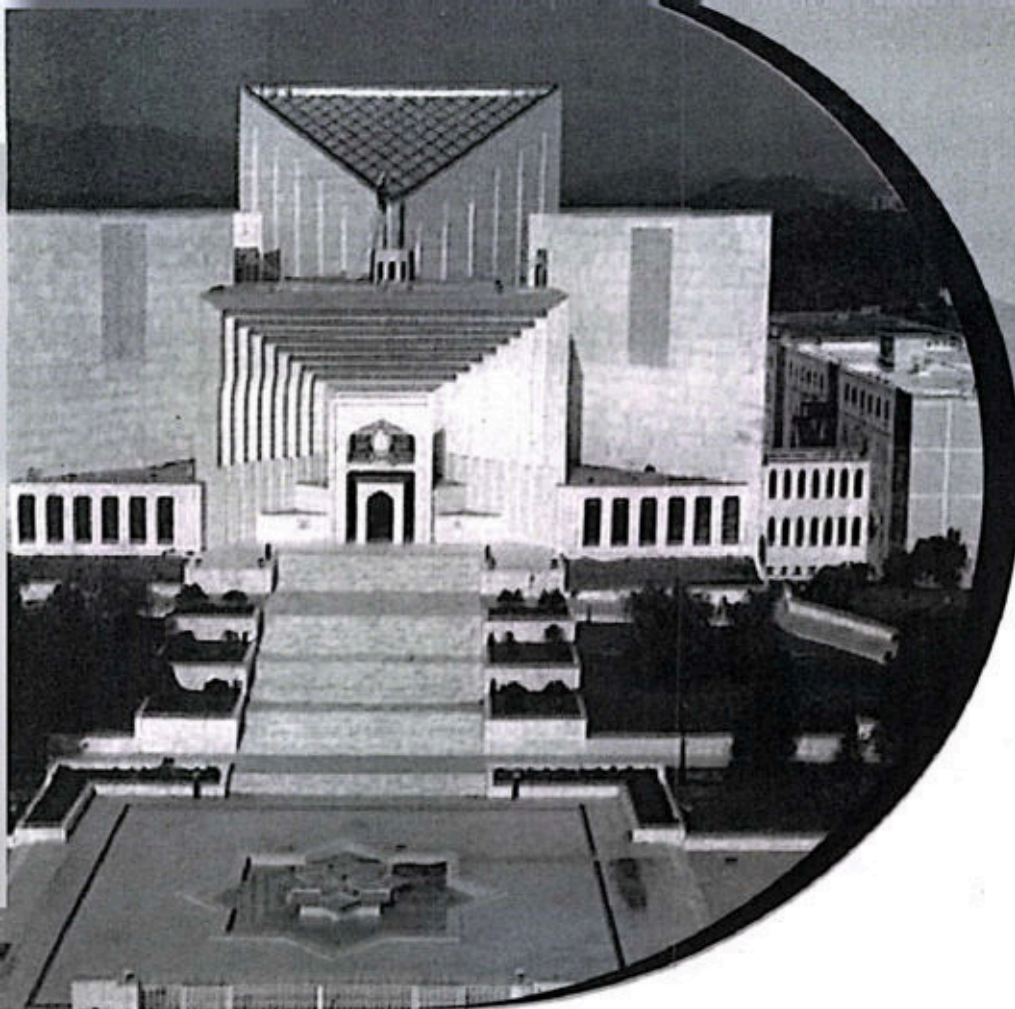




Section 5

Constitution of Pakistan

Rights and Responsibilities

In this unit the students will be able to:

- Analyze the UN Declaration of Human Rights of 1948 and the corresponding clauses in the 1973 Constitution of Pakistan from the perspectives of Islamic principles. Specially examine the clauses related to child rights, gender discrimination, and animal protection, with particular focus on education, health and poverty alleviation.
- Recognize the significance of self-sufficiency in food both as a fundamental human right and as a crucial factor in a country's development.
- Evaluate the prevalent conditions of women, child labour and underage employment in Pakistan and propose measures to be taken up for its eradication specially in some industries in Pakistan.
- Evaluate the extent to which the SDGs (Sustainable Development Goals) pertaining to children and women have been addressed in Pakistan and discuss the measures which have been taken to meet the UN Agenda 2030.

Duties of a Citizen

A state provides facilities to its citizens and expects that they should also perform their duties. An ideal citizen performs the following duties.

1. Payment of Taxes: Every state imposes different taxes upon its citizens to meet its expenses and provide social services. Citizens must realize the importance of taxes and pay them honestly. The concept of a welfare state increases the responsibilities of the state. It can be achieved with the cooperation of its citizens, who must not hesitate to pay taxes.

2. Loyalty to State: Citizens of a state must be loyal to their respective states and should not hesitate to sacrifice their lives. Citizens must give top priority to the state's interests and subordinate their interests. The sentiment of patriotism among citizens is considered a great virtue. In modern age, loyalty of citizens lies with their state. The state must create an environment in which citizens feel honored to sacrifice their property and lives for its sake.

3. Loyalty to Laws: Every state implements laws to regulate lives of its citizens. A comprehensive system operates in every state to ensure the implementation of these laws. It is the responsibility of citizens to abide by state laws. This will create a healthy atmosphere and help in the advancement of the state. The state must also ensure the rule of law and social equality without any discrimination.

4. Keeping an Eye on Social Criminals: It is the duty of citizens to keep an eye on social criminals. They must closely watch their surroundings, if they find any anti-state activities, must quickly inform law-enforcement agencies. In this way, habitual criminal will be discouraged and peace will prevail in society.

5. Helping Government's Institutions During Calamities: It is an important duty of citizens to help government institutions during calamities such as floods, earthquakes, traffic incidents and terrorist attacks, etc. They should donate blood in case of emergency. This will be helpful for the government in tackling these calamities.

6. Sanctity of Vote: Elections are held in democratic states at regular intervals. It is an important duty of citizens to cast their votes on merit. They must compare the election manifestos of the political parties and then decide how to cast their votes. In this way, the eligible candidates will be elected.

7. Say No to Corruption: Corruption is a cancer for any society, and the state must deal with corrupt individuals with an iron hand. Good citizens always 'Say No to Corruption' because it is harmful to society. Sometime, citizens earn personal benefits at the cost of irreversible damage to state.

Analysis: Citizens enjoy numerous facilities from their respective states. They must perform their duties wholeheartedly. They must give top priority to state interests and subordinate their personal interests. They must play a positive role in the development of the country.

UN Declaration of Human Rights 1948

The UN General Assembly adopted the Universal Declaration of Human Rights (UDHR) on December 10, 1948. It is a landmark document that outlines the fundamental freedoms and rights to which all human beings are entitled. The following were the Articles of the charter.

1. All human beings are born free and equal in dignity and rights.
2. Everyone is entitled to all rights and freedoms without any discrimination.
3. Everyone has the right to life, liberty and the security of person.
4. No one shall be held in slavery or servitude.
5. No one shall be subjected to torture or to cruel, inhuman or degrading treatment.
6. Everyone has the right to recognition everywhere as a person before the law.
7. All are equal before the law.
8. Everyone has the right to get help from national courts if their basic rights are violated.
9. No one shall be subjected to arbitrary arrest, detention or exile.
10. Everyone has the right to a fair trial.
11. All persons have the right to defend themselves in a public trial.
12. All shall enjoy personal liberty, including privacy, family, home, and correspondence.
13. Everyone has the right to freedom of movement and residence.
14. Everyone has the right to seek and enjoy in other countries asylum.
15. Everyone has the right to a nationality.
16. Men and women of full age have the right to marry and to found a family.
17. Everyone has the right to own property.
18. Everyone has the right to freedom of thought, conscience and religion.
19. Everyone has the right to freedom of opinion and expression.
20. Everyone has the right to freedom of peaceful assembly and association.
21. Everyone has the right to take part in the government of his country, directly or through freely chosen representatives.
22. Everyone has the right to social security.
23. Everyone has the right to work and free choice of employment.
24. Everyone has the right to rest and leisure.
25. Everyone has the right to a standard of living adequate for the health and well-being.

THE UNIVERSAL DECLARATION OF HUMAN RIGHTS

UDHR is a declaration adopted by the United Nations General Assembly on 10 December 1948 at Palais de Chaillot, Paris.



26. Everyone has the right to education and it shall be free, at least in the elementary and fundamental stages.

27. Everyone has the right freely to participate in the cultural life of the community.

28. Everyone deserves to live in a world where they can enjoy all the rights and freedoms mentioned in this Declaration.

29. Everyone has responsibilities to the community where they live.

30. Individuals, organizations and governments cannot do anything that would harm or take away the rights and freedoms outlined in this Declaration.

Analysis: The UDHR consists of 30 Articles detailing different rights, including the right to liberty, right to life, right to education, freedom from torture, freedom of expression, and right to free trial. This Declaration serves as a fundamental text for many international treaties, state constitutions, and legal frameworks. It is a powerful tool in the fight against injustice and oppression worldwide and has inspired numerous human rights movements.

UN Convention on the Rights of the Child (UNCRC)

The UN General Assembly passed the Convention on the Rights of the Child in 1989, and it was implemented in September 1990. The following are some prominent Articles.

1. A child is any person under the age of 18.
2. All rights apply to all children without discrimination.
3. Children have the right to education, and primary education should be free and compulsory.
4. Governments must do all they can to implement the rights mentioned in the CRC.
5. Every child has the right to life from birth, and governments must ensure the child's survival.
6. Every child has the right to a name and nationality from birth.
7. Children should not be separated from their parents unless it is in their interests.
8. Governments must take steps to stop child-trafficking.
9. Children have the right to express their views freely in all matters affecting them.
10. Children have the right to freedom of thought and religion.
11. Both parents have common responsibilities for the upbringing of the child.
12. Governments must protect children from all forms of physical violence, injury or abuse.
13. Children have the right to access health services.
14. Governments must ban child labour.

Analysis: The CRC is a landmark international treaty that sets out the social, economic, and political rights of children. It emphasizes the importance of protecting their well-being. The CRC has been ratified by almost every country in the world. It is one of the most accepted human rights treaties and serves as a tool to combat violations of the rights of children.

Child Labour

Work that deprives children of their childhood, their dignity and their potential, and is also dangerous for their mental and physical development, is termed 'child labour'. It hinders the creation of a world where children are safe from violence. Under Article 3 of International Labour

Organization Convention no. 182, the following are some worst forms of child labour.

- All forms of slavery or other practices such as the sale and trafficking of children, forced or compulsory labour, and compulsory recruitment of children for use in armed conflict;
- Offering a child for prostitution;
- Offering a child for criminal activities such as trafficking of drugs;
- Work which is likely to harm the health, safety or morals of children.

Harmful Child Labour

Harmful or hazardous work is the work which, by its nature or the circumstances in which it is carried out, is likely to harm the health, safety or morals of children. Under Article 3 of International Labour Organization's Recommendation number 190, some harmful activities include:

- Work underground, under water, at dangerous heights;
- Work with dangerous machinery, equipments and tools, or which involves the manual handling or transport of heavy loads;
- Work in an unhealthy environment for example, expose children to dangerous substances, or to temperatures, damaging to their health;
- Work under difficult conditions such as work for long hours.



Women Rights and Gender Discrimination

Women rights are fundamental human rights that are protected by law. Under these rights, women's freedom, equality, and access to opportunities and resources are ensured. Women are given opportunities in the fields of education, employment, politics, and health care. The inequality on the basis of gender is defined as gender discrimination. It is generally rooted in cultural practices, norms of society, and institutional basis. Gender discrimination can be rooted out and women empowerment can be promoted through legal reforms, advocacy, and community-based programs. Gender equality can be achieved through the effective government policies, civil society, and the international community.

Women Rights in Pakistan

Women are respectable citizens of Pakistan and they have been contributing their services to its progress and development. Article 25 of the Constitution says that "All citizens are equal before law and are entitled to equal protection of law. There shall be no discrimination on the basis of sex." Article 34 states that "Steps shall be taken to ensure full participation of women in all spheres of life." Women feel themselves secured in their workplaces in Pakistan. The purpose of Protection against Harassment of Women at the Workplace Act (2010) is to provide women with a

safe working environment. Under the Acid Crime Prevention Act (2011), strict penalties are given for acid attacks.

The Universal Declaration of Human Rights does not specify transgender rights, it emphasizes the fundamental rights and freedoms to which all individuals are entitled, including the right to life, liberty, and security of person, as well as the right to freedom from discrimination. The UN Organizations, such as Office of the High Commissioner for Human Rights (OHCHR) and UN Women, work to support gender equality and human rights, including the rights of transgender people. In 2009, transgender individuals were legally recognized as a third gender category. The Supreme Court of Pakistan, in its ruling on Petition Number 43/2009, Muhammad Aslam Khaki versus S.S.P. (Operation) Rawalpindi, directed the government to recognize the rights of transgender people.

Human Rights under the 1973 Constitution

Human rights are mentioned from Article 8 to 28 of the 1973 Constitution. The details are given below.

1. All persons shall enjoy life and liberty according to the law.
2. No person shall be illegally arrested.
3. Every person shall be given the right to a fair trial.
4. Slavery and forced labour are illegal.
5. No person shall be punished for the same crime more than once.
6. All persons shall enjoy dignity and privacy of home.
7. All persons shall enjoy the freedom of movement throughout Pakistan.
8. Every person shall have the right to assemble peacefully.
9. Every person shall enjoy the right to form associations and unions.
10. All persons shall enjoy the right to freedom of trade, business or profession.
11. Every citizen shall have the right to freedom of speech and expression.
12. Every citizen shall have the right to access information in all matters of public interest.
13. All persons shall enjoy the religious freedom.
14. All persons shall have the right to acquire property.
15. All persons are equal before the law.
16. The state shall provide free education to all children aged five to sixteen years.
17. All persons have equal access to places of entertainment.
18. All persons shall enjoy equal opportunities in services.
19. All persons shall have the right to preserve and promote their language, script and culture.

Status of Human Rights in Pakistan

The detail of human rights is given in the 1973 Constitution, and there is a need to implement it in letter and spirit. All citizens are respectable individuals who play their individual and collective roles in the progress of the country. A culture of 'unity in diversity' must be promoted to create harmony among various communities. The government must impose severe punishments to

violators of human rights. The Human Rights Commission of Pakistan (HRCP) renders its services for the protection of human rights. It closely monitors human rights violations in the country and publishes annual and special reports on different issues. In its 2023 report, the HRCP showed severe concerns about the state of human rights in Pakistan. The maintenance of the rule of law in letter and spirit is the best solution to protect the rights of all citizens. It will definitely inculcate a spirit of patriotism among citizens.



Status of Basic Human Rights in the Health and Education Sectors in Pakistan

There are some critical concerns about the health and education sectors in the country. In rural areas, quality healthcare is limited and often there is shortage of staff. More funds must be allocated to the health sectors to provide maximum health facilities to citizens. In the education sector, disparities can be easily seen between urban and rural areas. The government must increase education facilities in far-off places.

Role of Education in Poverty Alleviation in Pakistan

Certainly, education alleviates poverty as qualified individuals secure jobs. A skilled workforce can attract foreign investment and increase economic growth. Educated individuals can start their own business and create jobs for many people.

Education opens up many career paths. Vocational education provides practical skills that help in supplying skill individuals to society. Educated farmers use modern agricultural techniques that increase the quantity and quality of crops. Advancements in research lead to increase in overall national income.

Importance of Self-Sufficiency in Food

It is a fundamental human right for every individual to have access to sufficient and nutritious food for survival. Healthy individuals play an important role in the development of a state, while diseased persons cannot work energetically. Article 25 states that “everyone has the right to a standard of living adequate for the health and well-being.” Self-sufficiency in food ensures healthy population. Proper nutrition is important for physical development of children. Food insecurity can lead to social unrest, whereas food security leads to social cohesion.

Food and Agriculture Organization (FAO) of the UN is a specialized agency that works to achieve food security for all. The FAO's goals include:

1. Improving nutrition and standards of living
2. Improving production and distribution of food and agricultural products

3. Improving the condition of rural populations Sustainable Development Goal 2 is about creating a world free of hunger by 2030.

Human Rights and Minorities

A minority is a group of people, based on diverse characteristics such as religion, ethnicity and race, who are numerically lesser in comparison with the dominant group within a state. In some countries, minorities face problems such as prejudice, marginalization, and segregation from full participation in political, economic and social life. Every state in the world globe must treat their minorities equally and avoid any kind of bias. Minorities must not be deprived of any rights and privileges. Minorities are given rights and social equality in an Islamic state. Under the 1973 Constitution, all citizens of Pakistan are given rights without any discrimination. All citizens are equal before the law. Slavery, forced labour, torture, cruel and inhuman treatment are declared illegal. All citizens have the right to life or liberty, save in accordance with law. All citizens have the right to profess and practice their religions. No citizen is denied admission to any educational institution receiving aid from public revenues on the ground only of race, religion and caste or birth place.

Religious Freedom of Minorities in Pakistan

Religious freedom creates social harmony and forms the foundation of human dignity. Article 18 of The Universal Declaration of Human rights (UDHR) states that “everyone has the right to freedom of thought, conscience and religion.

Under the 1973 Constitution, all citizens of Pakistan are granted rights without any discrimination. Article 20 states that “every citizen has the right to profess, practice, and propagate their religion.” Articles 21 and 22 safeguard the religious rights of minorities in educational institutions and against compulsory religious taxes. Minorities enjoy religious freedom and are respected citizens of Pakistan.



Animal Rights

Animals are Allah's creature and must be treated humanely. Animal rights include protection from harm, abuse, and exploitation. Advocates of animal rights emphasize that animals deserve kind treatment and moral respect. Many countries have formulated animal welfare laws influenced by public pressure and international guidelines. The following are key issues in animal rights.

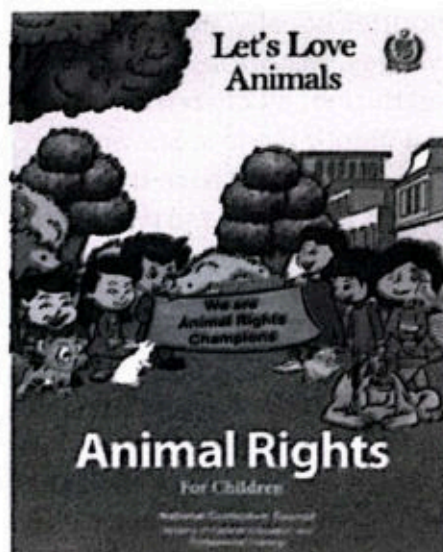
1. A large number of animal are used in scientific research and testing, which badly affects their bodies and sometimes causes death.
2. Animals generally face cruelty in many forms, such as physical violence, neglect and exploitation in industries such as factory farming.
3. Animals are given inadequate food and water and treated inhumanely.
4. Animals are used in entertainment venues such as zoos and circuses and suffer bad conditions.

The following international agreements and organizations address animal welfare.

- Universal Declaration on Animal Welfare (UDAW)
- Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES)
- Convention on Biological Diversity (CED)
- World Organization for Animal Health (OIE) Standards

Present State of Animal Rights in Pakistan

Different animal rights organizations, such as the Animal Welfare Society and Veterinary Society for Animal Welfare and Behavior, have been working in Pakistan. They create awareness about animal rights and welfare and launch campaigns for these purposes. The government of Pakistan has taken an initiative to include Animal Rights in students' curriculum in Pakistan. In this regard, a beautiful book with age-appropriate information has also been published by the National Curriculum Council Pakistan which may be accessed through their website. There is a need for strong legislation and enforcement mechanisms to protect animals effectively. The government must take steps to stop the mistreatment of animals such as horses and donkeys and take severe action against the illegal trade of wildlife.



Solutions for Challenges Faced by the Animal Rights Activists in Pakistan

Animal rights activists face many challenges in their efforts to improve the welfare of animals in Pakistan.

1. There is a lack of awareness about animal rights in the country. The NGOs, civil society, educational institutions, and media should actively participate in awareness campaigns.
2. There is a need to implement and enforce stronger animal welfare laws.
3. Animal rights activists must coordinate with government agencies to prepare policies and legislation for the welfare of animals. They must also work together to ensure the enforcement of existing animal protection laws.
4. Training programs for law enforcement officials and animal shelter staff must be initiated.
5. The number of veterinary clinics and shelters must be increased.
6. Local communities and religious scholars must be involved to promote respect and sympathy for animals.
7. There is a need to collaborate with international organizations and donor agencies to access funding and expertise for animal welfare projects in Pakistan.

Organizations involved in Child Rights, Women rights and Animal Rights

International organizations are playing important role in advancing, protecting and advocating the rights of children, women and animals. A brief sketch is given below.

1. Organizations involved in Child Rights

UNICEF: UNICEF, established in 1946, is one of the leading organizations devoted to advocating the rights and well-being of children. It provides its services in over 190 countries, to protect children's lives. The main focus of UNICEF is nutrition, water and sanitation, health, education and child protection.



Save the Children: Save the Children, established in 1919, is an International Non-Governmental Organization (INGO) that provides relief and advocates children's rights in developing countries. It mainly concentrates on health care and education, aiming to ensure that children grow up safe, healthy and educated.



Save the Children

Child Rights International Network (CRIN): Child Rights International Network, established in 1995, is an international organization that works for the protection of children's rights. It makes recommendations for policy changes and legal reforms to protect children worldwide.



Sahil: Sahil is a renowned organization that focuses on preventing child abuse and exploitation in Pakistan. It offers free legal aid and organizes awareness campaigns.

Society for the Protection of the Rights of the Child (SPARC): Society for the Protection of the Rights of the Child works to advocate for and protect rights of children. Its main focus areas are education, child health, nutrition, child labour and Juvenile justice.



*Society for the Protection of the
Rights of the Child*

Edhi Foundation: Edhi Foundation focuses on child rights and provides shelter, education, and healthcare to orphan children.



Edhi Foundation
Serving Humanity is the Spirit of All Religions

The State of Child Labour in Pakistan and Ways of Improvement

Millions of children are engaged in different kinds of labor in Pakistan and are often employed in fields such as domestic work, agriculture, brick kilns and manufacturing. This deprives them of education and severely affects their health. The following are ways to improve this situation.

1. Existing laws related to child labor must be strictly enforced. The government must ensure they are in accordance with international standards.
2. The government must ensure access to quality education for all children.
3. Special incentives, such as meals, uniforms and stipends, must be provided for families to encourage them to send their children to school.
4. Social protection programs must be initiated to alleviate poverty and lessen dependence on child labor as a source of income.
5. Public awareness campaigns must be launched to promote children's rights and educate people

about the harmful effects of child labor on children's health and development.

6. The government must take action against employers who force children into labor.

7. A monitoring system must be introduced to track and report cases of child labor.

Case Studies of Child heroes in Pakistan

1. Iqbal Masih: Iqbal Masih was born in Muridke near Lahore in 1983 to a poor family. He was a child activist who campaigned against abusive child labor in Pakistan. Iqbal Masih was sold into bonded labor at the age of 4 and had to work in a carpet factory under extremely hard conditions. At the age of 10, Iqbal Masih managed to escape from bonded labor. He then became an activist against child labor, speaking out against the exploitation of children in the carpet industry, and gained worldwide fame. Despite facing threats and dangers, he remained steadfast in his fight for child rights. Iqbal Masih inspired many child rights activists to combat child exploitation. He was assassinated on April 16, 1995. The government of Pakistan posthumously awarded him the Tamgha-e-Shujaat in 2000.



Iqbal Masih

2. Arfa Karim: Arfa Karim was born in 1995 and was a computer genius, becoming the youngest Microsoft Certified Professional (MCP) in 2004. She demonstrated extraordinary intelligence and computer skills from a young age. Her name was entered into the Guinness Book of World Records. Arfa represented Pakistan at various international forums and, in 2005, received Pakistan's highest award, the Presidential Pride of Performance. At the age of 10, Arfa was invited by Bill Gates to visit Microsoft's headquarters in the United States. On January 14, 2012, she died from cardiac arrest. A science park in Lahore, the Arfa Software Technology Park, is named in her honor.



Arfa Karim

3. Aitzaz Hasan: Aitzaz Hasan was born in 1998 in Hangu, Khyber Pakhtunkhwa province, and was a brave boy. He was studying at Government High School, Ibrahimzai, Hangu. On the morning of January 6, 2014, Aitzaz Hasan saw a suspicious man near his school gate and tried to question him. The suspicious man started walking faster towards the school. Aitzaz Hasan ran after the suicide bomber and confronted him, preventing him from entering the school. The suicide bomber detonated his explosive-laden vest on the spot. In this way, Aitzaz Hasan successfully stopped the suicide bomber from entering the school and saved the lives of his innocent classmates. Aitzaz Hasan became a symbol of courage in the face of terrorism. The school was named Aitzaz Hasan Shaheed High School in his honor. Aitzaz Hasan was posthumously awarded the Sitara-e-Shujaat.



Aitzaz Hasan

2. Organizations involved in Women Rights

UN Women: UN Women, established in 2010, is the UN entity that works for gender equality and women's empowerment. It collaborates with UN member states in setting global standards for gender equality purposes. It works with governments to design laws and policies, needed to ensure that these standards are successfully implemented.

International Women's Rights Action Watch (IWRAP): International Women's Rights Action Watch, established in 1985, works for women's rights. It advocates holding governments accountable for their obligations under the Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW).

Women's Global Network for Reproductive Rights (WGNRR): Women's Global Network for Reproductive Rights, established in 1984, is a global network that works for the protection of women's health and rights. It advocates for gender equality and the empowerment of women.

Aurat Foundation: Aurat Foundation is a prominent organization that works for women's rights. It works for women empowerment through legal aid, education and economic opportunities. It also focuses on violence against women and gender equality.

All Pakistan Women Association (APWA): The All Pakistan Women Association is an organization that works to advocate for the welfare and rights of women in Pakistan. It focuses on issues such as health, social justice, health, economic betterment, and quality of life for women across the country.

Women Action Forum (WAF): The Women Action Forum is an advocacy group that promotes gender equality and women's rights in Pakistan. It highlights violence against women and promotes women's participation.

The Importance of Women Rights

Women are important figures of every society and must not be neglected. Gender equality can be achieved by giving fundamental rights to women. They must be given equal opportunities, freedom, and social justice. A society can claim itself as just and fair by recognizing and protecting women's rights. If women rights are upheld, they will easily participate in economic, social, and political fields. The provision of women's rights has positive effects on their health, well-being and economic development. Women have the right to live free from violence, oppression and discrimination.

Factor Contributing to the Worsening Situation in Pakistan's Social Sector

As a whole, Pakistani society shows deep respect for women. The Parliament of Pakistan passed laws to protect rights and safety for women, such as the Acid Control and Acid Crime Prevention Act (2010) and the Protection Against Harassment of Women in the Workplace Act (2010). Significant challenges persist within Pakistan's social sector. Sometimes, women have to face issues such as domestic violence, honor killings, forced marriages, patriarchal norms, limited access to property ownership, etc. To address these challenges, academia, print and electronic media, religious scholars, human rights activists, and political parties must play a crucial role in improving the overall situation within Pakistan's social sector.

Case Studies of Women Role Models

Brief case studies of three remarkable women role models are mentioned below.

1. Samina Baig - Mountaineer: Samina Baig was born in 1999 in Gilgit Baltistan and decided to become a mountaineer. She had to face criticism and opposition from her community, but it did not weaken her passion. She gained worldwide fame in 2013 by becoming the first Pakistani woman to climb the highest peak in the world, Mount Everest. Samina's accomplishment and determination inspired many girls across the country. Her potential was admired by the people of Pakistan. Samina Baig works for gender equality and outdoor sports, encouraging more women to explore their abilities in various fields of life. In 2018, Samina Baig was named Pakistan's national goodwill ambassador by the UNDP.



Samina Baig

2. Sana Mir - Cricketer: Sana Mir was born in 1986 and is a cricket commentator and former cricketer. She represented Pakistan as captain of the women's team in ODIs and T20Is. She played 226 international matches and served as captain in 137 matches. She gained the honor of becoming the first Pakistani bowler to take 100 wickets in ODIs. She was declared the number 1 ODI Bowler by the ICC in 2018. On April 25, 2020, Sana Mir announced her retirement from international cricket. She also advocates for gender equality and women's rights.



Sana Mir

Sana Mir has inspired many young girls to pursue their passions without any fear and to excel in their chosen fields.

Maryam Mukhtiar - Flying Officer: Maryam Mukhtiar was born in 1992 in Pakistan and was a fighter pilot.

She received her early education from Sindh. She was a football player and represented Balochistan United in the national football championship. She studied civil engineering at NED University before her selection as a fighter pilot in the Pakistan Air Force. On November 24, 2015, Maryam Mukhtiar and squadron leader Saqib Abbasi were on a routine training mission when their FT-7PG crashed near Kundian, Mianwali. Maryam Mukhtiar died of her injuries in a military hospital. Both pilots showed professionalism and extreme courage, trying their best to save the population by



Maryam Mukhtiar

trying their best to save the population by

steering the aircraft away from a populated area. Maryam Mukhtiar was awarded the Tamgha-e-Basalat by the government of Pakistan and inspires young women in Pakistan to pursue careers in various professions.

The Impact of Gender Discrimination in Pakistani Society

Under the 1973 Constitution, all persons are equal before the law. Gender discrimination affects many parts of life. It impacts individuals, families, communities, and the whole country. Gender discrimination causes disparities in access to healthcare, leading to high maternal death rates. It also leads to gender-based violence. Gender discrimination hinders women's participation in politics and decision-making. It is a major cause of honor killings, acid attacks, and forced marriages. There is a need to prepare comprehensive policies to stop gender discrimination in Pakistan. Religious scholars, journalists, education institutions, NGOs, human rights activists and civil society must play an effective role in creating awareness about women's rights.

The Commonly Practiced Women Rights with Reference to Pakistani Society

The cultural, social and legal factors have a significant influence on women's rights in Pakistan. Clear improvements can be seen in the provision of women's rights in the country. However, some challenges and inconsistencies create a gap between theory and practice. A brief analysis is given below.

- 1. Right to Education:** Under Article 25-A of the 1973 Constitution, the right to education is granted. In recent years, an increase in girls' enrollment in education institutions, particularly in urban areas, has been seen. However, disparities still exist in rural and conservative areas. Poverty, cultural norms, early marriages and lack of infrastructure are the major obstacles to girls' access to education.
- 2. Right to Work:** Many women render their services in sectors, such as agriculture, healthcare, education, and factories. Women face issues such as low wages, limited job opportunities, and discrimination in their workplaces. Generally, women are expected to perform their primary role in the home, which hinders their career advancement.
- 3. Right to Health:** Women have the right to access healthcare services. However, in practical terms, access to healthcare varies widely due to factors such as geographic location, cultural norms, and socioeconomic status. In rural and remote areas, women face problems such as lack of healthcare facilities, transportation, and trained staff.
- 4. Right to Marriage and Family:** In Pakistan, the legal marriage age is 18 years. Despite legal protection, forced and early marriages are still common in some rural and remote areas. Cultural practices such as dowry, watta satta (exchange marriages), and vani still prevail. Women also face problems regarding inheritance.
- 5. Right to Legal Protection:** Under the 1973 Constitution, women are granted legal protections against discrimination, violence, and harassment. There is a need for better enforcement and implementation of laws protecting women's rights. Women often lack awareness about their legal rights. In some areas, informal dispute resolution mechanisms, such as jirgas and panchayats, undermine formal legal protections of women.

The Status of Basic Human Rights in Pakistan in Health and Education Sectors

A close examination of the status of basic human rights in Pakistan in health and education sectors reveals the following facts.

Health Sector: 1. Improvement has been seen in recent years concerning the expansion of healthcare access, mobile health units, and community-based health programs. However, vital issues still need to be addressed, such as disparities in healthcare facilities between urban and rural areas, and a shortage of funds.

2. In recent years, child and maternal health indicators have improved, and maternal and infant mortality rates have decreased. There is still a need to meet international standards.

3. Pakistan has been successful in eradication of polio in most parts of the country. However, diseases such as malaria, tuberculosis, hepatitis and cancer remain significant public health challenges.

Education Sector: Enrollment in primary and secondary schools has increased. However, there is still a need to ensure access to education in remote areas. Hindrances such as poverty, child labor, cultural norms, and lack of infrastructure must be abolished.

Improvements such as reforms in curriculum and teacher training programs have been observed. However, there are some genuine problems, such as poor school infrastructure, insufficient teaching resources, and disparities between urban and rural areas.

Efforts have been made to abolish disparities in education, and initiatives such as increasing girls' enrollment, providing scholarships, and creating of safe learning environments have been taken. Gender disparities and social barriers need to be addressed to further increase enrollment in education sector.

World Animal Protection

World Animal Protection, established in 1981, advocates ending the suffering of animals worldwide and addresses issues such as animal cruelty in farming, the wildlife trade, and the entertainment industry. It collaborates with governments to implement humane policies.

People for the Ethical Treatment of Animals (PETA): People for the Ethical Treatment of Animals, established in 1980, is the world's largest animal rights organization that addresses four main areas: animal testing, factory farming, clothing trade and the entertainment industry. It organizes awareness campaigns to protect animals.

Humane Society International (HSI): Humane Society International, established in 1991, works globally to advocate for animal welfare. It conducts awareness campaigns against animal cruelty, protection of wildlife, and advocates humane farming practices. It asserts that stronger animal protection laws are vital.

Pakistan Animal Welfare Society (PAWS): Pakistan Animal Welfare Society works to rescue and rehabilitate injured animals, and creates awareness about animal rights and welfare in Pakistan.

Veterinary Society for Animal Welfare and Behavior (VSAWB): Veterinary Society for Animal Welfare and Behavior works for animal welfare education, research, and advocacy in Pakistan. It launches campaigns for these purposes.

Sustainable Solutions to Animal Rights

The aim of sustainable solutions to animal rights is to ensure the well-being of animals. Some of the solutions are mentioned below.

1. Animal welfare laws must be strengthened.
2. Punishments must be given to those who violate animal welfare laws.
3. Global agreements and cooperation must be promoted.
4. Humane farming must be promoted.
5. Small-scale and organic farming must be supported.
6. Public awareness campaigns must be initiated to create awareness about animal rights.
7. Print and electronic media must play an influential role in voicing animal rights.
8. Animal rights must be included in curriculums.
9. Alternative testing methods such as computer modeling and synthetic biology must be encouraged.
10. Plant-based and vegetarian diets must be advocated to decrease reliance on animal agriculture.
11. Animal shelters and sanctuaries must be increased to rehabilitate abandoned animals.
12. Laws must be strengthened to stop illegal wildlife trade.
13. Local communities must be involved in animal welfare initiatives.
14. Volunteer programs must be developed to involve citizens in animal welfare initiatives.

Rights of Disabled Persons

The UN defines disabled persons as “individuals who have long-term physical, mental, intellectual, or sensory impairments, which in interaction with various barriers may hinder their full and effective participation in society on an equal basis with others.” The following are UN laws for disabled persons.

The UN Convention on the Rights of Persons with Disabilities (CRPD)

The UN Convention on the Rights of Persons with Disabilities was adopted in 2006 and is an international treaty that describes the rights of disabled persons. It places responsibilities on governments to ensure these rights. A few provisions of the convention include non-discrimination, accessibility, equal opportunities, and full participation in society.

The Universal Declaration of Human Rights (UDHR)

The Universal Declaration of Human Rights was adopted in 1948 and was not specifically focused on disabilities. It preserves the rights and freedoms to which all individuals are entitled, regardless of their race, sex, language, religion, birth or other statuses. The principles of UDHR are also applicable to persons with disabilities.

Sustainable Development Goals (SDGs)

The UN 2030 Agenda for Sustainable Development includes several goals and objectives that are related to disabilities, such as Goal 4 (Quality Education), Goal 8 (Decent Work and Economic Growth), Goal 10 (Reduced Inequalities), Goal 11 (Sustainable Cities and Communities), and Goal

17 (Partnerships for the Goals). These goals recognize the significance of inclusive and accessible societies for all, including persons with disabilities.

The overarching aim of these global goals is to achieve "peace and prosperity for people and the planet" while addressing climate change and conserving oceans and forests. The SDGs emphasize the intricate interplay between environmental, social, and economic dimensions of sustainable development. These goals are highly ambitious, and current reports and outcomes paint a challenging picture. It is unlikely that most, if not all, goals will be met by the 2030 deadline. Rising inequalities, climate change, and biodiversity loss pose significant threats to progress. The COVID-19 pandemic, which spanned from 2020 to 2023, exacerbated these challenges. The pandemic impacted all 17 goals, underscoring the interconnectedness of global health, economic, social, and environmental issues. Some regions, such as Asia, experienced substantial setbacks during this period. The global effort to achieve the SDGs necessitates prioritizing environmental sustainability, recognizing the indivisible nature of the goals, and fostering synergies across various sectors.

Pakistan and Disabled Persons

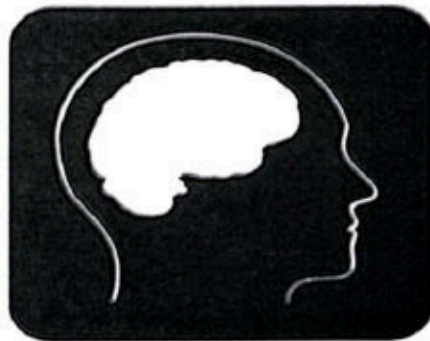
Rights of disabled persons have been recognized through different policy and legal frameworks. The need is to implement them in letter and spirit.

1. **The Disabled Persons Employment and Rehabilitation Ordinance 1981** aims to advance employment opportunities and rehabilitation services for disabled persons.

2. **The National Policy for Persons with Disabilities 2002** outlines policies for the inclusion, rehabilitation, and empowerment of persons with disabilities. The goals of this policy are "empowerment of persons with disabilities, irrespective of caste, creed, religion, gender, or other consideration for the realization of their full potential in all spheres of life, specially social, economic, personal and political."

3. **The ICT Rights of Persons with Disabilities Act**, passed by the Parliament in 2020, outlines the rights of disabled persons. These rights include no discrimination in any aspect of life, equal opportunities in education and employment, quotas for jobs, access to healthcare services, social protection, legal aid, rehabilitation services, and penalties for violations of the rights of persons with disabilities.

4. **Special Talent Exchange Program (STEP)** works in



Pakistan for empowerment and welfare of persons with disabilities.

5. Special Olympics Pakistan provides sports training and competitions for persons with disabilities.

6. Pakistan Disabled Foundation and National Forum of Women with Disabilities advocate for the rights and inclusion of persons with disabilities in society.

EXERCISE

Answer the following questions by choosing the best answer a, b, c or d.

1. Which UN document was announced in 1948?
 - a. UN Charter
 - b. UN Declaration of Human Rights
 - c. Convention on the Rights of a Child
 - d. Statute of the International Court of Justice
2. A child is any person under the age of
 - a. 14
 - b. 16
 - c. 18
 - d. 20
3. Under International Labour Organization Convention No., some worst forms of child labour were explained.
 - a. 152
 - b. 162
 - c. 172
 - d. 182
4. Under of International Labour Organization's Recommendation number 190, some harmful activities were explained.
 - a. Article 3
 - b. Article 4
 - c. Article 5
 - d. Article 6
5. Under Article 25 of the 1973 Constitution ...
 - a. All citizens have religious freedom
 - b. All citizens have freedom of expression
 - c. All citizens are equal before the law
 - d. All citizens have freedom of movement
6. The Protection against Harassment of Women at the Workplace Act was passed in ...
 - a. 2007
 - b. 2008
 - c. 2009
 - d. 2010
7. Which Act was passed in 2018 by the Parliament of Pakistan?
 - a. 17th Amendment Act
 - b. 18th Amendment Act
 - c. Transgender Persons Act
 - d. None of these

8. Article 20 of the 1973 Constitution states that “every citizen has the right to profess, practice, and propagate their religion.”
- | | |
|---------------|---------------|
| a. Article 16 | b. Article 20 |
| c. Article 24 | d. Article 28 |
9. The UN 2030 Agenda for Sustainable Development includes Goals
- | | |
|-------|-------|
| a. 13 | b. 15 |
| c. 17 | d. 19 |
10. Arfa Karim was a
- | | |
|--------------------|------------------|
| a. Cricketer | b. Mountaineer |
| c. Computer Genius | d. Hockey Player |

Answer the following questions briefly.

1. Identify and explain the content of three specific articles from the UN Declaration of Human Rights 1948?
2. Define child labor and provide examples of its harmful effects.
3. Discuss the basic rights and challenges faced by transgender individuals.
4. Explain the mission and goals of UN Women and its role in promoting gender equality.
5. Articulate the significance of women's rights in achieving social justice and development.
6. Identify and describe two key issues related to animal rights and welfare.
7. Summarize the primary functions and goals of UNICEF in promoting child rights and welfare.

Answer the following questions in detail.

1. List and describe five essential civic duties and responsibilities of citizens.
2. Identify and summarize the content of ten specific articles from the UN Declaration of Human Rights 1948.
3. Evaluate fundamental rights guaranteed under the 1973 Constitution.
4. Analyze the effectiveness of the UN Charter in safeguarding children's rights, citing specific provisions.
5. Analyze the role of the following child heroes in Pakistan: (a) Arfa Karim (b) Aitzaz Hasan

Learning Activities:

Extra Research Work: Teacher can provide extra reading material/books for extended knowledge. Some web links are:

www.ohchr.org/en/udhr/documents/udhrtranslations/english.pdf

<https://www.amnesty.org/en/what-we-do/universal-declaration-of-human-rights/>

<https://www.ohchr.org/en/topic/gender-equality-and-womens-rights?gad>

<https://www.ohchr.org/sites/default/files/Documents/ProfessionalInterest/crc.pdf>

Class Presentation: Students can be assigned some topics for class presentation, after completing the topic. Students should prepare and present these topics in front of the class / peers, and the teacher can comment on it or mark it. For example, the status of women rights in Pakistan.

Display Board in the class: A comparison can be made on the board between the UN Declaration of Human Rights and Clauses of Human Rights in the 1973 Constitution.

Quiz Competition: A quiz can be planned about the UN Declaration of Human Rights.

Debate Competition: A debate competition can be planned in favor and against the rights of minority in the country.

Glossary

- **Slander:** the act of making false and damaging statements about someone
- **Servitude:** the condition of being a slave or being forced to obey another person
- **Exile:** the state of being sent to live in another country, especially for political reasons
- **Asylum:** protection that a government gives to people who have fled their own country
- **Hazardous:** involving risk or danger, especially to somebody's health or safety
- **Bonded labor:** a form of forced labor where individuals work to repay a debt under conditions that restrict their freedom
- **Steadfast:** not changing in attitudes or aims
- **Posthumous:** happening, done, published, etc. after a person has died
- **Vani:** is a custom in Pakistan where young girls are married off as a form of settlement in tribal disputes
- **Synthetic:** artificial; made by combining chemical substances rather than being produced naturally by plants or animals
- **Sanctuary:** an area where wild animals or birds are protected and encouraged to breed

List more words and write their meaning that you find difficult in this unit.
