**What are Human Rights?**

Every person has dignity and value. One of the ways that we recognize the fundamental worth of every person is by acknowledging and respecting their human rights.

Human rights are a set of principles concerned with equality and fairness. They recognize our freedom to make choices about our lives and to develop our potential as human beings. They are about living a life free from fear, harassment or discrimination.

**Human rights can broadly be defined** as a number of basic rights that people from around the world have agreed are essential. These include the right to life, the right to a fair trial, freedom from torture and other cruel and inhuman treatment, freedom of speech, freedom of religion, and the rights to health, education and an adequate standard of living.

These human rights are the same for all people everywhere – men and women, 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’.

Every person has dignity and value. One of the ways that we recognize the fundamental worth of every person is by acknowledging and respecting their human rights.

**KINDS OF HUMAN RIGHTS**

There are two kinds of human rights:

1. Civil and political rights.

2. Economic, social and cultural rights

**1. Civil and political rights:** Civil rights and liberties are referred to those rights which are related to the protection of the right to life and personal liberty . They are essential for a person so that he may live a dignified life. such rights include right to life, liberty , right to privacy, freedom from

Whereas political rights may be referred to those rights which allow a person to participate in the government of a state. For e.g. right to vote, right to be elected and right to take part in conduct of public affairs.

The nature of both civil and political rights may be different but they are inter-related and therefore it does not appear logical to differentiate them. This reason led to the formulation of one covenant covering both civil and political rights into one covenant i.e. international Covenant on civil and political rights.

**2. Economic, Social and Cultural rights:** Economic, social and cultural rights are based fundamentally on the concept of social equality ( also called 'freedom to') are related to the guarantee of minimum necessities of the life to human beings . In the absence of these rights the existence of human beings is like to be endangered.

Right to adequate food, clothing, housing and adequate standard of living and freedom from hunger, right to work , right to social security, right to physical and mental health and right to education are included in this category of rights.

These rights sometimes called positive rights require active intervention, not abstentions on the part of the states. The enjoyment of these rights requires a major commitment of resources and therefore their realization cannot be immediate as in the case of civil and political rights.

**PAKISTAN LAW ON HUMAN RIGHTS**

Father of the Nation Mr. Muhammad Ali Jinnah's in his presidential address to the Constituent

Assembly of Pakistan in 1947 said the following:

"As you know, history shows that in England, conditions, some time ago, were much worse than

those prevailing in India today. The Roman Catholics and the Protestants persecuted each other.

Even now there are some States in existence where there are discriminations made and bars

imposed against a particular class. Thank God, we are not starting in those days. We are starting

in the days where there is no discrimination, no distinction between one community and another,

no discrimination between one caste or creed and another. We are starting with this fundamental

principle that we are all citizens and equal citizens of one State. "

The conditions prevailing today in Pakistan affect every individual life. If we are to improve

conditions then the law must be upheld to bring peace and security to the land and to build lives

of dignity and respect. It is duty of every individual to stand up and prevent any violations or

breaking of the law. If we are to build a better nation then familiarity with the law is also to

some degree necessary.

Listed here are the points that are covered by the constitution of Pakistan.

**FUNDAMENTAL RIGHTS**

The following Articles are covered in great detail. These are your Rights and supported by

the Constitution of Pakistan.

**Article 8.** Laws inconsistent with or in derogation of fundamental rights to be void.

**Article 9.** Security of person. No person shall be deprived of life or liberty save in accordance

with law.

**Article 10**. Safeguards as to arrest and detention.

**Article 10A.** Right to fair trial: For the determination of his civil rights and obligations or in any

criminal charge against him a person shall be entitled to a fair trial and due process.

**Article 11.** Slavery, forced labor, etc. prohibited.

**Article 12.** Protection against retrospective punishment.

**Article 13.** Protection against double punishment and self incrimination.

**Article 14.** Inviolability of dignity of man, etc.

**Article 15.** Freedom of movement, etc.

**Article 16**. Freedom of assembly.

**Article 17.** Freedom of association:

**Article 18.** Freedom of trade, business or profession.

**Article 19**. Freedom of speech, etc. Every citizen shall have the right to freedom of speech and

expression, and there shall be freedom of the press, subject to any reasonable restrictions

imposed by law in the interest of the glory of Islam or the integrity, security or defence of

Pakistan or any part thereof, friendly relations with foreign States, public order, decency or

morality, or in relation to contempt of court [commission of] or incitement to an offence.

**Article 19A**. Right to information: Every citizen shall have the right to have access to

information in all matters of public importance subject to regulation and reasonable restrictions

imposed by law.

**Article 20.** Freedom to profess religion and to manage religious institutions.

**Article 21.** Safeguard against taxation for purposes of any particular religion.

**Article 22.** Safeguards as to educational institutions in respect of religion, etc.

**Article 23.** Provision as to property. Every citizen shall have the right to acquire, hold and

dispose of property in any part of Pakistan, subject to the Constitution and any reasonable

restrictions imposed by law in the public interest.

**Article 24.** Protection of property rights.

**Article 25.** Equality of citizens.

**Article 26.** Non-discrimination in respect of access to public places.

**Article 27**. Safeguard against discrimination in services.

**Article 28**. Preservation of language, script and culture.