

In the Name of God, the Most Merciful, the Most Kind



October 31, 2017

Ensuring the Rights of the People

Human beings are organized within societies. These societies have proved to be essential for human beings because they have been able to guarantee their survival and their certain requirements. Though different societies tend to ensure the needs and rights of their people in different ways and to different degrees, they somehow make efforts that there are mechanisms in place for that purpose. Particularly, in the modern world the societies have developed systems that are focused on the rights of the people. However, to ensure such an arrangement, the societies have established rules of conduct. Unless people accept certain restraints and responsibilities towards each other, social life will not be possible. The conditions created by the state to ensure the security of the individual and property are generally known as rights. In other words, the sum total of the opportunities provided by the state for the development and expression of the individual's personality are known as rights. Even though the rights aim at the development and enrichment of the individual they lead to the all-round development of social life because the development of the part automatically leads to the enrichment of the entire society.

Therefore, it is in the interest of the state to maintain rights. According to the latest and the most current view, state is a welfare or social agency and strives to guarantee the rights of the individuals dwelling in it. It is not merely concerned with the preservation of law and order but also expected to provide conditions to promote the maximum good of the maximum number of people. Rather, it aims at the welfare of all the members of the society and wants to make sure that the basic rights of citizens are provided to them without much trouble.

An individual cannot have any rights which go against public welfare. The Utilitarian fully supported this theory and propounded the principles of 'greatest happiness of the greatest number.' Moreover, in order to counter the economic disparities between the rich and poor class people there has been economic theory of rights as well. This theory, mainly associated with the name of Marx, tries to interpret the rights in terms of the economic system prevailing in a country.

The law preserves the conditions which are conducive to the interest of the dominant economic class. According to this view during the feudal period the rights were essentially meant to promote the feudal interests just as in the present capitalist age they promote the interests of the capitalists. For the economically deprived people there are no rights. According to this theory there can be genuine rights for all the members of the society only under a socialist system.

In addition to these theories there are theories based on ethical and moral values and ideal concepts. The ideal theory of rights views the rights in purely moral terms and considers them essential for the moral development of the individual. Green described the rights as powers 'necessary to the fulfillment of man's vocation as a moral being.' This theory holds that an individual cannot realize his full stature without rights.

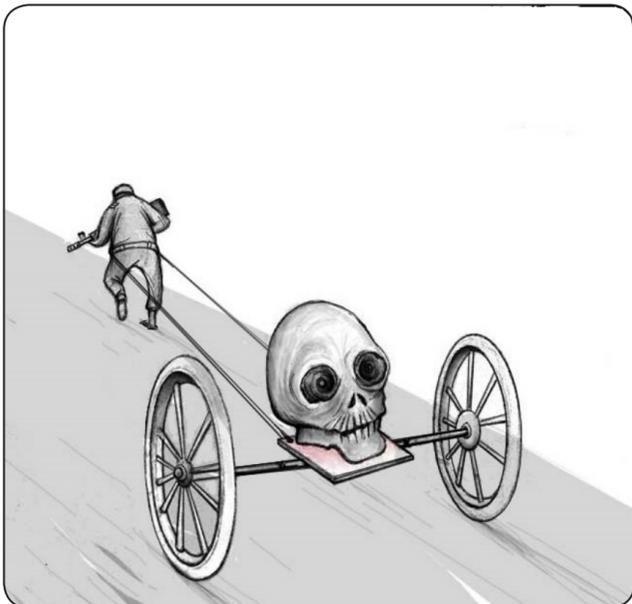
The rights enable the individual to develop his physical, mental and moral faculties to the maximum limit and ultimately contribute to the development of the society as a whole. Though the modern theories of rights have shortcomings but they have played dominant role in determining the basic rights of human beings.

Today, most of the states in the world agree that the basic rights of human beings include both moral and legal rights, whereas the legal rights include the civil rights, like right to life, right to family, right to property, right to freedom of speech and expression, right to form associations and move about freely, right to work, right to religion, right to equality and right to education, and the political rights, like the right to vote, the right to contest elections, right to public office, right to petition and the right to criticize government.

In the contemporary era when the world has been globalized and the politics has been internationalized, the theories and movements of rights have reached to all the corners of the world to provide the basic rights of the human beings. These endeavors try to facilitate human rights on the face of the barriers of economic and political incapacities and shortcomings of the national governments.

These rights are basically monitored by the international bodies and work under the umbrella of United Nations Organizations. Though the international movements and organizations play their roles to make sure that all the human beings are given their rights, at the same time it is necessary for the human beings to have complete awareness about their rights so that they are not violated.

The backward societies of the world are, in fact, lagging behind as far as the rights of their citizens are concerned. Afghanistan is one of the countries, where both the institutional and individual efforts have not been able to provide even the rudimentary requirements of life for its people. Therefore, it is imperative that the intentions behind those efforts should change or the nature of those efforts must improve so that the maximum benefit must reach maximum number of people.



The Effects of Positive Thoughts on Mental Health

By Ali Rezayi

In the current unbridled world, where mundane issues have outshined anything, altruistic sentiments are eroding. As violence and bloodshed are increasing in this world, nothing will lead mankind to salvation other than optimism and inner evolution. The question is that is pessimism or positive thought psychological or sociological terms? Does it belong to one's personal characteristics or to social atmosphere?

Positive Thinking from Psychological Perspective

Life is full of unlimited assets. All individuals are entitled to have a prosperous and happy life. However, gaining delight and success in any circumstances depends on one's endeavor. No one other than yourself can bring you happiness or sadness, failure or success, etc. How a number of individuals are happy, whereas some others are not? Generally speaking, everyone will interpret external incidents on the basis of their own beliefs and understandings. Every issue originates from one's thoughts and man is the product of his own thinking. In fact, you are the one whom you imagined. It is our mind which makes us a strong personality or vice versa.

Psychologists believe that it is our thoughts and mentalities that build our life. One's thought is conducive to success or failure, health or disease, and fortune or misfortune. Positive thoughts fill one with hope, tranquility, and delight. On the contrary, negative thoughts will fill one with chagrin, sorrow, pessimism, etc. That is to say, one's self-confidence, abilities, and courage will be promoted through positive thoughts. On the other hand, one's sense of inability and contempt will increase on a large scale through cynicism that eventuates in mental or physical diseases.

Some unintentionally exert their energy against themselves via repeating destructive thoughts. Those who are pessimist, cynic, and sad will hardly ever make friends and their social interaction is extremely low. People will not like to meet a cynic or a selfish person. When you cherish a negative thought in your mind, you will willy-nilly repeat it for thousands of time. Subsequently, the negative thought will be compounded occupying further rooms in your mind and will even control the entire part of thought.

Then, it will become a second nature. In this case, one will waste one's energy unintentionally and will feel impatient, uncomfortable, sad, etc. and will suffer from cardiovascular disorders, blood pressure, and a thousand and one other diseases. In simple words, poisons from worries, anger, fear, failure, and negativity lead us to disease and destruction.

People struggle constantly to live a prosperous life. Exerting positive thought is the most significant issue in this respect, which will lead one to physical and mental peace and tranquility. Religion also places emphasis on thinking positively.

Positive Thinking from Sociological Perspective

Positive thought is the product of peaceful interaction with social atmosphere that will be followed by tendencies based on happiness, pessimism, hope, and confidence which are contrary to hatred, fear, nervousness, and disappointment. Positive view will emerge when one feels that their realization is confirmed by their own thoughts.

Positive thought is a kind of public good, the outcome of which must be sought in partnership, social freshness, social consensus, positive emotions, associative life, and social participation. Furthermore, it is an emotional asset that will reduce the cost of formal monitoring and convince individuals to treat one another in accordance with social norms. This asset will be increased through practices. Although the manifestation of positive view is seen in an individual, it is gained from the process of interaction with the public.

Flexible, vibrant, and dynamic societies are more prepared to be positive than hard, static, and closed societies. Because closed societies and cultures have more criminal nature and will produce pessimism. A society's culture is highly influential in positive or negative view. If cruelty, corruption, and crime are committed in a society, citizens will encounter with those wicked practices and will see nothing other than evil.

When a negative view is rampant in a society, the youth and children will be influenced by it. They will acquire and express such code of conduct.

Moral values will be strengthened through individual and collective honesty, cooperation, and mutual respect. In addition, strengthening national pride can provide a ground for positive thinking. Disappointment, pessimism, and lack of success are the main factors that will impede the development of positive thinking. Family is the first focal point for children to learn religion, ethics, communication methods and attitudes since they have the most interaction with family rather than any other social mechanisms. Therefore, positive thinking is also learned from family. Of course, family itself is an open system and affects society.

Positive thinking is the outcome of performance of different layers of a society. Hence, the root of positive thinking, according to sociologists, lies in culture and society.

It is worth saying that faith and religious tenets also play a constructive role in positive thinking. Without faith and true inner reliance, one will not be able to live a happy or prosperous life. With strong determination and complete faith, one can replace destructive thought with constructive one, sadness and sorrow with happiness and delight, disease with health, failure with success, etc.

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Human Rights Violations Continue

By Hujjatullah Zia

When the people of the United Nations determined to save succeeding generations from the scourge of war, which twice in our lifetime has brought untold sorrow to mankind, and to reaffirm faith in fundamental human rights, in the dignity and worth of the human person, in the equal rights of men and women and of nations large and small, and to establish conditions under which justice and respect for the obligations arising from treaties and other sources of international law can be maintained, and to promote social progress and better standards of life in larger freedom," these words were stated in the preamble of Charter of the United Nations.

Following the bloody wars and catastrophic issues throughout the history, which galvanized the world, a set of international instruments were issued to palliate the challenges of human societies and reduce violence and bloodshed. Members of the human family sought to put an end to the poignant agonies of mankind around the globe and strengthen the spirit of brotherhood.

Notwithstanding this fact, the ubiquitous war and violence have inflicted heavy casualties upon nations. Streams of blood have been and are being shed across the world. People undergo unmitigated sufferings in light of war and insurgency. The flagrant violation of human rights and dignity is widespread. With the profound mental impact of carnage and conflagration, human societies are most likely to lose their faith in human rights and principles enunciated in international instruments.

It is believe that democratic discourse and political rhetoric could not alleviate militancy. Religious fundamentalists seek to foist their warped mind on the public at gunpoint. They sow the seeds of discord in human societies through fomenting sectarian violence. Their insatiable desire for shedding blood is undeniable.

The lofty ambition of international community for forming a utopia, where people could exercise their rights and freedoms without fear, did not come true. Hence, human rights discourse was not conducive to peace or stability, mainly as a result of escalation in terrorist activities that precipitated political upheaval across the region.

Men, women, and children are decapitated on the grounds of their caste, color, and creed in many parts of the world, particularly in Syria, Iraq, Afghanistan, Pakistan, and Myanmar, to name but a few.

The self-styled Islamic State of Iraq and the Levant (ISIL) group, which has recently lost its territory in Iraq and Syria, inflicted heavy fatalities and indescribable sufferings upon Iraqi and Syrian nationals. They stooped not only to political

chicanery but also moral turpitude. That is to say, the ISIL group raped a number of Yazidi women in Iraq, on the basis of their beliefs, in addition to spilling the blood of innocent civilians. However, a number of men and women fell for the bogus claim of ISIL fighters in the face of their cruel and unsavory practices and supported them militarily, ideologically, or sexually - i.e., satiating their carnal desires.

Despite the fall of their regime, the Taliban militants carry out indiscriminate attacks in Afghanistan killing combatants and non-combatants alike.

The Taliban fractious outfit, which also pursues its sinister objectives under the mask of religion, tramples upon the rights and dignity of Afghan nation. The Taliban are adamant in their refusal to hold peace talks, albeit being called by Afghan government to come to negotiating table. Thus, the nascent democracy in the post-Taliban Afghanistan could not mitigate the pain and sorrow of Afghan nation, either.

It goes without saying that religious fundamentalism and dogmatic beliefs lead to violence and bloodshed.

The militant fighters, who often nurture a rabid ideology, violate the individuals' rights and dignity in the worst possible way. They feel no iota of tolerance toward the masses. Cruel practices and unconscionable acts are the mainstream of religious bigots and militants, who have been indoctrinated in seminaries across the border. The disciples of Mullah Omar and Abu Bakr al-Baghdadi (the Taliban and ISIL group) come from the same background.

Moral standard is also in its nadir in human societies. Men's indifference to the sufferings of others is highly outrageous. Hearts are bereft of altruistic feelings. We live in grotesque world which is full of hatred and animosity. When we do not feel the pain and anguish of our brothers or sisters, claiming an amicable life will be in vain.

Considering the deleterious effects of intolerance, indifference, and radical mindset, all individuals will have to practice tolerance and have compassion for one another so as to live a peaceful life.

It has been aptly said in the preamble of the Universal Declaration of Human Rights (UDHR) that "recognition of the inherent dignity and of the equal and inalienable rights of all members of the human family is the foundation of freedom, justice and peace in the world".

On the contrary, "disregard and contempt for human rights have resulted in barbarous acts". Indeed, respecting the rights and dignity of mankind is incumbent on all nations for a peaceful coexistence. The scourge of war and militancy will continue if we do not "act towards one another in a spirit of brotherhood".

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