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**ORGANIZATIONAL AND HUMAN DEVELOPMENT**

Human Rights 1: To Be Free and Equal

(How to unlock your personality)

ATLANTIC INTERNATIONAL UNIVERSITY

**April 2022**

**Introduction**

The Universal Declaration of Human Rights was proclaimed and adopted on the 10th. Day of December, 1948 during the 183rd. plenary meeting of the United Nations General Assembly in Paris.(United Nations, 1948) After the World War II in 1945, the United Nations came into being. Some countries thought of ways of preventing such calamity which claimed millions of lives from happening again.

They formed the United Nations to among other things:

1. Work together to bring peace and advance human Rights.
2. Create laws that are agreed upon by many countries to protect Human Rights which applies to member states all over the world.

As a result, the basic laws of many nations in the world are contained in the Human Rights Declarations.

Human rights reflect basic human needs; they establish the basic standards without which people cannot live in dignity. Human rights are about equality, dignity, respect, freedom and justice. Examples of rights include freedom from discrimination, the right to life, freedom of speech, the right to marriage and family and the right to education.(Engel, 2014)

People enjoy certain rights because they are things, they have the right to be, do, or have. as human beings.

These rights were created to protect people from those who might want to harm them in any way. They are also meant to help people get along with one another and to live in peace.

According to the United Nations Population Fund (UNPF) Resource Data of 2005

“Human rights are universal and inalienable; indivisible; all inclusive, non-discriminatory, interdependent and interrelated”. (Fund, 2015)

**The article 1 of the Universal Declaration of Human Rights:**

The first of the 30 articles the make up the Human rights deal with freedom and equality of all humans who are endowed with reason and conscience as well as the need to act in the spirit of brotherhood. (United Nations, 1948) (Luis & Moncayo, n.d.)

Life is not a bed of roses and we do not get what we want in life that easily. However, we always get a reflection of who we are becoming. i.e., when we get to the core of our being, we begin to change the way we identify ourselves, our self-image, emotions, actions, and eventually the change is manifested in the way we behave outwardly hence the need to strive always to maintain the balance.

The more consistent we are in effecting these changes, the more they become part of us.

Becoming aware of my habits, tendencies, emotions etc. helped me to find ways of creating the better version of myself.

In the video, Aaron described the attitude of children in this manner, “a baby is completely itself; it wants what it wants and is doing what it does. There is no filter around it.” (Doughty, 2017)

In comparison with their attitude as they grow up, they are influenced by the significant people around them; parents, teachers, peers etc. which begins to shape their world view and eventually influence their behaviour and attitude. My parents, siblings, family members, teachers, peers, environments I lived in, educational Institutions I attended, Religion etc. are among the significant others that have influenced my life in diverse ways.

The author states that “our personal reality is much more than we probably thought it was

Most of our personal reality is developed when we were young because that was when we began to develop our beliefs and the way we shaped the world” (Doughty, 2017)

Finally, to unluck my personality and bring about the desired change, the following is needed:

Drop the stories of the reference about who we are: I have come to understand who I am and I do appreciate the many gifts and talents God has given me. I am unique and wonderfully made. I strive to put my gifts at the disposal of others especially those living with me in Community and those I encounter at work.

See our experiences in a new light: The exposure I have had through education and encounter with people has given me new perspectives in life. I strive everyday to add value to my life and to become the best version of myself.

Take off the filters that we have around us that were inhibiting us from actually being ourselves when we were very young: as I am growing, I am becoming more assertive and I understand myself and others better.

Let go of perspectives that really do not serve the purpose and focus on these things that give live and bring joy, peace and harmony to everybody.

With the transformation and changes happening around me, I see progress in my resolve to become who I am meant to be. I have decided to expand the way I view myself and build a healthy relationship with other people. This will help me to unlock myself and become a better version of myself.

Upholding our rights and that of others is a way of bringing peace our broken world and saving those who are marginalized from facing danger. When the rights of a person if infringed, it is the duty of all and sundry to restore it.

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