

Perspective of The Young About the Fundamental Rights: A Need to Make the Mindfulness for Its Successful Authorization

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ABSTRACT

This research delves into the diverse perspectives held by young individuals concerning fundamental rights, underscoring the vital necessity of cultivating awareness for the effective implementation of these rights. Acknowledging the pivotal role that the youth play in shaping the future of society, this study seeks to unravel their unique viewpoints and knowledge regarding fundamental rights. The central aim is to foster mindfulness among the younger demographic, creating a foundation for the successful authorization and realization of fundamental rights.

Employing a qualitative approach, the study scrutinizes the myriad opinions and understandings of fundamental rights held by the youth. By exploring these perspectives, the research endeavors to identify any existing gaps in awareness and knowledge. The outcomes of this analysis emphasize the critical need for targeted initiatives and educational interventions tailored to enhance the comprehension of fundamental rights among the youth.

In advocating for the successful authorization of fundamental rights, the study underscores the influential role of education and tailored awareness campaigns. These initiatives are designed to cater specifically to the dynamic needs and preferences of the youth. By narrowing the knowledge gap and instilling a deeper understanding of fundamental rights, this research aims to empower the younger generation, enabling them to actively engage in the protection and promotion of these rights. In doing so, the study envisions contributing to the development of a more knowledgeable, conscientious, and participative society.

Keywords: Youth perspectives, Fundamental rights, Awareness cultivation, Successful authorization, Mindfulness promotion, Tailored education.

INTRODUCTION

Empowering youth with knowledge of fundamental rights is vital for a just society. Education initiatives and community programs should provide a comprehensive understanding of rights. Interactive platforms, community engagement, and technology play key roles. Encouraging critical thinking, empathy, and inclusivity is essential. Involving youth in advocacy and decision-making

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fosters active participation and leadership.

Fostering collaboration with youth-led organizations is crucial for empowering young advocates to champion fundamental rights. This approach encourages inclusivity, intergenerational dialogue, and a commitment to social justice. Mentorship programs play a vital role in nurturing the next generation of human rights leaders. By connecting young individuals with experienced professionals, these programs provide guidance, support, and skills development, contributing to a diverse and resilient workforce. Cheering a global perspective among youth involves open-mindedness and participation in international programs. These experiences promote global citizenship, empathy, and solidarity, allowing young individuals to understand and address human rights challenges on a global scale.

Youth involvement in policy advocacy is essential for promoting active citizenship. Through engagement in advocacy initiatives, young individuals contribute to inclusive policies, fostering skills, civic awareness, and a sense of responsibility for positive societal changes. Promoting arts and media engagement empowers youth to express perspectives on fundamental rights creatively. Through various mediums, they communicate powerful messages, evoke empathy, and raise awareness about human rights issues, fostering a culture of social consciousness and solidarity. Legal literacy is crucial for empowering youth to navigate legal complexities and advocate for their rights. Educational initiatives provide knowledge and skills to address human rights violations, fostering a culture of legal awareness, advocacy, and social responsibility.

REVIEW OF LITREATURE

It explores youth perspectives on fundamental rights, spanning historical, educational, media, cultural, and digital dimensions. It emphasizes the role of fundamental rights in shaping youth experiences, underscoring their significance in promoting social justice and democracy. The importance of awareness and knowledge about these rights among youth is highlighted, addressing gaps in education. Education, media, and social factors, including family and community influences, play crucial roles in shaping youth views on fundamental rights. The essay acknowledges challenges faced by young people, such as discrimination and economic disparities, and advocates for empowerment and mindfulness as tools to foster active and informed citizenship. The integration of empowerment and mindfulness aims to cultivate youth who advocate for fundamental rights, contributing to a just and equitable society.

These networks empower youth, fostering resilience and collective action for systemic change. Amplified voices within these networks contribute to increased awareness and policy changes. Intergenerational collaboration bridges gaps, leveraging wisdom and fresh perspectives for holistic problem-solving. Future research should explore educational interventions, digital rights, and longitudinal impacts. Legal safeguards, including age-specific laws and consent regulations, balance protection and autonomy for young individuals. Despite existing safeguards, addressing challenges is crucial for ensuring youth exercise their fundamental rights effectively.

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OBJECTIVE

The main objective is to investigate, analyze, and highlight the viewpoints of young individuals regarding fundamental rights. The primary goal is to emphasize the necessity of cultivating mindfulness among the youth to facilitate the successful authorization and protection of these fundamental rights. Through this exploration, the aim is to contribute to a deeper understanding of the challenges, experiences, and aspirations of young people in advocating for and exercising their fundamental rights. Ultimately, the research seeks to underscore the importance of integrating mindfulness practices to empower youth in actively participating in the authorization and safeguarding of fundamental rights in society.

METHODOLOGY

The study on "Perspectives of Youth on Fundamental Rights: A Need for Mindfulness for its Successful Authorization" employs a mixed-methods approach, combining qualitative and quantitative methodologies. The research involves an extensive review of existing literature to establish a theoretical framework. A structured survey is crafted to collect quantitative data on youth perspectives regarding fundamental rights, emphasizing the role of mindfulness. Qualitative insights are gathered through in-depth interviews and focus group discussions, delving into personal stories and the impact of mindfulness on fundamental rights views. A subgroup undergoes mindfulness training, and the study assesses its effects. Quantitative data is analyzed statistically, while qualitative data undergoes thematic analysis. Comparative analysis explores differences between participants with and without mindfulness training. The study prioritizes ethical considerations such as informed consent and confidentiality. The goal is to produce a comprehensive report with recommendations for integrating mindfulness practices into youth education to enhance their understanding and involvement in fundamental rights.

MENTAL HEALTH AND WELL BEING

The essential interconnection between mental health and the promotion of fundamental rights is vital for individual well-being, especially among young people. Mental health, which encompasses emotional, psychological, and social dimensions, profoundly shapes cognitive processes, emotional reactions, and behavior. Concurrently, advocating for fundamental rights involves protecting core entitlements such as life, liberty, and education. Despite being initially perceived as separate, these concepts are mutually dependent, molding a society that prioritizes dignity and equal treatment for everyone.

The intersection of mental health and the promotion of rights is particularly evident in marginalized communities, where discrimination exacerbates mental health issues. Successfully advocating for fundamental rights in these settings necessitates not only legal support but also tailored mental health services. Integrating mental health considerations into the promotion of rights ensures individuals have the necessary support networks to overcome societal obstacles.

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For young people, emphasizing mental health is pivotal, given the unique challenges of adolescence. Mindfulness practices, like meditation, contribute to emotional resilience, preparing them to actively participate in advocating for fundamental rights. This emotional well-being establishes a basis for understanding and addressing social injustices, empowering young individuals to engage in advocacy with empathy and a commitment to social responsibility.

FUNDAMENTAL RIGHTS

The significance of fundamental rights, particularly in the context of youth perspectives, cannot be overstated, serving as a crucial foundation for democratic societies. Rather than abstract legal concepts, these rights are concrete assurances embedded in national and international laws, ensuring that individuals, including the youth, can live without unwarranted intrusion and discrimination, upholding their human dignity. For young people, fundamental rights act as a protective shield, preventing unfair treatment based on age, gender, race, or religion, empowering them to freely express their views. Moreover, these rights are essential for the proper functioning of democracies, allowing citizens, including youth, the freedom to participate in politics and hold governments accountable. They are indispensable tools for promoting social justice, preventing discrimination, and ensuring equal opportunities, particularly crucial for addressing the unique challenges faced by young individuals. Additionally, fundamental rights extend to cover economic, social, and cultural aspects, guaranteeing access to education, healthcare, and a decent standard of living.

ROLE OF TECHNOLOGY AND SOCIAL ENGAGEMENT

Examining how technology and social media impact youth awareness and advocacy for fundamental rights requires a thorough investigation into their transformative effects. Recent technological advancements and widespread social media usage have fundamentally changed how people communicate, access information, and support social causes. These digital platforms play a crucial role in promoting mindfulness and engaging youth in defending fundamental rights. Platforms like social media have greatly expanded the reach of advocacy campaigns, grassroots movements, and youth-led initiatives, cultivating a sense of global citizenship and solidarity. Digital platforms enable open dialogue, cross-cultural exchange, and collaborative engagement, creating a virtual environment of support and collective effort. Real-time communication features allow quick responses to human rights crises, while multimedia capabilities enable the creation of compelling narratives that evoke empathy and spur action. Networking capabilities facilitate collaboration and knowledge-sharing among youth-led organizations, contributing to a global movement for positive social change.

POLICY IMPLIMENTATION AND RECOMENDATION

The study provides policy implications and recommendations for promoting mindfulness and youth engagement with fundamental rights. Suggestions include integrating rights education into school curricula to foster respect and inclusivity. Creating inclusive spaces for discussions and projects is pivotal for critical thinking. Policymakers are advised to foster a culture of empowerment, encouraging youth participation in advocacy, community initiatives, and decision-making.

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Recognizing and tapping into the potential of young individuals, providing education and skills, and establishing supportive environments are crucial.

Collaborative partnerships and digital platforms are essential for mentorship and global engagement. Leveraging technology through digital literacy programs enhances accessibility. Investing in sustainable development is emphasized, focusing on education, healthcare, and economic opportunities for youth. Comprehensive social support programs, including mentorship and counseling, are crucial for the holistic well-being of young individuals.

AGE GROUP VARIABILITY

Comprehending youth perspectives on fundamental rights involves acknowledging the age group variability inherent in this demographic. Encompassing a wide age range from early childhood to young adulthood, each developmental stage introduces unique cognitive, emotional, and social factors shaping views on fundamental rights. With an age span typically from 6 to 25 years, covering childhood, adolescence, and emerging adulthood, diverse cognitive development stages are evident. Challenges emerge as younger children may lack maturity, leading to biases in research towards older youth and impacting perspective representation. Tackling this involves using age-appropriate methodologies, recognizing the dynamic nature of youth development, and navigating ethical considerations when working with minors. To bolster inclusivity, employing diverse research methods tailored to specific age groups is imperative. Collaboration with experts in child psychology can guide the creation of sensitive research tools. A developmental perspective, tracking the same cohort over time, allows insights into evolving perspectives. Additionally, a comparative approach, scrutinizing views across different age groups, provides a nuanced understanding of age-related variability in youth perspectives on fundamental rights.

THE FUNCTION OF EDUCATIONAL SYSTEM AND PROCESS OF DESIGNING CURRICULA

The article underscores the pivotal role of education systems and curriculum development in nurturing a comprehensive understanding of fundamental rights among youth. It stresses the integration of human rights education and values-based learning in formal and informal education to instill respect for human dignity and communal responsibility. The curriculum should not just convey information but instill a profound understanding of human rights, requiring a diverse approach covering historical, philosophical, legal, and contemporary aspects. Practical application through interactive methods and a focus on ethical reasoning is vital. Educators are crucial, necessitating training and resources for effective implementation. Collaborations between institutions, government bodies, and NGOs enhance the educational experience and cultivate a culture of human rights and social responsibility. The article highlights the importance of inclusive, participatory learning environments and values-based approaches, emphasizing empathy, tolerance, and respect for diversity. Digital platforms expand the reach of human rights education, providing diverse resources for a global perspective. Policymakers, curriculum developers, educators, civil society organizations, and youth-led initiatives must collaborate to ensure the successful integration of human rights

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education and values-based learning, fostering socially conscious and empowered individuals committed to positive societal change.

THE DIGITAL AGE AND EMERGING RIGHTS

The rise of the digital age has significantly impacted fundamental rights, particularly the right to privacy in the online space. Young individuals are at the forefront of discussions surrounding digital rights, grappling with the challenges posed by technology while advocating for the preservation of personal freedoms.

In the digital era, privacy faces new complexities as personal information is constantly collected and shared through various online platforms. Young people, often early adopters of technology, are navigating this intricate balance between the benefits of connectivity and the need to protect their privacy. They actively engage in discussions, advocacy, and activism to safeguard their digital rights.

Young individuals, deeply immersed in the digital landscape, play a pivotal role in shaping conversations about digital rights. Discussions extend beyond privacy to encompass freedom of expression, digital access, and the right to information. While the digital age democratizes information, challenges such as misinformation, online harassment, and data misuse require robust legal frameworks. Young advocates contribute by calling for accountability, user-friendly privacy settings, and digital literacy initiatives.

As technology advances, the intersection of digital rights and personal freedoms remains a dynamic area of discourse. Young advocates, with their digital fluency, continue to shape the narrative, advocating for a digital environment that upholds fundamental rights, promotes inclusivity, and ensures ethical technology practices. The active involvement of young individuals is crucial in steering digital rights toward a future that prioritizes equity, transparency, and respect for individual rights.

CONCLUSION

The intricate interplay between rights and duties is fundamental for societal development and organizational prosperity. While rights provide individuals the chance to contribute to a nation or institution's advancement, duties establish responsibilities for collective improvement. In democracies, there's often an emphasis on rights, overshadowing fundamental duties. Although crucial, fundamental rights like freedom of expression and education must be accompanied by a conscious commitment to corresponding duties outlined in the constitution for responsible citizenship. This transcends statutory duties, involving active engagement with socio-political aspects and participation in civic initiatives, contributing to a sustainable and inclusive environment.

The inclination towards individual entitlements at the expense of societal obligations is evident in national citizenship and organizational settings. Individuals in various roles are crucial to systemic frameworks, and their commitment to duties is vital for institutional sustainability. Responsible citizenship goes beyond legal obligations, encompassing ethical and moral imperatives, promoting

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communal harmony, preserving cultural heritage, and fostering empathy and inclusivity. Despite its significance, some individuals neglect responsible citizenship, leading to the deterioration of community welfare and social harmony. Cultivating responsible citizenship requires a holistic commitment to active participation in societal betterment, transcending individual rights and duties. Embracing this ethos contributes to a compassionate, empathetic, and inclusive society, prioritizing collective welfare over individual interests, fostering mutual respect, social equity, and community progress.

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