Under the guidance of

Chairperson,
Justice N.K. Jain
(Former Chief Justice
High Court of Madras & Karnataka)

With best Compliments
RSHRC
RAJASTHAN STATE HUMAN RIGHTS COMMISSION

SECRETARIAT

Under the guidance of Hon’ble Mr. Justice N.K. Jain. (Former Chief justice of Madras and Karnataka High Court) Chariperson, RSHRC

Prepared by:- Internship students of various law university and colleges.
Human Rights Commission is an autonomous body to protect and promote basic rights of citizens. Its primary aim is to help every deprived person to acquire equal status in society.

By the Parliamentary act there is National Human Rights Commission at New Delhi and each state has State Human Rights Commission. This commission has power equivalent to a civil court. It has equivalent power to hear the plea of sufferer and give recommendation to concerned department to work on it. Its recommendation has a high stake and non-performance on its recommendation can lead to questioning in the Legislative Assembly. Otherwise, the government has to give reason for not compliance. The commission or the other party can file writ petition in the High Court.
The State Government of Rajasthan issued a Notification on January 18, 1999 for the constitution of the State Commission having one full time Chairperson and 4 Members in accordance with the provisions of The Protection of Human Rights Act, 1993. The Commission was fully constituted by appointment of the Chairperson along with the Members and became functional from March 2000. The main mandate of the State Commission is to function as a watch dog for human rights in the State. Under the 1993 Act, human rights are defined in Section 2 (d) and are those justiciable rights which can be enforced in a court of law in India.

The Rajasthan State Human Rights Commission is reconstituted on 6th July 2005. One of the leading State Commissions in the country. In a short span of about four years it has achieved many milestones in its mission for the protection and promotion of Human Rights.
PRIMARY CATEGORIES OF HUMAN RIGHTS

- Civil Rights
- Political Rights
- Economic Rights
- Social Rights
- Cultural Rights
ISSUES IN HUMAN RIGHTS

- RIGHTS PERSPECTIVE FOR GOOD GOVERNANCE
- CORRUPTION AS VIOLATOR OF HUMAN RIGHTS
- RIGHTS PERSPECTIVE AS CENTER STAGE TO DEVELOPMENT AGENDA
The Commission shall perform all or any of the following functions, namely:-

(a) inquire, suo motto or on a petition presented to it by a victim or any person on his behalf (or on a direction or order of any Court), into complaint of
   - (i) violation of human rights or abetment thereof; or
   - (ii) negligence in the prevention of such violation, by a public servant;

(b) intervene in any proceeding involving any allegation of violation of human rights pending before a court with the approval of such court
functions contd...

- (c) to visit, notwithstanding anything contained in any other law for the time being in force, any jail or other institution under the control of the State Government, where persons are detained or lodged for purposes of treatment, reformation or protection, for the study of the living conditions of the inmates thereof and make recommendations thereon to the Government;

- (d) review the safeguards provided by or under the Constitution or any law for the time being in force for the protection of human rights and recommend measures for their effective implementation;

- (e) review the factors, including acts of terrorism that inhibit the enjoyment of human rights and recommend appropriate remedial
NEED FOR HUMAN RIGHT COMMISSION

- To develop fully the human personality and the sense its dignity.
- To develop attitudes and behaviour to promote respect for the rights of others.
- To ensure genuine gender equality and equal opportunities for women in all spheres.
- To promote understanding and tolerance among diverse national, ethnic, religious, linguistic and other groups.
- To strengthen respect for rights of a human being and fundamental freedom.
- To empower people to participate actively in the life of a free society.
- To promote democracy, development, social justice and communal harmony among citizens.
About Justice N.K. Jain

- Born on 20.10.1942 at Alwar. S/o Late Justice J.P. Jain. He pursued his LLB from Jodhpur University, Rajasthan.

- An accomplished sportsman during school and college days and recipient of best sportsman award from Rajasthan University.

- Justice Jain has been the State Badminton Champion and has represented the State at Nationals and International levels for 14 years 1955-1968, and in 1977.
Cont.

- He has been the former Chief Justice of Madras and Karnataka High Court for 5 years. Before taking charge as Hon’ble Chairperson of Rajasthan State Human Rights Commission on 16th July 2005, he had been discharged his duties as Lokayukta & Chairperson of Himachal Pradesh Human Rights Commission in Shimla.

- He has been the member of bar council of Rajasthan for 19 years, till elevated.

- He has also been the member of Bar Council India and Bar Council Trust, NLS Bangalore.

- Justice Jain has created a lot of awareness about Human Rights with great proficiency and tireless efforts.

- Regarding awareness of human rights and many other legal issues, Justice Jain has written many booklets in Hindi as well as English. Some of these booklets are also available on Commission’s Website- www.rshrc.nic.in, a German Website herenow4u.de. Some books are also available on his own website: justicenasgendarjain.com

- Simultaneously, Justice Jain is also creating awareness of the duties mentioned in Article 51-A and made a Performa of these duties in simple language. About 100 educational institutions are taking pledge of these duties at the time of morning prayer. Many N.G.Os are also trying their best for the same awareness, with the inspiration from Justice Jain.

- He had also been Member with two Chief Justice in the Committee constituted by Chief Justice of India to examine the recommendations of Arrears Committee Report 1989-1990 (Justice Malimath Committee Report) and First National Judicial Pay Commission (Justice K. Jagannath Shetty Commission) Report.

- He was Chairman of Advisory Board and then Presiding Officer of the Tribunal Under the Criminal Law Amendment Act from 03-03-1998 to 08-01-1999.

- Executive Chairman of Tamilnadu State Legal Service Authority and patron-in-chief and also of Karnataka State Legal Authority.

- Attendent Chief Justice Conference of chief justice of different countries at colombo.
Hon’ble Chairperson and Members Of Rajasthan State Human Rights Commission are:

From 06-07-2005

Justice N K Jain, Chairperson

Members

Justice Jagat Singh

Shri D.S. Meena

Shri Pukhraj Seervi

Hon’ble Chief Minister Shri Ashok Gehlot
These books are kept in the Libraries of different schools and colleges for awareness of students as well as the teaching and ministerial staff. Some books are even kept in the UN-Congress Library at New Delhi.

Teachers of various school are interacting with the students on these issues in zero hours.

About legal aid committees, NGO’s / Educational Institutions above 45, and some Newspapers have re-printed/Published these booklets as intimated and about 70,000 booklets titled on women, child rights, dalits, arrest, human rights and HIV have been published and distributed free of cost among the general public to create awareness.
Legal Awareness Programmes

For the awareness of the human rights in public at large, Justice Jain has wrote about 31 booklets of various legal issues. Out of these booklets 18 booklets have been published by the R.S.H.R.C. Many other organizations, District Legal Aid Authorities, Departments, Schools, Colleges etc. has also published some booklets like Women, Children, Dalits, Arrest, HIV/AIDS, Human Rights etc. by the permission of the Commission. They have distributed these booklets in 70000 in numbers.

Some of these booklets are available on Commission’s website www.rshrc.nic.in and justicenagendrakjain.com. English translation of Some booklets are also available on a German website herenow4u.de.

The books are:
31 booklet have been written by Justice Nagendra Jain (Chairperson RSHRC, Jaipur) on different legal and important issues

1. सन्ताना/सन्तलेखना (हिंदी व अंग्रेजी में) www.herenow4u.de (Eng.)
2. भारतीय संस्कृति में अहिंसा व मानव अधिकार (हिंदी व अंग्रेजी में)
3. अनुबंध व मानवाधिकार
4. खेल, खिलाड़ी व खेल भावना
5. बालकों के अधिकार। (पुन: प्रकाशित)
6. अन्तरराष्ट्रीय मानवाधिकार डिवज़न 10 दिसम्बर। (पुन: प्रकाशित)
7. एच.आई.जी. पहुँच एवं मानवाधिकार। (पुन: प्रकाशित)
8. मानवाधिकार और जैन धर्म। (हिंदी व अंग्रेजी में)
9. आयोग की कार्यविधि, शक्तियां एवं परिवहन की निर्माण प्रक्रिया।
10. आयोग द्वारा जारी दिशा-निर्देश एवं अन्य गतिविधियाँ।
11. भारतीय संविधान की अनुच्छेद-21 ‘प्राण और दैविक स्वतंत्रता का संरक्षण’।
12. महिलाओं के अधिकार- संबंधित अधिनियमों की संज्ञान जानकारी। (पुन: प्रकाशित, पुन: प्रकाशित 2008)
13. दलितों के अधिकार। (पुन: प्रकाशित)
14. मानव अधिकार और राज्य की जनोपयोगी योजनाएं।
15. गिरफ्तारी (ARREST) (पुन: प्रकाशित)
16. विधायक स्थानीय क्षेत्र विकास योजना।
17. जेल, कारावास से संबंधित प्रावधान व गतिविधियाँ।
18. आयोग के महत्वपूर्ण कार्यकालप दिशा-निर्देश एवं अन्य गतिविधियाँ 2007
19. आयोग के महत्वपूर्ण कार्यकालप दिशा-निर्देश एवं अन्य गतिविधियाँ (पुन: प्रकाशित-2008)
20. Judicial Values & Ethics for Judicial Officers. www.rshrc.nic.in
22. Alternative Dispute Resolution, Conciliation & Mediation (ADR).
23. Institutional Arbitration Intellectual & Information Technology (IPR & IT).
25. Copy-right Law.
26. e-governance and Court Automation.
27. Article-14 Right to Equality.
29. Law of Precedent, Reference to Art. 141.
31. Public Interest Litigations & others.
The Commission under the guidance of the Hon’ble Chairperson is making the common people aware about the duties mentioned in Art. 51(A) of the Constitution.

Justice N.K Jain has made the Performa of these duties and distributed. So many institutions have reprinted and distributed in public to create awareness as many people are not aware of their duties.

He is motivating students of various schools, colleges and other institutions. Students of these institutions are reciting the oath of article 51(A) of Constitution of India under the guidance of R.S.H.R.C.
Reciting the Pledge — fundamental duties mentioned in Article 51-A, Constitution of India

"We are proud to be Indian"

It shall be the duty of every citizen of India:

(a) to abide by the Constitution and respect its ideals and institutions, the National Flag and the National Anthem,
(b) to cherish and follow the noble ideals, which inspired our national struggle for freedom;
(c) to uphold and protect the sovereignty, unity and integrity of India;
(d) to defend the country and render national service when called upon to do so;
(e) to promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic, and regional or sectional diversities; to renounce practices derogatory to the dignity of women;
(f) to value and preserve the rich heritage of our composite culture;
(g) to protect and improve the natural environment including forests, lakes, rivers and wild life and to have compassion for living creatures;
(h) to develop the scientific temper, humanism and the spirit of inquiry and reform;
(i) to safeguard public property and to abjure violence;
(j) to strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavor and achievement.

"BE AWARE OF YOUR RIGHTS AND DISCHARGE DUTY WITH DEVOTION ."

Chairperson : Justice N.K. Jain  (Former Chief Justice - Madras and Karnataka High Court)
2. HEDCON.
6. Bhartiya Chritra Nirman Sansthan, (NGO in tihar jail.)
7. Vidhya Trust, jaipur.
8. J.P.J. financial services, raja park, jaipur.
9. Prayas , Center for special education and vocation training.
10. Shree Digamder Jain Nasia Udayalal Ji Trust, Jaipur.
11. PAHAL Peoples Trust, Jaipur
12. Director, Tagore group of Education, Jaipur.
13. Principal, D.A.V. Centenary School, Jaipur.
16. Principalm Central Academy , Jaipur.
17. Rajasthan Chamber of Commerce and Industries, Jaipur.
18. District & Sessions Court, Rajsamand.
20. President, Lions Club, Jaipur(District 323 E-1 Club no.026309)
21. Bhagwan Mahaveer Cancer Hospital and Research Center, jaipur.
22. Modi Institute of Technology and Science, Laxmangurh.
24. Director, Biyani Girls College, Jaipur.
26. Principal, Subodh Public School, Jaipur.
29. District Chairman, Rajasthan Pensioner Society, Jaipur.
30. Lokshikshak Patrika Prakshan, Jaipur
32. Koshish Sansthan, Jaipur
33.ZUNETECH CONSULTING PVT.LTD , DELHI/BANGLORE
34.Vimukti sansthan/vimukti girls school, Jaipur
35. Jaipur theosophical lodge.
<table>
<thead>
<tr>
<th>No.</th>
<th>Organization Name</th>
<th>Location</th>
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<tbody>
<tr>
<td>36.</td>
<td>President Lions Club (District 323 E-1 Club No. 026309) &amp; Jaina Printers, Jaipur</td>
<td>Jaipur</td>
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<td>37.</td>
<td>Rajasthan Rajya Shakari Mudranalaya Limited, Jaipur</td>
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<td>38.</td>
<td>Bharatvirshya Digamber Jain Tirthshatra committee Mumbai, Rajasthan Anchal.</td>
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<td>39.</td>
<td>Vidyasthali Group of Institutions Jaipur</td>
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<td>40.</td>
<td>Cosmic Yoga Combine, Kanti Nagar, Station Road, Jaipur</td>
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<td>41.</td>
<td>Jaipur Diabetes &amp; Research Centre, Near Ridhi-Sidhi, Gopalpura Bypass, Jaipur</td>
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<td>42.</td>
<td>Vinayak Farma, D-74, Ghiya Marg, Banipark, Jaipur</td>
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<td>43.</td>
<td>Smt. Lalita Devi, Ramchandra Kasliwal Trust, Jaipur</td>
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<td>44.</td>
<td>District Jaipur Badminton Association, Jaipur</td>
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<td>45.</td>
<td>Helpage (India), Jaipur</td>
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<td>46.</td>
<td>Rajasthan polytechnic college, Ratangarh (churu) &amp; Sambal Seva Sansthan, Jaipur</td>
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<td>47.</td>
<td>Dr. B. Lal Clinical Laboratory, Jaipur</td>
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<td>48.</td>
<td>Vashali Hitkari Sangthan, Jaipur</td>
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<td>49.</td>
<td>Secretary, Himachal Human Rights Commission, Shimla</td>
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<tr>
<td>50.</td>
<td>Rajdhani Hospital and Rajdhani Hotel, Jaipur</td>
<td></td>
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And Many More…
Students reciting the oath of section 51(A) of Constitution of India under the guidelines of RSHRC.

- In addition to that in legal literacy and awareness program, chairman motivated students and even general public to recite the pledge as mentioned in article 51(A) of Constitution of India. It is good sign that so many schools have started taking prayer as per instructions of different concerned authorities as per the request of the commission. Some of them are as follows:-
बियानी गर्ल्स कॉलेज विद्याधर नगर, जयपुर में राजस्थान राज्य मानवाधिकार आयोग के निर्देश पर छात्राओं को भारत के संविधान के अनुच्छेद 51ए का संकल्प दिलाते कॉलेज के वाइज प्रिंसिपल पी.सी. जांगिड़।
Students of some institutions reciting the Oath as per Article 51(A) of Constitution of India under the guidelines of RSHRC.
Students reciting the pledge.
छात्रों को पिलाई जाएगी मूल कर्त्त्यों की घूट्टी

मानवधिकार आयोग की पहल पर शिक्षा विभाग से आदेश जारी
जयपुर, 19 जुलाई (कांस.)

छात्राओं की जीवन से ही नगरिकों को मूल अधिकारों के साथ मूल कर्त्त्यों की पालना की घूट्टी पिलाई जाएगी। शिक्षा विभाग ने सभी शिक्षा संस्थाओं में छात्रों को सीमानात्मक कर्त्त्यों की पालना का संकल्प दिलवाया जा रहा है।

राज्य मानवधिकार आयोग ने नगरिकों को मूल कर्त्त्यों की पालना का संकल्प दिलवाया के लिए एक प्राधिकृत तैयार किया है, जिसकी प्रतियोगिता आधार दर्जन से अधिक मंत्रियों, अधिकारियों तथा कई दर्जन स्कूलों में भिजवाई गई है। शिक्षा विभाग ने आयोग के सुझाव पर माध्यमिक, प्राथमिक और संस्कृति विभाग के निदेशकों को निर्देशित किया है कि वे अपने व्यवस्थापक के निर्देशांक व संस्थानों में छात्रों की संविधान के सकलक का संकल्प दिलवाया।

भारतपुर भारतीया चरित्र निर्माण संस्थान

नई दिल्ली द्वारा निकाली जा रही गीता संदेश यात्रा सोमवार को भारतपुर स्थित सेवाकर्ता कारागार पहुँची। संस्थान द्वारा कारागार में बंदियों को मानव अधिकार रक्षा का संकल्प कराया गया।

कारागार में पहुँची गीता संदेश यात्रा के उपरांत एक कार्यक्रम का आयोजन किया गया। उसमें संस्थान के संस्थापक रामकृष्ण गोस्वामी, सचिव श्रीराम शाहू, भारतपुर के अधिवक्ता सरदार महेन्द्र सिंह मांगो, उमेश शर्मा, जेल में श्रीराम शर्मा द्वारा कैदियों को चरित्र निर्माण सहित गीता के उपदेशों के बारे में विस्तार से जानकारी दी गयी।

इस अवसर पर कैदी भगवान सिंह, कांता प्रसाद शर्मा, जेलवीर गुरज, मुख्यालय सिंह, मानवीर, सीताराम सहित अन्य कैदियों द्वारा संस्थान के संस्थापक रामकृष्ण गोस्वामी से परमात्मा, आत्मा, जन्म, मूल्य, कर्म के संबंध में प्रश्न पूछे गये। इस दौरान जेल परिसर में गिरिजा महाराज की जय व श्री कृष्ण गोविन्द हरे मुरारी बोल गूजते रहे।
जेल में बंदियों ने लिया रक्षा का संकल्प

भरतपुर, 25 अगस्त। श्रीकृष्ण जन्माष्टमी पर 12 दिवसीय गीता संदेश यात्रा के अन्तर्गत सेवक केन्द्रीय कारागार भरतपुर में बन्दियों ने मानव अधिकार रक्षा हेतु अपराध मुक्त समाज निमित्त का संकल्प लिया। भारतीय चरित्र निर्माण संस्थान दिल्ली के तत्त्वावधान में बिरला मंदिर दिशें से प्रारंभ हुई यात्रा आज तीसरे दिन भरतपुर कारागार में पहुंची तो बंदियों ने बोल गिरावट महाराज की जय से जेल की दीर्घाँ जो गुजा दिया। संस्थान के संस्थापक रामकुमार गोस्वामी ने भगवान श्रीकृष्ण के विदाय, रूप दर्शन के तत्त्वावधान से बंदियों से अपील की अपराधों की रोकथाम और मानव अधिकारों की रक्षा के महायज्ञ में आह्वान देकर ही आप बंधन से मुक्त होने का सीधांत प्राप्त कर सकते हो। श्रीचन्द साहू राष्ट्रीय सचिव भारतीय चरित्र निर्माण संस्थान ने कल मधुरा की कारागार में बंदियों द्वारा पूछे गए प्रश्न ने संदर्भित करते हुए कहा कि गीता ज्ञान ही मानव जीवन की सकलता का विज्ञान है इसके बिना परिवार और समाज की सुरक्षा संभव नहीं है। समाज सेवी एवं अधिवक्ता सरदार महेंद्र सिंह मंगो ने अपने दिवार रखते हुए कहा कि ज्ञान ही भगवान है अज्ञान ही शैतान है इसलिए शैतान से मुक्त है गीता ज्ञान की परम आवश्यकता है। सरदार तारा सिंह ने विश्वत्ता श्रीकृष्ण की तत्त्वीय पर दुपुट्टा पहनाकर और पुष्प अर्पित करके कहा कि भरतपुर कारागार बन्दी उझार और छाप कल्याण का अनुभूत अभियान है। देवेन्द्र मित्तल ने बंदियों को गीता को पूजन के बैंड की ओर जूते से बाहर कार्यक्रम करने की अपील भारतीय चरित्र निर्माण संस्थान से की। अधिवक्ता उमेश शर्मा ने भारतीय चरित्र निर्माण संस्था की उद्घाटन पर प्रकाश डालते हुए कहा कि सन 2003 से ही संस्थान भरतपुर जेल में अपराध मुक्त समाज निमित्त अभियान में जुटा है। कारागार में जेलकर श्रीराम शर्मा के श्रीकृष्ण जन्माष्टमी पर गीता के कर्म विज्ञान में संदेश से मानव कल्याण निधित्व साधन बनाकर रखते हुए कहा कि जेल सुधार और मानव अधिकार रक्षा का यह आदित्य अभियान है भरतपुर कारागार प्रशासन का संस्थान का पृष्ठ सहयोग सदृढ़ मिलता रहिगा। बंदी भगवान सिंह गिरी, कान्ता प्रसाद शर्मा, तेजवीर गुर्जर, पण्डित मुख्यियर, सोतराम एवं अन्य बंदियों ने परमात्मा,जन- मुत्यु कर्म और फल के संबंध में अनेक प्रश्न पूछे जिनका समाधान रामकृष्ण गोस्वामी जी द्वारा श्रीमदभगवत गीता में संदर्भित करते रहे।
अधिकारों के साथ–साथ कर्त्य भी निम्नां

अंतरराष्ट्रीय मानवाधिकार दिवस

जागरूकता की जल्दत

बाल उम में ही मानवीय संरचनाओं और अधिकारों के योगदान में जागरूकता का कार्य किया जा रहा है। जागरूकता को पादयान का हिस्सा बनाने की फोरमेशन को कई स्थानों से मानना है जिनमें अभी इस पर कार्य करने की अवसर पाही जाती है। भी इसको स्वयंसेवक किया जा सकता है।

लिखित रूप में मानवाधिकार का उद्देश्य के लिए पूर्णता का समर्पण करने के लिए, उसके संयुक्त अंग पर अधिकार का समर्पण नहीं हो सकता है। यह मनोरम निश्चित फोर्मेशन की अनुरोध तथा समाज की अवधारणा के साथ साथ संयुक्त अंग का उत्तर देने के लिए सम्मान का समर्पण है। अभी इस पर कार्य करने का अवसर पाही जाती है। भी इसको स्वयंसेवक किया जा सकता है। भी इसको स्वयंसेवक किया जा सकता है। भी इसको स्वयंसेवक किया जा सकता है। भी इसको स्वयंसेवक किया जा सकता है।
अधिकारों के साथ कर्त्तव्य भी निभाएं

जागृतता मानवाधिकार क्या है, यह समझने से ही नहीं आएगी, उसके लिए हमें मानव के गरिमा पूर्ण जीवन की सुनिश्चितता को समझना होगा।

मानवाधिकार संस्करण तभी संभव है जब हर व्यक्ति अपने अधिकारों के साथ-साथ कर्त्तव्य निर्भर के लिए भी जागरूक हो। हर व्यक्ति द्वितीय को ‘विरोध मानवाधिकार दिवस’ के पूरे विश्व में मनाया जाता है, लेकिन इसकी समझने के लिए हर लोग से लेकर सड़कों पर खड़े व्यक्ति जीवन एवं गार-दारों की आयुक्ति को भी इसके जोड़ना होगा। जिसमें अपने भावनाओं के अनुसार लोगों को भी मानवाधिकारों के प्रति सहमत रख सके। इसी प्रकार का अंतर्गत देने के लिए ‘द ईजिप्टन ऑफ स्टाम्फूर एक्ट, 1993’ (एक्ट नं. 10 ऑफ 1994) को ध्यान में रखना चाहिए।

जागरूकता सिर्फ मानवाधिकार क्या है, यह समझने से ही नहीं आएगी, उसके लिए हमें मानव के गरिमा पूर्ण जीवन की सुनिश्चितता को समझना होगा। सर्व लोग अपने अधिकार व मानवाधिकारों के हंगन को रोकने में सक्षम हैं, परंतु हर व्यक्ति खासतौर पर बच्चों, महिलाओं, कमजोर वर्ग, लोगों एवं महत्त्व के संस्करण की भाव भी भावना में रखनी होंगे और हमें अग्रणी जागरूकता के साथ-साथ संवेदनशील भी बनाना होगा, ताकि यदि सड़क पर भी किसी व्यक्ति के साथ घड़ी दुर्भाग्य हो, तो हम वही सटकर उसकी मदद करें न कि सीधे आगे चल जाएं। जोहा तक मानवाधिकार आयोग की भाव, सिद्धांतों के अनुसार अभिव्यक्ति के अन्य व अन्य भाविक संस्करण के साथ मिलकर नागरिकों के कर्त्तव्य व अधिकारों का खाने के साथ-साथ सामाजिक सुधारों व कुशलताओं का समक्षस्तत्क सीखना देने का प्रभाव भी कर रहा है। मानवाधिकार आयोग की बातें दुर्भाग्य, केवल व्यक्ति संवेदन द्वारा ही कर सकते हैं। 

- नवाबमुहीद दहन के उपर

Human Rights and duties

Protection of Human Rights of all is possible only when everybody has a sense of duty towards this. "We celebrate the International Human Rights Day on December 10 every year, but it is a pity that even today not many know about the day’s importance," State Human Rights Commission chairman Justice NK Jain said...

Speaking to HTJalpaur Live, he said that not only the elite section, but people from urban and rural areas including youth, need to be involved in the awareness drive, so that a larger section of the society could be benefited, he said.

Awareness does not come merely by understanding human rights. For this, "we need to understand the meaning of dignity of life. We have to be alert for protecting all sections of the society, the poor, Dalits, women, children and the deprived. Along with awareness we need to be sensitive. The Human Rights Commission is concerned on all such issues. Apart from grievances addressed to the office, the Commission takes cognizance on the matters being reported in newspapers. It is not confined to any police, court or an individual."
Out of 22 law students of different Univ./Law college, 13 students have made Power Point Project and other have submitted reports on Internship with commission on different respective subjects including Human Rights Commission and Activities.

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### Various Projects done by internship Students during April 09 to June 09:

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<td>Thanks to one and all</td>
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<td>Secretary RSHRC</td>
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Under the guidance of Hon’ble Mr. Justice N.K. Jain.  
(Former Chief justice of Madras and Karnataka High Court)  
Chairperson of RSHRC, SSO building Secretariat, Jaipur

30
Project on CANCER

Under the guidance of Hon’ble Mr. Justice N.K. Jain.
(Former Chief Justice of Madras and Karnataka High Court)
Chairperson, RSHRC

Prepared by:-
RUPENDRA SINGH
SANDEEP SINGH
(Student of BVP, NEW LAW COLLEGE Pune, Maharashtra.)
Humans have, no doubt, battled cancer throughout their existence. One of the first written descriptions of cancer treatment is found in an Egyptian papyrus dating from around 3000 B.C. The following section provides a timeline of some key events in the history of cancer from 3000 B.C. to the present. The timeline also offers a brief description for each event. To put these events into perspective, common historical world events are included in the timeline.
WHAT IS IT?

- Cancer is characterised by an abnormal, uncontrolled growth that may destroy and invade adjacent healthy body tissues or elsewhere in the body (secondary spread - secondary deposits secondaries - metastases).

- As cancer started with uncontrollable increasing of cells. Cells increase in such way that it form a TUMOR. Cancer live as a parasite in the human body. This parasite use nutritious element of human body and destroy the human. It must be noted that every swelling and tumor is not a cancer. These swelling and tumors can be cured by using medicines. Ratio of cancer patient is 1 out of 8.

- Presently cancer has a 2nd place just after heart disease. In India 8 to 10 lakh people suffered from cancer.

- It is a dangerous disease because it can be curable only in the primary stages. In india as well in rajasthan the facilities for the treatment are increasing day to day. Researches are going to find better modes of treatment.
CAUSES OF CANCER...

- The vast majority of cancers are sporadic. There is no clear cause why one person gets cancer and another does not. Cancer develops over time when certain normal genes start mutating. Such cells multiply rapidly and become malignant. These gene mutations occur due to a complex mix of factors related to lifestyle, heredity and environment.

- A risk factor is anything that increases a person's chance of developing cancer. Different cancers have different risk factors. Use of tobacco, certain diets, alcohol, exposure to ultraviolet (UV) radiation, and to a lesser extent, exposure to cancer causing agents (carcinogens) in the environment and the workplace are some of the potential catalysts of cancer. It is important to remember, however, that these factors increase a person’s risk but do not always "cause" the disease.
SOME MAIN CAUSES AREAS FOLLOWS:

1. Radiation:
   High levels of radiation like those from radiation therapies and x-rays (repeated exposure) can damage normal cells and increase the risk of developing leukemia, as well as cancers of the breast, thyroid, lung, stomach and other organs.

2. Ultraviolet (UV) Radiation:
   UV radiation from the sun are directly linked to melanoma and other forms of skin cancer. These harmful rays of the sun cause premature aging and damage the skin. Artificial sources of UV radiation, such as sun lamps and tanning booths, also increase the risk of skin cancer. Many of the 1.3 million skin cancers diagnosed in the year 2000 could have been prevented by protection from the sun's rays.

3. Viruses:
   Some viruses, including hepatitis B and C, human papillomaviruses (HPV), and the Epstein Barr virus, which causes infectious mononucleosis, have been associated with increased cancer risk.

4. Chemicals:
   Long term exposure to chemicals such as pesticides, uranium, nickel, asbestos, radon and benzene can increase the risk of cancer. Such carcinogens may act alone or in combination with another carcinogen, such as cigarette smoke, to increase the risk of cancer and other lung diseases.
CONTINUE.....

5. Tobacco:
Cigarette smoking and regular exposure to tobacco smoke greatly increase lung cancer. Cigarette smokers are more likely to develop several other types of cancer like those of the mouth, larynx, esophagus, pancreas, bladder, kidney and cervix. Smoking may also increase the likelihood of developing cancers of the stomach, liver, prostate, colon and rectum. The use of other tobacco products, such as chewing tobacco, are linked to cancers of the mouth, tongue and throat.

6. Alcohol:
Heavy drinkers face an increased risk of cancers of the mouth, throat, esophagus, larynx and liver. Some studies suggest that even moderate drinking may slightly increase the risk of breast cancer. All cancers caused by cigarette smoking and heavy use of alcohol could be prevented completely. The American Cancer Society (ACS) estimated that in the year 2000 about 171,000 cancer deaths were expected to be caused by tobacco use, and about 19,000 cancer deaths were to be related to excessive alcohol use, frequently in combination with tobacco use.

7. Diet:
High-fat, high cholesterol diets are proven risk factors for several types of cancer such as those of the colon, uterus and prostate. Obesity may be linked to breast cancer among older women as well as to cancers of the prostate, pancreas, uterus, colon and ovary. Many cancers that are related to dietary factors could be prevented.
8. HereDitary Risk Factors:

Twenty percent of cancers are hereditary. This means that the abnormal gene responsible for causing cancer is passed from parent to child, posing a greater risk for that type of cancer in all descendants of the family. However, just because someone has a cancer-causing gene doesn`t mean they will automatically get cancer. If hereditary cancer is suspected, family members should consider genetic counseling and testing to determine their risk. If diagnosed in the early stages, such cancers are most responsive to treatment.

Signs of hereditary cancer include:
Genetics:
A theory exists with some scientific support, that certain smokers have a higher risk of smoking-induced lung cancer than others because of their genetic make-up.

Ethnic Groups:
Some cancers are more common among certain ethnic groups.

Family History:
Many cancers are associated with having a family history of that cancer. Breast, ovarian, prostate and colon are some of these cancers.
COMMON SITES OF CANCER

COMMON SITES AND TYPES OF CANCER

- Brain 4%
- Oral cavity 12%
- Pharynx 8%
- Larynx 6%
- Lung 7%
- Esophagus 8%
- Stomach 4%
- Colon 5%
- Rectum 3%
- Bladder 3%
- Prostate 3%
- Kidney 2%
- Breast 9%
- Skin 12%
- Other 7%
CANCER PATIENTS IN A GLANCE
TYPES OF CANCER...

1. **Cancer of the Bladder.** This is a slow growing cancer, and responds well to treatment. Tobacco and chronic irritation are prime causes. House Painters, hair dressers, truck drivers, textile workers and printers are at a risk due to the chemicals they are constantly in touch. Blood in urine and painful passing of urine are symptoms to beware.

2. **Breast Cancer.** Women who have menstruated early, with late or no pregnancies, late menopause, who have not breast fed their babies, are particularly at risk. If there is a family history of cancer - your mother, sister, massy or nana - please treat it as an early warning sign. Learn and practice Breast Self Examination, and have Mammograms as recommended by your gynecologist. Evaluate diet too, too much of fat in your diet is a certain culprit. Selenium found in the soft bones of the fish, as well as whole grain protect against breast cancer. Exercise on regular basis.
3. **Cervical Cancer.** The most common of women's cancer in India. This is a slow growing cancer that can easily be detected by a Pap smear. Not all Dysphasia become cancerous, women who menstruate early, marry early, with many sex partners, many children and poor antenatal care, as well as poor genital hygiene are likely to get this cancer. Intake of vitamin A and C and B float are good as preventives. Intake of tobacco increases the chances of getting this cancer by 50%.

4. **Colorectal Cancer.** This is linked to high fat and low fibre diet. It is a rich mans' disease, and prevalent in the richer countries. Diarrhea, pain in the abdomen, lower back or bladder, or a change in bowel habits are symptoms of this cancer.

5. **Oesophagal Cancer.** Tobacco and alcohol predispose you to this cancer. Also pickled foods and too much spice. Symptoms are trouble in swallowing, choking, pain and spasms in the throat. Vitamin A and C are recommended as retardants.
6. **Cancer In the Eyes.** It can be of several types. Intense exposure to U/V rays of the sun may cause it. Light eyed persons are at greater risk of melanoma.

7. **Kidney Cancer.** It affects most men than women. Blood in the urine, backache, fullness or lumps in the upper abdomen, loss of appetite, are signs of Renal Cell Cancer. Renal pelvic cancers affect people over age of 60 years. Battery makers, electroplaters, and rubber workers are at particular risk. Tobacco, cadmium, high protein and saccharine are prime suspects.

8. **Laryngeal Cancers.** Hoarseness and discomfort in the throat are symptoms to look out for. Tobacco, alcohol, asbestos and nickel are suspected causes.
1) A PERSISTENT SORE especially if it is in the mouth, on the lip or on tongue. Long standing sores due to smoking, sharp edge of teeth, or dental plates that do not fit, can develop into cancer if not taken care of. Common 'Cold Sore' disappears after a few days - Cancer does not. If any such sore persists more than a few days, see your doctor.

(2) LUMPS OF MASSES, which appear where none were present previously, should arouse suspicion of cancer. This is especially true in the case of women and is the most readily cured if treated early.
3) UNEXPLAINED OR ABNORMAL BLEEDING FROM ANY BODY OPENING should be quickly investigated by a physician. Coughing up or vomiting blood, passing blood in the urine and rectal bleeding are common symptoms of cancer. In women the first sign of cancer of the uterus is often a bloody discharge occurring between menstrual periods or after menopause.

4) PERSISTENT INDIGESTION OR CHANGE IN BOWEL HABITS, while usually due to other causes, are often caused in the intestinal tract and should be reported.

5) PERSISTENT HOARSENESS OR COUGH of abnormal duration deserve a careful examination by your doctor. Cancer of the larynx (voice box) or respiratory passages or lung may be the cause.

6) UNEXPLAINED LOSS OF WEIGHT may be due to many things but may also be due to hidden cancer.
CANCER AMONG YOUGTHS

- More than 5 million children in India are addicted to guthka, a smokless tobacco product that is a key driver behind the country’s soaring oral cancer rates.
- While few states have banned this product, clever tobacco companies have found ways around the guthka ban and still providing this deadly product to children throughout India.
- Smoking and Drinking now a days become a fashion and signal of class superiority.
- Because of depression and brain drain many students and youths are adopted these product.
- Youths do not know that it leads to them cancer, and heart disease.
CANCER AMONG ILLITERATES...

- Out of an estimated 1.3 billion smokers worldwide, 84 per cent lived in developing and transitional economic countries. A study done in 1997 showed that the highest rate of smoking was among the illiterate people.

- "Majority of oral cancer patients were from lower socio economic strata. This could be due to their high tobacco and alcohol consumption."

- Ignorance, poor access to health care, fear, anxiety, refusal of treatment and follow up are some among them. Majority of patients come for treatment in terminal stages of the disease.
HOW TO SAVE FROM CANCER?

- Do not smoking.
- Lessing fat.
- Limited use of alcohal.
- Limited use of junk food and teened food.
- Don’t chew tobacco.
PRECAUTIONS IN FOOD TO PROTECT CANCER

- WEIGHT MUST BE CONTROL.
- EAT FRESH VAGETABLES.
- FRUITS MUST BE USE.
- NEUTRITIOUS FOOD FULL OF VITAMIN MUST BE USE.
- NOT TO EAT JUNK FOOD.
WHAT TO DO THAT CANCER DOES NOT CAUSES

■ FRUITS MUST BE USED.

■ EAT FRESH AND GREEN VAGETABLES.

■ VITAMIN ‘A’ MUST BE INCLUDED IN FOOD.

■ VITAMIN ‘C’ SHOULD BE USED.

■ DO NOT INCREASE WEIGHT.

■ CONSULT TO DOCTOR AT FIRST SYMPTOMS OF CANCER.
WHAT NOT TO DO....

- PAN, SUPARI, PANMASALA, GUTHAKA, TOBACO SHOULD NOT BE TAKEN IN ANY FORM.

- DO NOT TAKE ALCHOHAL.

- DON’T BE FATTY.

- DO NOT USE PICKLE, SALT AND SPICES IN EXCESS.

- DON’T USE PACKED FOOD.

- DO NOT USE OIL AND FAT IN EXCESS.
CANCER IN RAJASTHAN

- Solve any problem. It is necessary to know its size at grass root level. In Rajasthan there is not a registry so lot of problem occurs.

- In national cancer registry project, cancer in Rajasthan is largely found in three districts: Ajmer, Jaipur, and Bikaner.

- In these three states, the cancer patient rate is more than minimum national cancer that is 36.2 on every 100000.

<table>
<thead>
<tr>
<th>District</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bikaner</td>
<td>52.9/1lakh</td>
<td>48.0/1lakh</td>
</tr>
<tr>
<td>Ajmer</td>
<td>48.8/1lakh</td>
<td>40.0/1lakh</td>
</tr>
<tr>
<td>Jaipur</td>
<td>43.2/1lakh</td>
<td>38.3/1lakh</td>
</tr>
</tbody>
</table>
RIGHT OF CANCER PATIENT...

- It is a right of a cancer patient that he should get respect, importance, honour and attention whether he belongs to any caste, sex, race, culture, age.

- He should get respect and honour and his all physical, mental, manual necessities should get proper attention.

- Patient should get proper information about his cancer and he should be involved in all the discussions, that are took place in the discussion of specialists and other medical advisers.

- He should be given all the information with complete explanation and he should also be told about all the profits, losses and risks of those treatment.

Before any clinical trial his consen should be taken.
He should get suggestion of any other experienced doctor, can refused the treatment and can use admirable medical science but in any case he do not lose the medical facilities, which he continuously gets.

Patients should get proper look after without any discrimination.

He should get new appointment, promotion and he should not be declined on the basis of his disease or the assumption of its increasing.

He should get help to understand his disease and to compromise with it and to get the information. His family members and his friends should also get these facilities.
CANCER AND TOBACCO

- Tobacco smoke also contributes to a number of cancers.

- Smoking causes around one in five deaths from heart disease.

- One in two lifetime smokers will die from their habit. Half of these deaths will occur in middle age.

- The mixture of nicotine and carbon monoxide in each cigarette you smoke temporarily increases your heart rate and blood pressure, straining your heart and blood.

- Lung cancer from smoking is caused by the tar in tobacco smoke. Men who smoke are ten times more likely to die from lung cancer than non-smokers.

- Changing to low-tar cigarettes does not help because smokers usually take deeper puffs and hold the smoke in for longer, dragging the tar deeper into their lungs.
CIGARETTE SMOKE CONTAINS
4000 POISONS

- AMMONIA
  used in floor cleaners
- ARSENIC
  white ant poison
- CARBON MONOXIDE
  dangerous gas in car exhaust
- HYDROGEN CYANIDE
  poisonous gas used in gas chambers
- NAPHTHALENE
  mothballs are made of this
- NICOTINE
  used to kill insects
- TAR
  sticky substance used to surface roads
- RADIOACTIVE COMPOUNDS
  used in nuclear weapons
MODES OF TREATMENT

HOLISTIC CANCER CURES
It’s unpredictable, it’s uncanny. It may be lurking within a body and the body wouldn’t know. Many a minor ache, quietly ignored and quickly discarded in the past, may be the begetter.

ALTERNATIVE CANCER TREATMENTS
To mainstream doctors, cancer is a localized disease, to be treated in a localized manner. By cutting out the tumor, irradiating it, or flooding the body with toxic (and often carcinogenic) drugs.

CHEMICAL THERAPIES
These are some of the therapies which should be approached with caution and discussed with your doctor, because they may be harmful in some circumstances.
TRADITIONAL AND ALTERNATIVE CANCER CURES

The cause and the cure of all disease is born with the body itself. This is what therapist of yore have based their remedies on—long before the advent of conventional medicine we no today.

HERBAL CANCER TREATMENT

Many herbs (including astragalus, dong quai, echinacea, and Asian ginseng) supposedly "boost" the immune system and so shore up the body against future or existing cancer.

OTHER TRADITIONAL CANCER TREATMENTS

Homeopathy

Homeopathy was discovered by Dr. Samuel Hahnemann—a German Physician in 1790. During one of his experiments he noticed that after ingesting the juice of bark of China it can be cure.

PHYSICAL THERAPIES

The connection between emotional stress and cancer survival can be explained by recent findings in psychoneuroimmunology. Its research suggests that the persistence of cancer cells depends in part

NATURAL CANCER TREATMENT

Some of these therapies are available in cancer treatment centers or hospices, though not part of conventional support.

CONTINUE....
CONTINUE...

- RADIO THERAPY
- CEMO THERAPY
- RADIATION THERAPY
- BRACHY THERAPY
- YOGA
- ACCUPUNCTURE
KOSHISH, a breast cancer support group, composed of volunteers drawn from breast cancer survivors, social workers and health professionals, is dedicated to serve women who are suffering from breast cancer. The society was formed with 15 volunteers under Presidentship of Late Dr. (Mrs.) Kanti Raizadey in 1997.

Mahaveer Cancer Hospital April 15th, 1992 - The idea of establishing a Cancer Hospital was floated by Late Shri Vidya Vinod Kala a Cancer patient, a great visionary and a known philanthrophist of Jaipur, on the auspicious occasion of Mahavir Jayanti. That idea was instantly and very kindly accepted by Hon'ble Sh. Bhairon Singh Ji Shekhawat who was Chief Minister of Rajasthan with a promise to allot a piece of land for the Hospital.
DIRECTIONS GIVEN BY RSHRC...

In complaint no.7/17/1516- Complainant was suffering from cancer and facing problem in the treatment with this regard, the head of Radio Therapy Dept. Mahaveer Cancer Hospital and Research Center assured the commission to provide all essential facilities of treatment to complainant.

In complaint no.7/17/2260- Radiation and Isotop board, Mumbai inform the commission that they have provided 144 RMM Cobalt-60 to J.L.N hospital Ajmer and SMS Jaipur will got 150 RMM Cobalt-60 in July.

In complaint no.7/17/2260- Commission asked to SMS Hospital Jaipur, “What is the facility for the treatment of the cancer patients at the time of not working of machinery ?” “Can these patients refer to Mahaveer Cancer Hospital, Jaipur for the treatment ?” and Commission also asked to the chairman of Mahaveer Cancer Hospital, If the patient were refer from SMS Hospital, can they provide free or concession treatment.
JEEVAN BHAR GUTHKA KHAYA
JAB HUA CANCER TO SAMAJH AYA
AB BHAGVAN K PAS HUN AYA
TUM NA GUTHKA KHANA MERE
BHAYA..