

In the Name of God, the Most Merciful, the Most Kind



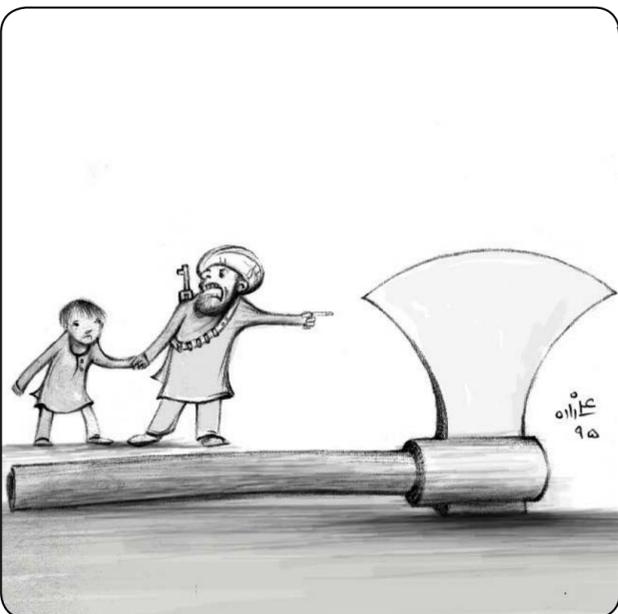
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## Human Rights Violation – A Stain on Collective Conscience

Human rights and freedoms are violated on a large scale around the globe and there are many barriers hampering them to exercise their rights to life, liberty and estate. The war and violence, which have outraged the collective conscience of mankind, stem from humiliating human rights and dignity. Despite being born free and with inherent and inalienable rights, people's freedoms are curtailed and their blood is spilled in one way or another. In worldly life, we have developed to a great extent; however, a deep vacuum is felt in the spirit of modern men. Being alienated from humanity and spiritual values, the modern men are deep in the quagmire of lust and luxury. We seek to satiate our carnal desires and quench our physical thirst, but hardly nurture our human souls. After all, modern men sacrifice others' rights and liberty to comfort themselves. Martin Luther King Jr. aptly said in his Nobel Lecture on December 11, 1964 as, "In spite of these spectacular strides in science and technology, and still unlimited ones to come, something basic is missing. There is a sort of poverty of the spirit which stands in glaring contrast to our scientific and technological abundance. The richer we have become materially, the poorer we have become morally and spiritually. We have learned to fly the air like birds and swim the sea like fish, but we have not learned the simple art of living together as brothers." There are many reasons behind violation of human rights. First, religious intolerance and ideological differences played a highly destructive role in human societies and triggered bloody wars throughout the history. People suffered painfully on the basis of their religious backgrounds. Despite all the sacrifices made in this regard, ideological differences still take their toll on people's life and liberty. Religious radicals still shed streams of blood under the sacred term of religion. They intend to impose their warped minds on individuals at the barrel of gun. In a nutshell, lack of religious tolerance and persisting in dogmatic ideology yet threaten human rights around the world. For instance, the Taliban and the self-proclaimed Islamic State of Iraq and the Levant (ISIL), who blackmail the entire world, were established out of sectarianism and inflexible ideology. Similarly, racial discrimination and ethnocentrism are the second reason behind violence and bloodshed which restrict individuals' rights. Elementally, when an ethnic group deems itself superior than another, it will also claim further rights - this will lead to tension and may spark political unrest within a society. Claiming racial superiority is tantamount to humiliating the natural dignity of other mankind. The history shows that whenever a group was held in contempt, it showed a strong reaction against the violators of their rights and dignity.

Sexual superiority in the past and present has inflicted heavy pain and sufferings on women. Violence and honor-killings are committed against women in different parts of the world. Rather than being treated as mother or sister, women fall the victim of gang violence, rape and mental and physical tortures. Patriarchal systems put a limitation on their social, political and cultural activities and treat them as an inferior creature, aside perhaps from some parts of the world.

To consider Afghanistan, the Taliban and ISIL's loyalists kill men, women and children on the grounds of their caste, creed, color and sex. Deeming themselves, racially, sexually and ideologically superior, they trample upon the rights of men and women without a sense of guilt. It is an indisputable fact that the protracted war in Afghanistan root in the aforementioned factors. Democracy will not bear sweet fruit unless the international families respect the rights and dignity of one another and deem mankind a creature born free with a set of natural and inviolable rights and treat one another with the spirit of brotherhood. Men need to fill their spiritual vacuum with humanity and moral standards and listen to the call of their conscience. In addition, the world has to practice upon the golden rule "do unto others as you would have them do unto you" which is the basis of international instruments. In other words, we will be able to alleviate the individuals' pains and sufferings through practicing upon international laws. Moreover, if Afghans do not exercise religious tolerance and equality on the basis of law, the nascent democracy will not lead them to their utopian world. We will have to act upon our Constitution, which is based on religious tenets, international instruments and ethical code. It has recognized the "natural" and "inviolable" rights of men and women and their equality before the law. Therefore, no one is supposed to be discriminated on the basis of their accidental backgrounds. To put it in plain language, men and women are entitled with inherent rights and dignity - that their Creator bestowed upon them - on the basis of being human. It is believed that despite many international instruments being approved to protect the rights and dignity of mankind, the outrageous acts and violent practices against men and women in different parts of the world put a stain on collective conscience. Although the law is immaculate, the international sanction is not effective enough. Hence, the international community needs to put pressure on the countries to prosecute the violators of human rights.



## The Upcoming G20 Summit in China: Aims to Promote Common

By Yao Jing

Exclusive for the Daily Outlook

On 4-5 September, 2016, the 11th G20 Summit will be held in Hangzhou, China, and President Xi Jinping along with the leaders from other member states, guest countries and international organizations will get together in this beautiful city to discuss ways to advance global economic cooperation and development. The whole world will focus its attention to the G20, to China, and to Hangzhou.

Right now, the world economy is in a crucial transformation with both opportunities and challenges. First, the old approach of stimulating growth merely through fiscal and monetary policies has become less and less effective. Second, policies of the major economies have clearly diverged, making it harder to form synergy. Third, trade and investment protectionism is rearing its head, and the building of an open economy remains a long and daunting task. And fourth, the world economy, though recovered somewhat from the crisis, is still weak in growth and under constant downward pressure.

At this juncture, the international community is full of expectations of this year's G20 Summit, hoping that outcomes from the Hangzhou Summit will reenergize the world economy. As the host, we are keenly aware of the heavy responsibilities on our shoulders. At the Hangzhou Summit, we would like to focus on the core challenges and outstanding issues confronting the world economy and work with all parties to seek common solutions, contribute China's wisdom, and promote common development.

China has chosen "Toward an Innovative, Invigorated, Interconnected and Inclusive World Economy" as the theme of the Hangzhou Summit and identified four key priorities, namely, "breaking a new path for growth", "more effective and efficient global economic and financial governance", "robust international trade and investment", and "inclusive and interconnected development". The theme and topics proposed by China have received strong endorsement and support from other G20 members. They all agree that China's vision embodies long-term, strategic considerations and demonstrates a broad perspective and ambitious goals.

According to statistics, the Hangzhou Summit is likely to achieve nearly 30 major results, which will make it the most fruitful one compared with previous summits. In terms of the general direction, we will forge new impetus to promote the robust, sustainable and balanced growth of the world economy through advocating innovation. We will come up with new proposals to resolve various difficulties faced by current economic and financial sectors through advancing structural reform. We will also explore a new prospect in leading the global implementation of the 2030 Agenda

for Sustainable Development through enhancing development cooperation.

During the first half of this year, the Chinese economy maintained a stable growth while making some progress. China's GDP grew by 6.7%, and its key indicators were in line with expectations. Major progress has been made in structural adjustments, and the quality of economic growth has been improved. The service sector as a proportion of GDP rose to 54.1%, and energy consumption per unit of GDP declined by 5.2%. In particular, the employment remained stable with 7.17 million jobs created during the first six months. China's economy is still the "driver" and "anchor" of the global economy. In 2015, China contributed roughly 30% to global economic growth. The contribution rate is expected to remain at a relatively high level this year. The bright future of China's economy will make the international community believe that, the Hangzhou Summit will certainly live up to the world's trust and expectation. As the largest developing country, China takes due responsibility and obligation for safeguarding and expanding the just rights and interests of developing countries. To this end, China has invited Laos, ASEAN Chairmanship, Chad, the Presidency of the African Union, Senegal, the Presidency of the New Partnership for Africa's Development and other two representative developing countries, Kazakhstan and Egypt, to attend the Hangzhou Summit. As G77 presidency, Thailand also expressed its willingness to participate in the G20 Summit. The Hangzhou Summit, with more participation of developing countries than ever in the history of G20, will therefore be more representative and inclusive in its composition. Just as Mr. Wang Yi, Foreign Minister of China said, the message China hopes to convey is that the G20 belongs not only to its 20 members but also to the whole world, and that the G20 cares about not just its own interests but the common development of all in the world. China and Afghanistan are close and friendly neighbors. Both being developing nations, our two peoples share common aspiration for better lives and this presents a broad prospect of cooperation for development. Afghanistan is a priority in China's neighborhood diplomacy as well as its Belt and Road Initiative. China will continue to support the Afghan National Unity Government, continue to support the Afghan-led and Afghan-owned peace & reconciliation process, and continue to support the integration of Afghanistan in regional cooperation. China encourages and supports Afghanistan to play an active role in regional connectivity, energy transport and regional trade, with its geographical advantage and resource endowment. China also expects and believes that the outcomes of the Hangzhou Summit would bring more benefits to Afghanistan.

Yao Jing is the current Chinese Ambassador in Afghanistan

## Time Management and its Effects on Quality of Life

By Ahmad Shah Karimi

Of all the elements everyone has to work with, none is more precious than time. Time is extremely important in everyone's life, it helps people to organize and structure their daily activities. No one can escape the passing of time. All of the people are subjected to aging and mortality. Time plays a significant role in everyone's life. One can gain experience and develop skills over time, moreover, time also helps to heal things whether external wounds or feelings. Time is the ultimate measure. Activities when performed on time will be fruitful and results will be great. Time management itself refers to managing time effectively so that the right time is allocated to the right activity. And effective time management allows individuals to assign specific time slots to activities as per their importance. Besides, it helps to make the best use of time as time is always limited. Further, time management improves the decision making ability. A great way of doing this can be planning one's course of action. This will reduce the pressure of work and will untangle all the threads. When one feels pressed for time and has to make decisions, he is more likely to jump to conclusions without fully considering every option, threats and benefits associated with each option. That might lead to poor decision making which eventually end up in wasted time and resources. And time is something that one can lose and never gets back.

People always wish that they had more hours available in the day. The solution to this common problem is easier than one might realize. With a few minor adjustments in how one should utilize his time he can manage his time. Proper time management is something that can change a person's life on a fundamental basis for the better. Time management refers to numerous techniques and skills that can help a person to make use of the available time in the most efficient way and to accomplish goals, tasks and projects within the prearranged period of time. Time management skills vary from, but are not limited to, prioritizing tasks, scheduling, organizing and the delegation of functions. However, it also includes an analysis of the time spend for different activities as well as close monitoring that allows one to improve his time management skills. An individual that applies time management techniques can improve his productivity, which allows this person to get more work done within shorter amount of time. It allows people to take control over their professional as well as personal life, as it helps them to know what needs to be done and what goals need to be accomplished on a daily basis. Effective time management can be a true advantage for an employee as it allows him meet deadlines of projects without having to delay the completion of it. It has to be said that time

management plays a significant role in every walks of life and one should manage his time so that he gets prodigious results from his life which is success and happiness.

Every daily cycle consists of a twenty-four hour period. This is one of those things that is what it is and cannot be changed. Even though one cannot control time, but one can control how the time he/she is used. This realization is the first step to being effectively in one's own time management. It is important to take stock in what is vital in someone's daily life and focus on allocating time for those things. And the things which are unimportant must be eliminated. Developing skills to effectively manage one's time will bring forth progresses to one's life on a dramatic scale. One must be accepting to making fundamental changes. A person has to learn to prioritize and take things one step at a time. Chances for failure increase when one take on more than he can handle or when he take on too much at one time. Developing time management skills will also help a person get to know himself a little better. As people age, it becomes much easier to lose track of important things in their life. The first thing one should do is to get in touch with what it is he wants to accomplish from his life. This is the point where one locates his vision. When people are young, they believe that anything is possible. One should think back to his younger days and remember how he envisioned his life at that time. It is likely that many of his priorities have changed since then, but some off the core ones will have remained the same. By picking something big and something small and after he has decided on what those things are, then he should take steps to formulate a plan that can set him on a path to achieving those things. Completing one step toward each goal is an excellent start. People who are successful in life are those who use their time intelligently and do their work on time without wasting it at all.

In brief, proper utilization of time usually determines the difference between success and failure. Out of the daily twenty-four hours, only a few are utilized for work purposes. Therefore, the problem becomes one of what to do within that limited time. Making use of every minute is important for the achievement of work economically and at the right time. Since time always passes at a fixed and constant speed, one has to care for the time allocated to him. The amount of time, daily, monthly, yearly, is the same for all. However, the sheer amount of time is not more important than how to manage the time available to people. Effective time management can result in better utilization and more achievements.

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