

Current Status of Human Rights in Kashmir Amid Indo-Pak Tensions: A Critical Contemporary Analysis

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ABSTRACT

South Asia continues to experience the Kashmir conflict between India and Pakistan as its longest-running and most unstable geopolitical dispute. The current state of Kashmir has grown intricate during 2023-2024 because territorial claims between nations combine with mounting human rights violations in the region. This research examines Kashmiri human rights situations during the Indo-Pakistani rivalry by analyzing the Pahalgam attack and changing circumstances regarding the Indus Waters Treaty. This research examines how both states contribute to sustaining conflict through international media reports and diplomatic declarations and expert explanations alongside their attempts at resolution and the roles of global organizations United Nations and Organization of Islamic Cooperation (OIC).

The regional environment has grown increasingly securitized because of curfews and communication blackouts and mass arrests which human rights organizations now strongly condemn. The document examines how the continuous border conflict affects Indian and Pakistani citizenry economically and humanitarian-wise through population movements along with economic declines and geographical unrest. The article focuses intensively on how political actors manipulate water resources through the Indus Waters Treaty which creates potential severe environmental and economic problems for Pakistan.

The civilian people of Kashmir suffer as both countries maintain their political power positions according to the study results. The discussion presents diplomatic options which advocate for new direct negotiations between Pakistan and India accompanied by strengthened exchanges between their citizenries and international arbitration and holistic human rights oversight frameworks. In the absence of a lasting peace blueprint the present conflict faces the possibility of escalating into a huge anthropogenic and regional catastrophe which could affect South Asia's foundational security along with developmental dynamics.

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KEYWORDS: Kashmir conflict, Indus Water Treaty, Human rights violations, Indo-Pak relations, Regional security

I. INTRODUCTION

History records the Kashmir conflict among one of the extended territorial disputes and ideological conflicts that exist in modern geopolitics. A division of British India in 1947 created Jammu and Kashmir to become a disputed territory between India and Pakistan though they each control limited areas. Throughout many decades the conflict has moved from traditional battles through border conflicts to diplomatic stands and brief periods of peaceful dialogues. Human rights issues facing the civilian population in an ongoing conflict receive sparse

attention when high-level political leaders conduct discussions. The human rights crisis has worsened in Kashmir since 2023 up to 2024 resulting in global concern.

The investigation focuses on human rights conditions affecting Kashmir currently as tensions between India and Pakistan continue to escalate. Conflicts in the region now extend beyond conventional disagreements about boundaries because Pakistan and India focus on water resources administration via the

Indus Waters Treaty as well as an elevated military presence following the Pahalgam attack that killed multiple civilians and security forces. Both sides have deepened their nationalist feelings because of media presentations and government statements making it harder to achieve peace settlement.

When India terminated Article 370 of its Constitution in 2019, this decision established fundamental long-lasting effects that mold the present circumstances in Jammu and Kashmir territory. The Pakistani government strongly opposed the legislation until international organizations criticized the move. Since India revoked Article 370 of its constitution from Kashmir the territory has faced heightened military occupations combined with banned public expression and widespread arrests alongside frequent internet blackouts. The interventions of Pakistani diplomats at the United Nations and OIC together with their support for Kashmiri separatists maintain high diplomatic tensions between India and Pakistan.

Everyday struggles faced by Kashmiri people form the central theme of this discussion. The citizen population suffers under these nuclear powers since they impose nighttime restrictions and enforce disappearances while shutting down civil rights and causing an economic slowdown. Growing media discourse about using water for geopolitical purposes combined with national political rhetoric about war has brought heightened worries about an impending humanitarian crisis.

This research provides an extensive study that examines Kashmir human rights conditions during Indo-Pakistani tensions through assessment of recent events together with legal structures and international reaction and possible routes to de-escalate the situation. The analysis strives to support academic, diplomatic, and civil society understanding of the conflict by focusing on preserving human rights for Kashmiri peoples.

II. RECENT ESCALATIONS AND CURRENT AFFAIRS

During 2023 India and Pakistan lived through a dangerously volatile period which intensified their relationship conflicts above all in the dispute over Kashmir. Military buildup during this time combined with militant warfare along with elevated diplomatic and media efforts have defined the current period. Several crucial events have demonstrated that the region remains in an unstable state which makes existing border tensions between India and Pakistan worse.

A. Pahalgam Attack and Its Aftermath

The escalation of tension became firmly established when militants attacked Pahalgam at the beginning of

2024. Militants with heavy weapons infringed upon Indian paramilitary forces patrolling Pahalgam tourist town thus causing the deaths of more than twelve soldiers and injuring multiple civilians. The attack met widespread criticism while triggering new blame from India regarding Pakistani cross-border terrorism practices and militant base activities.



Figure 1: Pahalgam Attack and Its Aftermath

Congruously India reinforced its counter-insurgency response in Jammu and Kashmir through heightened military operations which produced various arrests with prolonged curfews followed by documented reports indicating human rights infringements that comprised unlawful detentions alongside restricted media liberties. The Pakistani government refused to acknowledge participation in the event but utilised the incident to spread awareness about human rights deterioration within the valley and demanded worldwide action. The incident produced severe diplomatic tensions and pushed both countries into nationalist confrontations that became apparent through political addresses and national media content.

B. Media Discourse and Political Narratives

Traditional and digital media platforms form an essential component in the process of influencing public perception along with political dialogue related to the Kashmir issue. Media outlets in India primarily interpreted this Pahalgam attack because Pakistan maintained its support for militant activities across Indian borders. The Pakistani media chose to deliver its coverage by showcasing Indian military misconduct while showing how Kashmiri Muslims suffer from Indian rule.

The quick propagation of false information coupled with propaganda results from social media platforms causing public feelings to increase as they spread uncontrolled. Nationalistic narratives have dominated other perspectives so much that peace advocates have gradually disappeared from public discourse while extremist perspectives have seized most intellectual territory.

C. Indus Water Treaty Tensions

The World Bank established the Indus Waters Treaty in 1960 to serve as the main agreement for Indian-

Pakistani water resource sharing. The treaty has come under extraordinary strain because of the emerging tensions between the two parties. Indian officials from the BJP government and other public officials have threatened to review or completely remove India from the Indus Waters Treaty after numerous militant attacks in Kashmir.



Figure 2: Indus Water Treaty Tensions

India accelerated multiple hydroelectric projects on the Chenab and Jhelum rivers during the late 2023 period which according to Pakistan constitutes a breach of the IWT spirit although it may lack formal noncompliance. The World Bank received complaints regarding the situation from Islamabad while international legal bodies received appeals from the Pakistani government. Water which traditionally fell into the "soft" conflict category now functions as a strategic weapon leading various experts to anticipate water may become a tool for war. Water availability stress in Pakistani agricultural regions becomes more prominent because of their dependence on Indus tributaries which produces additional humanitarian risks.

D. Diplomatic Actions by Both Governments

Together diplomatic actions have shown both rising tensions and efforts towards negotiations in this period. India strengthens its positions at international events including the G20 where a meeting was held in Srinagar in 2023 by focusing on domestic security as well as political independence. At the global stage Pakistan approaches both the Organization of Islamic Cooperation (OIC) and United Nations Human Rights Council to present Indian violations of human rights and Kashmir demographic changes.

Official communication channels between India and Pakistan have reached an all-time low due to suspended relationships. The constrained relationship between both countries results in extremely limited communication and frozen trade activities and religious pilgrimage services through their high commissions. The breakdown in diplomatic relations worsens mutual distrust thus making peaceful settlement less probable.

III. HUMAN RIGHTS SITUATION IN KASHMIR

The Kashmir human rights situation creates long-standing conflicts between India and Pakistan alongside India and the worldwide human rights institutions. The situation marked by intense violence between militants and military forces has resulted in a continuous cycle of destructive events which determented the safety of civilians to an extreme extent. The situation regarding fundamental rights violations has grown increasingly serious during the period from 2023 until 2024.



Figure 3: Human Rights Situation in Kashmir

A. Civilian Safety, Communication Blackouts, and Curfews

Indian authorities implement curfews together with communication blackouts throughout Kashmir Valley after major incidents particularly when such events like the Pahalgam attack occur. The official explanation of security needs presents these measures which face criticism for their violation of civil liberties. Districts within the Kashmir Valley experience internet restrictions that span over multiple weeks thus cutting off emergency communications along with educational programs and vital news updates.

Security personnel have frequently implemented house-to-house searches together with random detentions while using excessive force in southern Kashmir according to documented reports. Progressive news outlets together with civil organizations present evidence showing that authorities have detained 400 civilians through Public Safety Act (PSA) since January 2023. Security forces face scrutiny regarding reports of deaths which occurred during protests or encounters because they deployed live ammunition.

B. Reports from Human Rights Organizations

Amnesty International together with Human Rights Watch and United Nations special rapporteurs issued multiple reports to criticize actions performed by both the government of Kashmir and local militant organizations. Key concerns raised include:

- Youth suffered permanent blindness and disfigurement because security forces freely used pellet weapons.
- The detention facilities contain examples of both torture crimes and unethical treatment of prisoners who are even young enough to be considered minors.
- The Indian government has arrested both journalists and lawyers as well as political activists who express dissent.
- Lack of transparency in the legal processes and restricted access to fair trials.

A joint report authored by Human Rights Watch together with a Srinagar-based legal aid group identified over 200 unresolved cases of enforced disappearances which occurred during multiple years throughout 2023. Indian authorities dismissed this research as politically influenced and biased since the report works against anti-terrorism measures.

C. Impact on Education, Health, and Daily Life

Educational services together with healthcare provisions suffer the most noticeable negative consequences during the present crisis. Thousands of students suffered academic setbacks because of numerous school closures that happened when curfews and security lockdowns were implemented. The access to online education becomes impossible when internet shutdowns occur especially in rural regions and security-affected areas.

Healthcare facilities have experienced widespread interruption of their services. Current restrictions implementing movement limitations have led to situations where patients could not get to hospitals on time as ambulance delay occurs due to regular roadblocks. The number of people facing psychological stress and trauma continues to grow and mental health treatment remains fundamentally scarce to the population.

D. Case Studies and Media Reports

➤ Case Study 1: Pulwama District

The death of a local militant commander during a security operation triggered a three-day curfew and more than seven days of internet restriction in Pulwama. Multiple journalists faced obstruction while they tried to cover news and local media received official pressure to stop their reported content labeled as “provocative.” Social media shared a video revealing how pellet trauma blinded a local adolescent causing Srinagar's downtown districts to protest for the first time.

➤ Case Study 2: Baramulla's Displaced Families

At least 120 families had to leave their homes because Baramulla district forces continued their

military operations through November 2023. The civilian population who should qualify as IDPs do not receive protective assistance because authorities have not granted them official IDP status.

The accounts reveal both extensive victim numbers and severe types of human rights violations that exist in Kashmir. This complicated matter needs a balanced less harsh solution that rises above political and military considerations.

IV. INDUS WATER CONFLICT AND STRATEGIC IMPLICATIONS

Water has evolved into a battle-halting instrument which symbolizes the enduring conflict between India and Pakistan. The World Bank mediated the Indus Waters Treaty which India and Pakistan signed in 1960 before undergoing various major conflicts between their nations. Rising geopolitical tensions together with Pahalgam attack incidents have pushed India to use its dominance over Indus basin rivers as a strategic tool which concerns Pakistan about water security threats.

A. Breakdown of the Indus Water Treaty

The IWT continues technically but its operational functionality has clearly stopped working. The 2023 Indian government declared its independence in reviewing the treaty's position because Pakistan failed to stop its internal militant presence while weaponizing diplomatic tools. India started speeding up the construction of the Pakal Dul, Ratle, and Kiru hydropower projects in Jammu and Kashmir despite Pakistani objections to these developments. The World Bank arbitration proceedings are stuck due to distrust between Pakistan and India as Islamabad takes its complaints regarding the treaty to the Bank and seeks international arbitration.

The implementation of delayed river tributary projects on Chenab and Jhelum rivers has raised concerns about Indian water control actions which could affect Pakistan's vital agricultural watering periods. The Indian government argues the irrigation projects follow runoff stream standards established by the treaty yet Pakistan believes India executes this plan as part of its strategic water security attack.

B. Hydropolitics: Water as a Weapon or Diplomatic Tool

Water use as a strategic asset known as hydropolitics transformed the IWT into a geopolitical boundary that divides the two nations. The recent bloodshed in India led political officials to assert through statements that "blood mingling with water is impossible" thus demonstrating their intent to implement dynamic force through water-based strategies.

Experienced experts argue weaponizing water would create an undesirable international legal precedent which might spark countermeasures extending past water-based conflicts into cyber attacks and proxy conflicts and limited military involvement. Water remains a possible diplomatic platform that enables countries to resume dialogue through environmental partnerships during climate change implementation operations.

Multiple policy entities across Pakistan and India support treaty reconstruction efforts that would integrate dispute settlement procedures with climate change prevention methods as well as intensified third-party observation mechanisms. Thus far these proposed changes face strong political opposition which makes their implementation improbable during this period.

C. Potential Escalation Risks

The increasing misuse of IWT as a coercive tool makes critical assessments more likely to end in wrong decisions. The existence of Pakistan depends heavily on the Indus basin which provides agricultural output exceeding 75% thus any water availability threats are regarded as critical to its survival. During dry seasons any limited disruption of water flow according to military analysts could lead to an extreme security response involving military deployment and strategic movement at the Line of Control (LoC).

The weakening IWT system creates additional challenges for ongoing backchannel negotiations while simultaneously diminishing mutual trust programs between Pakistan and India. The unresolved Indus issue may develop from its current status as a subterranean pressure point that could become an open military trigger for nuclear instability in South Asia.

4.4 Table: Timeline of Indus Water-Related Disputes (2016–2024)

Year	Event	Description	Impact
2016	Uri Attack Fallout	India suspended IWT meetings temporarily	Symbolic hardening of stance
2018	India announces plans to divert water from eastern rivers	Response to Pulwama	Escalated diplomatic tension
2019	Ratle Project revived	Pakistan protests to World Bank	Increased international scrutiny
2021	Kiru Project approved	Pakistan approaches Hague court	Legal arbitration initiated
2023	India reconsiders IWT terms	Official notice to Pakistan	Treaty enters uncertain future
2024	World Bank mediation suspended	Talks deadlocked amid border skirmishes	Breakdown of water diplomacy

V. NUCLEAR STANDOFF: MILITARY AND STRATEGIC RESPONSES

The growing political dispute between India and Pakistan produces increased readiness among their border forces which creates worldwide nuclear disaster anxiety. Both nations intensified their military force at the same time that their diplomatic dispute worsened from Kashmir, the Pahalgam attack and the Indus Water Treaty. As India and Pakistan operate with nuclear weaponry their international security is at risk because any breakdown of diplomatic relations or ground-based escalation could trigger a destructive conflict.

A. Current Military Postures on Both Sides

Both nations sent more troops to their border vicinity after Pahalgam and ongoing LoC clashes took place. Indian forces intensified counter-insurgency missions throughout Jammu and Kashmir as well as operational exercises took place on their western frontier to exhibit preparedness. Higher aerial surveillance over Pakistani airspace came from the Indian Air Force while the Indian Navy takes a steady alert position in the Arabian Sea.

Representatives of Pakistan organized their reserve forces and sent high alert commands to paramilitary frontline installations while working closely with key global partners China and Turkey. Air patrols of key facilities operated by the Pakistan Air Force simultaneously conduct operational readiness tests to verify quick military mobilization actions.

The no-first-use policy established by India and Pakistan's first-use policy when facing existential threats have raised international security alarms because these doctrines show indications of becoming less rigid when extreme threats emerge.

B. Statements from Leadership and International Reactions

Public statements at the highest political levels from both India and Pakistan have intensified the current situation of instability. Indian military officials have declared their right to suspend cross-border terrorism while Pakistani administrators have issued warnings about any actions which could trigger complete retaliatory measures. Nationalistic media outlets intensify public demands for governmental strength so the governments end up feeling compelled to show their might.

Five international bodies consisting of the United Nations and United States and China and Russia and the Organisation of Islamic Cooperation have united to warn against provocative behavior. The U.S. State Department continues to prioritize “direct dialogue” while the United Nations Secretary-General works towards tension reduction by offering mediation services that India consistently declines.

C. Risk Assessment of Full-Scale War

Regular meetings between parties fail to decrease the substantial possibility that hostilities could intensify. Military experts predict that border crossings or retaliatory air attacks will rapidly expand into large-scale military hostility whenever automated warning protocols or political commanders misread the situation. The existence of nuclear arms creates unclear strategic conditions that function as both defensive deterrents and trigger dangerous preemptive attacks.

The failure of diplomatic efforts threatens to trigger thousands of casualties and internal population movements as well as economic collapse for both nations. Nuclear deployment during full-scale war would create devastating humanitarian effects which would extend beyond South Asia into worldwide poor economic conditions and food scarcity alongside environmental disasters.

5.4 Table: Comparison of Military Strengths (2024 Estimates)

Category	India	Pakistan
Active Personnel	1.45 million	654,000
Defense Budget	\$75 billion USD	\$10 billion USD
Nuclear Warheads	~160	~165
Combat Aircraft	600+ (Rafale, Su-30MKI, Mirage 2000, etc.)	~400 (JF-17, F-16, Mirage III/V, etc.)
Main Battle Tanks	4,500+ (T-90, Arjun)	~2,200 (Al-Khalid, T-80UD)
Naval Strength	150+ ships (1 aircraft carrier, 15 submarines)	100+ ships (5 submarines)
Missile Systems	Agni, Prithvi, BrahMos	Shaheen, Ghauri, Babur
Cyber Capabilities	Advanced (DRDO, military AI programs)	Growing (ISPR-led modernization initiatives)

VI. CONSEQUENCES OF A POTENTIAL CONFLICT

A forthcoming military conflict between India and Pakistan during times of rising tension regarding Kashmir as well as the Pahalgam attack and disputes about the Indus Water Treaty would trigger catastrophic consequences. The nuclear capabilities and extensive armies of India and Pakistan would give a potential conflict global effects which would cause instability throughout South Asia and disrupt international peace and trade and endanger humanitarian safety.

A. Civilian Casualties

Human life would suffer tremendous losses during wartime conditions. The border areas of India and Pakistan contain dense populations while large cities such as Lahore and Amritsar together with Jammu and Srinagar will come under attack from artillery and missiles.

During the 2019 Pulwama-Balakot clashes several short-term military actions resulted in major site disruptions and forced the displacement of numerous civilians. Such a full-scale war would result in numerous negative effects.

- Tens of thousands of deaths within weeks.
- Thousands of people face displacement from both areas of the Line of Control and the international borders.
- The infrastructure sustained damage through deliberate strikes and unintentional destruction of hospitals together with schools and residential areas.

Displacement trauma together with long-term psychological effects from war exposure would doom educational systems and mental health support networks in Kashmir and other affected regions for several generations.

B. Economic Fallout

Both economies faced an imminent destruction because of war. The impact of conflict would harm both economies extensively yet Pakistan's already unstable situation along with IMF restrictions would suffer greater damage than India's developing system.

The cost for India will include:

- Capital flight and devaluation of the rupee.
- Loss of investor confidence and stagnation in foreign direct investment (FDI).
- Reallocation of resources from development to defense.

For Pakistan, already in a precarious economic position:

- A war would likely force Pakistan into sovereign default status and impose additional constraints from the International Monetary Fund.
- War would interrupt essential supplies of energy together with food through imported channels.
- New national defense spending would rise up to deplete existing funding allocated for social programs.

C. Impact on Trade, Diplomacy, and Global Security

The conflicts between Pakistan and India would generate numerous consequences throughout the region and across the world.

- The collapse of bilateral trade would damage supply chains operating in textiles and pharmaceutical sectors and agricultural production.
- International diplomacy would face complexities because the United States along with China along with Russia and Gulf states would need to choose sides or intervene in the situation thus intensifying global power conflicts.
- The security situation across the globe would considerably intensify. The existence of a nuclear standoff between two countries in South Asia would result in major adjustments of defense approaches across Eastern Asia and the Middle East who may start horizontal or vertical arms competition.

The breakdown of the Indus Water Treaty together with ongoing warfare possesses the potential to create water-related crises which would damage plant agriculture and irrigation systems as well as hydroelectric power generation capabilities serving numerous tens of millions.

6.4 Table: Projected Economic Loss (Short-term vs Long-term)

Impact Area	India – Short Term	India – Long Term	Pakistan – Short Term	Pakistan – Long Term
GDP Decline (%)	2–3%	5–7%	5–6%	10–12%
Unemployment Increase	+10 million	+20 million	+5 million	+12 million
FDI Outflows (USD)	\$15–20 billion	\$50+ billion	\$3–5 billion	\$12–15 billion
Inflation Spike	+4–5%	Stabilizing after 2 years	+8–10%	Continued due to debt distress
Public Debt Increase	\$100 billion	\$250 billion	\$20 billion	\$50 billion
Defense Spending Growth	+25%	+40%	+40%	+60%

VII. ROLE OF INTERNATIONAL COMMUNITY

The ongoing tension between Indo-Pak has consistently gained worldwide interest due to Kashmir disputes and renewed conflict drivers stemming from the Pahalgam attack together with disagreements about the Indus Water Treaty. The combination of nuclear power with geopolitical vital locations across India and Pakistan leads international groups including multilateral bodies together with single states and global media outlets to pursue various roles in this crisis case either by mediating or influencing or performing analysis.

A. United Nations (UN)

Throughout the history of Kashmir conflict the United Nations has mainly provided ceremonial and

administrative functions. Since 1949 the UNMOGIP has maintained its position to monitor ceasefire violations through its patrol operations near the Line of Control (LoC). Over time the organization lost its power because it faced restricted entry and India shifted its position regarding outside party roles.

In recent months:

- The leader of the United Nations secretariat showed serious worry about intensifying violence and civilian losses in Kashmir while demanding both countries to stay measured.
- The United Nations lacks new resolutions or practical steps to handle bilateral sovereignty conflicts because the Security Council remains divided and its permanent members continue to

veto proposed solutions that benefit their support nations.

B. Organisation of Islamic Cooperation (OIC)

From the outset the Organisation of Islamic Cooperation has backed Pakistan on Kashmir by criticizing both rights violations and demanding global probes. During the beginning of 2024 the OIC presented its new resolution.

- The international body condemned the Pahalgam civilian deaths while requesting India to let human rights observers enter Kashmir.
- Supporting Pakistan's call for a review of the Indus Water Treaty through international arbitration.

Despite robust commercial and energy links between India and leading OIC member nations Saudi Arabia and the UAE the group has been unable to take joint punitive measures against India.

C. Role of China and the USA

The Asian nation **China** approaches its political involvement with Pakistan cautiously yet purposefully since it competes with India in the region and supports Pakistan diplomatically.

- The organization displayed worry about water conflict particularly since its CPEC project from the Belt and Road Initiative goes through Pakistan-controlled Kashmir.
- Beijing uses its veto power at the United Nations Security Council to block statements that condemn Pakistan while its military forces in Ladakh conduct border operations as a form of pressure against India.

United States maintains strategic ties with India yet simultaneously promotes intergovernmental discussion between Pakistan and India.

- U.S. diplomats have made secretive travel between Islamabad and New Delhi to convince both nations to reduce tensions.
- Washington maintains its position that Kashmir responsibilities belong to both nations but continues to intervene with concern about nuclear dangers while offering to assist with water disputes within the World Bank guidelines regarding the Indus Water Treaty.

D. International Media Influence

The growing coverage of Kashmir tensions appears frequently in major international news outlets BBC, Al Jazeera and The New York Times together with DW.

- The civilian cost of lockdowns and crackdowns in Kashmir.
- The environmental and human consequences of the Indus water conflict.

- The rising nuclear saber-rattling and military expansion along with warning statements about universal risks arising from a limited conflict in South Asia.

However, media narratives differ significantly:

- The principal focus of Western media consists of publishing reports on human rights abuses along with diplomatic resolution recommendations.
- Russian and Chinese media outlets discuss foreign policy in South Asia by supporting Pakistan's water disputes through elliptical commentary.
- The Indian media outlets mainly discuss the water disputes from a national security perspective while showing increasing political bias in their reporting.

E. Mediation Efforts and Limitations

Third parties make few attempts to intervene in the crisis.

- The government of India resists international mediation in the Kashmir dispute because it finds support in the diplomatic agreements signed at Simla and Lahore which establish Kashmir as a problem between India and Pakistan.
- The government of Pakistan actively pursues international mediation because it wants arbitration for both water-sharing disputes and human rights violations.

The continuous appeals for dialogue have failed to produce successful mediation efforts because of these reasons:

- Both India and Pakistan show an unwillingness to take serious action.
- The lack of trust between both nations remains persistent alongside the absence of Confidence-Building Measures (CBMs).
- The strategic alliances that countries form tend to strengthen their rivalries instead of settling the disputes.

The international community successfully observed and criticized the Indo-Pak crisis through mediation but meaningful third-party resolution faced challenges because of the global disagreement and Indian preference for bilateral frameworks. Both countries need ongoing international diplomatic pressure along with diplomatic balance to maintain peace and steer their nations toward communication.

VIII. CONCLUSION

AND

RECOMMENDATIONS

The Kashmir dispute between India and Pakistan along with water and security tensions between nuclear states has emphasized the unstable relationship between the two nations once more. Various long-term territorial conflicts produced by

intensifying water disputes under the Indus Water Treaty alongside increasing Pahalgam attacks triggered worries about destabilizing the region. Human rights abuses in Kashmir develop into an escalating humanitarian crisis as both military control and blocked communications and enhanced military presence in civilian areas continue throughout Kashmir.

This document has discussed multiple essential developments, they include:

- The Pahalgam attack and its symbolic and strategic implications.
- Hydropolitics has evolved into a negotiating strategy for controlling water distribution between countries which produces increasing tension between them.
- Both the deployment of military forces and ongoing nuclear weapon policy positions create greater chances for unintentional escalation incidents or deliberate intentional escalation actions.
- The human situation in Kashmir persists as a critical problem because of scarce international monitoring and intensifying mental distress among residents.
- International actors maintain essential yet restrained participation by performing delicate roles in both conflict mediation and discourse building along with their UN and OIC and Chinese and United States participation.

A. Urgent Policy Steps

Preventing further worsening and avoiding a terrible conflict requires that several rapid policy measures should be implemented immediately.

1. Revival of Bilateral Dialogue Mechanisms

- Authority figures from both sides should restore secret diplomatic channels to discuss restoring trade partnerships and managing humanitarian aid delivery first.

2. Water Conflict Resolution Framework

- The World Bank or International Court of Arbitration should serve as neutral parties to reevaluate both compliance and grievances which exist under the provisions of the Indus Water Treaty.
- A technical commission composed of joint members should be formed to share hydrological data with transparency.

3. De-escalation of Military Rhetoric and Activity

- The implementation of mutual military forces withdrawal along conflict areas should accompany renewed ceasefires between both sides of the LoC boundary.

- Forces should stop conducting controversial military drills and perform no threats regarding nuclear weapons.

4. Humanitarian Confidence-Building Measures (CBMs)

- The government needs to enable international observers of human rights to enter Kashmir.
- Reopen communication and transportation corridors across borders, particularly for medical aid and family reunification.

5. Media and Narrative Moderation

- Both parties should be prevented from spreading inflammatory news by implementing ethical journalistic standards while promoting objective reporting practices.
- A system of academic exchange programs between nations should exist to create personal connections between people from different cultures.

B. Paths Toward De-escalation and Peacebuilding

The common goal of de-escalation represents both strategic requirements and moral responsibilities especially during situations that risk civilian survival regionally secure borders and economic development. For long-term peacebuilding:

- The territory of Kashmir needs to evolve into a common area for joint activities instead of remaining a conflict zone so environmental projects and cultural exchanges and economic partnerships can take place.
- Shared management over water resources along with climate resilience planning should turn this element into a unifying element rather than a weapon between these countries.
- India and Pakistan should build their peace framework through the integration of regional initiatives which would advance trade systems and digital networks and counterterrorism actions between SAARC member states and other similar political organizations.

Final Thoughts

The Indo-Pak tension, if left unchecked, poses not only an existential threat to South Asia but also a challenge to global security. Both states preserve their sovereignty and security needs yet the people bear enormous costs from fighting as well as economies lose unprecedented wealth. The future success depends on practical decisions rather than strategic posturing and open discussion above deadlock conditions and joint collaboration over dangerous face-offs. Both India and Pakistan as well as Kashmir's population will experience the highest benefits or losses because of current leadership

decisions since global attention remains fixed on this situation.

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