



NHRC, India's two-week online short-term internship programme - November 2025 begins

80 university-level students selected from over 900 applicants from diverse academic backgrounds and different parts of the country

In the inaugural address, NHRC Secretary General, Shri Bharat Lal says that through online internships the Commission reaching out to the remotest corner of the country to build human rights awareness

Urges interns to reflect deeply, live purposefully and translate Constitutional ideals into action, becoming ambassadors of justice, empathy and dignity

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The National Human Rights Commission (NHRC), India began its two-week Online Short Term Internship Programme (OSTI) for November 2025. A total of 906 applications were received out of which 80 students representing various academic disciplines from 16 States and Union territories across the nation have been selected to attend. The internship aims to provide college/ university students with a comprehensive understanding of promotion and protection of Human Rights.



In his inaugural address, Shri Bharat Lal, Secretary General, NHRC said that the Commission, in line with its mandate, has been endeavouring to reach out to every part of the country to build human rights awareness through online internships. The purpose is to sensitise, educate and inspire young minds to uphold human rights as living values rooted in dignity. Highlighting that dignity is central to all human rights, he noted that any denial, be it through discrimination or lack of basic amenities, constitutes a violation of human rights. He urged interns to reflect deeply, live purposefully and translate Constitutional ideals into action, becoming ambassadors of justice, empathy and dignity.



Shri Lal said that human rights are very dynamic and always evolving with time, bringing in new challenges. The issue of cyber security, AI, climate, clean air and water are newer issues affecting human rights. He urged the interns to make the best use of the opportunity to make their life meaningful and purposeful by impacting the lives of others, leaving a lasting and positive footprint.



Giving an overview of the internship curriculum, NHRC Joint Secretary, Smt Saidingpuii Chhakchhuak said that in 43 sessions by 34 expert speakers, the interns will be exposed to important topics such as international law and human rights, rights of manual scavengers, mental health as a human right, juvenile justice, among others. The interns will also be given a virtual tour of Tihar Jail, police station and Asha Kiran shelter home in Delhi to gain practical insights into their functioning. They will also have book review competition, group research project presentation on the themes of human rights issues and declamation contest. Lt. Col. Virender Singh, Director was present.

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