रशिक्षण कार्यक्रम में विभिन्न विद्यालयों से भाग लेने आए 70 प्रतिभागियों ने अपना प्रशिक्षण पूरा कर लिया है।

आयोग की ओर से जारी विज्ञप्ति के अनुसार, दो सप्ताह का 'ऑनलाइन अल्पकालिक इंटर्नशिप' कार्यक्रम कल संपन्न हो गया। इसकी शुरुआत गत 27 जनवरी को, हुई थी जिसमें देश के विभिन्न क्षेत्रों और दूरदराज के क्षेत्रों के विभिन्न विश्वविद्यालयों के विद्यार्थियों ने भाग लिया था।

News Bytes

SC lawyer petitions NHRC over Indian deportees' treatment

<https://www.newsbytesapp.com/news/india/sc-lawyer-petitions-human-rights-panel-over-indian-deportees-treatment/story>

By Snehil Singh | Feb 08, 2025 11:02 am

What's the story

Supreme Court lawyer Virendra Vashistha has approached the National Human Rights Commission (NHRC) over the treatment of Indian migrants deported from the United States.

In his letter, Vashistha condemned the use of restraints during transit as inhumane and a violation of human rights.

The deportees were reportedly restrained in handcuffs and shackles on a US military aircraft, which he argued is typically reserved for dangerous criminals.

Investigation appeal

Vashistha calls for investigation into deportees' treatment

Vashistha has urged the NHRC to investigate and document the experiences of those affected by these measures.

He also called on the Ministry of External Affairs to take this issue up with the US government and ensure accountability.

Further, he requested medical and psychological support for the returnees.

The deportation involved 104 migrants from various Indian states, including Haryana, Gujarat, Punjab, Maharashtra, Uttar Pradesh, and Chandigarh.

US embassy defends deportation measures

Defending its actions, the US Embassy in India said enforcing immigration laws is important for national security and public safety.

A spokesperson said it is US policy to execute immigration laws against inadmissible aliens.

External Affairs Minister S Jaishankar told Parliament that such deportations are routine and have been happening for years. He emphasized the importance of legal mobility while discouraging illegal movement.

The deportation has triggered a political row in India. Congress moved an adjournment motion in Lok Sabha demanding discussion on the issue, raising concerns over the degrading treatment meted out to deportees, including women and minors.

Trinamool Congress MP Saket Gokhale slammed the government's response, asking why India didn't send special flights for its citizens.

Amid the row, talks are on to bring a new law—Overseas Mobility (Facilitation and Welfare) Bill, 2024—to facilitate safe migration for overseas employment.

Upon returning to India, the deportees were interrogated by security agencies at Amritsar airport to verify if they had any criminal records before being sent to their hometowns by state police.

This was done as a part of the standard protocol for returning deportees.

The incident has raised questions about the treatment of non-violent individuals during deportation and sparked a debate on human rights issues in immigration enforcement.

The Kashmiriyat

Complaint filed with NHRC over civilian deaths in Baramulla and Poonch

<https://thekashmiriyat.co.uk/complaint-filed-with-nhrc-over-civilian-deaths-in-baramulla-and-poonch/>

February 8, 2025 by News Desk

Advocate Nikhil Padha, founder of the Organization for Human Rights & Harmony (OHRH), has filed a complaint with the National Human Rights Commission (NHRC), seeking intervention in the recent deaths of two civilians in Jammu Kashmir.

The complaint alleges that 25-year-old Makhan Din from Kathua and 32-year-old Waseem Ahmad Mir from Sopore lost their lives due to actions by security forces, raising serious concerns about human rights violations.

“These incidents are a blatant violation of human rights and fundamental freedoms,” Padha stated, demanding “a transparent and independent investigation into both cases to ensure justice is served and accountability is upheld.”

The complaint calls on the NHRC to take immediate cognizance and issue directives, including “a judicial probe by a sitting or retired High Court judge,” the “suspension of accused personnel during the investigation to prevent evidence tampering,” and the “establishment of an independent oversight committee to monitor security forces’ conduct in Jammu Kashmir.”

The OHRH has urged authorities to act swiftly, emphasizing the need for accountability and justice for the victims and their families.

Samay Live

गिग वर्कर्स : इनके बारे में भी सोचना होगा

<http://www.samaylive.com/editorial/524138/gig-workers-we-have-to-think-about-them-too.html>

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भारतीय कामगारों का वर्किंग कल्चर, स्टाइल, काम करने के घंटे हमेशा से बहस का मुद्दा रहे हैं। इस कड़ी में स्किल्ड, अन-स्किल्ड को केंद्र में रखकर विभेद की भी बात सामने आती रहती हैं।

हाल में जारी राष्ट्रीय मानवाधिकार आयोग की एक रिपोर्ट भी इस बात की तस्दीक करती है। काम के घंटे को लेकर कुछ दिनों पहले काफी विवाद देखा गया।

इससे इतर राष्ट्रीय मानवाधिकार आयोग की हाल में जारी कैब चालक-डिलीवरी ब्वाय जैसे कामगारों (गिग वर्कर्स) की स्थिति पर चिंता व्यक्त की गई है। रिपोर्ट में साफ साफ शब्दों में माना गया है कि गिग वर्कर्स यानी ऐप आधारित कैब चालक, डिलीवरी ब्वाय या इसी तरह का अन्य काम करने वाले 83 फीसद कामगार रोजाना चुनौतियों का सामना करते हुए औसतन दस घंटे से भी अधिक काम कर रहे हैं। नतीजतन इन कामगारों को न सिर्फ शारीरिक बल्कि मानसिक तनाव का भी सामना करना पड़ता है।

रिपोर्ट में टारगेट डिलीवरी को खतरनाक माना गया है और कहा गया है कि गिग वर्कर्स को एक निश्चित समयावधि में समान की डिलीवरी करनी होती है। समय पर टारगेट पूरा नहीं होने से शारीरिक, मानसिक रूप से तनाव बढ़ता है। रिपोर्ट में गिग वर्कर्स के लिए मौजूदा रेटिंग प्रणाली पर कड़ी आपत्ति व्यक्त की गई है और इसे मनमानी करार देते हुए इसकी समीक्षा पर बल दिया गया है। कई बार बेहतर काम करने के बावजूद इन गिग वर्कर्स को खराब रेटिंग मिलती है। राष्ट्रीय मानवाधिकार आयोग ने इन गिग वर्कर्स की चुनौतियों को दूर करने व सामाजिक सुरक्षा प्रदान करने के लिए नियामक ढांचा तैयार करने और इसके जरिए लक्षित प्रयासों की आवश्यकता पर बल दिया गया है।

इनकी चुनौतियों में लंबे समय तक काम करना, वित्तीय तनाव और शारीरिक थकावट शामिल है। इनके लिए थोड़ी राहत वाली बात यह है कि झारखंड, कर्नाटक और राजस्थान जैसे कुछ राज्य इन्हें सामाजिक सुरक्षा प्रदान करने पर ध्यान केंद्रित कर रहे हैं, लेकिन स्वास्थ्य बीमा, न्यूनतम मजदूरी, तनाव मुक्त कार्य स्थितियों से संबंधित उनकी अन्य चिंताओं को दूर करने के लिए और अधिक प्रयास करने की जरूरत है।

हालांकि केंद्र सरकार ने इस आगामी 2025-26 वित्तीय वर्ष के बजट में देश के गिग वर्कर्स जिनकी संख्या एक करोड़ से भी अधिक है, उन सभी कामगारों को पहचान देने के लिए पंजीकरण करने और आयुष्मान भारत योजना के तहत स्वास्थ्य सुविधा प्रदान करने का प्रावधान किया गया है। इससे उम्मीद जगी है और इसी तरह की उम्मीद कारपोरेट जगत के कामगारों में जगाने की जरूरत है क्योंकि यहां के कर्मचारी भी जबरदस्त तनाव में रहते हैं। ये लोग औसतन दस घंटे से कहीं अधिक समय तक काम करने को मजबूर हैं।

इनके नारायण मूर्ति, एस.एन. सुब्रमण्यम जैसे मालिकानों की सोच बदलनी होगी और उन्हें अहसास दिलाना होगा कि उनकी इस तरह की सोच, नजरिया से न तो उनका और ना ही कामगारों का भला होने वाला है। आर्टिफीशियल इंटेलीजेंस के दौर में जब दुनिया बड़े पैमाने पर बेरोजगारी के खतरे को महसूस कर रही है,

तब काम के घंटे बढ़ाने के कारण देश में और भी बेरोजगारी बढ़ेगी, यह तय है। ऐसे में जरूरत इस बात की है कि अर्थनीति की दिशा बदली जाए काम के घंटे घटाकर ज्यादा से ज्यादा लोगों को रोजगार दिया जाए और रोजगार को संवैधानिक अधिकार बनाकर राज्य की जिम्मेदारी तय की जाए कि वह नौजवानों के लिए रोजगार/नौकरी को सुनिश्चित करे।

स्वीडन ने छह घंटे कार्यदिवस की नीति अपनाई, जिससे कर्मचारियों की उत्पादकता में उल्लेखनीय वृद्धि हुई और उनके जीवन की गुणवत्ता बेहतर हुई। जर्मनी ने भी कार्य घंटों को सीमित कर कर्मचारियों को दक्षता और कुशलता के साथ कार्य करने के लिए प्रेरित किया। इन उदाहरणों से स्पष्ट होता है कि कार्य घंटों को घटाने से कर्मचारियों की संतुष्टि और उत्पादकता दोनों में सुधार होता है, जो संगठनों की दीर्घकालिक प्रगति के लिए भी फायदेमंद है। भारत में इस दिशा में सुधार के लिए व्यापक नीतिगत बदलावों की आवश्यकता है।

श्रम कानूनों को प्रभावी ढंग से लागू किया जाना चाहिए, ताकि कार्यदिवस के घंटे तय हों और कंपनियां इन नियमों का सख्ती से पालन करें। 'स्मार्ट वर्क' के विचार को बढ़ावा देना चाहिए, जिससे कर्मचारी अपनी दक्षता और तकनीकी उपकरणों का उपयोग करते हुए कम समय में बेहतर परिणाम दे सकें। अंततः संगठनों को यह समझना होगा कि उत्पादकता केवल काम के घंटों पर निर्भर नहीं करती, बल्कि यह कर्मचारियों की प्रेरणा, कौशल-सम्मान और प्रोत्साहन पर आधारित होती है। कर्मचारियों को बेहतर परिणाम देने के लिए प्रेरित करना और उनकी क्षमताओं का सही आकलन करना अत्यंत महत्वपूर्ण है। संतुलित कार्यसंस्कृति न केवल कर्मचारियों को संतुष्टि प्रदान करती है, बल्कि उनकी उत्पादकता और समर्पण को भी बढ़ाती है।

आईएनएस

कुमार समीर