Your Name

Instructor Name

Course Number

Date

Title: Reflection Paper

In international politics, human rights acceptance is defined in a particular way that impacts the international system. Recently, human rights have given much attention to the global and local levels which are not equivalent in all countries and cultures. in this reflection paper, I will reflect on the POL 349 course on human rights and I will share my experience on what I learned throughout the journey.

In this course, I learned several aspects which begin from the human rights philosophical foundations I also explored the interpretive difficulties related to the identification of human rights abuses as well as regional perspective is also evaluated through human rights. It is also based on an in-depth understanding of such components of human rights globally. I also analyzed institutions that strive to enforce and promote the standards of human rights which include domestic courts, the system of the United Nations and movements. I also studied several issues related to human rights which include torture, genocide, disable person rights, women's rights and labor rights.

This course also helped me to develop an in-depth understanding of human rights on the international level which comes through practical and theoretical importance. I also learned to value, respect and appreciate several human rights perspectives. I studied human rights international standards both oral and written. This subject also strengthens my skills in the identification of key factors in the human rights field at the international, national and local levels. Also, I learn the social changes and civic engagement strategies related to human rights international issues.

I also gained an understanding of the Declaration which was the perfect solution after the world wars. It also provides a way to escape wars, social inequality, violence, and wars. In other words, it becomes the sort of political defense of about 200 countries. The war experience presented that the state might be the effective mobilization society instrument objective is to resolve the ultimate priorities. At the end of the 19th century, the 1st organized political party came into being who can transform the instrument for ruling the country. These parties' first methodology was monitoring the opinion of the public. This led to the social life devastation and millions of people died who were fighting on the idea of a few political parties. In the history of the world, there is a need to determine the ways for giving orders for human development. It is also based on the economic and political integrity of the countries. About the violence elimination among countries as well as applied the orientation for resolving such kinds of issues with the help of compromise.

The overall understanding of this course helped me to believe that all humans are eligible for the listed UDHR human rights. I also become familiar with the key concepts which include justice, equality, human dignity, freedom, sustainability, democracy, rights, universality, interdependence, solidarity, peace, and non-discrimination. I also acquired knowledge about the human rights idea which provides the negotiating framework which agreed on the behavioral standards in the community, school, family, and world. There is a particular interdependence of political/civil and social, economic and cultural rights. Such skills help me to recognize the human rights root cause as well as understand the issues of human rights in different areas of the world.

One of the major things I learned in this course is the values. I developed the responsibility sense for the individual actions, the commitment to social change and personal development. I feel that I gained the ability, solidarity, and empathy with the others as well as the commitment which supports human rights under threat. Also, I was sensitive to the human dignity sense, other's self-worth, irrespective of cultural, social, religious or linguistic differences. Finally, I feel the sense of justice the desire to work for the freedoms ideals, diversity and equality. Now I understand that socioeconomic inequalities are the core reason which divides people, societies and local communities. I was also part of something that develop solutions that promote social justice society.

I also learned that the defenders of human rights all over the world encounter several challenges that encouraged human rights for all. It also influenced my decisions to be part of social work organizations and to play my best role. In discharging the mandate, several members of the human rights defenders killed, receive threats and also face imprisonment. Since the Vienna Declaration adaptation and the architecture of human rights yet required much to acquire. It is also crucial that students much need significant efforts. The woman and girls in various areas of the world remain dire. While the disabled, older person and indigenous people encountered discrimination and face exclusion. This course provides me the insight into the significant factors advocating for dignity and equality for everyone.

I utilized my skills to fight and speak out against injustice and inequality. I devoted my career and life that contributes towards the society reshaping based on the freedom and fundamental rights respect. Human rights simply related to everyone as all are human beings. Thus it is meant that every human is the holder of the given rights. These rights cannot be denied or taken away due to status. Henceforth, human rights are universal as they belong to each person as well as are interdependent, indivisible and interrelated. The best thing about this course was to learn about the defenders of human rights campaigns all over the world. My true inspiration is Nelson Mandela and his quotes are influential.