



WHEC Update

Briefing of worldwide activity of the Women's Health and Education Center (WHEC)

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A Grand Collaboration

Happy Holidays from us all @ the Women's Health and Education Center (WHEC)

As 2023 draws to a close, and as **WHEC Update**, celebrated its 17th anniversary this year, we would like to extend our sincere thanks to you for your loyal readership and for continuing to follow Women's Health and Education Center's (WHEC's) efforts in promoting sustainable development goals (SDGs) for all.

In the year 2023, around the world, we saw a disturbing groundswell of xenophobia, racism and intolerance – including rising anti-Semitism, anti-Muslim hatred and persecution of Christians. Social media and other forms of communication are being exploited as platforms for bigotry. Neo-Nazi and white supremacy movements are on the march. Public discourse is being weaponized for political gain with incendiary rhetoric that stigmatizes and dehumanizes minorities, women, children, migrants, refugees and any so-called "other."

Addressing hate speech does not mean limiting or prohibiting freedom of speech. It means keeping hate speech from escalating into something more dangerous, particularly incitement to discrimination, hostility, and violence, which is prohibited under international law. The WHEC has a long history of standing up against hate speech, violence against women, children and minorities. We must advance the rule of law. Indeed, the very identity and establishment of the WHEC is rooted in the lack of voices heard of the marginalized groups in our societies and the nightmare that ensues when virulent hatred is left unopposed for too long.

Through our publications, Written Statements and Side Events at the United Nations, we convey the voices of the peoples to the Member States of the United Nations. In 2023, many scholarly articles were contributed by academic institutions and the UN System. Issues we covered spanned from poverty to food security, from economic situation, climate change to social inclusion. By enhancing global resilience against hate speech and discrimination, we can strengthen the bonds of society, and build a better world.

2024, will mark the 23rd anniversary of WHEC, at a time when traditional multilateral cooperation, is under strain. More than ever before, we realize that our fates are interconnected. We must work together to secure the planet for present and future generations. Staying united is the only solution. We are pleased to have you accompany us on this journey. We are also glad that through our Publications, Written Statements and Side Events; we made more new friends and WHEC hosted discussion at the UN.

We will continue Side Events in 2024 + Written Statements.

You are among our 12 million subscribers, who represent governments, academia, business sector and even students. As we are always looking to improve our content, we would love to hear your feedback. We are writing for you, and it is your opinion that matters most to us! You can reach our team at: Editor's Office @ Women's Health and Education Center (WHEC).

We wish you all Happy Holidays and a Happy New Year! Stay tuned for a packed January 2024 edition of **WHEC Update**. With Best Wishes from us all @ WHEC.

Ending Hate Speech & Building Better World

Rita Luthra, MD



Your Questions, Our Reply

What is hate speech? What does hate speech do?

Strategic Vision of WHEC to End Hate Speech: There is no international legal definition of hate speech, and the characterization of what is 'hateful' is controversial and disputed. The term hate speech is understood as any kind of communication in speech, writing or behavior, that attacks or uses pejorative or discriminatory language with reference to a person or a group on the basis of who they are, in other words, based on their religion, ethnicity, nationality, race, color, descent, gender or other identity factor. This is often rooted in, and generates intolerance and hatred, and in certain contexts, can be demeaning and divisive.

The impact of hate speech cuts across numerous existing the Women's Health and Education Center's (WHEC's) areas of operations, including: human rights protection; prevention of atrocity crime; preventing and countering terrorism and underlying spread of violent extremism and counter-terrorism; preventing and addressing gender-based violence; enhancing protection of civilians; refugee protection; the fight against all forms of racism and discrimination; protection of minorities; sustaining peace; and engaging women, children and youth. Addressing hate speech, therefore, requires a coordinated response that tackles the root causes and drivers of hate speech, as well as its impact on victims and societies more broadly.

Rather than prohibiting hate speech as such, international law prohibits the incitement to discrimination, hostility and violence (referred to here as 'incitement'). Incitement is a very dangerous form of speech because it explicitly and deliberately aims at triggering discrimination, hostility and violence, which may also lead to or include terrorism or atrocity crimes. Hate speech that does not reach the threshold or incitement is not something that international law requires States to prohibit. It is important to underline that even when not prohibited, hate speech may be harmful.

These measures stated below are recommended with international human rights norms and standards, in particular the right to freedom of opinion and expression. The objectives are two-fold:

- Enhance WHEC's and its partners efforts to address root causes and drivers of hate speech;
- Enable effective WHEC's and its partner's responses to the impact of hate speech on societies.

In order to address hate speech, the WHEC will implement actions at global and country level, as well as enhance international cooperation among relevant partners, projects and programs. The Strategy and Plan of action will be guided by the following principles:

1. The strategy and its implementation to be in line with the right to freedom of opinion and expression. The UN supports more speech, not less, as the key means to address hate speech;
2. Tackling hate speech is the responsibility of all – governments, societies, the private sector, starting with individual women and men. All are responsible, all must act;
3. In the digital age, the WHEC will support a new generation of digital citizens, empowered to recognize, reject and stand up to hate speech;
4. We need to know more to act effectively – this calls for coordinated data collection and research, including on the root causes, drivers and conditions conducive to hate speech.

Join our commitments, projects and programs!



Learning Life Lessons Series

For Teachers and Students

A Quarterly Series for *WHEC Update*

TOOLS for CHILD DEVELOPMENT

CHAPTER VII – STUDYING TIPS

HOW TO PREPARE FOR SUCCESS?

Teachers, and parents should communicate rigorous norms and goals. Whether you are in high school, or an adult going back to college, balancing coursework and other responsibilities can be challenging. Set a schedule. Create a study space. Turn off the TV. Snack on brain food. Fuel your next study session with these snacks suggested: Lean deli meats, nuts, grapes or apple slices, and dark chocolate. There is no right (or wrong) study space. Get some rest. **Silence your cell phone.** If you are still tempted to check your phone, simply power it off until you finish studying. RELAX. Try to clear your head before you begin studying. Mindless reading your notes or textbooks is NOT an effective method of studying.

KEY POINTS TO TAKEAWAY

1. Schedule Study Time, every day. Cramming the night before a big test usually involves trying to memorize information long enough to be able to regurgitate in the next morning. It WILL NOT help you learn the material.
2. Study Regularly. Commit yourself to long-term learning throughout the semester.
3. Minimize distractions.
4. Read for information. It is important to start planning early. Even if your exams are months away, this will help you hold yourself accountable.
5. Write the important stuff down. There are three Study Methods (SQ3R Method, PQ4R Method, and THIEVES Method) discussed in the article (link is below) and memory improvement techniques (The Leitner System, The Feynman Technique, The Retrieval Practice, Spaced Practice) – please review it and follow what helps you the most.
6. Use creative memory tricks. Learning effective study techniques can ensure you are fully prepared for your exams and will help curve looming test anxiety.
7. Quiz yourself. Use practice tests or questions to quiz yourself, without looking at your book or notes. Make your own questions; be your own teacher and create questions you think would be on a test. Use flashcards, create flashcards. Write the answer down and then check.
8. Be good to your body and your brain. exhaustion helps no one perform their best. Sleep is crucial for brain function, memory formation, and learning. Studying before you sleep, whether it is reviewing, can help you improve recall.
9. Exercise regularly. Exercise fights fatigue, but it can also increase energy levels. Exercise releases endorphins, which can improve your mood and reduce stress level.
10. Healthy food to stimulate your brain. Drugs and alcohol are neither good for your body nor for your mind.

SUGGESTED READING

Learning Life Lessons Series: Part II ; available at:

<http://www.womenshealthsection.com/content/gynmh/gynmh017.php3>

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United Nations at a Glance

Permanent Mission of Nigeria to the United Nations



Nigeria became UN Member State on 7 October 1960

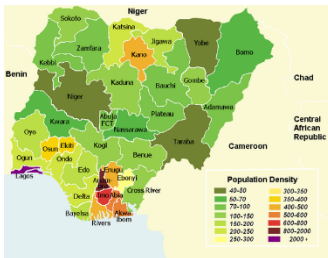


Nigeria, officially known as the **Federal Republic of Nigeria**, is a country in West Africa. It is situated between the Sahel to the north and the Gulf of Guinea to the south in the Atlantic Ocean. It covers an areas of 923,769 square

kilometers (356,669 square miles), and with a population of over 225 million. It is the most populous country in Africa, and the world's 6th most populous country. Nigeria borders Niger to the north, Chad in the northeast, Cameroon in the east, and Benin in the west. Capital: Abuja, Official language: English, National Languages: Hausa, Yoruba, and Igbo; Ethnic groups: Hausa-25%, Yoruba-21%, Igbo-18%, Fulani-6%; Government: Federal Presidential Republic; Legislature: National Assembly. Independence from the United Kingdom – Declaration on 1 October 1960; Federation – 1 October 1963 and Current Constitution – 29 May 1999.

Nigeria is multinational state inhabited by more than 250 ethnic groups speaking 500 distinct languages, all identifying with a wide variety of cultures. Nigeria is a regional power in Africa and a middle and emerging power in international affairs. Nigeria's economy is the largest in Africa, and 31st largest in the world by nominal GDP, and 29th largest by PPP. Nigeria is often referred to as the Giant of Africa owing to its large population and economy and it is considered to be an emerging market by the World Bank.

However, the country ranks very low in the Human Development Index and remains one of the most corrupt nations in the world. Nigeria is a founding member of the African Union and a member of many international organizations, including the UN, the Commonwealth of Nations, NAM, the Economic Community of West African States, Organization of Islamic Cooperation and OPEC.



Nigeria is divided into 36 states and one Federal Capital Territory, which are further subdivided into 774 local government areas. In some contests, the states are aggregated into six geographical zones: North West, North East, North Central, South West, South East, and South.

Nigeria has 5 cities with population of over a million: Lagos, Kano, Ibadan, Benin City and Port Harcourt. Lagos is the largest city in Africa, with a population of over 12 million in urban areas.

Nigeria has remained a key player in the international Oil industry since the 1970s and maintains membership in OPEC, which it joined in July 1971. Its status as a major petroleum producer figures prominently in its sometimes-volatile international relations with developed countries, notably the United States, and with developing countries. Since, 2000, Chinese-Nigerian trade relations have risen exponentially. This has resulted in a serious trade imbalance, with Nigeria importing ten times more than it exports to China. Subsequently, Nigeria's economy is becoming over-reliant on cheap imports to sustain itself, resulting in clear decline in Nigerian industry under such arrangements.

Continuing its Africa-centered foreign policy, Nigeria introduced the idea of a single currency for West Africa known as the Eco under the presumption that it would be led by the naira. But on 21 December 2019, Ivorian President Alassane Ouattara, Emmanuel Macron, and multiple other UEMOA states announced that they would merely rename the CFA franc instead of replacing the currency as originally intended. As of 2020, the Eco currency has been delayed to 2025.

Details: <https://sdgs.un.org/statements/nigeria-7686>

Collaboration with World Health Organization (WHO)

WHO | Nigeria



Health Situation

Nigeria's health outcome indicators are still unacceptable, in spite of modest improvements. The maternal mortality ratio is 814 per 100,000. Mortality rate for infants and children under 5 years is 70 and 104 per 1,000 live births, respectively. A significant disparity in health status exists across States & geopolitical zones as well as across rural/urban divide, education & social status. Communicable diseases still constitute a major public health problem: Malaria accounts for 27% of the global burden; TB prevalence is at 323 per 100,000; HIV/AIDS prevalence is estimated at 3.2%. malnutrition is common with a stunting rate at 43.6%. Guinea worm transmission was interrupted in 2013, and the last Wild Polio Virus was reported in September 2016.

Achieving SDGs remain a challenge, poverty is still pervasive with 53.5% of the population living at less than USD 1.9 a day, however, Nigeria has embarked on domestication of SDGs, with States endeavoring to localize action albeit with varying pace. SDG targets on maternal and child mortality will require augmented efforts although the creation of Midwives Service Scheme to increase the proportion of skilled birth attendants, and development of the MNCH quality of care strategy are a major step. Implementation of the Primary Health Care (PHC) revitalization program is a key strategy for attainment of Universal Health Coverage and SDG3.

Health Policies and Systems

The enabling legal and policy frameworks for PHC revitalization include the National Health Act (NHAct) 2014; National Health Policy (NHP) 2016; and Health Financing Policy and Strategy 2017; and 2nd National Strategic Health Development Plan 2017 – 2021; will operationalize the NHAct 2014 and NHP2016. The government estimated the Basic Healthcare Provision Fund to finance and manage the implementation of PNC revitalization as a means for achieving UHC. The act calls for allocation of at least 1% of the Consolidated Revenue agenda. The PHC revitalization targets to make 10,000 PHC Centers, at least 1 PHC per electoral ward, functional by 2019.

Healthcare is provided by public and private sectors. Public health services are concurrently the responsibility of the three tiers of government. Primary, secondary and tertiary level of care are the responsibility of the local government area, state government and federal government, respectively. Besides, tertiary level of care provision, the federal government manages the implementation of disease specific programs at all levels. The private sector provides close to 60% of health services delivery, in spite of owning an estimated 30% of health facilities.

Cooperation for Health

The United Nations Country Team has developed the 4th Common Country Program Document: the United Nations Sustainable Development Partnership Framework UNSDPF (2018-2022). The UNSDPF is based on the new SOPs for UN Coherence, lays emphasis on partnerships, aligns to the SGC as a foundation and will serve as collective support and response to national development initiative of the Economic Recovery and Growth Plan.

A midterm review of the CCSIII 2014-2019 was conducted to align the document with the 13th GPW, AFRO Transformation Agenda, the UNSDPF, NSHDPII and ERGP of Nigeria.

Details: <https://www.afro.who.int/countries/nigeria>



Nigeria Joined UNESCO on 14 November 1960



Osun-Osogbo Sacred Grove

The dense forest of the Osun Sacred Grove, on the outskirts of the city of Osogbo, is one of the last remnants of primary high forest in southern Nigeria. Regarded as the abode of the goddess of fertility Osun, one of the pantheon of Yoruba gods, the landscape of the grove and its meandering river is dotted with sanctuaries and shrines, sculptures and art works in honor of Osun and other deities. The sacred grove, which is now seen as a symbol of identity for all Yoruba people, is probably the last in Yoruba culture. It testifies to the once widespread practice of establishing sacred groves outside all settlements. The new art installed in the grove has also differentiated it from other groves: Osogbo is now unique in have a large component of 20th century sculpture created to reinforce the links between people and the Yoruba pantheon, and the way in which Yoruba towns their establishment and growth to the spirits of the forest.

The restoration of the grove by artists have given the grove a new importance: it has become a sacred place for the whole of Yorubaland and a symbol of identity for the wider Yoruba Diaspora. The Grove is an active religious site where daily, weekly and monthly worship takes place. In addition, an annual processional festival to establish the mystic bonds between the goddess and the people of the town occurs every year over twelve days in July and August and thus sustains the living cultural traditions of the Yoruba people.



Sukur Cultural Landscape

The Sukur Cultural Landscape, with the Palace of the Hidi (Chief) on a hill dominating the villages below, the terraced fields and their sacred symbols, and the extensive remains of a former flourishing iron industry, is a remarkably intact physical expression of a society and its spiritual and material culture. Sukur is located in Madagali local government area of Adamawa state of Nigeria along Nigeria/Cameroon border, some 290 km from Yola, the Adamawa state capital of north eastern Nigeria. It is a hilltop settlement which stood at an elevation of 1045 m. Sukur is an ancient settlement with a recorded history of iron smelting technology, flourishing trade, and strong political dating back to the 16th century. The remains of many disused iron-smelting furnaces still be found.



Police Officer and Journalists from 11 countries in Africa come together to enhance freedom of expression.

Indeed, the safety of journalists, their freedom of expression and the free flow of information are key pillars of democratic life, and a prerequisite for all human rights ... This training program aims to improve the sometimes-tense relationships between security forces and journalists, and to ensure a safe environment for journalists to work freely. It also provided practical tools and recommendations on how police officers can communicate with journalists during events such as protests and elections, or at a crime-scene, in order to enhance transparency, accountability and reinforce the trust of citizens in police institutions.

Details: <https://en.unesco.org/countries/nigeria>

Bulletin Board



Goal 16

Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels.

OVERVIEW

1. Pleas for Global Peace grow louder. The world is witnessing the largest number of violence conflicts since 1946, and a quarter of the global population lives in conflict-affected countries (end 2022).
2. One Third of the world's population mostly women fear walking alone in their neighborhoods at night.
3. A record 100 million people had been displaced worldwide (May 2022).
4. Global homicide rate declined 5.2% between 2015 and 2020; falls short of the “significant reduction” by 2030 targeted in the SDGs.
5. Corruption is found in every region. Almost 1 in 6 business have received bribe requests from public officials.

Civilians continue to bear the brunt of violent conflicts, with record number forcibly displaced. The UN recorded at least 13,842 deaths associated with 12 of the world’s deadliest armed conflicts in 2021. Among them were 11,075 civilians, and 1 in 8 were women and children.

In May 2022, the number of people forced to flee conflict, violence, human rights violations and persecution has surpassed 100 million. An estimated 41% of people forcibly displaced worldwide were children, according to the data.

In addition to these more obvious consequences of war are other lasting and wide-ranging impacts, for example, the outbreak of war in Ukraine has caused food, fuel and fertilizer prices to skyrocket, disrupted supply chains and global trends and roiled financial markets, potentially leading to a global food crisis.

Over the last decade, the world has spent \$ 349 billion on peacekeeping, humanitarian relief and refugee support.

Tracing is key to curbing illicit trade in small arms, but it needs to be strengthened through better global cooperation. Tracing is key to successfully investigating and disclosing the origins of illegal firearms – a crucial step in combating illicit trade in small arms.

Streamlined and transparent business processes can help curb corruption, which is found in every region. Businesses around the world face obstacles and unfair competition due to corruption, which adversely impacts the sustainable development of national economies. Globally, almost 1 in 6 businesses face requests for bribe payments by public officials, most commonly in transactions involving electrical and water connections, construction-related permits, import licenses, operating licenses, and meeting with tax officials.

The incidence of bribery varies across regions. Eastern and South-Eastern Asia and LDCs (Least Developed Countries) have the highest bribery incidence – affecting about 30% of businesses, whereas the regions of Latin America and the Caribbean and Europe and Northern America have lowest bribery incidence – 9% and 8%, respectively.



Collaboration with UN University (UNU)

UNU-WIDER (World Institute for Development Economics Research)

Expert Series on Health Economics

Female Work Status and Child Nutritional Outcome in Nigeria

This Study delves into the relationship between child nutritional outcome and (multiple) female work status in Nigeria from a micro perspective. The child nutritional outcome is proxied by child weight-for-age. Female work includes wage employment outside the household, household on-farm agricultural work, and household non-farm enterprise activities. Multilevel missed-effects regression results show that female involvement in any type of work is positively and significantly associated with child weight-for-age. However, female simultaneous involvement in on-farm and non-farm work is the only female work combination positively and significantly associated with child weight-for-age. The authors describe the mechanism behind the findings through the lens of (positive) income effect versus (negative) childcare effect, which is consistent with two sets of further findings. On one hand, sub-sample analysis shows that female wage work significantly matters, in a non-linear fashion, for children aged two to five years (toddlers) and boys exclusively. On the other hand, female on-farm work significantly matters for children aged zero to two years (infants) and girls exclusively.

Worldwide, the participation of women (aged 25 to 54) in paid work has increased thanks to expanding educational opportunities and advances in their aspirations. Over last decade, gender gaps in labor force participation rates have narrowed slightly in most regions, while the number of women in vulnerable employment, defined as the share of own-account and contributing family workers in total employment, has also decreased over time and amounts to 46% globally.

Vulnerable employment remains acute in developing countries, and more particularly in sub-Saharan Africa. Women still suffer gender gaps in unemployment, paid labor force participation, vulnerable employment, and pay etc. the benchmark pooled results show that child weight-for-age is positively and significantly associated with female wage work, female on-farm work, and female non-farm work. Unlike for women not working at all, female exclusive involvement in wage work, on-farm work, and non-farm work is associated with higher child weight-for-age. Female simultaneous involvement in on-farm and non-farm work is the only female work combination that is positively and significantly associated with child weight-for-age.

To get further insights on the income and childcare effects, the authors ran two sets of additional regressions. On one hand, sub-sample analysis showed that the positive and significant association between child weight-for-age and female wage work is exclusively driven by the toddlers' sub-sample (2 to 5 years of age), whereas the association between child weight-for-age and female on-farm and non-farm is mostly driven by the infants' sub-sample (0 to 2 years of age). The authors argued that these findings are consistent with the expectation that the relative importance of the income and child care effects switches along the child age distribution.

Publisher: UNU-WIDER; Authors: Rama Lionel Ngenzebuke, Yoko Akachi. Sponsors: The United Nations University World Institute for Development Economics Research provides economic analysis and policy advice with the aim of promoting sustainable and equitable development. The Institute began operations in 1985 in Helsinki, Finland, as the first research and training center of the United Nations University. Today it is a unique blend of think tank, research institute, and UN agency—providing a range of services from policy advice to governments as well as freely available original research.

Details of the paper can be accessed from the link of UNU-WIDER on CME Page

<http://www.womenshealthsection.com/content/cme/>

Two Articles of Highest Impact, November 2023

Editors' Choice – Journal Club Discussions

Fully open-access with no article-processing charges

Our friendship has no boundaries. We welcome your contributions.

1. **Newborn Exposed to HIV: Prevention, Evaluation & Management;**
<http://www.womenshealthsection.com/content/obsnc/obsnc018.php3>
WHEC Publications. Funding: WHEC Global Initiatives are funded by a grant from an anonymous donor. Join us at WHEC Global Health Line for discussion and contributions.
2. **Homelessness, Health and Human Habitation;**
<http://www.womenshealthsection.com/content/heal/heal027.php3>
WHEC Publications. Funding: WHEC Global Initiatives are funded by a grant from an anonymous donor. Join us at WHEC Global Health Line for discussion and contributions.

Partnership for Maternal, Newborn & Child Health (World Health Organization) PMNCH Member

Worldwide service is provided by the WHEC Global Health Line



From Editor's Desk

WHEC Projects under Development

Hate Speech – let us stop it!



Hate Speech is rising all around the world. Hate speech incites violence and intolerance. The devastating effect of hatred is sadly nothing new. However, its scale and impact are now amplified by new communications technologies. Hate speech – including online – has become one of most common ways of spreading divisive rhetoric on a global scale, threatening peace around the world.

The Women's Health and Education Center (WHEC) has a long history of mobilizing the world against hatred of all kinds to defend human rights and advance the rule of law. The impact of hate speech cuts across numerous WHEC's areas of focus, from protecting human rights of women and children and preventing violence, atrocities to sustaining peace, achieving gender equality and supporting women, children, youth and minorities.

Because fighting hatred, discrimination, racism and inequality are among its core principles, the WHEC with its partners and UN System is working to combat hate speech at every turn. This mission is enshrined in our Charter, in International Human Rights Frameworks and global efforts to achieve Sustainable Development Goals (SDGs).

**Hatred is a danger to everyone – and so fighting must be a mission for everyone.
Join our efforts!**

[WHEC's Plan of Action on Hate Speech](#)

In response to the alarming trends of growing Xenophobia, racism and intolerance, violent misogyny, antisemitism, and anti-Muslim hatred around the world – we have initiated this new mission with our friends and partners. This strategy and plan of action emphasizes the need to counter hate holistically, while respecting freedom of opinion and expression, and to collaborate with relevant stakeholders, including civil society organizations, media outlets, tech companies and social media platforms.



Hate Speech is a menace to democratic values, social stability and peace. As a matter of principle, the WHEC must confront hate speech at every turn. Silence can signal indifference to bigotry and intolerance, even as a situation escalates and the vulnerable become victims.

Today, we fear, we have reached another acute moment in battling this demon, and so we have asked our partners and UN System to explore what more we can do. This Strategy and Plan of Action is the result. It points to concrete ways in which the WHEC and its partners can play its part in addressing hate speech around the world while upholding freedom of opinion and expression, in collaboration with Governments, civil society, the private sector and other partners.

Our Key Commitments

1. Monitoring and analyzing hate speech;
2. Addressing root causes, drivers and actors of hate speech;
3. Engaging and supporting the victims of hate speech;
4. Convening relevant actors;
5. Engaging with new and traditional media;
6. Using technology;
7. Using education as a tool for addressing and countering hate speech;
8. Fostering peaceful, inclusive and just societies to address the root causes and drivers of hate speech;
9. **Engaging in advocacy;**
10. Developing guidance for external communications;
11. Leveraging partnerships;
12. Building the skills of Our Staff;
13. Supporting UN Member States;

Communications should be strategically used to address, counter and mitigate the impact of hate speech, as well as counteract its bearing, without restricting the right to freedom of expression.

WHEC will use advocacy, both private and public, to highlight hate speech trends of concern as well as to express sympathy and support to targeted individuals or groups.

WHEC keeps up with technological innovation and encourages more research on the relationship between misuse of the Internet and social media for spreading hate speech and the factors that drive individuals towards violence. We have established and strengthened partnerships with new and traditional media to address hate speech narrative and promote the values of tolerance, non-discrimination, pluralism, and freedom of opinion and expression.

Join the efforts



2023 WHEC Annual Highlights

We thank our writers/editors, physician board and the contributors for making 2021 a success. We look forward to your continued support.

A good quality education is the foundation of health and well-being. For people to lead healthy and productive lives, they need knowledge to prevent sickness and diseases. Education is catalyst for development and a health intervention in its own right. Education develops skills, values and attitudes that enable citizens to lead healthy and fulfilled lives, make informed decisions, and respond to local and global challenges. WHEC's goal is to support the contribution of national education sectors for ending HIV/AIDS and other sexually transmitted diseases in adolescents, and promoting better health and well-being for all children and young people. This NGO is committed to strengthening the links between education and health, reflecting growing international recognition that a more comprehensive approach to school health and coordinated action across sectors is needed. Our Editorial Board has decided to compile these 10 Reviews/Practice Bulletins in 2024:

Newborn Care Section:

1. Newborns
2. Rare Clotting
3. Newborn an

Obstetrics Section:

4. Postpartum care
5. Health Disease in Pregnancy.

Focus on Mental Health Section:

6. Minding Mental Health in Adolescents
7. Gun Violence and Safety.

Gynecology:

8. Women's ;
9. Pediatric and Adolescent .

Healthcare Policies and Women's Health Section:

10. Addressing Racism in Medicine:

WHEC Participation with United Nations: Year 2023

Side Events

1. 61st Commission for Social Development (CSocD) Session; 7 February 2023.
2. UN 2023 Water Conference; In-Person Side Event; 23 March 2023.
3. 56th Commission on Population and Development (CPD); 13 April 2023.
4. 8th Multistakeholder Science, Technology & Innovation (STI) Forum, 3 May 2023

Details: <http://www.womenshealthsection.com/content/whec/sideevents.php3>

UN Documents / Publications

1. 61st Commission for Social Development (CSocD) Session: E/CN.5/2023/NGO/7
2. 67th Commission on Status of Women (CSW) Session: E/CN.6/2023/NGO/55
3. Water Action Agenda (WAA) #SDGAction49770 and #SDGAction50616
4. 56th Commission on Population and Development (CPD): E/CN.9/2023/NGO/9
5. 8th Multi-Stakeholder Science, Technology & Innovation (STI) Forum; **Science-Policy Brief – Open Science to Achieve 2030 UN Agenda**, 3 May 2023

Available @: <http://www.womenshealthsection.com/content/whec/publications.php3>

We welcome you all to contribute and share your opinions. Please contact Dr. Rita Luthra, at rita@womenshealthsection.com if you wish to contribute and/or get involved in this project.

Education-for-All and Health-for-All



The Impact of Discrimination on Children



Racism and Discrimination against children based on their ethnicity, language, and religion on rife countries across the world – it hurts us all. **Rights Denied.**

Childhood is an important time in developing lifelong beliefs and identity. Our self-concept of race and ethnicity and our role in society come from everyday experiences, conversations and behaviors with caregivers, the stories we are exposed to and peer interactions. Parental attitudes and discriminatory preferences can also be transmitted to younger generations.

Discrimination and exclusion deepen intergenerational deprivation and poverty. Discrimination pushes children from discriminated against groups into inequity through limited access to – or sub-standard – critical services. As a result, discriminated-against children often suffer from poorer health, nutrition and learning outcomes, higher likelihood of incarceration, higher fertility among adolescent girls and lower employment rates and earnings in adulthood. They fall behind their peers, further widening inequities.

Why focus on discrimination?

In every country in the world, people belonging to national or ethnic, religious, and linguistic minority groups contribute to their societies. Although minorities enrich countries' diversity, they also face multiple forms of discrimination resulting in marginalization and exclusion. A 1992 United Nations Declaration defines minorities based on four often-overlapping categories: National, ethnic, religious and linguistic.

In the past half century, significant social progress often led by young people has opened opportunity, protected rights, and battled injustice. On average, at least 9 in 10 people in young and older generations agree that treating minorities equally is important. And yet, entrenched and systemic discrimination persists across regions, countries and income groups.

Discrimination is complex and can take place based on multiple grounds. The concept of intersectionality in discrimination recognizes the ways in which social identities overlap and create compounding experiences of discrimination and concurrent forms of oppression based on two or more grounds such as gender identity or expression, sex, sexual orientation, ethnicity, caste, descent or inherited status, age, castes, disability or health status. It recognizes the diversity within groups or communities and the need to appreciate the unique experiences and needs of individuals affected by intersectional discrimination and oppression. This understanding is key to the development of effective policies and programs that address, redress and prevent marginalization, discrimination and inequality.

In many ways, the fight against discrimination and for inclusion is today's central cause that cuts across the urgent issues facing children and young people including climate change, the response to the COVID-19 pandemic and conflict. The COVID-19 pandemic has laid bare deep inequalities and disparities between groups

We can – and we must – take action to protect the rights of every child to be free from discrimination and exclusion.

Art & Science

Art that touches our soul

Saint Anne Anonymous work



Saint Anne is a Makurian wall painting estimated to have been painted between the 8th and 9th centuries, painted *a secco* with tempera on plaster. The anonymous work, depicting Saint Anne, the mother of Mary, was found at Faras Cathedral in Lower Nubia, located in the north of present-day Sudan. The painting was discovered by a Polish archeological team during a campaign undertaken in the 1960s under the patronage of the United Nations Educational, Scientific and Cultural Organization (UNESCO) in Faras, before the site was flooded by the creation of Lake Nasser.

Since 1964, the painting has been in the Faras Gallery at the National Museum in Warsaw. It is on display in Room VI of the Faras Gallery. The image of Saint Anne has been used as a logo of the

National Museum in Warsaw. Saint Anne is the only known depiction of this saint making the gesture of placing a finger on her lips. There are several interpretations of the symbolism of this gesture. It may be a command to remain quiet and silent.

It may relate to the “God’s silence,” in which, according to Ignatius of Antioch three mysteries related to Mary took place: a miraculous conception, virginity and birth of the Messiah. Another theory suggest that the gesture relates to prayer. In Egyptian and Palestinian monastic groups, a custom existed of prying quietly while holding a finger of the right hand on one’s lips; it was believed this gesture protected people from evil, which might otherwise prevail in human hearts during prayer.

Dimensions: 69 cm X 68.5 cm (27 in X 27 in); Medium tempera on silt plaster.

*Monthly newsletter of WHEC designed to keep you informed on
The latest UN and NGO activity*

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