



Understanding the Human Rights and the Fundamental Rights

Every individual needs to have knowledge about their Human and their Fundamental Rights. Usually we do not come across information on this topic. Also, in the past you may not have discussed this topic with others. As an ASHA you need to know about rights. It will help you to learn about your and your community's rights. It will also help you to take appropriate decisions for the development of your community. You may be reading about Fundamental and Human Rights for the first time and you may find the information boring. We urge you to read this chapter. We have tried to make the information simple, interesting and relevant.

Think of some time in the past when you felt hurt because someone did not respect you. These include things people may have said about you to make you feel stupid or silly. For example, some one may have told you, "There is no use talking to you, you will not understand." Try and remember one or two such hurtful statements/incidents.

In 1948, after the global suffering in World War II, all the countries in the world agreed that it would be a more peaceful world if every human being respected the dignity of every other human being. As a result, the Universal Human Right Declaration came in existence. Our country has also agreed to this Declaration.