

NHRC, India begins its Online Short Term Internship Programme for March 2026

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Inaugurating the internship, NHRC Chairperson, Justice V. Ramasubramanian says, amid rising global conflicts, understanding human rights is more crucial

NHRC Secretary General, Shri Bharat Lal says, upholding every individual's dignity is citizens' collective duty

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The National Human Rights Commission (NHRC), India today began its Online Short Term Internship Programme (OSTI) for March 2026. Chairperson, Justice V. Ramasubramanian inaugurated it in the presence of Secretary General, Shri Bharat Lal and senior officers. 80 university-level students from diverse academic backgrounds shortlisted out of 1,147 applicants from 17 States and Union Territories across the nation are attending it. The two-week programme will conclude on 20th March 2026.



Justice Ramasubramanian expressed happiness over the increasing participation of girls in the NHRC internship programme. He said that greater education and awareness among women is essential for any society's prosperity, promoting equity, fairness, justice and social consciousness. He expressed the hope that the interns will make use of the knowledge about human rights not just to advance their careers but to enrich their character and outlook towards society.



Referring to a Global Peace Index by Sydney-based international think tank - the Institute for Economics and Peace, he said that today 78 countries in the world are engaged in armed conflicts outside their borders in the name of peace and liberty. But the irony is that those who were talking about peace are now talking about war. Such conflicts have severe consequences for human civilisation and the global economy, displacing nearly 122 million people as refugees or internally displaced persons and causing an estimated loss of about 20 trillion dollars to the global economy. He emphasised that it is in this context that the true meaning and importance of human rights must be understood.



Before this, in his address, NHRC Secretary General, Shri Bharat Lal said that the country belongs to its citizens and it is their collective responsibility to uphold the dignity of every individual and make it a better and more beautiful place. He emphasised that the idea of a “Developed India” should be reflected in the everyday experiences people have at home, in schools, colleges, hostels, workplaces and public spaces.



He said that interactions with eminent speakers will provide the interns a unique learning opportunity, enabling them to engage directly with experienced practitioners in the field of human rights. He noted that the programme aims to nurture the interns as ambassadors of human rights. He also urged participants to use the two weeks to sensitise themselves so that they could recognise injustice wherever it occurs and identify discrimination, whether systemic or otherwise.



NHRC, India Joint Secretary, Smt. Saidingpuii Chhakchhuak presented a detailed overview of the internship's carefully designed curriculum. It includes lectures, team and individual competitions such as group research project presentation, book review and declamation competition and virtual tours of institutions such as Tihar Shelter Home and Police Station to offer insights into their functioning. Shri Samir Kumar, Joint Secretary, NHRC was also present.

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