

Human rights are the first casualty in any conflict.

## Outline

### 1. Introduction

**Thesis Statement:** In any conflict, human rights suffer the most. The suffering of civilians in war zones stems from multiple factors, encompassing political, economic, and social dimensions. In conflict zones, a multitude of severe human rights violations occur, significantly affecting individuals and communities. It is imperative to implement comprehensive policies and strategies, including enhancing the role of International organizations and the media, to minimize human sufferings to the greatest extent possible.

### 2. Co-relation between conflict zones and human rights.

### 3. Unveiling the underlying factors leading to human rights violations

a) Political instability paving the way for human rights violation

b) Economic disparities create conducive

c) Social disparities : Us Vs Them

d) Tactics of terror: Militant strategies and their dire impacts on human rights violation.

e) Displacement and refugees crisis contributing to vulnerability of populations.

#### 4. Multifaceted Spectrum of human right violations in any conflict.

a) Mass atrocities and genocide

b) Forced displacements

c) Mass arrest: crushing human rights in conflicts

d) Suppression of Freedom of Expression.

e) Hunger amidst chaos

f) Psychological Trauma

g) Suppressing children's right to education

h) Infrastructure devastation: Impact on human rights in conflicts.

#### 5. Strategies for protecting human rights in conflicts.

a) Fostering Global Guardianship: Strengthening International organizations to respond quickly.

b) Strengthening Rule of Law.

c) Empowering Media for human rights advocacy.

d) Ensuring support of refugees and IDPs.

#### 6. Case studies

a) Israel-Palestine conflict

b) Kashmir conflict

c) Russia-Ukraine conflict

#### 7. Conclusion.