

## **ARTICLE WRITING**

Parivartan, The NSS unit of Mata Sundri College for Women organized an Article Writing Competition - 'Freedom of speech: A Boon or A Bane?' on the occasion of Azadi ka Amrut Mahotsav on 17th July, 2021. Volunteers participated to express their views on this topic.

Freedom of expression is a fundamental human right. It is an indispensable right in a democracy and is guaranteed to the citizens of India under Article 19(1)(a) of the Constitution of India. It enshrines the principle of 'liberty of thought and expression' given in the Preamble and in return, reinforces all other human rights, allowing society to develop and progress. The ability to express our opinion and speak freely is essential to bring about change in society. It is not only about your ability to speak but the ability to listen to others and allow other views to be heard. One can develop their cognitive abilities with a free mind and only a free and healthy mind is open to new ideas to find solutions. On the other side of the coin, freedom of speech and expression can not act as a permit or license to incite an offence i.e. any act or omission that is made punishable by law. Volunteers penned down their thoughts on the topic and broadened their knowledge on the subject.