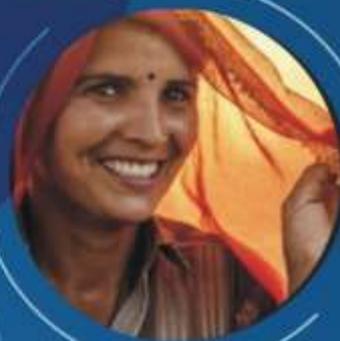
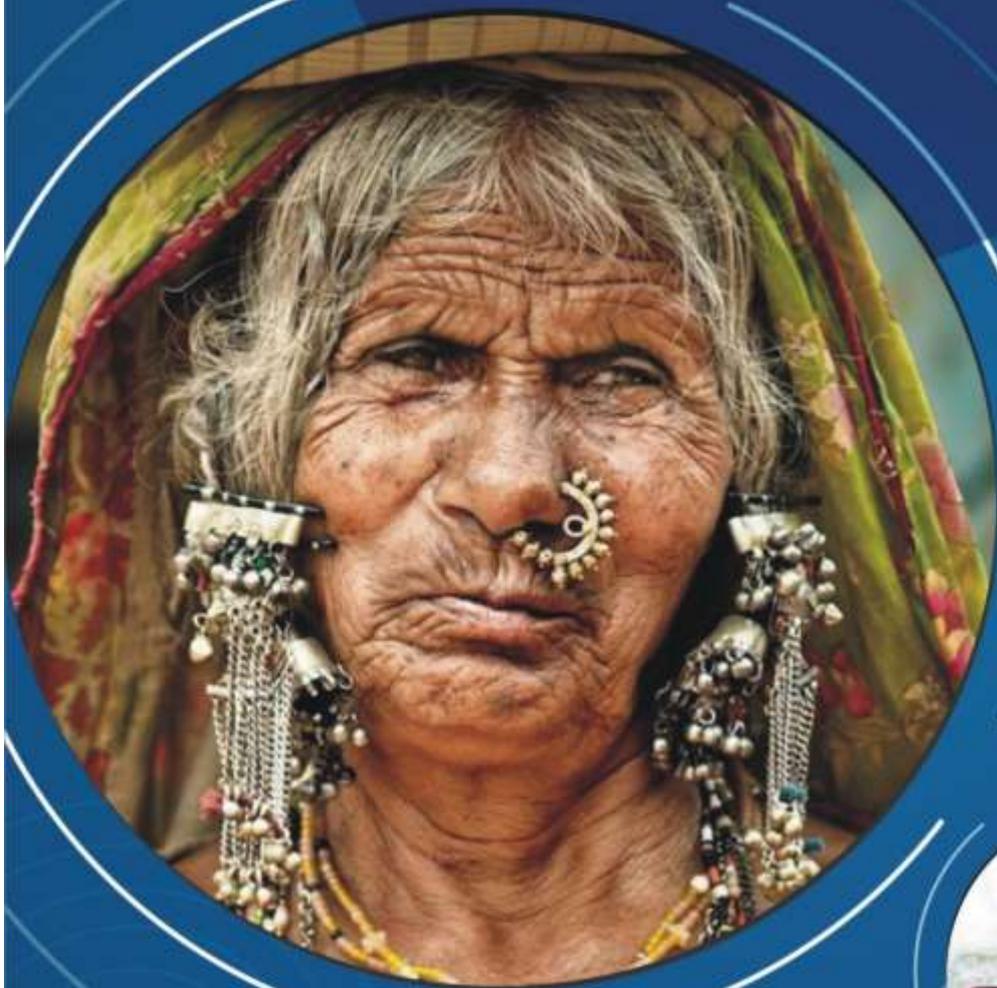


Empowering Women : A Journey Through the Ages



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International Edited Book

“Empowering Women: A Journey Through the Ages”

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**Dedicated to
All the Women...
For their
Betterment...**

Acknowledgement

The empowerment and autonomy of women and the improvement of their political, social, economic and health status is a highly important end in itself. In addition, it is essential for the achievement of sustainable development. We contribute to this issue by creating opportunities for dialogue for the benefits of women, build the skills and confidence of women to achieve their potential and have more influence over decisions that affect their lives. Hence, this edited book is published to create awareness for empowering women. We would like to thank you every writer who has written their chapter and contributed the valuable information they possessed towards making of this book. We would like to thank publisher of book who took the responsibility to publish this book. We would like to thank each and every person who contributed towards making of this edited book.

Anushree Khaire
Kanchan Deshmukh

Preface

In India, the status of women has been subject to many changes over the past few millennia. After 75 years of the independence, it is observed the status of women is a sort of a paradox. The woman on one hand is at the peak of ladder of success, on the other hand she is mutely suffering the violence afflicted on her by her own family members. Ther are many problems become the part and parcel of life and some of them have accepted as their fate. The problems include malnutrition maternal mortality, fertility rate, domestic violence, crimes against women, lack of education, over worked, low wages, poor health and much more.

Hence, on the occasion of International Women's Day in the year of 75 years after independence, we are publishing the edited book entitled "Empowering Women: A Journey through the ages." In this book the chapters are specially on women's health, nutritional problems, gender discrimination and equality, women empowerment through skill development and role of self help groups, entrepreneurship development in agriculture and textile sector, changing roles of women etc. The book is certainly helpful for betterment of all age group of women.

Anushree Khaire
Kanchan Deshmukh

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Role of Health and Nutrition in Development of Women

Anushree R K¹

Veena U K²

Women's development is considered vital to improving nutrition results. Because women are frequently the primary carers, they can impact their children's nutrition both indirectly and directly through their nutritional status and childcare routines.

Women play a unique role in the population's good nutrition. The mother breastfeeds her newborn baby and cooks food for her family. The majority of women work in food manufacturing, trading, public catering, health care, and education. Furthermore, women's comprehension of good dietary concerns is critical to public health. As a result, both in the household and in society as a whole, women play a critical role in adopting a balanced diet strategy.

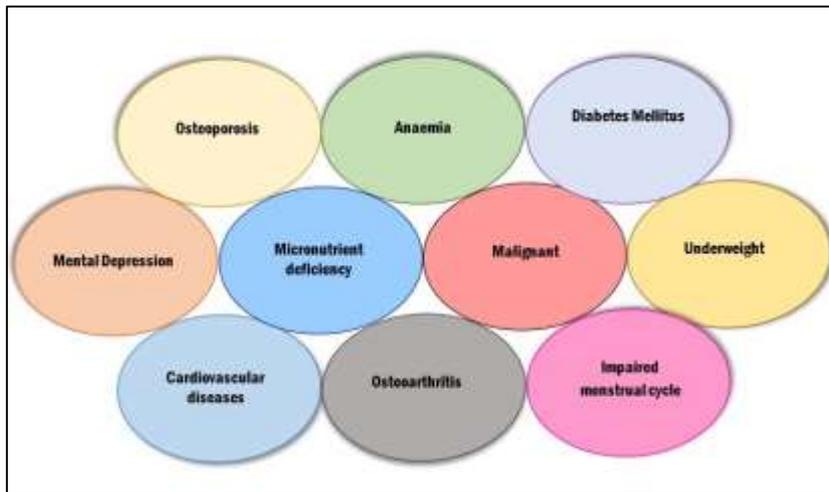
In recent decades, India has achieved remarkable progress in terms of health outcomes; nevertheless, these achievements have not remained consistent with the country's economic expansion. Although we have seen considerable reductions in infant mortality, maternal mortality, and overall fertility rates as a country, the disparities across states continue to be a source of worry. Here are some statistics about women's nutritional status in India.

Nutrition Situation of Women in India

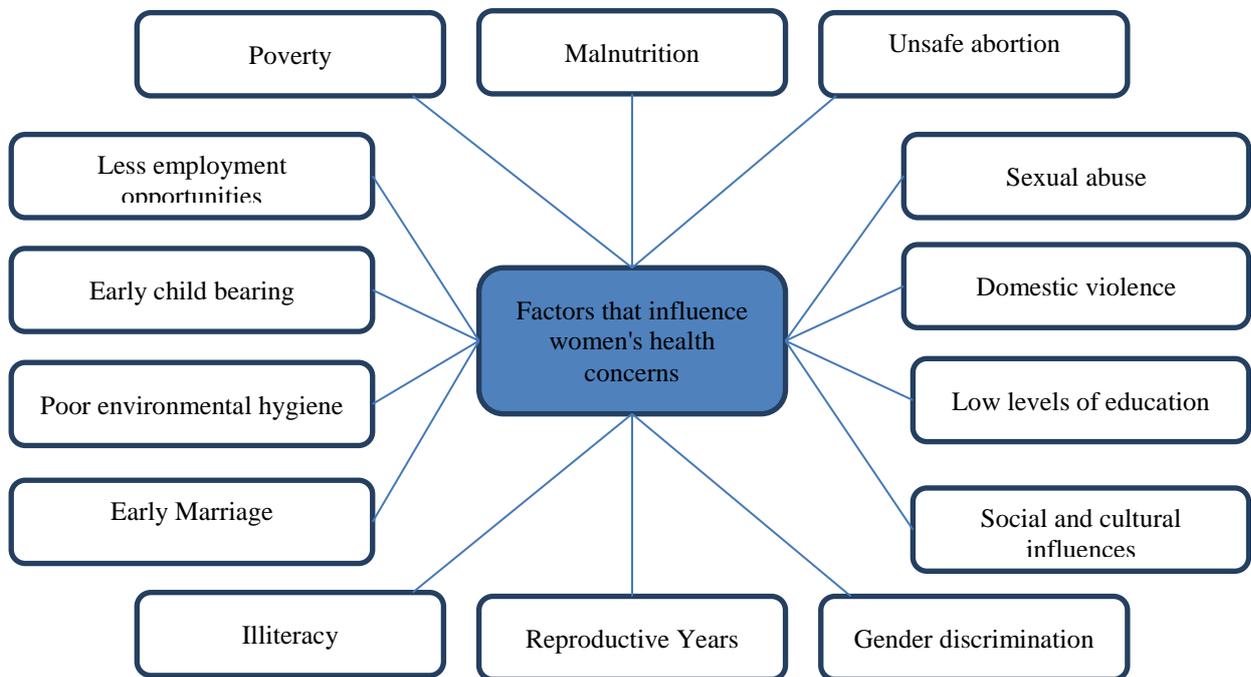
According to national data NFHS-5 2019-2021, anemia among women and children is a subject of concern. More than half of the children and women in 13 of the 22 states/UTs are anemic. Furthermore, despite a large increase in the usage of IFA tablets by pregnant women for 180 days or longer, anemia among pregnant women has increased in half of the States/UTs when compared to the NFHS-4. According to reports, India's present culture and traditional traditions are causing the health and nutritional status of Indian women to worsen. Indian women are prone to malnutrition, especially during pregnancy and nursing. Lactating women were found to have the greatest rate of anemia, followed by pregnant women and teenage girls. Pregnant teenagers, especially those who are underweight, are more prone to have concerns including obstructed labor and other obstetric issues.

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Women's malnutrition-related disorders



Malnutrition in Women

Appropriate nutrition is vital for anyone's health, but it is especially critical for women's health since it has a detrimental influence not only on their health but also on their children's health. Malnourished mothers' children are more likely to have cognitive deficiencies, small stature, low infection resistance, and a higher risk of illness and mortality later in life. Malnutrition threatens women in a variety of ways. It lowers a woman's ability to survive delivery, increases her susceptibility to infections, and depletes her recovery reserves. HIV-positive moms who are malnourished are more likely to pass the infection on to their children and to proceed from HIV to full-blown AIDS more quickly. Malnutrition hurts women's productivity, capacity to generate income, and ability to care for their families.

Malnutrition among women may have several positive outcomes, since healthy women are better able to execute their many responsibilities earning money, ensuring the nutrition of their families, and having healthy children and therefore contribute to countries' socioeconomic advancement. Because women are often in charge of preparing and providing food for the home, their knowledge of nutrition, or lack thereof, can influence the entire family's health and nutritional status. Greater gender equality is vital, which includes enhancing women's control over resources and ability to make decision.

Better Nutrition Helps in Development of Women

Developments	Improving the Nutrition of Women and Adolescent Girls
Eradicate extreme poverty and hunger.	<p>Women who are properly fed are better equipped to care for their families and children.</p> <p>Children born to well-nourished mothers have a higher chance of having generally healthy weights and are less prone to suffer from malnutrition early in adulthood.</p>
Reduce child mortality.	<p>Children born to well-nourished mothers are less likely to suffer in infancy than those born to mothers who are malnourished.</p> <p>Healthy newborns are better capable of surviving childhood diseases if their moms are well-nourished.</p>
Improve the health of mothers.	<p>Women with sufficient iron and other micronutrient reserves are less likely to get serious infections and are more capable of surviving a hemorrhage after birth.</p>
Save the newborn from HIV transmission by allowing the mother to feed her child, reducing the risk of breast cancer.	<p>Even as HIV can be transmitted from a mother to her child during pregnancy, labor, or delivery, as well as through breast milk, research on HIV and infant feeding shows that providing antiretroviral therapy (art) to HIV-positive mothers reduces the risk of transmission through breastfeeding while also improving their health.</p>

Women's Nutritional Needs

Women are more likely than males to suffer from nutritional inadequacies due to a range of reasons such as poor social status, reproductive biology, lack of education and poverty. Sociocultural practices and disparities in domestic labor patterns enhance women's risk of malnutrition. Anemia has gotten substantially worse among children under the age of five, with a current frequency of 67.1 percent compared to 58.6 percent in NFHS-4, and percent of women of reproductive age in the country are anemic, according to the National Family Health Survey (NFHS) 2019-21. According to a study, being underweight hinders women's productivity, while being underweight can lead to greater rates of sickness and mortality. Many

underweight women are also stunted, meaning they are shorter than their age group's median height. Obstetric issues including obstructed labor and the need for specialist assistance during delivery are well-known risk factors for stunting, which can damage or kill mothers and their children. It's also connected to a drop in productivity.

Because they develop faster than at any other time, adolescent girls are more sensitive to malnutrition than at any other period after their first year of life. To maintain teenage growth and fulfill the body's increased demand for iron during menstruation, protein, iron, and other micronutrients are needed. The adolescent who become pregnant have more challenges since their growth may not even be complete. Obstructed labour and other obstetric difficulties are more likely in pregnant teens who seem to be underweight or undeveloped. There really is indication that the bodies of the now adolescent mother and her baby compete for nutrition, raising the risk of preterm birth (defined as less than 2,500 g) and early infant death.

Vitamin A Deficiency (VAD)

There is still a serious public health risk associated with VAD for people who don't consume enough vitamin A from animal products and certain fruits, such as mangoes. Parasite infections and illness and having several pregnancies too close together can aggravate VAD. Weak VAD impairs the immune system, making the patient more susceptible to illness and death while strong VAD causes blindness. The risk of VAD increases for pregnant women.

Iodine Deficiency

The lack of iodine in the body impacts mental function and can result in hypothyroidism (fatigue and weakness) and goiter (enlargement of the thyroid gland). Even though salt iodization efforts have kept the incidence of iodine deficiency disorders at a low level for the past decade, teenagers still have mental health issues, slower physical development, and poor academic achievement.

Iron Deficiency and Anemia

Approximately half of all pregnant women in developing countries are anemic, but rates vary widely by region. In less developed countries, approximately 43% of women of reproductive age suffer from anemia. Women are more susceptible to iron deficiency and anemia during pregnancy. Women with severe anemia are more likely to die during labor and delivery or in the postpartum period. Anemia causes fatigue, reduces your work capacity, and makes you more prone to illness.

How Women's Nutrition Affects National Economies

Women's malnutrition has long-term economic implications for families, communities, and nations since it inhibits women's ability to work. Malnourished countries must deal with immediate costs, such as decreased revenue from malnourished citizens, as well as long-term difficulties, such as a high prevalence of diabetes and heart disease in adults, which may be connected to low birth weight.

The quality of care and feeding offered to children ... is critically dependent on women's education, social status, and workload. – UN Sub-Committee on Nutrition

In less developed countries, diseases caused by nutritional deficiencies have had a significant impact on women's productivity. Anemia-related problems cost the South Asian economy \$5 billion per year, including cognitive impairment in youngsters and low productivity in adults. In

less developed countries, women's productivity has been significantly reduced owing to disease induced by food deficiencies. According to a new study from Asia, malnutrition reduces human productivity by 10% to 15% and reduces gross domestic output by 5% to 10%. Increased nutrition of teenage girls and women can help countries save money on health care, improve intellectual ability, and increase adult production.

Improve Nutrition throughout Women's Lives

The life cycle approach can improve women's nutritional status by addressing their nutritional needs throughout their lives. Educating women about proper nutrition at a young age helps them later on in life because many dietary deficits develop throughout infancy and adolescence. It's crucial that the community is involved in the development and support of treatments, as well as that programs don't take contradictory approaches to malnutrition. "Malnutrition is rarely caused by obvious causes, so treatments must address a wide range of factors affecting the target population's nutrition.

Infancy

For the first six months of a child's life, breastfeeding benefits both the child and mother. Starting breastfeeding shortly after birth may assist in reducing maternal haemorrhaging by protecting babies from illness and promoting healthy growth. The delay of menstruation that occurs when a woman breastfeeds for at least two years can help maintain her iron levels. One estimate says that promoting breastfeeding after birth for at least the first six months and forgoing supplementary feeding could save the lives of 1.5 million children annually.

Childhood

Children should consume considerable amounts of acceptable food during late infancy and early childhood to maintain their continued consumption of breast milk, as well as iron and vitamin supplements if necessary. Vitamin A, Iron, and iodine are among the supplements available for children. Iron is essential for cognitive development in the first two years of life, and if iron-rich meals are mostly offered to males, girls may be more vulnerable to iron shortage. Iron-fortified cereals are beneficial, but they may not be sufficient for children, who may require iron supplements. Although iodine can be found in iodized salt, the amount of fortification must be regulated by national authorities.

Adolescence

Female adolescent reproductive rights, nutrition, pregnancy prevention, and general health information and services are all required. To reach out to females, programmes in workplaces, schools, marriage registration systems, and adolescent health activities can all be utilised. Schools may play a significant role in supporting adolescent females in becoming healthy adults. Adolescent girls may help themselves grow into strong women by eating enough, taking iron and folate supplements, eating iron- and iodine-fortified foods, postponing their first pregnancy, and protecting themselves from sexually transmitted illnesses and other problems. Teaching women how to use their nutrition knowledge in food preparation and management can enhance both their own health and the health of their family.

Supplements may enhance girls' general health and maternity outcomes, including lowering their chance of having low-birth-weight infants, in places where many teenage girls are underweight. Treatments for adolescents assist in the formation of healthy behaviors that last into adulthood. Men should be included in such projects as well: Boys who are aware of the increased dietary needs placed on women during pregnancy and lactation may be good partners in raising a family.

Pregnancy

Pregnancy is usually the first time a woman seeks out and receives medical treatment after early infancy.

Women should take regular iron and folate supplementation, and other micronutrients as needed, while pregnancy and for at least three months after childbirth. High-energy dietary supplements may be required by pregnant and nursing mothers in places where so many women result in chronic energy shortage and a higher incidence of low birth weight.

The Postpartum Period

Women's energy demands, especially if they're breastfeeding, continue to be high after birth, so it's vital that they eat enough. Breastfeeding women require around 50% more calories than pregnant women. Vitamin A is especially essential for nursing mothers even though it is passed on to the infant through breast feeding and can assist the both mother and the child avoid sickness and death. Vitamin A supplementation should be provided to breastfeeding mothers if necessary.

To combat all the difficulties, the government had come up with so many Interventions

Intervention packages across the life cycle

Adolescence priority intervention

Reduce anemia by 6% each year in teenage girls and boys (15–19 years) from baseline levels of 56 percent and 30 percent, respectively. Reduce the share of total fertility provided by teens (15–19 years) by 3.8 percent per year, from 16 percent at the outset. This initiative brings together existing IFA supplementation programs for pregnant and nursing women, adolescents, and children. Children ranging in age from six months to ten years, teens ranging in age from ten to nineteen years, both in and out of school, pregnant and nursing moms, and women of reproductive age (15-45 years). Screening and tracking of undernutrition and anemia in families, schools, and Anganwadi.

Under the supervision of ASHA workers, bi-weekly iron supplementation for preschool children (6 months to 5 years) in their homes. Weekly IFA supplementation at government and government-aided schools for pupils in grades 1–5.

Adolescent Friendly Health Services

Teen-friendly health services deal with reproductive and sexual health concerns. It provides information and counseling on themes such as nutrition and mental health to both married and unmarried teens. Apart from the aforementioned issues, there is an outreach component that addresses injuries and violence, as well as substance misuse and non-communicable diseases, and provides a basic package of preventative and curative treatments (Iron folate, contraceptive

counseling, and commodities, menstrual hygiene). Medical Officers attend designated teen clinics at PHCs every week. Specialty clinics are available for the referral at CHCs, District Hospitals/Sub District Hospitals/Taluka Hospitals, and Medical Colleges. A dedicated counselor is available daily at higher-level establishments.

Scheme for promotion of menstrual hygiene among adolescent girls (10-19 years) in rural India

It focuses on increasing teen girls' access to and use of high-quality sanitary napkins in rural areas, as well as ensuring safe and ecologically responsible sanitary napkin disposal. Under this initiative, an ASHA worker in the community provides sanitary napkins to adolescent girls (NRHM brand 'Free days') for Rs. 6/- for a bundle of 6 napkins. The prenatal care package comprises services to track the fetal development as well as the mother's health.

It covers pre-eclampsia, anemia, and other high-risk/complications screenings so that they may be addressed immediately. The public health system provides these services to everyone, both at the outreach level and in health institutions. The package includes birth/emergency readiness counselling, newborn care preparation, nursing, nutrition, family planning counselling, and understanding of post-partum family planning choices.

This bundle includes the ability to test for pregnancy at an early stage. All women of reproductive age, including teenage girls, should have access to pregnancy testing kits ('Nishchay') (unmarried and married). Early pregnancy detection provides a number of advantages, including the ability to register for prenatal care and the safe termination of undesirable pregnancies. This is done over the next 100 days after the baby is born. The package also includes a TT vaccine, which helps to prevent newborn tetanus.

Postpartum IUCD insertion

Instead of depending primarily on the termination option, there has been a shift in family planning techniques to increase spacing (sterilization). Pregnancy outcomes in terms of birth weight have been proven to improve with a 36-month gap between pregnancies. The new born's survival is guaranteed, as is the mother's capacity to build up the reserves required to give birth to another kid.

Operationalizing delivery points

Health facility performance is now monitored against a minimum standard across the health system. Prioritize the delivery sites while allocating resources (infrastructure and human resources, drugs and supplies, referral transport etc.). The number of deliveries delivered each month is one indicator of service consumption. Regulations can, however, be relaxed in remote and inaccessible locations. Creating a need for obstetrical expertise: The Janani Suraksha Yojana (JSY) programme offers a pregnant woman a conditional financial payment for institutional care during her pregnancy and postpartum period.

Janani Shishu Suraksha Karyakram (JSSK)

It's hard to enumerate all of the advantages of this approach. All unwell babies in public health institutions are treated for free for the first 30 days of their life; benefits were recently extended to a year. Guaranteed transportation (ambulance service) from home to health facility, as well as inter-facility transfer and drop-back are all provided free of charge. Pregnant women in non-complicated cases should be carried in ambulances with basic life support. While on the road,

vehicles equipped with enhanced life support, skilled staff, and equipment will be ready to address catastrophes. This aims to make basic and comprehensive obstetric care more accessible (in case of complications requiring surgery or blood transfusions).

Conclusion:

Women require adequate nutrition not just to be productive members of society, but also because maternal nutrition has a direct impact on the health and development of the future generation. Through a multi-pronged strategy, the Health Division plays a critical role in expediting efforts to bring about transformative change in the sector. Our goal has been to bring important concerns to the forefront and to draw policymakers' and all other interested parties' attention to the problem of women's nutrition. There is also growing worry that maternal malnutrition may play a role in the rising burden of cardiovascular and other noncommunicable illnesses among adults in developing nations. Finally, the impact of maternal malnutrition on maternal and new-born survival obstructs nations' progress toward major global development goals.

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A Review of the Therapeutic Potential of *Aloe Barbadensis Mill.* (Aloe Vera) In The Treatment of Polycystic Ovarian Syndrome (PCOS)

Souvik Tewari¹

Swati Nakhale²

Hyperandrogenism in women causes polycystic ovarian syndrome (PCOS), a lifestyle disease. The level of FSH (Follicle Stimulating Hormone) falls while the level of testosterone rises at the same time. PCOS can be caused by a variety of factors. In this article, the etiology and pathophysiology are briefly reviewed. Aloevera (*Aloe barbadensis Mill.*) is a well-known medicinal herb throughout the world for its pharmacological properties such as "anti-diabetogenic," "anti-microbial," "anti-inflammatory," and "anti-obesity," as well as clinical properties such as PCOS management and wound healing, skin protection, and so on. The purpose of this research is to summarize the role of aloevera in the management of PCOS and other PCOS-related illnesses. Aloevera suppresses the genes that cause PCOS and modulates insulin activity. Barbaloin, aloe-emodin-9-anthrone, Isobarbaloin, Anthrone-C-glycosides and chromones, phytosterols, aloin, anthrone, aloe emodin, aloetic acid, choline and choline salicylate, and other bioactive phytochemicals found in aloevera are responsible for its efficacy in PCOS and PC

Keywords: *Hyperandrogenisms, testosterone, 'anti-diabetogenic', 'anti-microbial', 'anti-inflammatory', 'anti-obesity', phytochemicals.*

Introduction:

As a result of enormous advances in science and modern technological applications, human existence has become easier and more effortless to lead in this century. However, as a result, lifestyle problems are becoming more prevalent (**Bhoye et al., 2021**). It has been observed that young people are the most vulnerable to many types of lifestyle disorders (**Senapati et al., 2015**). Many studies have now shown that polycystic ovarian syndrome is a metabolic condition as well as a lifestyle disorder that appears as type-2 diabetes mellitus (T2DM), obesity, and many other symptoms (**McCartney & Marshall, 2016**).

Polycystic ovarian syndrome (PCOS) is one of the most common types of lifestyle disorders in today's society (PCOS). 'Stein and Leventhal' coined the term 'Polycystic Ovarian Syndrome (PCOS)' in 1935, which is why this syndrome is also known as 'Stein-Leventhal syndrome' (**Knochenhauer et al., 1998**). PCOS affects about six out of every ten women, according to research (**Bhoye et al., 2021**). In 2012, the World Health Organization (WHO) estimated that almost 116 million women worldwide were plagued by PCOS (**Goswami et al., 2012**). PCOS is an endocrine condition characterized by hormonal abnormalities. The ovaries widen in preparation for the production of 'cysts,' which are actually immature follicles. These thicken even more, resulting in fibrosis, which prevents the release of ovum and the ovulation process

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(Dunne, 2006).

Etiology and risk factors of PCOS: There are many different etiology and risk factors (Begum *et al.*, 2017; Dunne, 2006; Padubidri, 2008).

- High serum insulin level
- Hormonal imbalance
- Family history of PCOS
- Lifestyle stress
- Family history of infertility
- Obesity
- Junk food habits
- Genetic predisposition
- Lack of exercise
- Family history of diabetes
- High stimulation in adrenal gland

Patho-physiology of PCOS:

Rosenfield and Ehrmann, (2016) noted that the pathophysiology of polycystic ovary syndrome (PCOS) includes ovarian dysfunction that is impacted by extrinsic variables such as hypothalamic-pituitary-ovarian axis abnormalities and hyperinsulinemia. Hypersecretion of luteinizing hormone (LH) is caused by increased gonadotrophin releasing hormone (GnRH) pulsatility, which affects both ovarian androgen production and oocyte development. The gonadotrophin anomalies are amplified by disrupted ovarian-pituitary and hypothalamic feedback. Hyperinsulinemia is caused by both peripheral insulin resistance and poor pancreatic beta cell activity. PCOS appears to run in families, and a number of genetic defects appear to cause symptoms of the disease and explain for the symptoms' diversity. Environmental factors such as nutrition and lifestyle have an impact on the syndrome's expression. Hyperinsulinemia is caused by both peripheral insulin resistance and poor pancreatic beta cell activity. PCOS appears to run in families, and a number of genetic defects appear to cause symptoms of the disease and explain for the symptoms' diversity. Environmental factors such as nutrition and lifestyle have an impact on the syndrome's expression.

Along with risk factors, obesity, hyperandrogenism, diabetes due to a shortage of insulin, and others are pathophysiological manifestations of polycystic ovarian syndrome (PCOS).

In normal circumstances, very few androgens are necessary for the development of ovarian follicles, and primarily follicle stimulating hormone (FSH) plays a vital role in the maturation process of follicles, which helps to reduce androgen levels by converting it to estrogen (Yadav *et al.*, 2020). However, with PCOS, the blood level of FSH (follicle stimulating hormone) falls, resulting in a high serum level of androgen, which is responsible for the immature follicles remaining inside the ovaries, leading to the creation of 'cysts' (Balen, 2004).

Women with PCOS have been found to be more prone to obesity, with a particularly high buildup of fat around the waist and hips. This is due to the fact that adipocytes have a negative impact on serum lipid and cholesterol levels (Yildirim *et al.*, 2003). Central fat has a higher proclivity for insulin resistance than peripheral fat (Mittelman *et al.*, 2002).

According to the National Diabetes Data Group Criteria, diabetes is observed in about 20% of obese PCOS women (**Dunaif et al., 1987**). Givens and his colleagues showed in their study that androgens have an inverse effect on insulin sensitivity, because increased testosterone levels in PCOS exacerbate insulin resistance, which presents as hyperglycemia (**Taylor, 1992**). Androgens primarily inactivate insulin receptors in PCOS, as well as prevent the binding site of insulin to its receptors, promoting type-2 diabetes (**Dunaif, 1992**).

The following are some of the indications and symptoms of PCOS that have been observed: (Elsheikh & Murphy, 2008).

- Hirsutism
- Acne
- Obesity
- Period miss or irregular period
- Pain in pelvic portion
- Anovulation
- Hormonal imbalance
- Metabolic disorders

Aloevera (*Aloe barbadensis* Mill.) is a Liliaceae (Asphodelaceae) family medicinal plant (**Khanage et al., 2019**). This plant belongs to the Aloe genus, which is derived from a traditional Arabic term "alloe" which means "glossy" and "vera" which means "true" (**Reynolds, 2004**). Aloevera is grown all over the world, primarily in hot areas. Aloevera is utilized as a medicinal herb in India, China, and Egypt, and it was used to cure many skin conditions by the Greeks, Romans, and Babylonians (**Bayati & Moradi, 2014**). Aloevera is now used as a functional food as well as in a variety of industries such as pharmaceuticals, cosmetics, and ointment (**Chen et al., 2004**). Aloevera (*Aloe barbadensis* Mill.) is known as 'Kumari' in Ayurveda, and it is also known as 'arthavajanaka,' which means menstrual inducer. Aloevera has been discovered to have anti-microbial, anti-carcinogenic, anti-viral, immunomodulatory, anti-oxidant, anti-inflammatory, skin protecting, wound healing, PCOS management, and anti-diabetogenic qualities, as well as PCOS management and anti-diabetogenic characteristics (**Gao et al., 2019**).

Aloevera (*Aloe barbadensis* Mill.) and PCOS:

The impact of aloevera (*Aloe barbadensis* Mill.) on the management of PCOS has been studied in both in-vivo and in-vitro research.

In-vivo studies:

Maharjan et al., (2010) investigated the efficacy of aloevera gel in PCOS was investigated on Charles Foster female rats with letrozole-induced PCOS. They fed letrozole orally to 5-month-old rats, which caused PCOS in those rodents. They then gave them a daily dose of 1 mL aloevera gel for 45 days and found that it restored oestrus cyclicity, maintained normal blood glucose levels, and reduced testosterone levels. Aloevera gel, which contains phytochemicals including flavonoids, polyphenols, sterols, and other compounds, has also been found to be useful in preventing the PCO phenotype from manifesting (PCOS8).

Yeh *et al.*, (2003) claimed by their in-vivo studies on PCOS-mice that aloe vera reduced significantly the blood glucose level and plasma insulin level and also decreased the triglyceride level of plasma.

Radha *et al.*, (2014) did a study on rats with PCOS to see if aloe vera gel may help them manage their condition. They administered orally aloe vera gel to PCOS-rats for 60 days at doses of 5 mg/kg, 10 mg/kg, and 15 mg/kg, and found that aloe vera gel can produce changes in ovarian structure and insulin resistance, and that aloe vera gel at the dosages of 10 mg/kg and 15 mg/kg considerably lower testosterone levels.

According to a clinical study investigated on rat with aloe vera gel at the dose of 1ml for 45 days and was found that it significantly improves insulin sensitivity (**Moniruzzaman *et al.*, 2012**).

(**Meena *et al.*, 2015**) reported by their in vivo experiment on rat with orally administered aloe vera gel that aloe vera gel significantly reduce the glucose and low-density lipoprotein (LDL) level in blood.

Invitro studies:

Laxmipriya Nampoothiri *et al.*, investigated invitro and claimed that aloe vera gel has significant inhibitory effect against PCOS-phenotype and has ability to alter the steroidal activities (**Nampoothiri *et al.*, 2015**).

Other some invitro studies claimed that bioactive compounds of aloe vera, mainly phytosterol stimulate the estrogen receptor proteins and increase estrogen level in PCOS and reduce the level of androgens (**Doaei *et al.*, 2018**).

Discussion:

The research shown above clearly demonstrates aloe vera's importance in the treatment of PCOS and other PCOS-related disorders. In PCOS, androgen levels have been observed to skyrocket, resulting in hyperglycemia and insulin resistance, leading to obesity and diabetes (**Taylor, 1992**) PCOS is caused by a healthy hormonal imbalance in which FSH levels fall but testosterone levels rise (**Balen, 2004**). As shown in fig. no. 1, Aloe vera (*Aloe barbadensis* Mill.) contains a variety of bioactive components, including phytosterols, vitamins, polysaccharides, amino acids, and others, which are responsible for its various pharmacological effects, including PCOS control. Although the exact mechanisms of how aloe vera is used to manage PCOS have not been discovered, there are numerous evidences that show aloe vera inhibits PCOS phenotypes. It has been discovered that androgen inactivates insulin receptor proteins, inhibiting insulin, but aloe vera increases insulin activity, promoting proper metabolic functions and preventing PCOS-induced diabetes. These are discussed in greater detail in the preceding section of this article.

Conclusion:

The entire therapeutic influence of aloe vera especially on the management of PCOS and other PCOS-induced disorders is outlined succinctly in this current review study, as are the various processes by which aloe vera works for the management of PCOS. This ensures the herbs' traditional and therapeutic applications, not only in PCOS but also in other illnesses. To fully comprehend the actual possible effect of aloe vera in PCOS control, more research is required.

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Women and Health Sciences

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Jyoti verma²

Introduction

We live in a patriarchal society where everything revolves around men - their health, career, success, etc. but now the world is evolving and making a difference. From a wide point of view of modern society, a woman can work anywhere according to her will, and a man can be a homemaker. Now moving forward with this chapter we will discuss here how women attained empowerment in the field of health sciences. For that first we should know about -

- **What is the meaning of health sciences?** It comprises of two words - health & science. Health means a wellbeing of a human being not only physically but as well as mentally and emotionally. Science means knowledge that is based on facts and logic. When these two words combine, it makes a discipline - a discipline under which applied sciences deals with human and animal health. In which study and research are used to improve health and cure various types of diseases.

Now we will discuss about how the revolution was started by these women when society was full of stereotypes, discrimination, poverty etc. We should be inspired by their courage to innovate. Some of those women's were:

- **Elizabeth Blackwell, MD (1821-1910):** She became the very first one in the United States of America to get a medical degree in 1849. When a critically ill friend believed she might have obtained better treatment from a lady doctor, Blackwell set out on her revolutionary endeavour. After being rejected by more than ten medical schools; she declined to follow a professor's advice to disguise herself as a man in order to obtain admittance. She noted at the time, "It was to my view a moral crusade. In order to achieve its goal, it must be undertaken in broad daylight and with public support." Blackwell finally enrolled at GMC (Geneva Medical College) in NY, where all the students were male and they were polled and agreed to admit her, believing the situation to be a joke. She struggled to find work after graduation. However, she helped the poor by co-founding the New York Infirmary for Indigent Women and Children in 1857. The facility, like the Woman's Medical College of the New York Infirmary she established in 1867 and a number of other efforts, was created to assist and encourage women who wanted to pursue careers in medicine.
- **Rebecca Lee Crumpler, MD (1831-1895):** Crumpler, the first Afro - caribbean woman in the U.S.A. to earn a medical degree, was inspired by an aunt who cared for numerous sick neighbours. "I early established a liking for, and sought every opportunity to soothe the

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sorrow of others," Crumpler wrote in her innovative 1883 work, *A Book of Medical Discourses: In Two Parts*. After working as a nurse in nearby Charlestown for eight years and receiving letters of recommendation from doctors, she was accepted to the New England Female Medical College in Boston, Massachusetts. She was the first black graduate of the school when she graduated in 1864. She came to Richmond, Virginia, after the Civil War to care for previously brutalized individuals, where she met bigotry and misogyny. She said the event showed her a lot regarding compassion and that she returned to Boston with "renewed vigour" to help her patients.

- **Marie Curie:** When many people think of prominent female historical scientists, Madame Curie is one of the first names that come to mind. She discovered radium and polonium with her husband Pierre, laying the groundwork for the creation of the x-ray and cancer treatments. For her discovery of radioactivity, Curie became the first woman to earn the Nobel Prize.
- **Patricia Bath:** Patricia Bath devised the Laserphaco Probe technique for removing cataracts in 1986, a laser-based system that made cataract surgery more precise and painless. She was the first African-American woman to complete an ophthalmology residency in 1973, and she received a medical patent in 1988.
- **Rosalyn Yalow:** The radioimmunoassay was invented by Yalow, a medical physicist, in collaboration with Solomon Berson. Following the accomplishment, scientists were able to evaluate minute amounts of "biologically active material," such as blood and tissue, as well as viruses. The method was eventually utilized to identify viruses like hepatitis in blood banks, as well as to determine optimal medicine doses. In 1977, Yalow was awarded the Nobel Prize for her work.
- **Flossie Wong-Staal:** By cloning the virus in 1985, Wong-Staal assisted in the discovery of HIV and the mapping of its genes. As a result of this achievement, a virus's genetic blueprint was created, paving the path for HIV blood tests. She was the first to clone the virus and is a Chinese-American virologist and molecular biologist. She was selected the top female scientist of the 1980s by the Institute for Scientific Information.
- **Ida Henrietta Hyde:** In the 1930s, Ida Henrietta Hyde pioneered the microelectrode. Hyde was the very first woman to receive a bachelor's degree from Heidelberg University, do scientific studies at Harvard University, and be voted into power to the American Physiological Society.
- **Mary Putnam Jacobi, MD (1842-1906):** Mary Putnam Jacobi was fascinated by biology since she was a child, and she even pondered dissecting a dead mouse she found to see its heart. She got her MD degree at the Female (later Woman's) Medical College of Pennsylvania in 1864, with the hesitant assistance of her father, famed publisher George Putnam. She also became the first woman to study medicine at l'École de Médecine in Paris, determined to receive a superior education than she could get in the United States. She fought valiantly for her female colleagues. She believed that current women's medical colleges could not provide the same practical experience as big hospitals; hence co-

education for medical students was necessary. To overcome disparities, she founded the Association for the Advancement of Women's Medical Education in 1872. She was the first woman to be admitted to the New York Academy of Medicine, and she lectured and wrote extensively on issues such as pediatrics, pathology, and neurology during her career. Her most notable contribution, however, was eliminating misunderstandings about menstruation. In response to a book by a Harvard professor arguing that effort — even study — during menstruation is harmful, She presented a compelling counterargument demonstrating the strength of women throughout their cycle. Her article, which was chock-full of specific facts, charts, and figures, earned Harvard's coveted Boylston Prize and became a strong weapon in the struggle for higher education for women.

- **Gerty Theresa Cori, PhD (1896-1957):** Gerty and Carl met in Prague while she was attending medical school at the encouragement of her doctor uncle. In 1922, the couple relocated to Buffalo, New York, and began performing biomedical research at a state laboratory, where she was cautioned that collaborating with her husband would jeopardize his career. This did not deter them, and they went on to co-author scores of papers. The two probed into the body's use of food energy and discovered the Nobel Prize-winning Cori cycle, which explained how glucose is metabolised – a crucial finding for diabetes treatment. Carl was courted by several universities and eventually became the chair of the department of medicine at Washington University in St. Louis, while she remained a research assistant. In 1947, she was promoted to professor of biochemistry, the same year she and her husband were named Nobel laureates. Gerty was diagnosed with myelofibrosis, a rare blood condition, and the same year. She fought that for another decade, sometimes in great pain, and she refused to stop researching until the last months of her life.
- **Patricia Goldman-Rakic, PhD (1937-2003):**

Rakic, who received her philosophy of doctorate from University of California in 1963, was able to get a unique understanding of the brain's frontal lobes. She mapped the prefrontal cortex and elucidate crucial functions like planning, cognition, and working memory at a time when the region was thought to be too complicated to study in depth. Rakic's achievements were the result of an interdisciplinary approach that comprised anatomy, biochemistry, and pharmacology. In actuality, she had positions in a variety of departments at Yale School of Medicine when she entered in 1979, including neurology and psychiatry, after conducting research at MIT and the National Institutes of Health. Rakic authored almost 200 publications over her career and was awarded various accolades, including membership in the National Academy of Sciences in 1990. Her friends realized she had a lot more to contribute when she was hit by a vehicle in 2003 and died two days later. "Not only was she a dedicated and accomplished scholar, she was also a terrific and adored mentor to many junior researchers," Susan Hatfield, dean of Yale University, remarked at the death of Goldman-Rakic. Her brain-function discoveries and insights have profoundly altered our comprehension of the brain and mind."
- **Betty Rozier & Lisa Vallino:** Rozier and Vallino invented an intravenous catheter shield, which has made the use of IVs safer and more convenient. Vallino, a nurse with extensive experience in the emergency room and pediatric wards, devised a polyethylene device fashioned like a computer mouse that would serve as IV housing. Vallino collaborated on the gadget with her mother, Betty Rozier, and the two were awarded a patent for it in 1993.

Vallino is the president and clinical director of I.V. House, the company that bears his name. Rozier, who was the company's president from 1991 to 2011, is currently president emeritus.

They were pioneers of the revolution but this motivation got lost somewhere. Women make up a large part of the workforce in India. In India, 149.8 million women work, with 121.8 million in rural regions and 28.0 million in cities (source: census, 2011). Out of a total workforce of 149.8 million women, 35.9 million work as cultivators and 61.5 million work as agricultural labourers. In the household industry, 8.5 million women work, whereas 43.7 million are classified as other workers. According to the Ministry of Labour and Employment's annual report for 20-21, the overall female labour force participation rate has declined from 34.1 per cent (1999) to 27.4 per cent (2013). The reasons for low female employment vary due to the diverse nature of the population composition and the differential economic and social statuses that women enjoy throughout states. The lack of a government research on the situation of female employment in India is one of the major issues that any examination of female employment faces. While the National Sample Survey Organization (NSSO) and the Employment Unemployment Survey (EUS) give state-by-state statistics on female employment, no study exists that identifies women-friendly sectors or explains why female employment is dropping. The following analysis provides a broad overview of the causes for low female employment; however, because these explanations are based on academic sources, a government research would go a long way toward uncovering the forces that drive female employment and its inverse, unemployment.

- **Gender Differences:** While often noted as a factor in women's lack of economic empowerment, it is also a major factor in low female employment. From birth, gender inequalities and a preference for male children and adults have an impact on women's economic capacities. From a young age, male preference and as a result, low esteem for girls leads to insufficient health and educational chances. Women are prevented from being healthy contributing members of the workforce due to poor nutrition and a lack of knowledge.
- **Access to education leads to higher aspirations:** While girls' access to school has risen, many economists believe that as women's education empowers them, their career options become more limited. The work alternatives for women with post-secondary education are influenced by both social expectations and a lack of excellent employment prospects. However, this is more of an urban occurrence, as women in rural areas make up a much bigger proportion of the workforce.
- **Lack of Quality Employment Prospects:** This factor is especially relevant in rural areas, where employment opportunities have not kept pace with urban growth. In the rural population, the Unemployment Rate (UR) for women is 47/1000, which is much higher than the male UR of 21/1000. While family responsibilities are a big hurdle to any type of job, the lack of major formal employment possibilities for the rural population has hampered female economic empowerment. Due to a lack of financial infrastructure in some places and inadequate market links in others, entrepreneurship options for the rural population are limited. While these variables harm the economic interests of the entire population, they have a particularly detrimental impact on female employment because women are the most vulnerable gender.

We have to overcome these entire factors and start our own revolution from the start by fighting our own battle so that we can find new innovators, leaders, doctors, politicians, teachers and professors in all over the world. We are not just future homemakers but we are the future of science.

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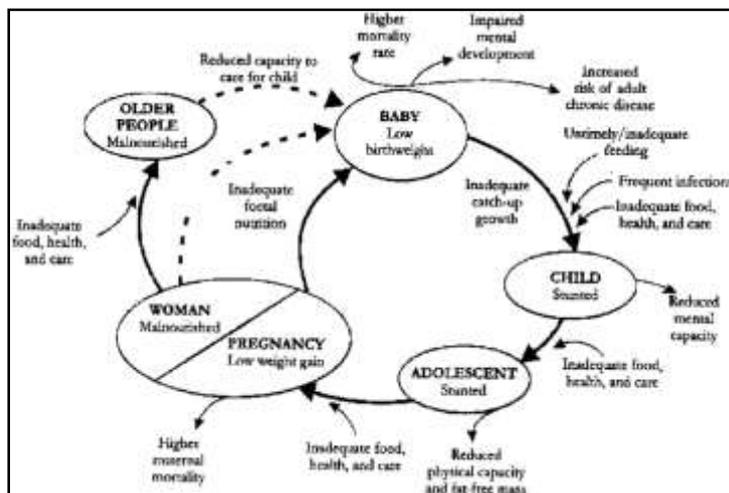
Role of Nutrition in the development of Women

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Proper and adequate nutrition, which is considered as a fundamental requirement for any individual health, especially crucial for women health at all stages of her life because inadequate or nutrition may not only ruin her own health but also on the health of the children and family. Upcoming generations of such women may face several complications in their lives such as higher mortality and morbidity, lower immunity/ higher infections and impaired cognitive development and so on. Malnutrition may havoc the condition of the women leading to higher susceptibility to infections and diseases, weakens the ability to sustain the child birth and weakens her immunity to cope up the illness (Fig 1). Thus addressing the malnutrition of women in every stage of her life is crucial as it affects her physical, social, mental and economical well being. In this regard adopting certain developmental goals such as eradicating poverty and hunger, providing proper education, reducing child mortality and morbidity, improving maternal health may be the proper frame work to overcome the malnutrition.

Fig 1: Impact of under nutrition throughout life cycle



Source: Justin *et al.*, 2000

Effect of nutrition on women

Compared to men, women are more susceptible to nutritional deficiencies because of the some physiological changes that they undergo through their lives. Apart from these, social and cultural practices may be also one of the reasons that increase women's chances of being malnourished. Adolescence, pregnancy and lactation are the three most important physiological conditions that demands higher nutritional needs to meet the body's growth spurt. At the same time, nutritional deficiencies are also more likely to occur in these conditions.

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Iron deficiency and anemia

These are the most prevalent public health problem and nutritional deficiency that is mainly seen in adolescent girls and pregnant women. Anemia is defined as the decreased levels of hemoglobin below the normal level (less than 12 grams of hemoglobin per deciliter of blood in non-pregnant women and less than 10 g/dl in pregnant women). WHO statistics indicate worldwide prevalence of anemia in young children and pregnant women are 40 and 50 per cent respectively. Most common causes include lack of consumption of iron rich foods, lower absorption of iron from food, any kind of infestations, blood loss, and poverty. Other micronutrient deficiencies, and genetic disorders. This may result to conditions like fatigue, reduce work capacity and more susceptible to infection. Severe anemia may lead to death during delivery and post-partum period.

In this condition adequate nutrition in terms of providing iron rich foods (red meat, poultry, fish, green leafy vegetables, garden cress seeds, dates), protein rich foods (chicken, fish, meat, egg, milk, pulses), other micronutrients like vitamins and minerals can be beneficial.

Iodine Deficiency

Iodine is one of the important trace elements required for the normal growth and development of human body. Iodine deficiency disorders (IDD) is also one of the major public health problem where body fails to meet the body's iodine requirements. IDD in childhood or in adolescence may lead to goiter, mental impairments, retard physical development, harm school performance, still births and abortions.

Adequate nutrition in terms of iodine rich foods (sea foods such as marine fish, shell fish, animal foods like egg, milk and meat), iodized salt, iodized water, iodized oil, iodized flours etc may be beneficial to overcome the condition.

Vitamin A Deficiency (VAD)

VAD is also one of the public health issues that may cause impaired vision, impair skeletal formation, sterility in males, increased susceptibility to infections and diseases. In this condition serum retinol levels goes below 20 µg/dl. Lower maternal stores of vitamin A may predispose the baby to greater risk of illness and death. Main causes of VAD are low socio economic status to buy vitamin A rich foods, inadequate dietary intake, inadequate intestinal absorption and improper methods of cooking,

Dietary interventions such as providing β carotene rich foods such as red palm oil, spirulina, blue green algae, red rice, green leafy vegetables, fruits and vegetables may improve the condition.

Impact of adequate nutrition throughout women's life cycle

Addressing the needs of young children, adolescent girls and women through their life cycle is one of multifactorial approach which can improve the nutritional status of women in the during later period of life. Major nutritional deficiencies faced in the early stages of women's life have irreversible consequences on health that can be fatal to both women and children. Thus proper education about the adequate nutrition along with some nutritional interventions may have most profitable result in the later stages of women's life.

Infancy

Breast feeding within half an hour after normal delivery and within four hour after ceasarian sections have direct beneficial effect on both mother and infant as colostrum (thick and yellowish fluid secreted after delivery for two to three days) provides much essential nutrients to infants as breastfeeding protects infants from illness and helps to ensure healthy growth and development. Most of the nutritional requirements of new born baby and infants are met through breast feeding.

Childhood

Adequate amounts of appropriate food in later infancy and early childhood in compliment with breast milk is important to meet the nutritional requirements to tackle the growth spurt of the child. This is the period where majority of children are likely to undergo nutritional deficiencies such as protein energy malnutrition, anemia, vitamin A deficiency and iodine deficiency. Most important nutrients required are protein, iron, calcium, iodine, vitamin A and C. Proper nutritional base in the early stage of life provides a better nutritional status in the later period of life.

Adolescence

This is the period where maximum growth spurt is seen adolescent girls and thus demands higher nutrients to meet the nutritional status. Ensuring enough and proper food, iron and folate supplements and iodine-fortified foods can help adolescent girls become healthy women. Here promoting female education and literacy can help to improve nutritional knowledge and encourage females to seek regular health care. With the profound growth and development in adolescence there is increased demand for nutrients such as energy, protein, minerals and vitamins to meet the nutritional requirements.

Eating habits during adolescence may also get influenced by physical and psychosocial pressures. They prefer to eat fast foods that are rich in saturated fat, sodium and calories rather than foods rich in protein, iron, vitamin A, calcium etc. Adolescent girls tend to increase weight easily than boys due to some physiological changes. Thus proper balanced diet is necessary to meet out the nutritional requirements.

Pregnancy

Pregnancy is the physiological condition where nutritional demands are high to meet out the nutritional requirement of both mother and fetus. Need for energy, protein, iron, folic acid, calcium and B complex vitamins get increased. Iron and folate supplements are necessary to maintain proper maternal health and growing fetus.

Improper nutrition during pregnancy can lead to severe health complications and nutritional deficiencies in mother and growing fetus, adequate nutrition and proper health care are crucial as malnutrition may pre dispose pregnant women to conditions like abortion, low birth weight babies, still births, child mortality and morbidity etc.

Lactation

Nutritional demand remain higher during post-partum period than pregnancy especially women who are breast feeding. Nutritional requirement for calories, calcium and Vitamin A remains higher 1) to meet the daily needs of nursing mother 2) to provide adequate nutrients through

breast feeding for growing infant and 3) to provide energy for the mechanism of milk production as they can help to reduce the risk of maternal and infant illness and death.

Thus proper and adequate nutrition should be provided in terms of balanced diet as nutritional requirements are maximum during lactation compared to any other age group in a women's life.

Menopause

It is the cessation of menstrual cycle marking the end of fertility in the women usually occurring between the age of 45-55 years where the levels of estrogen and progesterone hormones level go down and this may lead to body weight gain. Adequate nutrition, in terms of providing calcium, iron, dietary fiber, low fat foods, moderate use of sugar and salt are recommended. Since body's ability to produce enough calcium and vitamin D is lowered, supplements may also be a promising.

Old age

Aging is a biological process not merely a disease. Aging brings about several changes in the individual which include physiological, psychological, social and immunological which have direct effect on the nutritional status of elderly. Several factors like age, gender, genetics etc influence the changes associated with aging. Occurrence of several degenerative diseases like diabetes, osteoporosis, cancer, cataract, atherosclerosis, arthritis, alzheimers disease and parkinson's disease are also seen due to inability of the aged body to defeat against the disease or due to decreased immunity. Aged body requires adequate nutrition in terms of diet rich in protein, ω -3 fatty acids, vitamins and minerals. Apart from these elderly people also need fiber rich food, foods providing sufficient antioxidants and sufficient fluids.

Conclusion

Adequate nutrition is of prime importance for women not only because it helps them to be productive members of society but also because of the direct effect of maternal nutrition on the health and development of the upcoming generation. Better nutritional status of women at all stages of her life has direct positive impact on the overall development of women. Henceforth, for the holistic development of women nutrition plays significant role as it influences other stages of life and also other components of development.

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Role of Health and Nutrition in Women Development

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Introduction

The World Health Organization defines 'Health' as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". It is a utopian concept of health. Practically, we see that health is a dynamic state and most people fall in between the continuum of complete ill-health and perfect health. Nutrition is the pre-requirement of health status. The most widely accepted definition of nutrition, as given by Robinson, is "it is the science of foods, nutrients and other substances, there in, their action, interaction and balance in relation to health and disease, the process by which the organism ingests, digests, absorbs and utilizes nutrients and disposes off their end products". Individuals need a wide range of nutrients to keep them healthy and active.

Health is a common theme in most cultures. Health plays a vital role in our lives. In context to women's health it is a valuable asset for them. Women have a special role in healthy nutrition of the population. The woman breastfeeds the newborn baby and prepares meals for members of her family. Women employees in food manufacturing, trade, public catering, health care and education account for the majority. In addition, public health depends upon women's understanding of healthy nutrition issues. Women, therefore, play a key role in implementing a healthy nutrition policy, both in the family and in society as a whole. In most Indian household the women of the house eats last, after feeding the whole family. Though there are more illiterate women than men, we find that women learn more quickly and respond more rapidly. So, women need health and nutrition education for the development of society. Health and nutrition education aims at enabling women and men both to gain control over the determinants of health and health behavior and the condition that affect their health status.

Health is a basic need and a fundamental right of everyone and it assumes special significance in the case of women. The reasons are many. Firstly, females constitute almost a-half of the total population and more than one-third of the total workforce. Secondly, major responsibility of bearing and rearing children lies with the women. Their health status directly influences the health and well-being of children. An inadequate intake of nutrients could lead to malnutrition and deficiency diseases. Low nutritional status makes women prone to certain ailments. Lower health status manifests itself in lower life expectancy, higher rates of morbidity and mortality, lower levels of productivity, and a decreased ability to earn and support. From the above discussion, it may be inferred that health and nutrition go hand in hand. Women's health and nutrition have a direct and strong repercussion on health status of the whole family, particularly their offspring. Let us first try to have a better understanding of nutrition viz-a-viz women

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Nutrition is a science of nourishing the body. It is the relationship between man and his food, which includes not only physiological and biochemical aspects, but also psychological and social dimensions too. Nutrition is a wide term, which is also concerned with the economic, cultural and psychological implications of food and eating. Why do we need food? Food performs three main functions of providing energy, repairing the body and maintaining growth and protecting the body against diseases. No single natural food item performs all these functions. We need a variety of foods to meet the nutritional requirements of the body. In order to keep good health, one needs a variety of foods, so that all functions are performed well. Such diet is called a balanced diet.

A woman needs to have a balanced diet, which includes proper amounts and combinations of all the above mentioned foods to maintain good health, an essential pre-requisite for a good quality of life and growth and development of their children. On the other hand, malnutrition leads to cropping up of a number of deficiency diseases and ailments, which lowers the capacity of women to perform her salient roles efficiently like, child care, home management, earning money, and the like.

A female's health status has a direct bearing on the health and well-being of the whole family. Maternal morbidity and mortality affect not just the mother but the entire family. Most often, women not only shoulder the responsibility of home management and child care, but are also actively involved in economically gainful employment outside the household or even contribute significantly in the family business, be it agriculture or industry. They play dominant role in rural economy. It implies that their health and nutritional status is of paramount importance for their own family as well as, for the nation's development. Poor health condition reduces their ability to take care of the family members and also their earning capacity.

The role of the woman in healthy nutrition

The role of the woman in healthy nutrition includes feeding the newborn, preparing meals for members of her family, and her extensive professional involvement in food manufacturing, trade, public catering, health care and education. Women have traditionally been responsible for buying food and preparing meals, so their competence in matters of healthy nutrition will largely determine the health of families and, accordingly, of society. Given this, one could safely state that it is the woman who has the key role in society in implementing a healthy nutrition policy, both in her own family and in society as a whole. Women's health status as well as their social status have a great impact on the health of their children and therefore of the future generation. There is a correlation between women's level of education and babies' birth weight: the higher the level of education, the greater the birth weight. It is well known that low birth-weight babies suffer from anemia and experience retardation of their growth and development. Eventually, this determines the intellectual and physical potential of society. If the mother herself has a low body mass, this will result in the birth of a baby with a low body mass, which is significant for the long-term health of society. Information regarding healthy nutrition during pregnancy and breastfeeding newborn babies and infants in the first year of life will allow not only the health of the woman, but also that of the child, to be protected against infectious diseases during the first year of life and no communicable disease in adult life.

The role of the woman in implementing a healthy nutrition policy in the family is important as, being aware of the basic principles of healthy eating and implementing them, the woman can ensure the implementation of a healthy nutrition policy in her family. Given the role of women

in sectors relating to the manufacture and distribution of foods, she is also capable of implementing a healthy nutrition policy in the society.

Adequate nutrition is primarily an issue of rights and not just utility alone. Women's nutrition is linked to their health, education to perform better in schools and at work. If Indian women are healthy, they can contribute to the progress of their family, society, and country. Women with health on their side will also be empowered with the agency to choose their life paths and contribute to India's holistic development.

Break the stereotypes

Our upbringing happens in such a way that woman often eats at the end due to social norms then only they can be recognized as good wives and mothers. This stereotypical thinking also paves challenges towards addressing women nutrition. As per the latest National Family Health Survey (NFHS) data, 18.8 per cent of women of reproductive age, i.e., 32.8 million women are undernourished with a BMI of less than 18.5 kg/m² even when they cook food for the entire family. Awareness of micro nutrition, especially among women irrespective of geographical location, hinders the intake of balanced nutrition crucial for holistic well-being.

National Nutrition Monitoring Bureau data on food consumption by individual women highlights the issue of the low intake of micronutrients against the Recommended Dietary Allowance (RDA). This is exemplified by the 2012 data that reports that among girls between 16-17 years of age the nutrient intake as a percentage of the RDA is only 68 for calories, 82 for protein, 42 for calcium, 52 for iron, and 41 for vitamin A, while among adult moderate women it is 80 for calorie, 89 for protein, 62 for calcium, 69 for iron, and 42 for vitamin A.

Women's malnutrition in India

India has high rates of malnutrition among women that undermine their productivity, resistance to diseases and capacity to generate income. In addition, food security in terms of availability, affordability, and quality and safety remain a challenge in India according to the Global Food Security Index, 2020, where the country ranks 71 out of 113 countries in this aspect.

The NFHS – 5 (2019-20) revealed that anemia has increased to 57.2 per cent in the reproductive women age group (15 to 49 years) in most of the states as compared to 49.7 per cent in NFHS – 4 (2015-16). This paves a severe threat to human health and well-being and indicates that adequate nutrition is a critical challenge for us. Deficiencies of micronutrients such as Iron, Vitamin A, Zinc, etc., arise from inadequate intakes, impaired absorption and utilization, excessive losses, or a combination of these factors. It exacerbates during times of greater physiological need such as infancy, pregnancy, lactation, and catch-up growth following an illness.

Poor nutrition habits

The diets of many households are based predominantly on cereals/grains or starchy roots and tubers, which have lower micro-nutrient content.

- The proportion of fresh fruits, vegetables, eggs, meat, poultry, fish, readily available iron, zinc, and vitamin A sources are often small because of economic and cultural constraints.
- A study conducted across India in 2020 revealed that cereals/grains are most consumed.

- When considering other nutritional food groups constituted by vitamin-rich fruits and vegetables, green leafy vegetables, beans, legumes, pulses are consumed in half of the households.
- Eggs, meat, and other non-vegetarian items formed less prevalent items in the diet of respondents.
- Overall consumption of protein, vitamin, and minerals rich diets is an issue reflected in poor dietary habits, especially among women.

Nutrition for women of all ages

Healthy nutrition is a must for everybody. Women especially go through so many hormonal and physical changes in their life that maintaining a balanced diet with rich vitamins and nutrients becomes key to building good health. Nutrition is a crucial element for women, and this must be followed right from birth to old age as the nutrient requirements can be different at every phase of a women's life. As girls grow into women and undergo phases like puberty, pregnancy, menopause and everything in between.

Babies and toddlers

The most important and crucial way to supply a new-born with the right nutrients is through breastfeeding. There is no other supplement as nutritious as a mother's own milk. Kids tend to be extremely active, and they burn a lot of energy with their daily activities during their toddler years. It is important that they are given a healthy portion of protein, carbohydrate, fats, calcium, folate, fiber and especially Vitamins A & C. These nutrients will ensure that the child has everything that she needs as she grows.

Adolescent girls

As a girl grows into her adolescent-phase, her nutrition intake has to be monitored carefully. During her adolescence, there will be a shift in the hormones in her body as it prepares her for puberty. Insufficient nutrients will result in her inability to learn and work at maximum productivity, puts a restraint on having healthy children in the future, affects her sexual maturity and growth and insufficient calcium will result in weak teeth and bones. During this phase of their lives, adolescent girls tend to burn almost 2,200 calories every day which is a significant increase from their previous requirements as a toddler. Lean protein sources, low-fat dairy products, whole grains, fruits and vegetables are the best sources to retain the needed energy for her body.

Every Indian household has followed the practice of providing a girl child with healthy, nutritious food the moment she attains puberty. Although it has become more of customary practice, this provides major health benefits if maintained. During menstruation, there is significant blood loss and energy loss and girls tend to feel tired and exhausted. Without the right nutrition, they can become very weak, which can result in giddiness and fatigue. So, it is crucial that a girl is given food rich in protein, calcium, Vitamin D, iron, carbohydrates, dairy products, whole-grains, fruits and vegetables. Anemia is a very common concern for girls at this age and therefore special focus on iron-rich food is mandatory.

Pregnant women

The next major phase in a woman's life is pregnancy. You no longer only eat to provide nutrition for yourself but also the little child growing in you. It is a common belief that a

pregnant woman must eat for two however, that is not true. Overeating can result in several complications for the mother and the baby and can result in a drastic gain in weight. It is important to eat healthy, nutritious food that will nourish both the mother and the baby. The baby is not going to feed on the food but on the nutrients that you provide him/her with. So, remember to eat healthy by not increasing the quantity of food but rather by increasing the number of nutrients that you will intake. Both micronutrients like vitamins and minerals and macronutrients like protein, carbohydrate, and dietary fibers. Women need to get an ample amount of calcium, vitamin D3, folic acid and magnesium.

Post pregnancy

Post-pregnancy nutrition is as important as nutrition during pregnancy. Just because you have had a baby is no excuse to start neglecting yourself. In fact, your body has gone through so many changes like carrying and giving birth. So, make sure you are healthy and regain all the nutrients that you could have possibly lost during childbirth. Since post-delivery, there is a depletion of calcium and iron therefore women must make up for the loss through eating healthy.

Menopause

Menopause, the phase where a woman's menstrual cycles finally come to an end. During this phase, there is a considerable drop in estrogen levels, which affects metabolism resulting in weight gain, fluctuating cholesterol level, difficulty digesting carbs, a decline in bone density and a lot of mood swings. The most important thing to consume during this period is plenty of dairy products, helping you keep your bones stronger and avoiding fractures. Foods that contain phytoestrogens are recommended during this period as they help act as a weak estrogen in the body. This can be found in grapes, soybeans, chickpeas, black tea, flax seeds and many more. They also help control your mood swings by aiding in providing estrogen. Excessive amounts of sugar, carbs, processed food, spicy food, or food with extra salt must be avoided.

As a woman keeps growing, her nutrition needs keep changing. Each phase of her life requires attention and care to help her provide her body with the necessary nutrition. More emphasis is given to a woman's health simply because her body goes through so many changes through various phases of her life and each phase needs to be catered to individually.

It is always good to visit an expert nutritionist to keep track and make sure your body is getting everything it needs, avoiding any possible complications in the future that might come due to negligence. A woman's bone strength and development are only up to 23 years of age. Along with physical activity, there is a good deposition of calcium in bones and absorption and metabolism are high in this age.

Above 25 to 30 years of age, calcium absorption and deposition will go down, which instead after taking a calcium-rich diet, there will be more absorption and deposition of fat from food than calcium.

Conclusion

Nutrition plays a crucial role at every stage of a woman's life development. The nutritional needs of a woman are different from those of a man because their bodies go through various changes during menstruation, pregnancy, breastfeeding and menopause. Therefore, a balanced diet is essential to meet the daily recommended levels of nutrients to prevent common

nutritional deficiencies that can have an adverse impact on the health of a woman. Adequate nutrition is important for women not only because it helps them be productive members of society but also because of the direct effect maternal nutrition has on the health and development of the next generation. Health and nutrition education has therefore to play a key role in influencing all health related sectors to see that their policies and actions are in congruence with the national health objectives. It has to play a key role of an advocacy so that people are motivated and play effective role in educating and adapting sound health practices. Thus, it is well said that “Health is beauty”, as beauty is only a by-product of good health. So, let’s wake up and enter into the adventure and remember that Health is a fundamental Human Right.

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Anemia - An Alarming Medical Condition in Women

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Abstract:

Anemia is a condition wherein body lacks sufficient levels of oxygen resulting from either low quantity of hemoglobin, faulty hemoglobin or premature death of red blood cells. Several surveys have identified women as the prime concern for anemia around the globe. Due to innate physiological differences in males and females, women are more prone to be anemic as compared to men. There are a number of physiological conditions which may eventually induce anemia in women; inappropriate diet with low iron and vitamin content is being the most common. Long term anemia can have deleterious effects on health. It is essential to educate women from all the corners and strata of the world about the importance of well-planned diet, symptoms of anemia which will help them to self-analyze and consult medical practitioner accordingly.

Keywords: anemia, balanced diet, hemoglobin, iron, menstruation, postpartum anemia, RBC, vitamin B-12

Introduction:

As per the records of the World Health Organization (WHO), approximately 460 million non-pregnant women are anemic all over the world. Anemia is thought to be about 41% worldwide, of which around 75% cases are from developing countries. Several worldwide surveys have identified women as the prime victims of anemia. Women being casual towards their diet and health, their innate physiology and hormonal issues are thought to be the main causes for this huge difference in anemic numbers in the two genders. In this chapter, we will learn about anemia, its types, causes and precautionary measures in context of women.

Red blood corpuscles and hemoglobin:

A human body has the blood circulatory system that reaches and transports all the vital elements to each and every part of the body. The circulatory system consists of blood, a fluid connective tissue with red blood corpuscles (RBCs), white blood corpuscles (WBCs), platelets etc. In humans, RBCs are enucleated cells whereas the WBCs are nucleated cells. WBCs are further divided into different cell types such as basophils, eosinophils, lymphocytes, monocytes and so on. WBCs form a crucial part of the immune system and are required in adequate numbers to fight various infections.

RBCs are round in shape with flat indented center. These cells are without any cell organelles and contain only hemoglobin, a protein that has affinity for oxygen and carbon dioxide, both. Hemoglobin is a tetrameric protein made up of 2 alpha globin chains and 2 beta globin chains. The red color of human blood is due to hemoglobin, an iron-rich protein. Due to hemoglobin, RBCs can transport oxygen from lungs to rest of the body parts and carry carbon dioxide from different body parts to the lungs from where it is exhaled during respiration.

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Human bone marrow, a spongy tissue present in the central cavity of long bones, produces RBCs. Red blood cells live approximately 120 days after which the macrophages (a type of WBCs) engulf and destroy the same by a process called hemolysis. During hemolysis old aged RBCs are destroyed and the heme is set free for iron recycling.

What is anemia?

When there is a shortage of healthy RBCs, naturally the body tissues will not receive sufficient amounts of oxygen and thus the overall body metabolism will be hampered. A medical condition wherein body lacks adequate quantities of oxygen due to deficiency of RBCs or functional hemoglobin is referred as anemia. As per WHO, pregnant women with hemoglobin less than 110 grams per liter at sea level and non-pregnant women with hemoglobin less than 120 grams per liter at sea level, are considered as anemic. There are many reasons for encountering anemia and thus the intensity can vary from mild, moderate to severe.

Depending on the root cause of anemia, it is categorized into different types as below:

Anemia due to iron deficiency: It is the most common type of anemia that is caused due to low or insufficient amounts of iron in the body. Without enough iron, bone marrow fails to make hemoglobin and healthy RBCs. The deficiency of iron hampers the formation of hemoglobin. This is more commonly observed in pregnant women who do not receive any iron supplements. There could be various reasons like heavy blood loss, intestinal bleeding ulcers, wrong medication etc. for iron deficiency. It is essential to find out the reason for iron loss so as to avoid reoccurrence of this type of anemia.

Vitamin deficiency anemia: It is also known as pernicious anemia. In addition to iron, human body also needs folate, vitamin B-12, vitamin C etc. for the production of healthy RBCs. Deficiency of vitamin B-12 and folate may result in low numbers of RBCs and/or non-functional large sized RBCs which cannot carry oxygen in body. The reason for having deficiencies could be either inappropriate diet or low intestinal absorption and processing of these vitamins. Vitamin C has been proved to aid in absorption and delivery of iron in the body.

Aplastic anemia: It is a condition, mainly associated with bone marrow related problems, wherein body stops producing new RBCs. This may occur due to some autoimmune diseases, infections, leukemia, myelofibrosis, other types of cancers, exposure to certain medicines and toxic chemicals. It is a rare type of anemia that can be serious and life threatening. One can develop this aplastic anemia suddenly at any age. Blood transfusion with fresh battery of RBCs or stem cell transplant with some medications can improve the situation of the patient.

Hemolytic anemias: As mentioned earlier, the average life of RBCs is 120 days. After this, macrophages engulf and destroy the RBCs. The number of vital RBCs is restored by production of new RBCs by bone marrow. However, in certain cases/diseases, the destruction rate of RBC is higher than new RBC formation rate. Under such conditions, the individual will have low numbers of RBCs and become anemic eventually. This hemolytic anemia can be genetic or developed any time later in life.

Sickle cell anemia. This is a genetic i.e., inherited serious type of anemia. Due to the faulty gene for beta globin protein, a defective form of hemoglobin is produced. This defective hemoglobin changes the shape of the RBCs from round to crescent or sickle, thus named as

sickle cell anemia. The normal RBCs are flexible as compared to rigid sticky sickle shaped RBCs which affects their movement through blood vessels. The crescent shaped RBCs cannot carry sufficient amounts of oxygen, die prematurely leading to a chronic situation of shortage of RBCs. Since this is a genetic problem, there is no perfect cure for it. However, treatment can soothe the condition of the patient.

Other causes for anemia:

Age: Age plays a key role in overall body metabolism and oxygen need. People at older ages (above 60 years) are at higher risk of developing anemia as compared to young individuals.

Menstruation: In healthy females, menstrual cycle begins at the age of 12 to 15 and may last up to 49 to 55 years of age. During menstruation, most females experience heavy blood loss i.e., loss of RBCs, every month. Sufficient amounts of iron, vitamins and other nutrients are required to make up for this loss and production of new RBCs. Thus, women with regular menses and with heavy blood loss, are at greater risk of iron deficiency anemia as compared to postmenopausal women. Other than menstruation, uterine bleeding can occur due to fibroids and family planning intrauterine devices as well.

Pregnancy: During pregnancy, body metabolic rate is high and thus requires more oxygen. If the female is pregnant and she is not taking iron or multivitamin tablets, there are higher chances of developing anemia.

Postpartum anemia: After delivery, a woman needs to take utmost care of her health. If she fails to do so, many health complications may arise. About 60 percent of women suffer from postpartum anemia soon after delivery. The main reasons for postpartum anemia are lack of proper diet and excess bleeding.

Thalassemia: Thalassemia is another genetic disorder, caused due to mutations, resulting in decreased synthesis of either alpha or beta globin chains of hemoglobin. Just like sickle cell anemia, the thalassemic patient would experience oxygen deficiency, early destruction of RBCs and anemia due to improper hemoglobin. Severity of thalassemia may vary from patient to patient and mild symptoms may not require any treatment. Patients with severe thalassemia are treated with blood transfusion from time to time.

Chronic diseases: Certain illnesses or medical complications cause inflammation in the body. Such inflammatory diseases like rheumatoid arthritis, kidney diseases, AIDS, cancer usually affect the production of health RBCs and result in anemia. A person with intestinal disorders like Crohn's disease, celiac disease, inflammatory bowel disease etc. may exhibit altered absorption of nutrients in the intestinal region and thus is likely to develop anemia in longer duration.

How does body react to anemia?

Signs and symptoms of anemia may vary according to the severity and causes. In some cases, anemia is asymptomatic and difficult to notice. The most common symptoms of anemia, if they occur, may include some of these:

- Tiredness / weakness/ fatigue even after doing very little work (mild to severe)
- Lighter/pale yellowish skin; especially around lips, nail beds, palms, eyelids, gums etc., upward bending of nails

- Heart palpitations, irregular heartbeats often with chest pain (rapid heartbeats even if the person is sitting idle or still)
- Shortness of breath due to difficulty in breathing
- Headaches, confusion, loss of concentration, dizziness, fainting or light-headedness, increased forgetfulness
- Feeling cold with cold hands and feet
- Frequent awakening during night leading to insufficient sleep
- Loss of appetite, no or change in taste of mouth, mouth pain
- Deficiency of vitamins B12 leads to hardness or stiffness in hands and feet of women, which affects their mobility due to the feeling of being heavy.

Clinical complications associated with anemia:

Oxygen is vital for functioning and wellbeing of all the organs. Severe and long-lasting anemia results in lack of oxygen for long durations that may damage organs like brain, heart, kidney etc. Anemia, if left untreated, can lead to several clinical complications like inability to perform daily chores due to extreme fatigue, pregnancy related complications like premature birth, enlarged heart or heart failure and so on. In the inherited anemias like sickle cell, thalassemia and old age, rapid loss of RBCs can increase the chances of death.

Precautionary steps to avoid becoming anemic:

Anemia, if diagnosed earlier, can be treated and the severity can be managed. To keep a check on anemia, women should get their routine blood tests like complete blood count done at regular time intervals. Hemoglobin and hematocrit quantities are indicative of anemia. Hematocrit is the percentage of total RBCs in the blood. Anemia occurring on genetic or inherited grounds cannot be prevented whereas deficiency related anemias can be avoided.

Following items should be intentionally added to diet to avoid diet related anemias:

Folate: Wholefruits and juices (especially citrus fruits), dark green leafy vegetables, kidney beans, cereals, rice, green peas, peanuts, beef liver are rich sources of folate. In addition to natural sources, one can take synthetic folic acid tablets. Pregnant ladies are often supplemented with folic acid tablets to maintain appropriate levels of folic acid to prevent congenital defects in the spinal cord and brain of the baby.

Iron: Iron is a key component of hemoglobin and thus iron levels in the body should be maintained. Iron is present in ample amounts in nonvegetarian food like meat, beef and sea food. Vegetarian diets consisting of beans, lentils, dry fruits, green leafy vegetables fortified bread and cereals act as a source for iron. In some cases, iron tablets are recommended by the medical practitioner, however, iron tablets should be taken only under medical supervision or consultation.

Vitamin C: Foods rich in vitamin C like citrus fruits and juices, melons, strawberries, broccoli, peppers help in enhancing iron absorption in the intestine.

Vitamin B-12: Vegetarian people usually lack sufficient amounts of vitamin B-12. Dairy products, fortified cereals, soy products, meat have adequate amounts of B-12. To make up the B-12 levels, it is supplemented in the form of either injections or liquid syrup.

Treatment for anemia, if diagnosed, depends on the cause and severity of the anemia in that patient. Most of the anemias can be tackled by consuming varied, healthy, colorful diet. As the incidences of anemia are still on higher side in women as compared to men, a sensitization drive should be conducted to create awareness regarding the long-term effects of anemia and related complications in women. Iron deficiency is a continued concern for the health department and stake holders in India. For this, every woman should be taught about the diet planning so as to overcome deficiency related anemia and for healthy life.

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Nutrition for Fit Women

Dr. Anap Uttam Damu¹

Abstract :

A well-balanced diet, comprised of a variety of foods, adequately meets women's needs for vitamins, minerals and energy. To adequately improve the health of women in India multiple dimensions of wellbeing must be analysed in relation to global health averages and also in comparison to men in India. Health is an important factor that contributes to human wellbeing and economic growth. Finally it deals with Healthy aging, Good parenting, Deal with stress, Prevent disease. Many health issues are common among both men and women. However, some conditions may be more common in women or impact women differently than they do men.

Introduction :

Women's health in India can be examined in terms of multiple indicators, which vary by geography, socioeconomic standing and culture. To adequately improve the health of women in India multiple dimensions of wellbeing must be analysed in relation to global health averages and also in comparison to men in India. Health is an important factor that contributes to human wellbeing and economic growth.

Currently, women in India face a multitude of health problems, which ultimately affect the aggregate economy's output. Addressing the gender, class or ethnic disparities that exist in healthcare and improving the health outcomes can contribute to economic gain through the creation of quality human capital and increased levels of savings and investment

Healthy women are the cornerstone of healthy societies. If a woman is healthy, she will have healthy children and will make sure her family eat and stays healthy, which will result in a healthier future. Therefore it is of utmost importance that our women eat healthy diets and have proper nutrition.

Healthy Diet

A well-balanced diet, comprised of a variety of foods, adequately meets women's needs for vitamins, minerals and energy. For good health, women need to pay special attention to calcium, iron and folate (folic acid) intake. A healthy diet also should minimize the intake of fat and sugar. Diets high in saturated or trans fat can promote high levels of blood cholesterol and increase risk for heart disease. A diet that includes high sugar provides empty calories, or calories that do not provide any nutritional value and often times replace more nutritious food selections.

- Eat a variety of foods.
- Balance the food you eat with physical activity. Maintain a healthy body weight.
- Choose a diet with plenty of whole-grain products, vegetables and fruits.
- Choose a diet low in fat, saturated fat and cholesterol.
- Choose a diet moderate in sugars.
- Choose a diet moderate in salt and sodium.
- If you drink alcoholic beverages, do so in moderation.

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Healthy eating helps:

- Your body and brain get the energy you need to think and be physically active
- Your body get the essential vitamins and minerals you need to stay alive and healthy. For example, your body needs iron to help deliver oxygen to all of your muscles and organs. Vitamin C helps your body make new skin cells and collagen. Vitamin A helps you see better at night.
- You reach and maintain a healthy weight
- Lower your risk of diseases, such as heart disease and diabetes

The old saying “you are what you eat” is true. What you eat and drink become the building blocks for all of the cells in your body. Over time, your food and drink choices make a difference in your health.

Nutrition

- Choose a variety of vegetables, including dark green, red and orange, beans and peas, starchy and non-starchy.
- Eat a variety of fruits.
- Include grains in your daily diet. ...
- Stick to fat-free or low-fat dairy. ...
- Have protein at every meal. ...
- Use healthy oils, such as olive oil.

The 11 Most Important Nutrients For Fit Women

Food comes first for satisfying nutrient needs and fueling workouts. The problem is, even clean eaters often don't get enough fruit, vegetables, whole grains, or dairy products in their diets. As a result, many women are low on up to 11 vitamins and minerals, according to the 2015 Dietary Guidelines Advisory Committee.

For example, only 3% of women include the recommended amount of vitamin D, and 55% fail to meet their magnesium needs. Coming up short for folate and iron can lead to problems before, and during, pregnancy. Here's what you may be missing in your diet, and some smart food choices you can make to help fill in the gaps.

- **Vitamin A** : Vitamin A is essential for eyesight and immunity. We get most of this vitamin through carotenoids—plant compounds that the body turns into vitamin A when digested. We tend to use beta-carotene (which also functions as an antioxidant) the most efficiently.
- **Iron** : Iron equals energy. It's in the part of red blood cells responsible for transporting oxygen to every part of the body. Missing out on iron means you tire more easily, and you may have difficulty concentrating.
- **Vitamin E** : Vitamin E defends cells against free radicals, unstable oxygen compounds generated by everyday metabolism, air pollution, and tough workouts.
- **Vitamin C** : It may be best known for boosting immunity, but vitamin C is also key for collagen, the tissue that keeps skin and muscles taut, and bones strong. Vitamin C also improves the absorption of iron from plant foods.
- **Potassium** : Potassium promotes muscle and nerve cell function, and helps reduce puffiness by regulating fluid balance. Muscles need potassium to store energy for workouts. You need a lot from food to meet your recommended needs.

- **Calcium** : You know that calcium makes for strong bones, but it's also mandatory for a regular heartbeat and for normal muscle contraction.
- **Magnesium** : Magnesium plays a role in energy metabolism and protein production, regulates muscle and nerve activity, promotes a normal heart beat, and keeps blood pressure in check.
- **Folate** : Folate is a B vitamin naturally present in plant foods. Folic acid is its synthetic form found in fortified grains—it's absorbed by the body way better than the natural kind. Both are necessary to prevent a type of anemia and to head off neural tube defects in early pregnancy, often before a woman knows she is pregnant.
- **Vitamin D** : Vitamin D promotes the body's uptake of calcium from foods and supplements. It also shuttles calcium in and out of bones to maintain concentrations of the mineral in the blood that helps regulate muscle function and heart beat.
- **Vitamin K** : Your blood couldn't clot properly without vitamin K, which is also involved in making proteins that strengthen your skeleton.
- **Choline** : Choline flies under the radar, but it's an essential nutrient for the normal functioning of cells, particularly in the brain and in the liver, which helps detox your body. Protein-packed foods are also rich in choline, so they do double duty for muscle-making.

Things To Remember

- Low intakes of dietary iron and calcium are common in women.
- Menstruation, pregnancy, breastfeeding and menopause are times of increased nutritional demand.
- Good nutrition means eating a wide variety of foods every day.
- Vitamin B6 can help ease the symptoms of premenstrual syndrome.
- Large quantities of foods like tea, alcohol, caffeine and salt can interfere with the absorption and excretion of important minerals

Women's nutritional needs change as our bodies change during different stages of our lives.

- **During the teen years.**⁷ Girls ages 9 to 18 need more calcium and vitamin D to build strong bones and help prevent osteoporosis later in life. Girls need 1,300 milligrams (mg) of calcium and 600 international units (IUs) of vitamin D every day.^{8,9} Girls ages 14 to 18 also need more iron than boys (15 mg compared to 11 mg).¹⁰
- **Young adults.** Teen girls and young women usually need more calories than when they were younger, to support their growing and developing bodies. After about age 25, a woman's resting metabolism (the number of calories her body needs to sustain itself at rest) goes down. To maintain a healthy weight after age 25, women need to gradually reduce their calories and increase their physical activity.
- **Before and during pregnancy.** You need more of certain nutrients than usual to support your health and your baby's development. These nutrients include protein, calcium, iron, and folic acid. Many doctors recommend prenatal vitamins or a folic acid supplement during this time. Many health insurance plans also cover folic acid supplements prescribed by your doctor during pregnancy. You also need to avoid some foods, such as certain kinds of fish. Learn more about healthy eating during pregnancy in our Pregnancy section.

- **During breastfeeding.** Continue eating healthy foods while breastfeeding. You may also need to drink more water. Nursing mothers may need about 13 cups of water a day. Try drinking a glass of water every time you nurse and with each meal. Read more about healthy eating during breastfeeding in our Breastfeeding section.
- **After menopause.** Lower levels of estrogen after menopause raise your risk for chronic diseases such as heart disease, stroke, and diabetes, and osteoporosis, a condition that causes your bones to become weak and break easily. What you eat also affects these chronic diseases. Talk to your doctor about healthy eating plans and whether you need more calcium and vitamin D to protect your bones. Read more about how very low estrogen levels affect your health in our Menopause section. Most women also need fewer calories as they age, because of less muscle and less physical activity. Use the MyPlate Plan tool to find out how many calories you need based on your level of activity.

Benefits After Healthy Eating And Nutrition For Women :

- **Healthy aging :** Aging is part of growing older and wiser, but that doesn't mean you have to take the inevitable aches and pains lying down.
- **A healthy sex life :** Sexual health is a lifelong issue for women. A woman's sexual health needs span decades and encompass a variety of issues, from preventing unintended pregnancy to boosting a sagging libido.
- **Good parenting :** Being a parent is tough, hard work. However, it's also incredibly rewarding.
- **Breast health :** Breast cancer is one of the most common types of cancer in American women. If you have a family or personal history of breast cancer, your risk for developing this condition is higher.
- **Deal with stress :** Career. Kids. Family. Friends. Volunteer work. Many women are swimming in stress and responsibilities, which can manifest more than just gray hairs.
- **Avoid known health risks :** Many health issues are common among both men and women. However, some conditions may be more common in women or impact women differently than they do men.
- **Prevent disease :** One way to prevent disease and infection is to avoid smoking. You should also avoid those who do. Secondhand smoke can be as dangerous as smoking.

Conclusion :

There should be a well-defined plan for the health care of the lactating woman that includes screening for nutritional problems and providing dietary guidance. Lactating women should be encouraged to obtain their nutrients from a well-balanced, varied diet rather than from vitamin-mineral supplements. Data are lacking for use in developing strategies to identify lactating women who are at risk of depleting their own nutrient stores.

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Role of Health and Nutrition in Development of Women

Jyoti verma¹

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Introduction

Women's nutrition is one such area that demands critical intervention since it has a direct impact on the health of families and communities. Adequate nourishment is largely a matter of rights, rather than just utilitarian considerations. Nutrition is connected to women's health and education in order for them to perform better in school and at work. Women in India may contribute to the advancement of their families, societies, and countries if they are healthy. In addition, in accordance with 'Sabka Saath, Sabka Vikas, Sabka Vishwas,' women with good health would be given the freedom to select their own life pathways and contribute to India's overall development.

Our upbringing is such that women are typically the last to eat according to societal expectations, and it is only then that they are acknowledged as excellent spouses and mothers. This conventional mindset also makes addressing women's nutrition difficult. According to the most recent National Family Health Survey (NFHS) statistics, 18.8% of reproductive-age women, or 32.8 million women, are undernourished, with a BMI of less than 18.5 kg/m², even when they cook for the entire family. Micronutrient awareness, particularly among women, independent of geographic location, obstructs the intake of balanced nutrition, which is essential for holistic well-being.

Data from the National Nutrition Monitoring Bureau on individual women's food consumption emphasizes the issue of poor micronutrient intake compared to the Recommended Dietary Allowance (RDA). According to 2012 data, nutrient intake as a percentage of the RDA is only 68 for calories, 82 for protein, 42 for calcium, 52 for iron, and 41 for vitamin A among girls aged 16-17, while it is 80 for calories, 89 for protein, 62 for calcium, 69 for iron, and 42 for vitamin A among adult moderate women.

Anemia has surged to 57.2 percent in the childbearing women age range (15 to 49 years) throughout most states, according to the NFHS – 5 (2019-20), compared to 49.7% in the NFHS – 4. (2015-16). This poses a serious threat to human health and well-being, indicating that appropriate nutrition is a major task for us to overcome. Inadequate intakes, reduced absorption and utilization, excessive losses, or a combination of these factors cause micronutrient deficiencies such as Iron, Vitamin A, Zinc, and others. It worsens during periods of increased physiological demand, such as infancy, pregnancy, breastfeeding, and post-illness catch-up growth.

In order for women to have access to healthy food that is high in protein, vitamins, and minerals, community awareness, knowledge growth, and nutrition education are necessary. The gendered component of nutrition access must be addressed, with enhanced community knowledge being the first step, if India is to meet its commitment to Sustainable Development

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Goal 2 - 'Zero Hunger' and eradicate all kinds of hunger and malnutrition by 2030.

Women play a unique responsibility in ensuring that the general public is well-nourished. The mother breastfeeds her newborn and cooks for her family. Women work in the majority of industries, including food producer, trading, public victualing, wellness program, and pedagogy. Furthermore, women's knowledge of good dietary concerns is critical for public health. As a result, both in the household and in society as a whole, women play a critical role in adopting a balanced diet strategy.

❖ **The woman's part in maintaining a healthy diet**

Feeding the baby, preparing meals for members of her family, and her broad professional participation in food manufacture, trading, public catering, health care, and education are all elements of the woman's role in healthy nutrition. Women make up 70-90 percent of employment in various businesses and professions, according to the State Sanitary and Epidemiological Surveillance Service. In these sectors' managerial structures, a comparable issue prevails. Women have traditionally been in charge of purchasing food and cooking meals, therefore their ability to maintain a healthy diet will have a significant impact on the families health and society. It is reasonable to say that the woman, both in her own household and in society as a whole, plays a vital role in adopting a healthy diet policy. Women's health and socioeconomic standing have a significant influence on the children health and, as a result, next generations. There is a interaction between a woman's educational level and her baby's birth weight: the higher the degree of education, the larger the baby's birth weight. Low birth weight newborns are widely recognized to suffer from anaemia and have their growth and development stunted. This, in turn, influences society's intellectual and physical capabilities. If the mother has a low body mass, the infant will have a low body mass as well, which is important for society's long-term health. Information on proper nutrition at the time of pregnancy and nursing newborn babies and infants in the first year of life will protect not at best the woman's health but also child's health from infectious illnesses in the first year of life and non-communicable diseases later in life. The woman's role in establishing a healthy nutrition policy for families is essential, as she may assure the adoption of a healthy nutrition policy in her home by understanding and applying the basic principles of healthy eating.

❖ **Women's participation in a healthy nutrition strategy should be encouraged through social action**

In the preceding section, the societal role of women was examined. Three key societal functions of women may be recognized as a result of this:

- 1. Women as a target group for information:** Social marketing efforts can be aimed at women in the mainstream audience.
- 2. Women as agents for change:** Women can be a media through which influence is exercised on different segments of the population due to their position in families and impact on family members (on the foetus during pregnancy, on children, and on males).
- 3. Women as initiators of change:** Women have leadership positions in a variety of fields, including public health, education, trade, and children's preschool institutions, in terms of both numbers and effect on society.

The ability of women to execute a balanced diet programme is largely untapped. This is mostly due to a lack of information, the availability of and access to nutritious meals, and the financial hardships that families experience.

Given the importance of women's roles, the tactics necessary to fulfil this multifaceted function can be stated under the topics below.

❖ **Public education strategy**

Women may guide their kids, partners, and relatives if they are provided the necessary knowledge. This method might be implemented using the following channels:

- dietary guidelines and advice from physicians and teachers
- the retail trades
- public catering
- NGOs (particularly women's groups)
- the church
- the mass media (especially women's magazines and cookery TV shows)

❖ **A skilled healthy meal training method**

Professional women work in the fields of health, education, trade, and public catering. They may be active in the following activities in their professional capacities:

- giving graduate and postgraduate training
 - establishing guidelines and manuals
 - delivering patient and student suggestions
 - transforming the public victualing sector
 - influencing policy-makers by pushing policy change.

❖ **A approach for enlisting the public's participation**

- NGOs
- professional associations are all ways for the general public to become engaged.

Following are some practical measures based on these strategies:

- Using the media (particularly women's magazines) to educate women about healthy lives, including the fundamental concepts of providing appropriate nourishment for their children.
- Developing good eating habits in individuals who work with preschool and school-aged children, taking into account the age group of the children.
- Educating college and university students about specific healthy living programmes that incorporate sound nutrition.
- Changing food industry expert training programmes, including public victualing, trade, and those whose job is connected to population healthy nutrition.
- Designing specific programmes to train women and their families how to change their bad eating habits.
- Teaching practical skills and fundamental nutrition concepts in vocational education and general education, home economics classes, and housekeeping, as well as in the food business, public catering, and retail commerce.

- Special programmes at businesses that make and market healthy foods are training women experts who work in the food industry, retail commerce, public catering, health and education, and other fields.
- Defining and establishing guidelines for the manufacture of nutritious meals, including ready-made dishes, in compliance with established processes.
- Establishing a system of official recognition in the food manufacturer, public victualing, and retail trade, whereby healthy foods certificates would be issued; and writing and publishing specialized literature on family nutrition, including topics such as food production, breastfeeding, and the economically healthy nutrition.

Empowerment is described as the act of gaining control and ownership over one's life through expanding one's possibilities. This is a multi-stage process that includes involvement, decision-making, action, and finally taking responsibility for those acts. Women's empowerment is critical because it enables them to be better and stronger in their own lives as well as in the lives of their children. Women are authentic reflections of social, religious, cultural, and spiritual values, contributing to practically every aspect of life, whether social, economic, or political.

Women's health should be approached holistically, with nutrition and health services being prioritized, and special attention should be paid to the needs of women and girls at all phases of their lives. Macro and micronutrient deficiencies, particularly among pregnant and breastfeeding women, require extra attention since they contribute to a variety of illnesses and impairments. To solve the challenges of intra-household dietary imbalances, nutrition education should be broadly adopted.

Women have a critical role in their families' food security, health, and nutrition, and this should be taken into account when developing and implementing policies. In recent years, the Indian government has drafted a draught National Policy for Women Empowerment (due in 2019), with a focus on education, food security, and nutrition. Food security, nutrition, education, the economy, violence against women, governance, and decision-making are mentioned as important issues. The following are some of the techniques for including key nutritional treatments for mothers in India's north-eastern region:

- Increasing the amount and nutritional value of food consumed in the home.
- Preventing anaemia and micronutrient deficits.
- Improving access to essential nutrition and health services for women.
- Improving water and sanitation education and infrastructure.
- Empowering women to avoid unintended pregnancies. Too frequently and too closely.

As a result, nutrition justice can only be attained if women are empowered and policies and programmes are gender-sensitive. We can make future generations healthier and more successful if we work to educate females and improve their nutritional status.

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Health and Nutritional Awareness in Development of Women

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Abstract:

Health as well as nutrition are a important aspects which human being need to give attention in every part of their lives. The human being can get involved in the application of different activities for effectual contribution in the achievement of the goal and objective when they can maintain proper good health. In India a women belonging to disadvantaged sections of the society are undergoing the problem of malnutrition to a predominantly. This are a major cause of commonness of health problems and illnesses some of them. Hence it is necessary to work out through measures and make a programs to control malnutrition and create awareness among human being in terms of clean and healthy living conditions. The main purpose of this paper is to understanding the role of Health and Nutrition in Development of Women.

Key words : Health, Malnutrition ,Human being, women , Nutrition

Introduction :

“Health is a state of complete physical, mental and social wellbeing and not affected of any disease” Through the recent year this statement can be amplified to include the ability to stable a “socially and economically productive life” World Health Organization (1948) Women's nutrition is often excelled by maternal nutrition. There are important linkages between maternal nutrition and the health with cognitive development as well as earning potential of future generations (Black et al, 2012)

In India all societies women are not given complete attention to particularly in terms of health and well-being. In most of societies women are experience health illnesses and problems. They are most affected groups right from the conception till the end of their lives(Chapter 2.2019)

Across all cultures are having healthy mother as well as baby are think the worlds dreams and hopes of all families.(Atrash et al ,2006) However besides highlighted on pregnancy and birth outcomes considering the different stages of women's health, that are: during infancy, adult life, preconception period, pregnancy, lactating phase is essential to reduce risk of any complications and deaths as well as to remove imbalance and enhanced health promotion and disease prevention of womens health (Barfield et al ,2012) An adequate nutrition taken before the reproductive years can helps to enhance and achievement of proper adolescent growth as well as sufficient nutrient store during reproductive age for a healthy pregnancy. An appropriate nutritional status can specially essential for maintain skeletal health for the period of postmenopausal period of women. Hence the need of maintaining optimal food habits to a woman's lifetime is essential to enhance both mother and her offspring's health outcome.(Bartley et al ,2005) Women should also be discover to health topics and encouraged to participate in health promotion programmers so they can promote healthy eating habits and achieve proper nutritional status.(Moos et al , 2008)

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Lots of nutrition sensitive approaches are delivered in community base settings as well as more impartial reached women across the life. Non facilities based settings are more equitably delivered nutrition interference to women who were not pregnant or lactating stage and who were less engaged with health clinics and schools. The food fortification process can often delivered to markets or home visits and community centers can be more effective at reaching women which are reproductive age than health center based delivery platforms.(Countdown et al , 2018)

The health conditions of women can be affected by emotional, social, economic and physical factors (Chapter 2, n.d.2019). The activities that women are engaged in the terms or relationships which are established with the individuals or outside the home. The factors that affected their psychological wellbeing the home environmental conditions as well as the social economic conditions. In which they inhabit some of the important factors that influence the health conditions of the women. To maintain health and diet As well as nutrition this is play vital for not only women but also for men for generate awareness and giving adequate knowledge. The main factors needed for taken into obtaining adequate diet and nutrition or getting engaged in physical activities, do well in jobs and activities maintaining goods and relationships with others and establish positive thinking.

Nutritional status is directly related to health of the population. The three basic factors can influence the nutritional status of women's they are:

- levels of education,
- standards of living and
- social status (Vatsala et al,2017). The education of women that have a major impact on the nutritional status of women. The higher the education should have the better nutritional status. Social status of women is also important factor which influence on nutritional status or health and human-being. Women should engage in different types of activity. This activity can be categorize into the well-reputed and minority. A women who are well educated and who are employed in organizations and companies should be improved social status. The women who are lawyers, doctors, educationists, researchers, teachers, administrators or directors are those who are required to improve their overall quality of life.
- **Factors affecting Health and Nutritional Status of Women**
 1. Gender Discrimination
 2. Malnutrition
 3. Maternal Mortality
 4. Psychological Problems
 5. Loneliness
 6. Poverty
 7. Unemployment
 8. Lack of Access to Health Care Facilities
 9. Gender Inequality

Conclusion

Good health is a major aspect which contributes to human well-being and economic growth. Appropriate diet and nutrition for women would enable them to serve as productive members of

not only their families, but also community as a whole. There are three major aspects that lead to weakening of the health and nutritional status of women, gender discrimination, malnutrition and maternal mortality. The challenges experienced by women in improving health care and nutrition are, psychological problems, loneliness, poverty and backwardness, illiteracy, unemployment, lack of access to health care facilities, gender inequality, exploitation and mistreatment, occurrence of conflicts and disputes, and Psychological Problems, poverty ,unemployment etc When women or girls are experiencing any of these problems, especially to a major extent, then they not only experience physical and mental health problems, but as a result also suffer from loss of appetite and do not pay adequate attention to their diet and nutrition.

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Need of Yoga and Importance of Diet in Women Health

Dr. Jaysheela Baswantrao Manohar¹

Abstract:-

Health is a state of complete physical mental and social well being and not merely an absence of disease or infirmity.

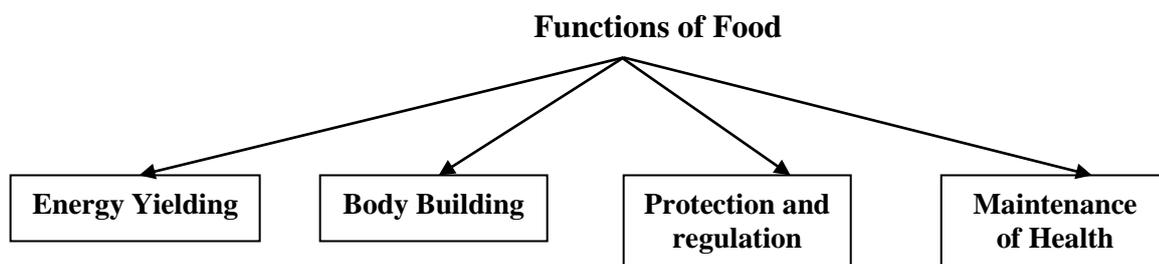
Food are composed of dozens or even hundreds of different kinds of substances the "Nutrients" Which when consumed in adequate amounts, fulfill all the functions of the body. Food is a more basic need of man than shelter and clothing. It provides adequately for the body's growth, maintenance repair & reproduction. Food furnishes the body with the energy. Required for all human activities it provides materials required for the building and renewal of body tissues and the substances that act to regulate body processes.

Health is related to the good consumed. To maintain good health ingesting a diet containing the nutrients in correct amounts is essential. A balanced diet is one which contains different types of food in such quantities and proportions so that the need for calories, proteins, fats, minerals and vitamins is adequately met and a small provision is made for extra nutrients to withstand short duration of leanness.

Keyword - Function of Food , Maintenance of health, Surya Namaskara, Yoga Sadhana

Introduction -

Food is a mixture of many different chemical components. Many physical and chemical reactions occur during food preparation. These reactions may be a result of the interaction between components, with the medium of cooking, and the environmental conditions like heat, cold, light and air to which they are subjected during cooking.



A. Energy: -

This Group includes foods rich in carbohydrate gives 4 calories one gram of protein gives 4 calories. One gram of fat gives 9 calories.

This group may be broadly divided into two groups

- 1) Cereals pulses nuts
- 2) Pure carbohydrates

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Cereals provide in addition to energy. Large amounts of protein, minerals and vitamins in the diet. Pulses also give protein and B vitamins besides giving energy to the body. Nuts and oils seeds are rich in energy yielding as they are good sources of fats and proteins. Roots and tubers though mainly provide energy. They also contribute to some extent to minerals and vitamins.

B) Body Building: -

Food rich in protein are called body building foods. They are classified into two groups Milk, egg, meat fish: They are rich in protein of high biological value. These proteins have all the essential amino acids in correct proportion for the synthesis of body tissues.

C) Protection and regulation:

Food rich in protein vitamins and minerals have regulatory functions in the body e.g. maintaining the heart beat, water balance, temperature. Foods rich in vitamins and minerals and proteins of high biological, value e.g. Milk, egg, dish, liver. Food rich in certain vitamins and minerals only eg. green leafy vegetables & fruits.

D) Maintenance of Health: -

Food contains certain phytochemicals & antioxidants which help in preventing degenerative diseases. Food plays an important role in the prevention of cancers heart diseases and in controlling diabetes mellitus.

A female practitioner is called sadhika. This word is also applied to the female partner in the ritual sexuality (maithuna) of certain school of Tantra. The term sadhika also can refer to a member of the group of sixty-four female deities particularly associated with Tantra, who are regarded as manifestations of the universal creative energy (shakti). The term sadhak is generally loosely applied to all spiritual practitioners, but sometimes a distinction is made, for instance, between the sadhak and the samnyasin (renouncer) or between the sadhak (as a sadhak of a particular discipline) and the Jnanin (Gnostic), who purports to follow no ideology or method, but lives on the basis of spontaneous spiritual; understanding or intuition. In the literature of the vast spiritual movement of medieval India known as Tantra, or Tantrism a distinction is made between the "realizing aspirant" (Sadhaka) and the perfected one (Siddha) - or adept - who are attained emancipation or perfection (siddhi), the pinnacle of the "path to realization" (Sadhana). Other classifications are employed in the various puranas (popular quasi-religious encyclopedias) and Agamas and Samhitas (sectarian works of encyclopedic scope) as well as in the scriptures of Hathayoga, the "forceful" yoga of physical discipline. Furthermore, the great religions of which have incorporated and contributed to the development of Yoga, also have their own scales of spiritual achievement and adeptship.

Result: -

Yoga is an extremely powerful medium for striking a balance between one's professional and private life. Yoga facilitates mental health, stress reduction, anger management and above all self discovery. Yog sadhana is the most effective way in controlling our mind. Regular yog sadhana gives us more power to pay attention and greater power of memory at work and learning. This is known to be the best stress buster to once one has started, he will realize its full potential and also enjoys doing it. Yog sadhana help in fixing most of our health disorders. Yog sadhana is a spiritual treatment of mind and soul. Patanjali, the great preceptor of yoga says, have friendliness towards who are happy, have compassion for those who are unhappy, delight

in good and be indifferent to evil. Yog sadhana and Pranayama are the basic steps to a healthy mind & a healthy body. Yoga is one of the complete exercise forms for our entire body. Sadhak who yog sadhana with physical workouts benefit more in health because yog sadhana not only deals with physical aspects but also promotes mental well being too. Many ailments, both physical and psychological, appear to be curable with the regular sadhana. Postures in yoga give strength to our muscles while the deep meditation and Pranayama relieve stress. Surya Namaskara or sun salutation is best to start one's sadhana. This sadhana the whole body and improves the strength and flexibility of the muscles. Mind related exercise - After the sadhana next is the relaxation of the mind. The breathing pattern is changed in such a manner that it calms the mind and which in turn seems to reduce the attack of ailments like diabetes, heart problem etc. meditation if sadhana regularly seems to bring down stress, frustration and anger. Keeping fit and looking good are the two important qualities sadhak should have and both seem to be possible with the sadhana.

Human mind is a disorganized storehouse of power & energy. Concentration is the key to the effective and efficient function of mind. When the rays of the sun pass through convex lens, they converge in a point of immense strength. Similar is the case of energy rays in our mind. Only concentration on could bring them to a point of strength.

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Domestic Violence and Its Effect on Woman's Health

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Abstract

Domestic violence is wife-beating, and battering is accompanied by psychological abuse by spouse. Domestic violence is not just an abuse of the human rights of women, but has major economic expenses. These include the loss of women's work hours, as well as a bigger need for health-care investments at both the domestic and community levels. Type of spousal violence are Physical and sexual Physical or sexual injury received Cuts, bruises, or aches Severe burns, Eye injuries, sprains, dislocations, deep wounds, broken bones, broken teeth, or any other serious injury. The study will emphasize the effect on women health that experience violence. Violence has serious health fine for women like injuries, unwanted pregnancies, sexually transmitted disease, depression and chronic diseases.

Key Words:domestic violence, women health, human rights.

1. Introduction:-

Gender equality is a human right, but our world faces an unrelenting gap in access to opportunities and decision-making power for women and men. Globally, women have fewer opportunities for economic participation than men, less access to basic and higher education, greater health and safety risks, and less political services. Women are more likely to be victimized by her life partner commonly called "spousal violence." Violence against women is increasingly considered not only a human rights violation, but also a form of discrimination against women. One of the most common forms of violence against women is that perform by a husband. Spousal violence occurs in all countries, irrespective of social, economic, religious or cultural group. The extent of the problem Spousal violence refers to any behavior within a husband-wife relationship that causes physical, psychological or sexual harm. Such behavior includes: Acts of physical aggression – such as slapping, hitting, kicking and beating.

Violence by husbands against their wives, commonly called domestic or spousal violence, is one of the most common forms of gender-based violence experienced by women across the world (United Nations, 2006). Violations of women's human rights are frequently linked to their sexuality and reproductive role. Women are frequently treated as property; they are sold into marriage, into trafficking, into sexual slavery. Violence against women frequently takes the structure of sexual violence. Victims of such violence are often accused of criminal conversation and held responsible for their fate, while infertile women are rejected by husbands, families and communities. In many countries, married women may not reject to have sexual relations with their husbands, and often have no say in whether they use contraception

Women in India always lag behind the men in terms of access to education, health care, jobs etc. Apart from the economic and social inequality, women in India are victims of odious crimes such as, dowry deaths, rape, molestation and immoral trafficking. Even though spousal violence can occur at any time in a marriage, the first time it occurs tends to be in the early years of the marriage.

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Slapping is the most common form of domestic physical violence. Thus cruelty is more common among women who have been married longer. This is to be probable since the risk of spousal violence continues throughout the years of marriage. Women with greater revelation to the possibility of spousal violence (i.e., women with longer marital durations) will have a higher prevalence of violence.

2. Causes of spousal Violence:-

- Wives under the age of 25 have higher victimization rates than middle-aged or older women.
- Wives younger to their husband by more than 5 years run a greater risk of being battered by their husbands.
- Illiterate wives are more vulnerable to husband beating than educated wives.
- Women in low income families are more likely to be victimized.
- Wives in households with alcoholic husbands have higher rates of victimization.
- The important cause of wife-beating appears to be sexual maladjustment, emotional disturbances, and the husband's ego.
- Women who are employed and have earnings have a much higher prevalence of violence, especially if she decided mainly alone about the use of her earnings or if she earns more than her husband.
- Women who make decisions alone have a higher prevalence of violence.
- Living in nuclear families tends to increase women's risk of physical violence.

3. Types of Spousal Violence:-

- Physical violence:-Slapped, Twisted her arm or pulled her hair, Pushed, shook, or threw something at her, Kicked, dragged, or beat her, Punched with fist or something that could hurt, Tried to choke or burn her on purpose threatened or attacked with knife, gun or other weapon.
- Sexual violence: - Physically forced to have sex against her will Forced into performing unwanted sexual acts
- Emotional violence: - Emotional violence the most common is being humiliated by the husband in front of others and the least common is being threatened with harm. Humiliated her in front of others Insulted or made her feel bad about herself.

4. Effect on Health:-

Spouse violence affects on the victimized women in various ways. It affect lower resistant power, consequently it turns into sever lungs problems. It hurts the victimized women physically, psychologically and economically.

4.1 Physical:-

- Hypertension: Stress plays a very large role in precipitating hypertension.
- Chronic pain syndromes: - headaches, pelvic pain, myalgias.
- Sever health complaints.
- Non ulcer dyspepsia. Anxiety, depression, or stress is reflection to make symptoms bad in some cases. The main symptom of dyspepsia is generally pain or discomfort in the upper abdomen.
- Lower resistance to infection. The health of the immune system is significantly impacted by a person's emotional state, level of stress, lifestyle, dietary habits and nutritional status. When a person is under more stress or is depressed, they will need to

make an aware effort to boost their immune system – that includes taking their supplements. It is not only major life stresses that can cause low immune function, but the more significant the stressor the greater the impact on the immune system. Negative emotions stifle immune function while positive emotions enhance immune function.

- Gastrointestinal disorders, abdominal pain. Genetic factors, life stresses, personality, social situations, and underlying mental disorders (such as depression or anxiety) may all contribute to functional pain.
- Irritable bowel syndrome, atypical facial pain. For positive pain, treatment involves learning to minimize stress, participating in normal daily activities.
- Non cardiac chest pain, palpitation. Strong emotions such as nervousness, fear, or stress; palpitations often occur during panic attacks. Chest pain can have many causes and usually related to physical strain. Not everyone has the same symptoms, and women often have different symptoms compared with men.
- Negligence of diet. When people are stressed, they have etching for foods that are high in calories such as sweet, salty, and processed foods.
- Prevalence of underweight/ too thin/ low BMI. Weight loss.
- Lower nutritional status.
- Chronic energy deficiency.
- Muscular pain.
- Food Intolerance.
- Sick health.

4.1 Psychological

- Withdrawal.
- Confusion.
- Psychological numbing.
- Sense of vulnerability/hopelessness.
- Shock.
- Denial.[self hatred]
- Distrust of others/ desperation/ frustration.
- Psychiatric disorder.[mental illness]
- Suicidal ideas.
- Psychosomatic disorders.[A psychosomatic disorder is a disease which involves both mind and body.]
- Chronic fatigue.
- Dizziness.
- Premenstrual tension.
- Sleep disorders.
- Anxiety.
- Lack of interest and enjoyment.
- 4.2.17 Poor concentration.
- Subjective poor memory.
- Depressive thinking- guilty thought.
- Self blame.
- Reduced sexual drive.

- Guilty feeling.
- Hallucination.
- Low mood.

4.3 Spousal Violence and Physical Injury:-

Cuts, bruises, or aches severe burns Eye injuries, sprains, dislocations, Deep wounds, broken bones, broken teeth, or any other serious injury.

4.4 Reproductive health

- Miscarriage.
- Late entry into prenatal care.
- Stillbirth.
- Premature labour and birth.
- Fetal injury and non fetal injury.
- Low birth weight, it is a major cause of infant death in the developing world.

1. Conclusion:-

Spousal Violence is a pattern of behavior which involves violence or other abuse by one person in a domestic context against another, such as in marriage or cohabitation. Domestic violence can take a number of sorts including physical, emotional, verbal, economic and sexual abuse, which can range from understated, forcibly forms to marital rape and to violent physical abuse those results in blemish or death.

Health is a priority issue for women, because without mental and physical well being they cannot function effectively, nor develop their human potential. It is intimately related to social condition, and not only to the state of medical advance or the medical resources of country. Education creates awareness, knowledge and the confidence to assert ones right. Employment gives women the resource for their basic needs. The ICSSR programmed of women's studies in 1978 there for identified education, health and employment as the three most critical areas to improve women's status in India.

In recent years attention has turned towards reforming the response of health care provider's to victims of abuse. Most women come into get in touch with the health organization at some point in their lives –when they seek contraception, for instance, or give birth or seek care for their children. This makes the health care setting a fundamental place where women undergoing violence can be identified, provided with support and referred if necessary to specialized.

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Role of Women and Their Emotions Represented in the Novel of Kamala Markandaya's *Nectar in a Sieve*

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Parakhe B.D.²

Abstract:

This paper aims to highlight the role of women and their emotions represented in the famous novel written by Kamala Markandaya, *Nectar in a Sieve* (1954). The book is set in India during a period of intense urban development and is the chronicle of the marriage between Rukmani, youngest daughter of a village headman, and Nathan, a tenant farmer. The story is told in the first person by a leading female character, Rukmani, beginning from her arranged marriage to Nathan at the age of 12 to his death many years later. *Nectar in a Sieve* has very well-portrayed the strong emotional intelligence of the characters of Rukmani, Ira and, Kunthi. The novel is appealing to modern readers for its sensitive and moving portrayal of the strength of a woman struggling with forces beyond her control. It is a story about the resilience of the human spirit and the importance of values. Emotions help to know what one's feelings are and use this knowledge to make effective decisions. All the characters in the novel conquer the hardship of their existence. The tension, stress and sentimental experience have been successfully introduced in Kamala Markandaya's women characters in the novel. Here the novelist also searches for the highest position of social hierarchy and emergence of the individuality of women.

Keywords: *Women, Emotions, female characters, suppression of emotions, Nectar, Sieve*

Introduction:

Rukmani, Kunthi, Ira, Kali, Old Granny, Janaki and Ammu are some female characters in the novel *Nectar in a Sieve*. They have expressed their emotions through the novel. Emotion is a strong feeling such as love, fear or anger; the part of person's character that consists of feelings. It is a powerful spirit in the body, so by adding our consciousness of the energy changes within us and the energy interchange with others, we become more successful at managing emotions. In the early times, there are different shades of hegemony forced on the woman in society. Women live a vulnerable life as an "unsafe soul" who suppresses their emotions and their silent cries cannot be heard by the earthly society. So, the need for expressing emotions is extremely important for the individuality of women. Being a woman novelist, Kamala Markandaya has brought mainly women characters into existence. Without making differences based on class and gender, she aimed at establishing equal rights and extrapolated the experiences of women. The Indian novels mainly portrayed the sacrificing and suffering of women. On the contrary Kamala Markandaya has a hunt for a New Woman who looks for self-expression, self-fulfillment and there has been progressing in the lives, attitudes of women.

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Nectar in a Sieve is the first novel by Kamala Markandaya published in 1954. In 1955, it became notable work in the American Library Association. Her novels present a savage tale of suppression of emotions, mental and physical bludgeoning that the women are subjected to. Being a woman, she herself inherits an innate inclination to search on the unfortunate situation of women. *Nectar in a Sieve* represents the practical existent of countryside India. It defines the honesty of the life of Indian women through the protagonist of the novel, Rukmani. Markandaya was very emotionally connected to Indian society and this is portrayed in her novel *Nectar in a Sieve*. It represents a traditional image of a woman and how women are tortured emotionally and physically in this orthodox society. The story takes place in the south Indian villages of India and begins with a woman named Rukmani, the youngest of the four daughters of a rich village headman who is married to a poor peasant, Nathan. The story then revolves around the life events of Rukmani, Ira, and Kunthi. Each woman absorbs all misfortunes that come their way and their calm acceptance of reality where they suppress their emotions and later the expressing of emotions help them to make better decisions in their life.

Role Of Female Characters In The Novel Nectar In A Sieve:

Rukmani, is a leading female character and daughter of the village headman. She is spoiled by her social station in the village. Her family's circumstances have declined under British rule. She is married to Nathan, a landless tenant farmer. She compares mud hut that prepared by Nathan to her father's fine house and sinks to the ground in fear and despair. After this difficult beginning, Rukmani continues to call upon and develop her better nature. She learns the chores of a farmer's wife and soon improves upon them by growing a superlative vegetable garden. She is intimately connected with the earth and draws spiritual strength from its beauty as well as fertility. Rukmani faces loss after the loss over the year, so her capacity for anger intensifies and her spirit also grows.

Rukmani faces loss after loss over the years, and as her endurance is continuously tested, her capacity for anger intensifies—but her spirit also grows. Kunthi arouses her rage by suggesting several times that Rukmani is sexually involved with Kenny. The first time, Rukmani grabs her and shakes her so furiously her sari drops away. The second time, Rukmani's wrath overpowers her that she attempts to kill Kunthi. Finally, in a murderous rage, Rukmani attacks and almost kills Ira, mistaking her for Kunthi. After this near disaster, Rukmani finds peace by telling Nathan the truth, forgiving him for his transgressions, and learning to control her anger so she is never again tempted to injure another person. Rather, Rukmani grows in generosity and compassion. She gives up the strictures of caste when her sons go to work in the tannery, and she gives up the tradition of shame when her daughter turns to prostitution. Rukmani forgives her daughter-in-law for failing her duty to help them, and she learns to judge strangers not by their differences but by their deeds and their hearts. Finally, she extends her love and care to Puli, a child even more destitute than she is. By the end of the novel, Rukmani has conquered the hardships of her existence.

The second important female character in the novel is daughter and first child of Rukmani, Ira. She is named for the great Irawaddy River because water is so precious. Ira is beautiful and has a sweet, obedient, uncomplaining nature. Ira sings like a bird. But, her husband abandons her because she is barren. She falls into a depression lifted only by the birth of her youngest brother, Kutti. She devotes herself to him with great determination, as she later does to her own illegitimate albino son.

Kali is another important female character and wife of a neighboring farmer in the village. She is plump and jovial, and she introduces Rukmani to the neighbor women and shows the young Rukmani how to perform the chores of a farm wife. She helps out at the birth of Rukmani's first child. Kali expresses the views of the villagers about events in the novel and is particularly disdainful of Rukmani's belief in the value of reading and writing.

Old Granny is a woman without family who barely scrapes a living selling produce in the village. She remains friendly with Rukmani even after Rukmani stops selling garden produce to her. At Rukmani's request, she arranges what all consider a good marriage for Ira. She never forgives herself for the failure of that marriage, and she brings a rupee as a gift when Ira's baby is born, when she herself is starving.

Janaki and Ammu are minor characters in the novel. Janaki is the village shopkeeper's homely wife who befriends Rukmani and Ammu, Murugan's abandoned, unfaithful wife.

Female Characters' Emotions Represented In Nectar In A Sieve:

Nectar in a Sieve is a famous Post-Colonial novel written by Kamala Markandaya after independence from the European Imperial powers. The novel is a sensitive and moving portrayal of a woman who is troubled with forces beyond her control; it is a story about the resilience of the human spirit and the importance of values. It is the story of all the women who endured the same suffering represented by Rukmani. Nowadays, women have a lot of social support and they have a free will to make choices of their own. Education has played an important role in empowering women of current era. Women actively participate in every sector and have proved to be more efficient than men by balancing both household and also their professional life, e.g. Indra Nooyi. Kamala Markandaya, portrayed a woman who even though wasn't much educated and had barely any social support, still strived and won the battle of life, hence they are emotionally strong. Rukmani is represented as an emotionally strong and bold lady in the novel. She boldly faces all the obstacles, difficulties and unpleasant situation in her life. She married with Nathan, a poor farmer. Being a mother, she takes utmost care of children, teaches them as what she knows. She thinks: "When my child is ready, 'I thought now, 'I will teach him too; and I practiced harder than ever lest my fingers should lose their skill". (Nectar in a sieve, p. 11)

Kunthi is a contrasting character to Rukmani where she plays a less conventional view of women's role. Kunthi isn't able to accept the reality of life, She resents what she is told to do regardless of her husband's social status she is not contented. Rukmani was upset when Ira was born. But everything changes when she grows up as a beautiful girl who is liked by the villagers and who shares a strong bond with her parents than her brothers. Her position in the family helps in breaking the stereotypes about the ill-treatment of women in the community. She is a character who is obedient and has an uncomplaining nature. Even though she was depressed when her husband abandoned her she overcomes it with the birth of her little brother Kutti. She is depicted as a revolutionary character in the novel, who breaks all the social norms, e.g. being a prostitute and bearing an illegitimate child. She thinks that saving a life is more important than following social norms. All the women characters in this novel are seen expressing different emotions and holding on to the hope that things would soon take a turn for the better.

Conclusion:

Kamala Markandaya is a writer who was influenced by the simple life of a village, sufferings of villagers, poverty, hunger, and various problems faced by women. Rukmani's story could be any women's story. In this story Rukmani is a pathetic character to whom we felt pity but it tells us the story of an Indian peasant who never loses hope in the face of insurmountable obstacles in her life. . Even though she has only miseries going on in her life she dares to face and battle against all these obstacles to possess the high emotional capability to handle problems. She is in search of self-realization amidst all the chaos. Most women in fiction or reality are trapped in the name of tradition and customs, even today no matter how educated a woman is Indian society still expects women to behave in a particular manner. *Nectar in a Sieve* and the characters like Rukmani, Ira all are an inspiration to women of modern era.

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Women Entrepreneurs: SWOC Analysis

Dr. Adinath R. Gholap¹

The so-called industrial sector has been considered a neglected sector for women since time immemorial but in the present age of modern and open economy many women are playing important role in the industrial sector as entrepreneurs and employees. A woman entrepreneur is a woman who sets up and operates an industry or carries out various tasks responsible for the success of that industry. Women who make a living by working in industry and business are called women workers. In the nineteenth and early twentieth centuries, the share of women in industry was very small. At present she is working alongside men in all fields and she is not far behind in the industrial sector.

Compared to India, women from European nations, USA, Japan, Korea, Canada and other leading and advanced nations are working in large numbers in the industrial sector. Many factors such as economy, social conditions, equal status and treatment of men, educational opportunities etc. are responsible for this. Surveys in the context of developed nations have concluded that laundry, beauty parlors, bakeries, home industries, hotels, education and information technology, etc. Women are registering their participation in the field. Generally, women entrepreneurs are engaged in the field of small scale industries with specific types and limited production.

In developed and developing countries and societies, women are taking the initiative and playing the role of entrepreneurs. Basically, the concept of women entrepreneur is no different from the concept of entrepreneur. The major tasks of an entrepreneur include exploring new ideas, exploring business opportunities, examining the profitability of the opportunity, making choices, taking risks, setting up the industry, assembling all the elements required by the industry, managing, controlling and leading the industry. An industry in which all or most of these tasks are performed by a woman or a group of women is called a women's business. As defined by the National Level Standing Committee on Women Entrepreneurship (1991) of the Government of India,

Industries in which 51% of the share capital is invested by women, and in which at least 50% of the employment opportunities created in the industry are given to women, are called women industries. Such a business needs to be owned and controlled by a woman or a group of women however the above definition can be an impediment to the overall development of women entrepreneurship. After realizing this, the Government of India amended it. According to this revised definition, women's industries are mainly carried out by small scale industries, industry related services or business ventures, partnerships, co-operative societies or any of the private (limited) divisions. The business of women is actually run by one or more women and the individual or joint venture capital of women is required to be at least 51% of the business capital.

Key words: Women Entrepreneurs

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Objective:-

1. To understand the concept Women Entrepreneurs.
2. To Study the various Strength and Weaknesses of Women Entrepreneurs.
3. To Study the various Opportunity and challenges of Women Entrepreneurs.

Limitations of the Study

1. The research topic is related with only Women Entrepreneurs
2. The research is based on Secondary data.

Datacollection:-

The primary source of data collection in this research paper is the secondary data. The available information on Women Entrepreneurs has been extensively used to complete the research report. All the available Journals, Related books, Web, Articles, Publish and unpublished information and Papers provided necessary information to the finalize the research paper.

Meaning-**Women Entrepreneurs:**

Women entrepreneurs may be defined as a woman or a group of women who initiate, organize and run a business concern.

“Women entrepreneurs are those women who innovate, initiate or adopt a business activity”. - Schumpeter

“A woman entrepreneur is defined as an enterprise owned and controlled by a woman having a minimum financial interest of 51 percent of the capital and giving at least 51 percent of the employment generated in the enterprise to women.” - Government of India

Strengths of Women Entrepreneurs

Some of the Strength of Women Entrepreneurs are as follows

1. Leadership studies reveal that having high emotional intelligence may prove to be an advantage in business. Having a high emotional intelligence quotient is an important factor in leadership and studies have found that women, on average, have an edge over men when it comes to this.
2. Working with others and building long-lasting relationships is a strong trait among many women and may aide in the success of a new business. Creating new partnerships among businesses like your own opens a world of opportunities for your business to grow with your competitors, rather than compete against them.
3. Women are known for juggling many tasks at the same time and still being able to produce excellent results. Conversely, the guys are masters at focusing on one thing. Still, the advantage in today's distracting environment goes to women.
4. Women inherently seem to have more patience. And in today's business environment, patience is key! Aggressive business strategies are not paying off like they once did. Slow and steady wins the race in this category.

Weaknesses of Women Entrepreneurs

Some of the Strengths of Women Entrepreneurs are as follows

1. Money is to a business what food is to the human body and is vital for any business, big or small. However, women suffer in this aspect as they do not have any access to extra funds, familial property and at times garner zero support, material and financial from their own families
2. Due to lack of education and even basic awareness, women are far from happenings around the world, especially about technological disruptions, rising and falling markets and business knowledge of any kind.
3. Women especially married women with children shoulder plenty of responsibilities. Naturally, they find it hard to flit between home, family, and business and it really can be considered an 'art' to be able to achieve a work-life balance with so much on your plate.
4. This ranks high among problems of women entrepreneurs. Women tend to be low-risk takers, and rightly so since they have to look and care for so many factors surrounding them and the impact of their actions. Many a woman lead sheltered lives and are not financially independent as well.

Opportunity of Women Entrepreneurs

Some of the opportunities of Women Entrepreneurs are as follows

1. Diversity in gender, culture, age, and race – promotes innovation and creativity. Top companies across the world aim to prioritize and benefit from a diverse and innovative workforce. Men and women from different backgrounds bring in varied experiences with them, which shape their approach to business. Challenging and collaborating with each other helps them in performing creatively and taking the company forward.
2. Technical skills and knowledge are essential for success. But soft skills and emotional intelligence are equally important. Emotional intelligence in leadership means self-awareness, empathy, and the ability to listen. Although these characteristics are difficult to measure, they can make a major difference. Women can utilize their experiences and soft skill aptitude with emotional intelligence for properly leading their companies.
3. The corporate culture of many companies can work against women. But when a woman leads her own company, she has the ability to establish an environment suitable for other women working in the company. Being an entrepreneur, a woman can live a more authentic life and can create a corporate culture more suitable to her own values.

Challenges of Women Entrepreneurs

Some of the challenges of Women Entrepreneurs are as follows

1. Women tend to face the greatest challenges in getting support, from lacking the relevant connections to needing financial access or emotional support
2. A lot of women struggle with confidence and they need help with understanding their skills, their value on what they bring to businesses and organizations. Very often,

women tend to underestimate their capabilities and so they need a lot of support to gain that confidence and understand the value that they possess.

3. Building market access is the challenge of every entrepreneur, more so women entrepreneurs as their networks are usually smaller and therefore they do not have much access to the market when they start.
4. Among the challenges that women experience are less-established business networks, and social and traditional constraints that restrict women's participation in business. Religion hinders women from owning businesses. In some countries, women may be required to have a male partner will do deals, negotiate, and be the face of the business. Regardless of these challenges, the business world is gradually accepting women's abilities and contributions.

Conclusion:

As mentioned above, women entrepreneurs have many problems. These problems can be solved or mitigated by serious analysis, which will lead to positive changes in women entrepreneurs and create more women entrepreneurs to boost the Indian economy.

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Role of women's in Entrepreneurial Sector

Ms. Jaya. B. Dabarase¹

Abstract:

The nation to grow now day in the world of enormous competition requires entrepreneurs at the economical development. Entrepreneurial activities or entrepreneurship has been influence by males since ages. However in the area of information technology, the women have become more aware as well as better educational facilities have enabled them to venture into this male dominated space. The women today have materialized as a key player in economic development of the nations. Women entrepreneur has a self role or personal role like a parent, wife, daughter, etc. Their main role tends to focus on improving the living standards for women on education and personnel development. Many women entrepreneurs work on empowering women and solving their specific issues. In the business sphere, the role of women has changed several times in the last fifty years and few of the Entrepreneurs have seen in the '90s. The only meager number of women-owned and operated a business in the last five decades. Kamal Singh, a women Entrepreneur from Rajasthan, has defined woman Entrepreneur as “*a confident, innovative, and creative woman capable of achieving self-economic independence individually or in collaboration, generates employment opportunities for others through initiating, establishing and running the enterprise by keeping pace with her personal, family and social life.*”

Introduction:

An entrepreneur is a person who is involved in the economic activity as well as takes an initiative to start business with innovative ideas. Entrepreneurship provides more opportunities for self expansion or serves the society. All over the world, entrepreneurs provide huge employment opportunities by setting a Micro, Small and Medium enterprises in urban, semi - urban and rural areas for uplifting the living standard of people. The phenomenon of women entering the entrepreneurial arena is in the first stage of businesses have been male dominated and women have always engaged in home affairs that is cooking and nurture of the family and children. In the last few years the scenario has change and the women have come to the fore front as not only memorable but also an inspirational entrepreneur. Entrepreneurship are such a not bound by the class, religion, community, gender or age and hence any person can start a business now day.

In past years women entrepreneurs has been involved significantly in the development and social progress of the country due to urbanization, industrialization along with education awareness. This opens up major opportunities for the nation, society and the family. Setting up their own stray not only makes them self sufficient or self dependent but also create their own social identity. This way they has been able to achieved work-life balance and contributed to the satisfaction of their customers by involving themselves in the innovation of the products² also they have been able to empower people economically. Various sources of data confirm the contribution of this new generation of entrepreneurs that is the women entrepreneurs play a crucial role in the economies across the world.

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Involvement of women has its inherent benefits for the industry as well as society. Professionally the women entrepreneurs setting up their own firms help in create new employment opportunities and per capita income of the nation is increased. Socially they become independent provide a better and brighter future for the next generation and family also better education and awareness levels more confident about themselves and are in a better position to manage family businesses in case of loss of the earning member.⁵ The major reason that attracts women to begin as an entrepreneur is they have an innovative ideas and ability to create something creative which helps their individual identity to be recognized at not only local and national but at a larger also global level.⁶

➤ **Problems Faced By Women Entrepreneurs**

- Lack of Education
- Social Barrier
- Financial Problem
- Personal Barriers
- Self - confidence and fear of failure
- Lack of entrepreneurial aptitude
- Market Related Barrier
- Skill Related Barrier
- Operational Barriers
- Location of Business
- Obsolescence of Technology / Technological Development Problems
- Legal Formalities
- Shortage of Raw Materials
- Lack of Government Support/ Cumbersome Government Procedures
- Lack of Availability of Motivational Factors
- Direct and Indirect Tax-related Issues
- High Turnover of Staff
- Lack of Awareness about Government Schemes and Policies.
- Unconscious gender bias
- Family support
- Confidence in business skills

Conclusion:

Now day's women have ventured into manufacturing, trading and service sector from the earlier days where they were limited only to the domestic jobs. The participation of women in the entrepreneurial activity makes them not only self confident but also self dependant. Hence it provides them an opportunity of not only contributing to the economic development of the nation but also enables them to give a better life to their family. The women make up for almost 50% of the population in India, however, only 10% of the firms in the MSME (Ministry of Micro, Small & Medium Enterprises) sector are owned by them. Hence, if supported, the women entrepreneurs can provide a much needed boost to the economy by creating new employment opportunities. Women entrepreneurs having more support from their families and social circles to pursue their entrepreneurial goals. Household or care duties should not be understood as women's sole responsibility. Therefore granting maternity benefits to women

entrepreneurs, improving childcare, and cultivating social acceptance would help them combine their entrepreneurial pursuits and family responsibilities.

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Today's Women Entrepreneur

Dr. Rajashree Bapat¹

Abstract

Entrepreneurship teaches us to realize our own identity and power in all spheres. Basically, entrepreneurship can modify the lifestyles of our own as well as the stakeholders of the business like their employees and consumers. A woman entrepreneur develops herself in various ways like generous thinking, better morale, many soft skills and others. She creates job opportunities for others too.

Because of the corona pandemic everybody faced new challenges in their life. In Nagpur, a survey was conducted to collect the data and analyse it to know the role of Women Entrepreneurship in today's society. How they worked, managed, what was the earning is evaluated. Many women entrepreneurs are doing excellent work. Textiles and clothing is one of the basic needs of human beings. The person's first impression is influenced by his or her appearance. This is why clothing and grooming is very important while interacting with others. In non verbal communication clothing plays an important role. The force of fashion is evident all around us every day. Hence in this survey various aspects of entrepreneurship are studied in textile clothing sector. This survey narrates the story of women entrepreneurs.

Key words: women entrepreneurs, textile, clothing, survey.

Women play a vital and important role in society. They contribute their services in various fields. In every field they complete their responsibilities very well. It may be cultural, social, entrepreneurial, agricultural, horticultural, government jobs, police, industrial sector, air force, medical and many more. Women work hard and perform allied activities and possess many hand skills along with knowledge of housekeeping. They are doing exceedingly well in all aspects. At the same time they put themselves in owned business and to be self sufficient. Hence, with little investment and lot of dedication, they are trying to prove themselves. Now women are exploring the possibilities of establishing their business with more education and awareness. Women have now shifted to higher level of activities as education has spread. The urge for earning has grown more and more so women are selecting entrepreneurial career.

Entrepreneurship is a dynamic process of creating incremental wealth and innovating things of value. It provides various services and enhances the growth of social wellbeing. It creates job opportunities and improves Gross Domestic Product of society.

A woman who is an entrepreneur is an action focussed and self motivated individual who is ready to face challenges to achieve her target.

M. Kilzner (1973) observes an entrepreneur as "One who perceives what others have not seen and acts upon that perception".

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According to E.E. Hogen “An entrepreneur is an economic man who tries to maximize his profits by innovation, involve problem solving and gets satisfaction from using his capabilities on attacking problems”.

Setting up one’s own business is not easy. From the start an entrepreneur faces many problems in the initial stage. Enthusiastic professional approach and hard work can provide success. The entrepreneur is often associated with a person who starts her own new and small business.

Frank Young defined “entrepreneur as a change agent.”

The questionnaire was formed to analyse the working style of women entrepreneurs in Nagpur. On the basis of answers received data was tabulated. In this paper findings and interaction with designers is summarised.

- **Education:** All the entrepreneurs were well educated but only 11 to 12% of Entrepreneurs were having formal education in fashion design.

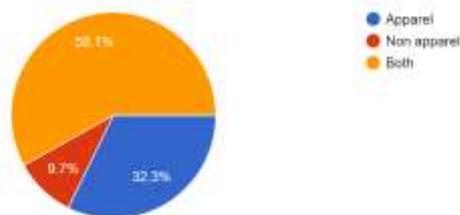
Names of Boutiques were very appropriate like Prêt line Boutique, Sui Dhaga, Creative instincts, Scintillare designer studio were few examples of it.

Everybody was linked with social media very well and because of pandemic it proved very useful.

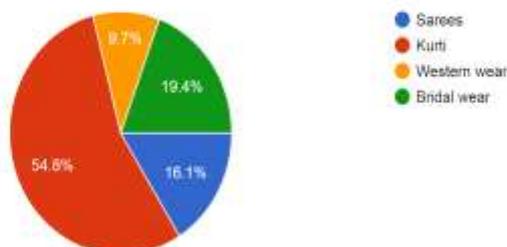
- **Past experience:** 53% entrepreneurs were having job elsewhere before starting their own business. On their own they started their venture and happier than before. Now they felt satisfied by employing others in their business.

Products: 59% of the entrepreneurs were selling apparel and non apparel both. Means along with garments they were selling quilts, table cloth, bed sheets.

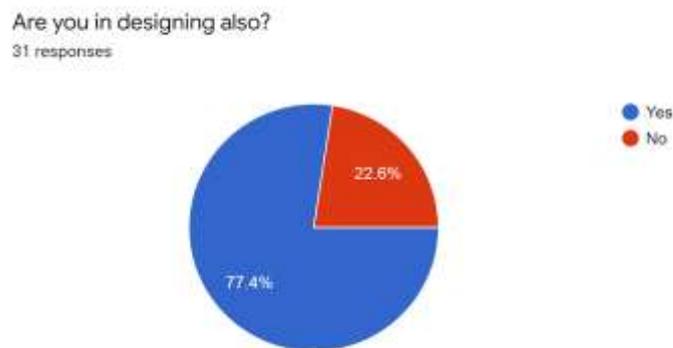
What types of products do you sell?
31 responses



Which products do you sell?
31 responses



- **Trading / Designing:** 77.4% of entrepreneurs were in designing. They were creating products for their clients. This is very satisfying fact because creativity gives immense pleasure to designers and uniqueness gives joyful experience to wearer.

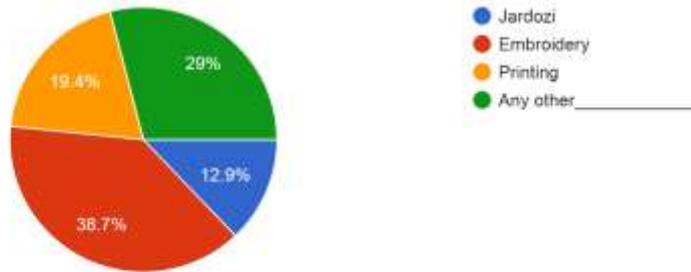


- **Innovation:** An innovating entrepreneur always introduces new product, develops new techniques, and discovers new market. In the field of textile and fashion, uniqueness and innovation are basic necessities to sustain in the market. Practically every day fashion changes. Sometimes because of necessity new design is required, sometimes to add glamour it is created, but in any case innovation is essential. It is the specific instrument of entrepreneurship. Innovation has a base of knowledge and information or even intuition. Using information and skills, a novel project would be conceptualised. From the data it is realised that few designers have achieved great success in their field. The owner of Peshwai Nauwar located a problem of draping nine yards sari .She found it very difficult to drape it so she innovated a design which can be stitched as a garment. After many attempts she created a method of drafting and stitching nine yards nauwar, and then the same attire was stitched in various styles like Mastani nauwar, modern nine yards sari and many more. It can be worn very easily just like salwar but looks as graceful as draped nine yards sari. Due to the comfort and convenience in this attire she received many orders for it. She's doing a roaring business of Peshwai Nauwar. Now she has started stitching Silk Dhoti for men.

Another designer also showed great creativity in an interesting way. Besides the scorching heat of the sun, environment is much polluted nowadays. So everybody needs some protection against dust, sun rays and smog. Usually girls wrap their faces and heads with 2 to 2 1/2 m long Dupatta. It takes 5 to 10 minutes to wrap it properly. It is difficult to handle when not in use. It requires space to keep or carry it. The main disadvantage is that because of its length it is hazardous while biking on the road. The designer developed better option than Dupatta. She developed a scarf with window. It is big enough to cover the head and shoulder, very easy to handle. Just 80 cm by 80 cm material is required. With a Velcro it can be fixed. A small window is designed for viewing. There is zero risk of accident. She has developed this scarf with little ornamentation. She's getting good response.

- **Ornamentation:**

Which type of ornamentation do you do?
31 responses



From the above graph it can be stated that Embroidery was a very popular craft in fashion world. According to the preferences of customers' designers did the art work. One entrepreneur preferred hand painting to create uniqueness in the products. Block printing was also done.

- **Employment:** Majority of the entrepreneurs had female employees. The Government of India has defined women entrepreneurs based on women participation in equity and employment of a business enterprise. Accordingly, a woman entrepreneur is defined as "an enterprise owned and controlled by a woman having a minimum financial interest of 51 percent of the capital and giving at least 51 percent of the employment generated in the enterprise to women".

Women are encouraging other women to earn and to develop. She tries to provide mentorship to other women. She feels more comfortable to employ women at her workplace but for Zardozi and embroidery she has to depend on male craftsmen.

- **Involvement:** Involvement with the customer is a key to productivity. Attitude reflects the interplay of many long-term and short-term factors. If the entrepreneur is interactive with her customer she can feel the pulse of clients. She can get feedback and can take corrective measures. It is proven that if entrepreneurs are involved with customers they can identify the needs of the customer. She guides them in selecting the goods. She suggests suitable style to clients according to their body types, thereby making good business. They even advise their client on colour combination and application of trims and sequence and other surface ornamentation.
- **Employee:** An Entrepreneur can bring many changes for betterment of society. In running her own business she accelerates her employees' development. She has leadership qualities hence she can guide and help her employee while working. She can interact with them on various topics like hygiene, nutrition, social awareness etc. Almost every entrepreneur knew this fact hence while working together; they focus on rewards than salary. Even owner takes interest in her employees' personal goal, problems and achievements. In return she gets qualitative business and positive approach in her establishment.
- **Income:** The entrepreneur is an important component of economic development. She also plays a role of catalyst in the economic development of her employees. When

women earn they feel valued and better wellbeing. They enjoy getting salary every month. Assured income helps them to improve their lifestyle and better education for their children. All entrepreneurs were doing well. They were confident about the business. One comment was very catchy she said “income varies year to year but I can say every year hundred percent growth is there this means I can double the income every year.” They all were satisfied and holding the steering of business confidently.

- **Effect of Pandemic:** Because of pandemic many designers faced many difficulties. They have changed the production and started new products to overcome the losses. Few designers started their business in pandemic by manufacturing and selling masks and now they have expanded their business by designing Kurtis. Few found it very hard to keep the business running in pandemic. One entrepreneur started online business in this period and she got good response. She said “people prefer to stay at home and shop.” Someone used to keep her shop open on alternate day. Here we can say that all entrepreneurs found their own ways to run the business in difficult period also.
- **Waste Management:** When the matter of disposal of material struck to them they tried their level best to recycle it. Few of them make various products out of left over or scrap material. Masks, bags, string bags (Batua), quilts are the products which were developed by these entrepreneurs. Designers were making mirror frames, items for home decor like tray mat, coasters, cutlery boxes, door mats, phone covers. They used some of the left over material to make different patterns. One very innovative product was Gudi for Gudi Padva. Small pieces were used as pillow filling. One designer claimed that “They work on zero wastage policy.” They are very well concerned about reducing wastage of material. Most of them promoted sustainable fashion rather than fast fashion.
- **Conclusion:** Generally in India women are solely responsible for housekeeping and looking after children so they have to maintain balance between their business and family. Indian women are strong. They came out of the shells and houses and created their identity. It can be stated that to identify and evaluate the opportunity is little difficult, but after identification plan should be developed for a venture. Once the business is established entrepreneurs can further develop it. An entrepreneur should have the ability to see and evaluate business opportunities, together with the necessary resources to take advantage of them and to initiate appropriate action to ensure success. Project identification is the first step of a new activity. Many of them made the most of the ‘Make in India’ campaign as well.

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Women in Entrepreneurial Sector

Anupama Vaibhav Joshi¹

Abstract:

Entrepreneurs play a key role in any economy. But if entrepreneurs are female, they play a major role in family economy also. Entrepreneurs are the people who have skills and necessary initiatives to take some new ideas to market or provide a service and make the right decisions to make their ideas profitable. The educated or uneducated Indian women have to go a long way to achieve equal rights and positions. Because some traditions are deeply rooted in our country which is social and male dominated. Besides all these hurdles Indian women have been achieving her goal. Balancing her home duties and work place. These women are very ambitious, enthusiastic and ready for taking any risk. The study has been done to make awareness between women and understand how Indian women entrepreneurs are working and facing their problems. To see the perspective of different sections of society about women entrepreneurship have been faced.

Key Words:

Enthusiastic, Ambitious, Male dominant, Entrepreneur.

Introduction

In India women entrepreneurs are very less than men. They have many hurdles in this way which is on the basis of family or society. We have come up with the survey to understand the gender gap as well as the problems faced by the women to reach their goals. Today's women entrepreneurs do not come only from the well settled business families, they come from all walks of life and all categories of our country. Today women are working in many sectors which are male dominated too. Female entrepreneurs are the female or group of females who work together to form a firm or venture. We all know 'Bachat Gat' which is very well known and successful group venture. Within this Bachat Gat women make household kitchen related products, food products or many other things. We all know about 'Godhadi' making projects by Mahila Bachat Gats. This project is also a successful venture. Women entrepreneurs are extremely increasing. Hidden business potentials of women have been increasing. Women – to-Women strategy is working best in this field. Women are working as entrepreneurs by taking hand in hand. Women entrepreneurs engage in business as a result to build their confidence and to stand on their feet. Right efforts in all aspects (society, family, economy, banking) are very important. So that they can involve in entrepreneurial activities. Motivation and encouragement from family and society is very necessary for women entrepreneurs. So that they get started on the road of bright success. This will give a chance to step out of the four walls.

Objectives:

- 1 To study the challenges faced by Indian female entrepreneur.
- 2 To study the role of female entrepreneurs in economy. (family, country)

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Importance

As more female venture into the field of entrepreneurship globally, research approaches to understand the role of women. Since female have been entering and showing their success in entrepreneurial sectors they are considered as one of the fastest growing entrepreneurial population. It is very important to see how the women entrepreneurship affect the economy of family and country. In female entrepreneurship, here women-to-women strategy work better because one women entrepreneur inspires other to start business. Because of this more women entrepreneurs get ready reducing the gender gap in the work place. Every women tries to achieve economic development for prosperity and better life standard. They have proved that they are not less than men in efficiency, knowledge, and hard work if they are provided proper scope. Women entrepreneurs tend to highly motivated. Women entrepreneurs have tendency to maintain longterm relationships. They have effective communication skill, organizational and networking skill as compared to male counterparts. Well educated, professionally qualified women must be encouraged for managing their businesses.

Conclusion

To sum up we can say that women comprises around half of the human population. But in our Indian society women are still male dominated. Women are not treated as equal partner. Either inside or outside the four walls of house. In fact they are treated as dependant as well as weak creatures. But changing the situations Govt take various initiatives to promote women entrepreneurs.

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Agripreneurship: A Boon to Women Empowerment

Anoop Kumar¹

Riddhi Verma²

Introduction

“There is no prospect of the welfare of the world unless the condition of women is improved because it is not possible for a bird to fly on only one wing”, said by Swami Vivekananda.

In India, traditionally women play a fourfold role as mother, wife, daughter, and sister. Women faced patriarchy in all stages of life. Their responsibilities, duties and working were determined by others. Gender discrimination, gender role, gender bias, gender stereotype and female feticide are some evils of the past Indian history. But in the present scenario, women are activating participation in social, economic, educational and political activities to be self-empowered and to make empower the others. Women got access to everything that she wants to do and this is the time to show actually what is she can do.

Women empowerment

“Empowering the Rural Women is the Key of Success of the Nations”

- The idea to gain power or the process of acquiring and extending power is the basic concept of empowerment.
- “Empowerment is a generative power of someone who integrates all the available resources to plan, operate, and produce something to make a change in life.” Empowering means to be self-confidence, self-reliance, self-powered, self-strength and to have the capacity to implement. Empowerment is a multi-dimensional process and may be economical, social, political, educational, occupational and spiritual.
- Women empowerment explained as the improvement of the social, economic, political and legal strength of the women to ensure equal rights to women. Women empowerment helps women to manage and control all the aspects of their life by herself according to her right`s. In the present scenario, women empowerment is considered as a global goal.

Level of empowerment

- **Individual:** Individual empowerment is the first level in which the individual becomes self-aware, self-confidence and self-motivated. The individual starts gaining knowledge, information, experiences and skills for himself. Because after attaining this stage an individual is able to move towards making empower the others. A social worker is an example of individual empowerment.

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- **Group:** In group empowerment, an individual starts leadership among a group of peoples and develop the feeling of co-operation in a group to make empower each member of the group. The members work with mutual consents and aim to fulfil a single goal of the group. E.g. Self-help group.
- **Organizational:** When the highly motivated empowered individuals work together in the form of an organisation to promote the rights of the powerless peoples, is known as organizational empowerment.

Elements of empowerment

- **Decision-making power:** if you have the right to make decisions with your own will and conscience, you can make some decisions in future for your development.
- **Access to information:** Access to the information is necessary for people`s action. You should be aware and updated to the new information to make better decisions for being empowered.
- **Assertiveness:** The positive thinking of an individual is an important element in empowerment as it energizes your decisions and work.
- **Self-efficacy:** Choosing the right option among different alternatives and the feeling that you can do it with mastery is called self-efficacy. The decisions taken with self-efficacy leads to better results.
- **Inclusion and participation:** to be empowered it is important that you have the right of involvement and participation in each and every kind of activities to face the consequences and to find what is better for you and what is not.
- **Leadership:** The process of empowerment develops the feeling of leadership in an individual, who can express himself, can think critically, co-operate, make changes, direct others, make judgments and set communication in the group.

Strategies of empowerment

- **Education and training:** educate people upto the optimum level to make them able to empower by developing their own livelihood.
- **Rights and protection:** Provide equal rights and opportunities to men and women in all the aspects for the maximum development of the individual.
- **Avail resources:** resources are like the fuel to do any work. That`s why the availability of resources affects the results of the work. So make sure that the individual who is going to do something has all the resources related to it.
- **Media resources and use:** Media resources are playing their best in the empowerment of women, because of its high use and effectiveness. Many entrepreneurs take benefits of E-marketing in mass through media resources.
- **Participation in public education:** Participate in all empowerment development programmes that may give the opportunity to you and your community.
- **Security and support:** Support from women Organisations, community and family promotes women empowerment as it gives all kind of security like financial security, social security etc.

What is an entrepreneur and entrepreneurship?

An **entrepreneur** is a person or a group of persons who generate an innovative idea of the business by bearing the risk in the future. Entrepreneurs are the innovators, a good manager, risk bearers, leaders, self-confident and creative in nature.

Whereas, **entrepreneurship** is the process of shaping the ideas or innovations and establishing the business.

Enterprise is the organisation or the set up created by the entrepreneur. As Indian government said that an enterprise established and controlled by a female entrepreneur having a minimum monetary interest of fifty-one percent of capital and giving a minimum fifty-one percent of the employment generated by the enterprise to women.

Women entrepreneurs' play an important role in local economies and a large percentage of micro-enterprises in developing countries are undertaken by especially rural scheduled caste and scheduled tribe's women.

The different types of women entrepreneurs in India

- **Affluent entrepreneur:** Affluent entrepreneurs are those women who belong from rich business families and carry out their work with the help of their family members.
- **Pull Factors:** These entrepreneurs are the educated women in cities who take up entrepreneurship as a challenge to do something new and to be economically independent. Such as establishing schools, catering centres, restaurants, grocery shops, etc.
- **Push Factors:** These entrepreneurs are those who started entrepreneurship to overcome the financial problems of the family.
- **Self-Employed:** The women who belong to a very poor family and start a mini enterprise like bamboo making, broom making, candle making, tailoring firm or providing tea and coffee to schools and offices to earn their livelihood, are called self-employed entrepreneurs.
- **Finally Rural Entrepreneurs:** Rural women who select less risk trade like preparation of fruit juices, pickle making, papad making, etc.

Process of entrepreneurship

- **Stage 1:** In the first phase, the idea is generated by the person or gets the opportunity to startup an entrepreneur.
- **Stage 2:** In the second phase, the planning starts that how to fulfill the vision.
- **Stage 3:** In the third phase, implementation of the ideas by the utilization of resources such as finance, manpower, skills, space, material etc.
- **Stage 4:** In the fourth phase, the entrepreneur monitors and controls all the activities to give correct direction.
- **Stage 5:** In the fifth phase, the entrepreneur waits for the growth and development of the establishment and after it, the entrepreneur gets the reward of the hard work.

What is agripreneurship?

Agripreneurship means to the entrepreneurship development in the agricultural activities. Agripreneurship is the best entrepreneur for rural women as 70% of the Indian population

dependents upon agriculture for their livelihood and has the potential to contribute to the economy of the country. Around 58 per cent of the total employment in India is through agriculture. The agricultural sector in our country contributes to around 18 per cent of the GDP. Agripreneurship provides an opportunity for the rural female population and it is great for them.

Different types of agripreneurship

In the present era, agricultural activities are diversified. It means agriculture is not only limited up to crop production and marketing but also starts developing medicinal, aromatic, ornamental plants, spices, biofuels and timber production which provide raw material for many kinds of industries. Therefore, agriculture is a vast field to establish an agripreneurship. Some of those ideas are given below:

- **Compost manufacturing:** Compost manufacturing from household waste like the peel of fruits and vegetables, waste part of vegetables, eggshells.
- **Nursery establishment:** Growing new plants from using dried flowers used in decoration etc. and you can start your own entrepreneur
- **Bonsai technique** is a very amazing technique for farm production as it takes less space to give more production. Bonsai species of plants can be developed by proper caring and some pruning techniques. You can also develop these bonsai and sell them as decorative plants.
- **Hydroponics** is also used to grow decorative plants and fruiting vegetables in water media in waste plastic bottles in a creative manner.
- **Vermiculture:** Manufacturing of Cocopeat and vermin compost will be very beneficial because it is the basic need of farmers to make land more fertile.
- **Medicinal plant production:** Production of medicinal herbs and sell in a dried form such as Tulsi, mint, bharingraj, neem, moringa, oregano, and stevia is a great option due to its high demands in the market because people are becoming more aware of the herbal products.
- **Manufacturing new convenience food mixes** with your own ideas. Such as the production of complementary food mixes for infants.
- **Mushroom production:** mushroom cultivation can be done in a room with less effort than farming in the field and produce great benefits.
- **Afeem cultivation:** It is also known as green gold as it is cultivated in small areas and sufficient to generate good profit. It will export to pharmaceutical companies and produce great profit for you.
- **Fruit Canning:** Canning process can be easily done at the household level. That's why canning fruits and vegetables as candies, preserves, marmalades and pickles and selling them will also develop earning for women.
- **Jam Production:** Jam production is also a preservation technique. You can also set up an enterprise of it if you have a good source of fruits.
- **Juice Production:** The juice is another popular fruit-based product that you could potentially make and sell at farmers' markets or other venues.
- **Aromatic product development:** The essence of the aromatic plants like peppermint, lemongrass, citronella, and vanilla etc. are widely used in confectionery products, baking industries, cosmetic products and pharmaceutical also. The essences are very costly and the farmer can easily grow it and get the high-profit margin.

- **Soy Production:** Soy is another famous substance that can be utilized in a wide range of items. So in the event that you can reap and process it, you can offer it to organizations for different product development.
- **Livestock Feed Manufacturing:** You can contribute to the industry by manufacturing feed for livestock in dairy industries.
- **Dairy Farming:** If you have space and the ability to care for cows or other dairy animals, you could start your own dairy farms where you produce milk, curd, cheese and similar products.
- **Fish Farming:** If you don't have ponds for fish farming, the process of rising fish in large tanks or enclosures substitute that with some extent.
- **Honey Production:** You can harvest honey from beehives and sell it to consumers or processors for further processing.
- **Beeswax Processing:** You can also collect and process beeswax and sell it to companies or individuals that use it to make candles, cosmetics and similar products.
- **Food Delivery:** If you or any other member of your family is growing any food product then you'll additionally build a business around delivering food things to the local shoppers and consumers.
- **Hatchery Operation:** You could focus on collecting and selling chicken eggs.
- **Spice Production:** Spices require processing after harvesting and before use such as drying, cleaning, sorting and grinding that can be easily carried out by the rural household women.
- **Nut Processing:** You could grow peanuts, walnut, almond, cashewnut or similar products that you can process by cleaning, peeling, roasting, packaging and sell to the consumers.
- **Organic Gardening:** Organic farming and organic foods are in high demands in the market as they are naturally grown in the organic gardens without the use of any kind of pesticides. Fruits and vegetables are demanding organic foods.
- **Agricultural instrument Rent service:** If you have got the capital to buy farming or agriculture equipment, instruments and tools then you could start a business where you rent or lease that equipment out to farmers who can't afford it.
- **Firewood Production:** If you have other types of trees on your land, you could use sell the firewood to those who need it for fuel.
- **Wool Production:** You could focus on raising animals like sheep and alpaca for wool production and supply it to textile industries.
- **Pet Food Production:** You could also use a variety of different crops and food products to create a pet food that you can sell to consumers.
- **Educational Farming:** You could have a farm where you welcome student groups or those interested in learning more about farming techniques and technology.
- **Trail Ride Service:** If you have got a tractor or alternative vehicle that you simply will drive around to different areas of your farm or property, you would provide trail rides as another paid attraction for tourists and students.
- **Agrotourism:** You could also offer a whole tourist experience at your farm where people can come to visit and maybe even stay as part of a bed and breakfast type of experience.

Modern tools to promote an entrepreneur:-

- **Mass media:** Mass media like newspaper, internet, emailing, other audio-visual aids are the tool for marketing the products.
- **Local market:** local markets are good in rural areas for the marketing of agricultural products.
- **Supermarkets:** The supermarket is good tools for bulk marketing of the products developed by the enterprise in an urban area. Supermarket role as a link between thousands of consumers and the enterprise.
- **Social media:** Social media is the best tool for women entrepreneurs as it facilitates the marketing of the product through social networks without going anywhere.

Obstacles in the development of agripreneurship

- Lack of finance
- Lack of raw material
- Lack of space
- Family responsibility
- Low literacy and confidence
- Lack of information regarding entrepreneurship
- Some norms of society
- Lack of training
- Lack of workers

Development schemes of government for women entrepreneur

- **Self Help Groups (SHGs):** The Self Help Groups (SHGs) provide a way for economic independence of rural scheduled caste and scheduled tribes and other backward class women. The leaders of this group provide training to the SHG members on topics such as income generation and allied activities, marketing of products and social issues, etc. to develop entrepreneurs and financial assistance.
- **Rashtriya Mahila Kosh** was launched under the Ministry of Women and child development in 1993. The primary focus of this scheme is to bring economic empowerment among women by developing entrepreneurship skills among women at the grassroots level.
- **Women Empowerment and Livelihood Programme in Mid-Gangetic Plains (Priyadarshini):** From the year 2011, Women's Empowerment and Livelihoods Programme started in the Mid-Gangetic Plains (Priyadarshini) in 13 blocks spread over five districts in Uttar Pradesh and two districts in Bihar. The focus of the programme is at economic and social empowerment of vulnerable groups of women and adolescent girls in the project area through the formation of women's Self Help Groups (SHGs) and to improved livelihood opportunities by training them.
- **NAI ROSHNI:** Ministry of Women and Child Development started Nai Roshni, a Leadership Development Programme for Minority Women in 2012-13. It includes various training modules like Leadership of women, Educational Programmes, Health and Hygiene, Swachh Bharat, Financial Literacy, Life Skills, Legal Rights of Women, Digital Literacy and Advocacy for Social and behavioural change.

- **MAHILA SAMRIDDHI YOJANA:** The objective of the programme is to provide Micro Finance to women Self Help Groups (SHGs) belonging to the target group who are living below double the poverty line.
- **MAHILA E-HAAT:** This is a unique direct online marketing platform for supporting women entrepreneurs/SHGs/NGOs for showcasing the products or services which are made by them.
- **MICRO, SMALL & MEDIUM ENTERPRISES (MSME):** MSME plays an important role in the overall development of industrial economy of the country under micro, small and medium enterprises. It provides many opportunities for the new and young entrepreneurs such as skill development programmes and financial support schemes for women entrepreneurs by government of India.

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A Role of Women in Agriculture, Horticulture, Dairy Farming and Fisheries

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Abstract

Agriculture, horticulture dairy and fisheries can be an important tool of poverty reduction. However, these all sectors are under performing in many countries in part because women, who are often a crucial assets in agriculture and the rural economy, face constraints that reduce their potency . In this paper, I draw on the available factual evidence to study in which areas and to what degree women participate in different filed. Involvement of women in rural labor markets varies substantially across the regions, but invariably women are over represented in unpaid, seasonal and part-time work, and the available evidence suggests that women are often paid less than men, for the same work. This paper re-affirms that women make essential contributions to agriculture and rural enterprises across the developing world. But there is much heterogeneity in women's part and over-generalization undermines policy relevance and planning. In addition, the context is important and policies must be based on sound data and gender analysis.

Introduction

India is great nation where we found 70% GDP source come from the farming sector which includes Agriculture, Animal Farming and Fisheries farming too. So, it's natural to have active women in these sectors. But the cold hard fact is women employment is declining in India in this century as per the Labor force Participation Rate (LFPR)

(source: <https://www.hindustantimes.com/india-news/explaining-the-decline-in-women-s-role-in-workforce-101639333923098.html>).

The farming is the nationwide sector which majorly employ the Rural and Semi urban workforce so this topic surely will help us to understand the current situation of Women in Agriculture Horticulture Dairy Farming and Fisheries sectors.

Situation of Women workforce

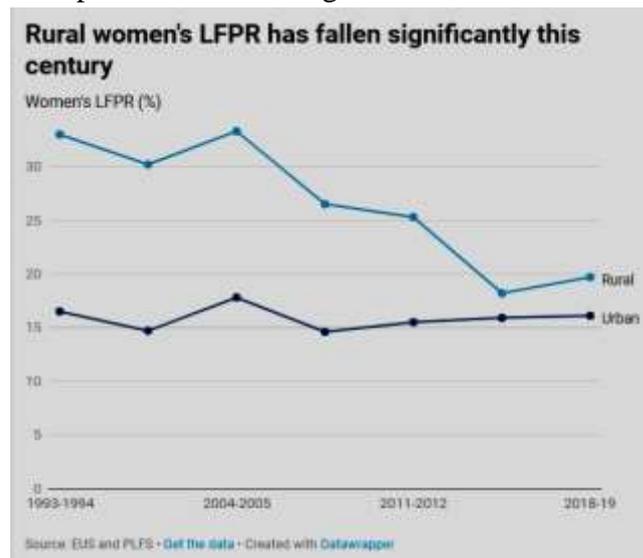
Farming sector which includes several sub-front namely Agriculture, Horticulture, Dairy Farming and Fisheries is the main source of GDP, so we can term the farming sector is main employer in India. We know there are lots of differences in each state, town and Village when farming is done by a Woman compared with a man. The Labor Force Participation Rate (LFPR) is continuously decreasing in this century which was just 18.6% during 2018-19 before pandemic compared to around 55% in the last century. There can be several factors affecting this sharp decrease in women's LFPR especially in rural sector.

- **Social Norms** – Women in India still believe taking care of children, housekeeping, household purchases, elderly care, cooking, etc. should be first priority of women compared to going out to earn wages.

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- Gender Gap in Higher education and skill training – When child is born, female child given less priority and less education than the male child hence, females' growth is always considered as the last priority from last several decades which inherited in females of this generation, they lost their decision-making abilities because of less skilled training
- Gap between Urban and Rural proximities – generally it's noticed that the jobs available in cities or towns are women friendly which they easily can do along with the family or social responsibility where as jobs in Rural area majorly as labors that too with low wages pay.
- The Income effect – In India, still salary to females for the same occupation is lesser than males which is an important point here to notice.
- Marriages – In India females have to migrate to new city or state post their marriages which gives a major impact of them leaving their income sources and become dependent on their family income post to their marriages.



Women in Agriculture and other Farming sector

Coming back to chapter's subject, the facts of women in Agriculture are quite amazing. According to Oxfam India's report published during 2018, the Farming sector (Agriculture and Animal Farming) employs 80% of all economically active women in India; they comprise 33% of the agriculture (Both Farming Sectors) labor force and 48% of the self-employed farmers. In India, 85% of rural women are engaged in agriculture, but only about 13% own land. The situation is really worse in Bihar with only 7% women having land rights, though women play an important role in various agricultural activities.

As women working in Agriculture and Animal Farming sectors are well to do with several activities which required skill and non-skilled labors. It's been analyzed in Gujarat; the women are more active in Animal farming where mainly includes milking animals farming. In Gujarat, so many women not only taking care of animals, but started owning animals which helped them economical independent. Also green fodder is again a challenge due moderate rainfall regions in the state, hence, this achievement from the women helped the new industry to look at, good point is AMUL is fully supporting the initiative from the women and providing door-step services to manage animals to increase milk production. It's also notices that women accepting food start-ups as their new business where they are into dehydrated products, export of seasonal

Masalas, pickles, dry snacks, Catering business, Organic food supply, etc. being women entrepreneur Govt. supporting in many ways to start Farming related businesses/ start-ups along with the promotions and export incentives to them especially being a woman entrepreneur.

Government schemes for women empowerment in Farming sector:

In this section we shall see the major schemes that has been launched by the government which will help women right after their birth, skill development, entrepreneurship and many more:

- Beti Bachao Beti Padhao Scheme – This scheme is to save the girl child and providing them the good basic education launched by the Central Govt of India (<https://wcd.nic.in/schemes-listing/2405>)
- One stop Center Scheme – One Stop Centers (OSCs) are intended to support women affected by violence, in private and public spaces, within the family, community and at the workplace. Women facing physical, sexual, emotional, psychological and economic abuse, irrespective of age, class, caste, education status, marital status, race and culture will be facilitated with support and redressal (<https://wcd.nic.in/schemes/one-stop-centre-scheme-1>)
- Working Women Hostel -The objective of the scheme is to promote availability of safe and conveniently located accommodation for working women, with day care facility for their children, wherever possible, in urban, semi urban, or even rural areas where employment opportunity for women exist. (<https://wcd.nic.in/schemes/working-women-hostel>)
- Mahila E-haat – This scheme provides a perfect opportunity to women entrepreneurs for using their technology and present their products to get the revenues through online market place.
- STEP (Support Training Employment Program for Women) – This scheme is most effective scheme from Government of India which supports skill development and guaranteed employment.
- Maternity Benefit Amendment Act 2017 for Leave by Government of India
- Financial assistance for vocational training of widows of ex-servicemen by Government of India
- Sukanya Samriddhi Yojana for financial inclusion of girls
- Provisions for women under National Mission for Sustainable Agriculture (NMSA)
- Agricultural mechanization for women farmers
- Promoting women under National Mission on Oilseeds & Oil Palm (NMOOP)
- Benefits for women under Mission for Integrated Development of Horticulture
- Reaching women farmers through mass media
- Provisions for women farmers in Agriculture Technology Management Agency (ATMA) Scheme
- Pradhan Mantri Awas Yojana (PMAY) Gramin for women's affordable housing
- AICTE Pragati scholarship for girl students
- AICTE Saksham Scholarship Scheme for girl students
- Relaxation in M.Phil/Ph.D programme for women
- Day care centres in Universities and Colleges

- Vidyalakshmi Portal for Education Loans
- Nai Roshni Scheme – Leadership development for women from Minorities
- Promoting horticulture among women farmers (Mission for Integrated Development of Horticulture (MIDH))
- Promoting sustainable agricultural practices among women farmers (National Mission for Sustainable Agriculture (NMSA))
- Mahila Kisan Sashatikaran Pariyojana (MKSP)
- Promoting women farmers through National Food Security Mission
- Resources for women farmers (M-kisan and National Farmer's Portal)
- Biotechnology Career Advancement and Re-orientation Programme (BIOCARE)
- Biotechnology based programmes for women
- BHARATIYA MAHILA BANK BUSINESS LOAN
- MUDRA YOJANA SCHEME
- ANNAPURNA SCHEME - The loan allows these women entrepreneurs to avail it as capital requirements like buying equipment and utensils, setting up trucks, etc.
- ORIENT MAHILA VIKAS YOJANA SCHEME
- DENA SHAKTI SCHEME
- PRADHAN MANTRI ROZGAR YOJANA
- UDYOGINI SCHEME
- CENT KALYANI SCHEME

These are the major schemes launched by the Modi Government 1.0 and 2.0, government has also continued several schemes launched by predeceasing government which has helped crores of people to combat the poverty and help the nation in achieving the food security which indirectly making the national economy stronger. There are also several State governments schemes available by different state governments

Proposed Benefits with more women in Farming sector:

According to Indian Constitution, all citizens whether they are males or females have the equal rights for everything, then why not in skill development, training, social circles, and especially in the farming sector.

1. Gender Equality in Farming

In Major parts of Africa and Asia, compared to men, women & girls are severely affected by poverty, Hunger and disease. So introducing more women to the Farming will definitely help improving the economical and social conditions in several African and Asian countries which will indirectly help in combat poverty, Hunger and disease.

2. The Feminization of Agriculture

In India, we noticed crores of men tends to migrate towards cities to earn bread. In this situation, if females given proper training in Agriculture, Dairying and Fisheries, females can do better in farming which will distribute the pressure of earning on male. There are also chances that the run towards cities will slowed because of this.

3. More educating females

If rural females start earning from farming, they will have less socioeconomic pressure and they will tend to give proper education to their kids which indeed help in creating strong nation.

Conclusion

Women have better days and support from the ecosystem, the government, has created in last several decades. A balanced society is where women and men are equally important in all means including working area and economical area hence, women must not hesitate but come-up from whatever background they're coming from and start believing in their selves. As women, if they are coming in mainstream economy, it will not only help their families to cross the APL-BPL benchmarks but will help the economy and in creating several developmental agendas in larger way.

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Gender Discrimination: Exploring the Experiences of Rural Young Adult Girls in Solapur District of Maharashtra.

Dr. Chhaya D. Bhise¹

Abstract :

A study of Gender Discrimination : Exploring the Experiences of Rural Young Adult Girls in Solapur District of Maharashtra' was undertaken with the aim to find out various concerns, stereotypes heard from people around the young adult girls from rural areas. A sample of 80 young adult girls residing in rural areas and in the age range of 18 to 25 were selected for this study . A Open cum close ended questionnaire was created in Google form and distributed to these girls through Whatsapp groups formed by different college for academic purposes . Results revealed that most of the girls experienced gender inequality due to their gender , wide range of concerns and heard stereotypes from people around them, due to their gender.

Key words : Gender discrimination, Young adult girls, inequality

Introduction :

Gender discrimination is an unfavorable treatment to anyone based on sex, race and so on. It is one of the highest concerns for women around the world. It creates an obstacle in the development of women. Women are often discriminated at home , at work places and overall in the community. Discrimination against women is deeply rooted in human society. It starts even before birth and continue throughout different phases of her life. Girls take birth in preexisting social and family environment where gender differences are practiced in languages , playing roles and distributing responsibilities in family ,and decision making in day to day living. In recent decades gender discrimination is reducing in society. Their access to education is increasing but yet miles are to achieve to change the mindset of family and society to gain control over their own lives and especially in playing significant role in decision making process . Studies shows that women receive less investment in health ,care, education and intellectual development. (Unicef 2010). In light of the above the study is taken up to find out the experiences of young adult girls with respect to gender discrimination. The objectives of the study are as follows-

1. To know the concerns faced by adult girls because of their gender
2. To know the most common stereotypes heard by young adult girls from different people around them.
3. To find out the people from whom the gender inequality is been experienced by young adult girls.

Methodology :

Stratified random samples of 80 young adult girls in the age range of 18-25 were chosen for the study. These girls are residing in the rural areas of Solapur District of Maharashtra. Open cum

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close ended questionnaire was constructed in Google form and it was distributed among the young adult girls through whatSapp groups formed by different colleges for academic purposes during Covid -19 pandemic lockdown. Responses received in between 18 th February 2022 to 3 March 2022 were selected for study. Sample was asked to select the period of last 2 months for reporting the observations. Results obtained are tabulated, analyzed and presented as below-

Results and discussion: Results of study are as follows-

Table 1.Expereinces of inequality due to gender n=80

Sr.No.	experienced inequality because of your gender	Number and Percentage
1.	Yes	37(46.25)
2.	No	28(35.00)
3.	May be	18(22.5)

Table 1 depicts inequality experienced by young adult girls due to their gender. From above table it is very clear that 46.25 percent of young adult girls responded that they have experienced inequality due to their gender where as 35 percent and 22 percent girls replied 'No' and 'may be' respectively for this question. It is very surprising to see the distribution of sample in 'No' and 'May be' zone. It shows that gender discrimination in society is shifting positively to gain balance .Results obtained by Tara (2018) reveals that ,the north-eastern zone of India exhibits the lowest levels of intra household discrimination based on gender. Results are quite inclining towards these findings.

Table 2.Concerns faced by young adult girls due to their gender n= 80

Sr. No .	Concerns faced	Percentage
1.	Discrimination in Diet	22.2
2.	Discrimination in health care	16.5
3.	Discrimination in education opportunities	37.2
4.	Facilities in home	16.5
5.	Difference in treatment at home	10.8
6.	Freedom in decision making	48.5
7.	Respect	16.1
8.	Love and care from parents	19.7
9.	Work distribution responsibilities	12.9

Table 2 shows concerns faced by young adult girls due to their gender. From above table it is clear that most of the young adult girls experienced various concerns due to their gender. It is very clear from this table that most of the girls were not given freedom in decision making for their life followed by discrimination in educational opportunities , diet , love and care from parents, health care and facilities at home and work distribution and treatment at home . These results are in line of the results obtained by Rehman (2013) in her research done in Bangladesh.

Table 3.Most common stereotypes heard by young adult girls

Sr. No.	Most common stereotypes heard	Percentage
1.	Women are suppose to cook	71.25(57)
2.	Women are better in raising children	46.25(36)
3.	Women are not as strong as men	13.75(11)

4.	Women are suppose to earn less money than men	05.00(4)
5.	Women are never in charge	10.00(8)
6.	All of the above	18.75(18)

Table 3. reflects most common stereotypes heard by young adult girls. From this table it is very obvious that still women are supposed to cook is very common stereotype heard by these girls followed by women are better in raising children and 18.75 percent percent young adult girls heard all of the stereotypes mentioned in the questionnaire. Eleven girls heard that women are not strong as that of men, 8 heard that women cannot be in charge and 4 girls were exposed to thoughts that women should earn less than men. Tapia, F. J. B., & Gallego-Martínez, D. (2017) revealed from their study that high mortality in female may be associated with an unequal allocation of food, care and/or workload within the household.

Table 4. Persons from whom young adult girls experienced gender inequality

Sr. No.	Inequality experienced from	Percentage
1.	Father	12.50(10)
2.	Mother	36.25(29)
3.	Friends	15.00(12)
4.	Teachers	13.75(11)
5.	Strangers	16.25(13)
6.	Relatives	42.50(34)

Table 4 shows persons from whom young adult girls experienced gender inequality. It is clear from the table that 42.50 percent girls experienced inequality from relatives, followed by mothers(36.25) , teachers (13.75)and strangers(16.25) ,friends(15.00) and surprisingly least by fathers(12.50) .

Conclusion :

From above research it is very clear that most of the girls experience gender inequality due to gender , girls experience wide range of concerns and hear stereotypes from people around them, due to their gender.

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Gender Equality and Women's Empowerment in India

Dr. Ganesh Ramchandra Deshmukh¹

Abstract:

The term gender refers to the economic, social and cultural attributes and opportunities associated with being male or female. In most societies, being a man or a woman is not simply a matter of different biological and physical characteristics. This paper deals with importance of gender equality towards achieving the goal of women empowerment. It outlines the gender inequality scenario in India and types of inequalities between men and women. This paper sheds light on importance of gender equality and role of gender equality in women empowerment, gender concern in development and gender mainstreaming in development. This paper concludes with some interesting findings along with policy suggestions.

Introduction:

Gender equity is the process of being fair to women and men. To ensure fairness, strategies and measures must often be available to compensate for women's historical and social disadvantages that prevent women and men from otherwise operating on a level playing field. Equity leads to equality. Gender equality requires equal enjoyment by women and men of socially valued goods, opportunities, resources and rewards. Where gender inequality exists, generally women are excluded or disadvantaged in relation to decision-making and access to economic and social resources. Therefore, a critical aspect of promoting gender equality is the empowerment of women, with a focus on identifying and redressing power imbalances and giving women more autonomy to manage their own lives. Gender equality does not mean that men and women become the same; only that access to opportunities and life changes is neither dependent on, nor constrained by, their sex. Achieving gender equality requires women's empowerment to ensure that decision-making at private and public levels and access to resources are no longer weighted in men's favor, so that both women and men can fully participate as equal partners in productive and reproductive life.

About Gender Equality

Gender is the term that mainly refers to the economic, social, and cultural attributes and opportunities associated with being male or female. In most communities, being a male or a female is not merely a matter of different biological or physical characteristics—males and females face different expectations about how they should dress up, behave, or work. Whether in the family, workplace, or the public sphere, the relations between men or women also reflect the understandings of the talents, characteristics, & behavior appropriate to women and men. Gender thus differs from sex, that it is social and cultural rather than biological.

Gender equality in India is the desired state of equal ease of access to ample resources & opportunities regardless of gender, including economic participation and decision-making, and

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valuing different behaviors, aspirations, and needs equally, regardless of gender. Gender Equality in India is all about equal footing in all walks of life. Gender equality in India is a fundamental human right and a necessary foundation for a peaceful, prosperous & sustainable world.

What is the Difference between Gender Equity, Gender Equality, and Women's Empowerment?

Gender equality in India can be understood with the basic understanding of the terms associated with it. Gender equity is the phenomena of being fair to women and men. Strategies & measures must be available to compensate for women's traditional and social disadvantages. Equity leads to equality. Gender equality mostly requires equal enjoyment by women and men of socially valued goods, opportunities, resources, and rewards. Where gender inequality exists, women are generally excluded or disadvantaged in decision-making and easy access to economic/social resources. Hence, a critical aspect of promoting gender equality is women's empowerment, focusing on redressing imbalances and giving women more power to manage their lives and society. Gender equality does not mean that men and women should be the same, but equal access to opportunities and life changes. Women deserved the autonomy that is neither dependent on nor constrained by any gender biases. Achieving gender equality requires women's empowerment to ensure that decision-making at personal and public levels and access to resources is not only in men's favor. Both women and men can fully participate as equal partners in a productive life.

Status in India

India has the highest levels of sex discrimination at birth. According to the 2017 analysis of demographic data, India shall continue to have the worst sex ratio in South Asia, even in 2050. The heart wrenching 918 girls for 1,000 boys ratio as per 2011 has urged the Indian government to take action in the movement of the 'Beti Bachao, Beti Padhao' program to ensure survival, safety, & education to the girl child. The Beti Bachao program fights bias and offers benefits to fight female foeticide. To 'Educate the Girl Child and Save the Girl Child' believes that massive awareness, large-scale female welfare services across districts shall ensure Gender Equality in India. 'Gender inequality' is the oppression of girls and women of society in all stages and spheres of their lives. While the concept of Gender Inequality is prevalent among the lower strata of society, it is also seen in the upper-middle class. Gender inequality is so deeply rooted in an Indian culture that it has become normalized. Women face gender inequality in almost every stage of life. In India, sex discrimination begins with the womb. Women in India are getting better prenatal care when expecting male babies. Women pregnant with boys attend prenatal care appointments, take prescribed medicines, and opt for institutional delivery. However, the case is not the same if she is giving birth to a girl child.

Status of Gender Equality in India amidst COVID-19

The effects of the pandemic, Covid-19, reversed the progress made in gender equality in India. The coronavirus outbreak intensifies existing inequalities for women or girls across every sphere, starting from health and the economy to security & social security. Women play a very disproportionate role in responding to the coronavirus, including frontline healthcare workers and caretakers at home. Women's unpaid care work has increased significantly due to school closures and aged people's advanced needs. Women are equally harder hit by the economic

impacts of COVID-19, as they disproportionately work in insecure platforms and markets. Approximately 60 percent of women work in the informal economy, which puts them at greater risk of falling into poverty. The temporary shutdown of the economic activities to prevent the spread of COVID-19 has come with high costs on multiple fronts. For a country that has more than 600 million women, the impacts could be everlasting. Without some corrective measures to protect female workers, women's food security, and reproductive health, the pandemic will further stretch existing gender inequality.

Causes of Gender Inequality

Attaining gender equality in India is not an easy task. Since time immemorial, a girl child is considered an unwanted entity and a family burden. Discrimination against women begins even before they are born. The heinous crimes of female feticide and infanticide prove how brutal the world could be to women. Though our Indian constitution provides equal rights and privileges to men and women and makes similar provisions to improve their status in society, the majority of women are still struggling to enjoy the rights and opportunities meant for them.

The traditional system, illiteracy, household responsibilities, lack of awareness, low mobility, lack of confidence, and male stereotypes are factors responsible for creating gender disparity.

Poverty:

In India total, 30 percent of people are below the poverty line; 70 percent are women. In India, Women's poverty is related to the absence of economic opportunities, lack of access to financial resources, including credit, land ownership, and inheritance. Women often take a back seat in lack of access to education and support services and minimal participation in the decision making process. Women's situation on the economic front is no better, and men still enjoy a larger share of the cake. Thus, poverty is the root of gender discrimination in our patriarchal society, and this economic dependence on the male counterpart is itself a cause of gender disparity. In short, it is the biggest hindrance on the way to achieve gender equality in India.

Women's Illiteracy:

Literacy is the essential indicators of the quality of a country's human capital. The latest data puts India's adult literacy rate at 73.2 percent. Our Nation has made immense progress in improving the literacy rate over the years; it continues to be a hub to more than 313 million illiterate people, where 59 percent are women.

The rising rates of illiteracy among Indian women and the corollary gender gap in literacy attainment are attributable to many social, economic, and cultural components. These factors lead to underinvestment in women's education. Accenting the disadvantage for women are the social restrictions on their mobility that prevent any educated woman from entering the labor force and extending support to her household. The educational gender gap reflects the low economic returns to female education and a token of the entrenched biases that discourage women and other marginalized communities' ambitions.

Unemployment Issue:

In rural India, women spend a large proportion of time on unpaid home-sustaining work. Women cannot respond to new opportunities and shift to new occupations because their mobility tends to be slow due to intra-house hold allocation of responsibilities.

Rights and obligations within a household are distributed unevenly. Male ownership of assets and conventional methods reduces incentives for women to undertake new activities. Time spent in bearing and rearing children results in de-Skilling, termination of long term labor contacts. Therefore, women cannot be economically self-sufficient due to unemployment. Their economic dependence on their male partners is a cause of gender disparity and the most significant hindrance to gender equality in India.

Social Customs and Beliefs:

Women are never free from social traditions, beliefs, and practices. The traditional patrilineal joint family confines women's roles mostly to the domestic work, allocating them to a subordinate status, authority, and power. Men are perceived as the primary providers and protectors of a family, while women as only in a supportive role, attending to the hearth. Boys and girls are trained for different adult roles, status, and authority. In Indian culture since very early periods, men have dominated women as a group, and their level has been low in the family and society.

The preference for sons over a daughter is a complicated phenomenon that persists in many areas. Sons, especially in business communities, are considered economical, political assets, whereas daughters are considered liabilities. Thus anti-female social mindset is the main hindrance on the way of obtaining Gender equality in India.

Benefits of Gender Equality in India

It is high time to raise a clarion call to accelerate positive change in the way women are looked at in India regarding their health and well-being. As the adage carries, a woman is the 'architect of a family, a nation, and the whole world.' Thereby, the growing conversation about the acute need for gender equality in India makes imminent sense. Moreover, the realization is mounting that equality is no more a women-centric issue but an economic one. It is only in an equal society that organizations and nations will realize their fullest potential and prosper.

Also, empowering them economically does lead to poverty reduction, as women tend to invest more in their households and communities. The government is doing its best with progressive programs such as the Skill India Mission.

Other benefits include:

- Gender Equality prevents violence against women/girls.
- Gender Equality in India is good for the economy of the Nation.
- Gender equality in India is also fundamental, as well as the human right of women.
- Gender Equality in India makes our society safer and healthier.

Solutions – In Brief

All girls, including adolescent girls, need platforms to face the challenges they face in day-to-day life and explore the solutions that work to build better futures for themselves. UNICEF 2018-2022 is a program initiated to identify deprivations that Indian children face, including gender-based denials. Each program's outcome is committed to a gender priority noted explicitly in its plan, budget, and results.

Healthcare: Reducing excess female mortality under five and supporting equal care-seeking behavior for girls. (For example, frontline workers encourage families to take sick baby girls to the hospital immediately)

Improving Nutrition: Improving the nutrition of women and girls, especially by promoting more equitable eating practices (Example: women cooperatives develop and implement their micro-plans for improved nutrition in their villages)

Education: Gender-responsive support to enable out-of-school girls to learn and enabling a more gender-responsive curriculum and pedagogy. Education for all should be the motto to promote gender equality in India.

Child protection: Female foeticide and early marriage is the major hindrance of Gender equality in India. To establish gender equality in India, one should mitigate practices like child marriage, female foeticide, teenage pregnancy, etc.

Social policy: Supporting state governments and the Central Government to establish gender equality in India is the need of the hour. The government should launch programs to support women's leadership in local governance.

Disaster risk reduction: Enabling greater gender disaggregation of information management for disaster risk reduction and more leadership and participation of women and girls.

Conclusion:

Society should look for gender equality in India and burn their old school thought that women are commodities. It is the only way to usher the Nation on the track of prosperity and accomplishments. We all know that gender equality in India can immensely contribute to its progress in all the departments. Various stats and figures related to countries in which a significant section of empowered women resides indicate that countries with a higher percentage of gender equality are rapidly rising every day on all the fronts at the global level. Our NGO, Hindrise Foundation, is wholeheartedly dedicated to supports women's aspiration to transform their lives and their communities. It further provides them with the many opportunities to embark on an empowerment journey to gain the confidence, knowledge, experience, and skills they require to reach their full potential as agents of sustainable change. It further supports their entrepreneurial aspirations and dreams. Gender equality in India is a term more than equal representation in society. It is strongly associated with women's rights and often requires policy changes. Gender Equality in India is the secret for all upheld success that our Nation deserves in the long run. Gender equality in India is the secret mantra for achieving the desired state of the Nation.

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Impacts of Gender Discrimination on Indian Women

Empowerment

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Abstract:

Indian Society is a highly hierarchical and patriarchal where gender discrimination is common thing. This paper deals with the concept of gender discrimination at every place and its impact on Indian women. Simultaneously it has also focused on gender equality towards achieving the goal of woman empowerment. Recognizing women's rights and believing in their ability are very important for their empowerment in society. This study deals with gender discrimination and its various forms, causes and solutions.

Key Words: Women's Empowerment, Gender discrimination, education, Independence, Self identity.

According to the Oxford English Dictionary, gender is "the state of being male or female with reference to social or cultural differences." It shows that social constructs have played a crucial role in the creation of the typical image of women in the Indian Society. For women society has sets certain norms and behavior. A woman is the victim of all forms of social stratification of which gender affects her the most. The condition of women in India has undergone many changes over the past years. During the Vedic period, women enjoyed her higher status and a respectable position in the society. We have the examples of women scholars like Gargi, Ghosha, Maitreyi, Apala, etc. They had their freedom even to choose their life partner. In Vedic period man and women were treated equally. Like, Prakriti ("woman") and Purusha ("man") are interdependent to each other. Gradually, with the passage of time, women lost their high status and their condition became very ridiculous, they were not at all free. The main reason behind that was Manusmriti, an ancient Hindu text stresses upon woman's dependency on her male counterpart. According to it, a woman has nothing of her own; she depends upon her father before marriage, her husband after the marriage and her son in old age. It affects a lot on ancient Indian society and as result there were the practices of Sati, Purdah, child marriages, etc. There were the people who advocates women for example, Ishwar Chand Vidyasagar advocated women's education and widow remarriage; Raja Ram Mohan Roy fought against the cruel sati system; Swami Dayanand worked for abolishing child marriage and Jyotirao Phule with his wife Savitribai Phule took various initiatives to make education available to the women of India. Various factors including education, urbanization and better employment opportunities led to the improvement in the condition of women. Women started to find out their individual identity which paved the way for the feminist movement in India. Feminism in India has been influenced by western feminist ideologies. Feminism is the political movement which structured itself against the universal patriarchy that subordinated women as other. The Chief object of this movement is to establish equality between sexes and in political, social, legal, and cultural concern. The women's movement of 1960's is renewal of the already triggered awareness about the problems of women's equality.

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we are already burdened with the baggage that has been given to us. The fact is that we don't start with a picture of ourselves on a clean slate. Inscribe on it already things told to us by others that determine our behavior, ideas, expectations and dreams"¹. The above statement given by Shashi Deshpande has special relevance to Indian society where conventions, religion and social taboos hide women's individuality. The behavioral patterns for Indian women are pre-determined by the caste, gender, status so on and so forth. In almost all cultures the boundaries and their norms of behavior is already set for her.

Examples of Gender Discrimination:

- ❖ Early marriage
- ❖ Dowry
- ❖ Denial of higher Education
- ❖ Abortion of Female baby with the help of Scanning
- ❖ Not getting enough and nutritious food
- ❖ Not getting proper respect
- ❖ Rape and Sexual harassment

Reasons of Gender Discriminations:

- ❖ Culture
- ❖ Customs and Beliefs
- ❖ Human races
- ❖ Illiteracy
- ❖ Cast System
- ❖ Religious Belief
- ❖ Unemployment
- ❖ Society
- ❖ Family Background

Solutions for this Gender discrimination:

- ❖ Education
- ❖ Employment in Every Field
- ❖ Economic Independence in family
- ❖ Self Esteem
- ❖ Decision Making liberty

Conclusion:

50% population of India is Female but the representation of female life in society is very low. Women's still carrying major role in household duties. Thus I think for women, identity is an awareness of gendered roles something which is nurtured by the society. Because society creates certain images and women mould themselves into these roles by the process of socialization and domestication. They are told that they are inferior to men, they are weak, passive and they should be gentle, obedient and sacrificing. It is therefore essential to identify and to know the true nature of oneself.

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The Status of Working Women in Patriarchal Society

Anuradha S. Deshmukh¹

Abstract:

This paper has been designed considering the status of Indian working women in the present era and what are the changes that have been evolved during the course of time as the worth of civilization can be judged by the position given to women in the society. It is a descriptive study with information drawn from various secondary sources. The study also reveals the importance of women in economic development of a country. We are proceeding towards a future of shortage of skilled labour and the country in which educational and economic empowerment of women will become increasingly significant. The analysis is likely to reveal the degraded status of Indian working women and the gender inequality which she faces in every sphere of her career in spite that a working woman can perform her managerial and domestic duty together efficiently and delivering the best to both worlds.

Introduction:

She wakes up at early four hurries to complete her daily chores for its home or job, both she lively adores her ocean of struggle continues, without coming to any shores. Women constitute an earthshaking segment of workforce in our country since time immemorial. Whether its organized or unorganized sector, they have played a momentous role in the economic development of the country. The percentage of working women in India has been increasing constantly during the years. The status of working women in India has changed a lot amidst the years but their vulnerability remains the same. The clout of religion, society, family hinders their growth and affects their personal and professional life Whether they are engaged in agricultural activities or are recruited in top managerial position they have to accomplish their household as well as professional duties at par. Therefore the pace of growth is very sluggish as they have to contribute their energies equally towards family and work.

Status of present Indian working women: Working women in India continues to face stiff challenges and social resistance even in twenty first century. The blackjack of family thwarts them from giving their optimum faculty. The women are permitted to work only out of necessity and not out of their choice. The working women find dual challenge of handling family and work pressure. They are expected to fulfil their dual roles efficiently. After crossing domestic impediments they are not able to give their optimum ability in the workplace and hence lag in the organization. The stress generated in the home affects the personal and organizational performance drastically. Earlier women were only responsible for performing their domestic roles, but as the time changed and they became a part of the workforce of the country they are now held responsible for performing both roles as a householder and as a professional worker. While managing work/life balance they are overburdened with the work, if they give their optimum capacity in fulfilling their professional duties, they fail to perform their traditional roles; this creates guilt in them as they think they are ignoring their foremost

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responsibility. This guilt ultimately distracts them in performing either of their roles. In the professional world too, women are facing lot of hardships. A large number of women also work in newspaper organizations, the electronic media, the IT industry and service organizations. Nevertheless, over the last three decades, women have been entering a variety of occupations and are diversifying into different professions formerly the exclusive domain of males. These include banking, marketing, advertising, the civil the police and armed forces. Through these avenues women can aspire to the acquisition of money, knowledge and power. Yet, social stereotypes held by their male colleagues and bosses about women's role in society have influenced the position and treatment of women managers. Women are playing a significant role in the expansion of the Indian software industry and they constitute 45 per cent of the high-tech workforce. A high concentration of men exists in export software firms, whereas women are present in higher proportions in domestic low-end and IT-enabled services. All the same, entry into IT and related service sectors are helping women in India to move out of their traditional household roles and develop a career in business organizations.

The key strengths identified in Indian working women include:

In the era of globalization, the number of call centres in the country is increasing and consequently the numbers of women recruiting in this area are also increasing. Employment in call centres is considered a stepping stone in the career advancement of women. It opens avenues for further employment in other sectors of the BPO industry. A survey now finds that this daily "multi-tasking" is taking a toll on their health. According to press release, the study found that 78% of the sample size suffered from lifestyle, chronic and acute ailments. These include obesity, depression, chronic backache, diabetes, hypertension, high cholesterol, and heart and kidney disease. About 42% of the sample size was found to be suffering from lifestyle diseases such as backache, obesity, depression, diabetes, hypertension, high cholesterol and heart ailments. While 22 per cent were reported to be suffering from chronic diseases, 14 per cent had acute ailments.

Conclusion: The status of working woman in India has revamp over the years. Her traditional roles have remained the same; apart from that she has stepped into the workforce of the country. Earlier the women were only allocated in agriculture, teaching and nursing activities but now at present era she is representing the banking, marketing, armed forces, IT and communication services. There is no field where women of our country have not set their foot, they have utilized their full capacity and proved their best in performing these roles. Despite facing infinite challenges, she has been successful in crossing these hurdles and has proved her metal in each and every field. They are the best managers as the sole responsibility of managing the family lies on her shoulder and hand in hand she has the ability to manage the organizations too. The family pressure, harassment in and outside the home, gender inequality hinders her growth and discourages her to give her best in managing work/life balance. In performing her dual role as a homemaker and professional worker, she undergoes with mental and physical infirmity. Odd hour working makes her more fragile. Night shifts hits women's fertility. It makes 80% harder to become pregnant. Shift work can cause sleep deprivation and disruption to the body clock, both of which are associated with ill health. There are numerous challenges which are faced by working women in India. But the fact is despite these challenges they are growing and proving their metal in all spheres of life.

Suggestions:

1. Women are considered as the Ardhangani of their husband which means half body, but in reality they are treated as beneath their husbands in status. If they treat their counterparts equally the cases of domestic violence would reduce. Secondly, if the man is desirous of a working wife then he should share the household responsibility equally with their wives.
2. Organizations can play a greater role in reducing gender inequality in the workplace. They should treat women at par with men at the time of promotion or at the time of reward. There should be stringent laws inside the workplace against harassment, molestations and eve teasing.
3. There are numerous steps taken by government with regard to safety of women, but the implications of these laws are not made properly. Proper mechanism should be developed by the government to see whether the laws are properly implemented everywhere.
3. Lastly, woman should themselves be empowered. Unless she makes cast-iron decisions against the wrong things, no one can protect her from the evils of the society. She has to raise her voice against the pernicious activity prevailing in the society.

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Women Eminence in Indian Textile Industry

Krishma¹, Sharina Mahajan²

Abstract

India is in a blooming economic power in today's global market. Entrepreneurial progress is one the major factor for the socio-economic development. Among different industries evolved, the Indian textile industry and the way that it operates in the global economy exposition how a country's development has created a social environment. Though our country always shows fine growth in terms of apparel exports, on comparison with other countries reveals that India lost chance in the past in growth trends of its textile and clothing industry. Government of India has developed many schemes for the entrepreneurial development of the country concentrating in different areas. With this now a days, numbers of women are entering into this field of textile both as an entrepreneur as well as ordinary work. Moreover wide range of little and medium firms and various subsidies and schemes of the government is a motivational factor for the women to satisfy their inner wish and passion in this field. This article is a small attempt to know the greatness of women in the field of textile as well as identifying the scope and opportunities in the textile industry.

Key Words: Entrepreneurship, Textile, Subsidy, Women, Opportunity.

Introduction

The textiles sector is the second greater supplier of employment after agriculture. The textiles industry has made a big contribution to the national economy in terms of net foreign exchange earnings and contribution to the GDP. India is blessed with natural resources and has more installed spindles to make spun yarn than any other country and has the most looms in place to weave fabric. In a report by Corporate Catalyst India, it is stated that the Indian textile industry contributes about 14 per cent to industrial production, 4 per cent to the country's gross domestic product (GDP), and 17 per cent to the country's export earnings (A Brief Report on Textile Industry in India). As India has advantage of availability of huge varieties of cotton fibre, India is also having a fast growing synthetic fiber industry and also is one of the largest exporters of yarn in international market. It means India has hidden potential to become in top three lists of producers and exporters. World is also trying up to the Indian textile industry to deliver its good using technologies used in some other countries like USA or Japan or Hong Kong. The Indian textile industry comprises three interrelated but competing sectors the organized mill sector and the decentralized handloom and power loom sectors. Women entrepreneurs in India comprised a small proportion of the total entrepreneurs. The emergence of women entrepreneurs has been hampered by attitudinal constraints, and social traditions. Due to the shortage of technical knowledge and little competition from men, Indian women have contributed for the most part to household industries. The spread of education and growing awareness among women have inspired women to enter the fields of engineering, electronics, energy and such other industries. Most of the countries are aiming on women development because it's a part of the Human Resource Development. ie the Indian government has been delivery subsidies for women

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entrepreneurs and special provisions for category of entrepreneurs belonging to schedule caste, schedule tribe and women .Various policies and schemes have been framed by the government for the upliftment and promotion of women's towards the working life

Initiatives of the Government in the Textiles Sector

The Indian government has come up with a number of export promotion policies for the textiles sector. It has also allowed 100 per cent FDI in the Indian textiles sector under the computerised route. Initiative will be taken into consideration by Government of India

- The Union Ministry of Textiles, Government of India, along with Energy Efficiency Services Ltd (EESL), has launched a technology upgradation scheme called SAATHI (Sustainable and Accelerated Adoption of Efficient Textile Technologies to Help Small Industries) for reviving the power loom sector of The Government planned to connect as many as 5 crore (50 million) village women to charkha (spinning wheel) in next 5 years with a view to provide them employment and promote khadi and also, they inaugurated 60 khadi outlets which were renovated and re-launched during the completion of KVIC s 60th anniversary and a khadi outlet.
- The Textiles Ministry organises 'Hastkala Sahyog Shivirs' in 421 handloom-handicrafts clusters across the country which will benefit over 1.2 lakh weavers and artisans.
- The Gujarat government's decision to extend its textile policy by a year is set. It believes to attract Rs 5,000 crore (US\$ 50 billion) of more investment in sectors across the value chain. The government estimates addition till now of a million units of spindle capacity in the spinning sector and setting up of over 1,000 units in technical textiles.

There are some initiatives taken by the government to further upgrade the industry -:

- The Directorate General of Foreign Trade (DGFT) has emended the rates for inducements under the Merchandise Exports from India Scheme (MEIS) for two subsectors of Textiles Industry - Readymade garments and Made ups - from 2 per cent to 4 per cent.
- The Government of India plans to introduce a mega package for the power loom sector, which will include social welfare schemes, insurance cover, cluster development, and upgradation of obsolete looms, along with tax benefits and marketing support, which is expected to improve the status of power loom weavers in the country.

Apart from all the above mentioned initiatives, few more consideration given by the government in this field includes Setting up Integrated Textile Parks

Exports

1. With a vision to create an export friendly economy the government introduced several initiatives like
2. Duty free entitlement to garment exporters for import of trimmings, embellishments and other specified items increased from 3% to 5%.
3. The government has also preferred to extend 24/7 customs clearance facility at 13 airports and 14 sea ports resulting in faster clearance of import and export cargo.
4. The proposal for imposing duty on branded items was dropped providing relief to the entire value chain.

Development of Handloom

National Institute of Fashion Technology and leading members of the fashion industry have been roped in for design support to weavers. State Chief Secretaries have been asking for identifying traditional handloom weavers/handicraft artisans villages for growth as Adarsh Gram as tourists destination Development of Tassar handloom products like sarees, dress material and wide range of home furnishing fabric for exports typical to Bhagalpur in Bihar has been initiated under Handloom Mega Cluster Scheme. Now team of handloom, handicraft, with tourism has been worked out in consultation with Ministry of Tourism. Carpet export promotional council (CEPC) has organized a skill development programme for training 5000 carpet weavers.

Women Eminence

Women has been given very big opportunity to explore the business world of textile because of changing fashion and trend in textile industry. Now women of India have become career minded, financially independent and they want to achieve more and more aims. Government has also made easier for women to achieve their dreams by providing various subsidies and scheme of the government. Now they like to widen their scope of work and taste the fruit of achievement. Government has helped the women to get practical knowledge about this area before entering into this field by introducing various courses associated with fashion. Numerous micro business like Home Textiles, Embroidery Business, Stitching, Designing, etc are been established in this field .Size of the business that can be established in this field also doesn't matters. I.e. There is very big support of partnerships and companies, social media and E-shopping to motivated the women to enter into textile business.

Some Schemes For The Development and Promotion Of Women Entrepreneurs

“If you empower a man, you empower only one person but if you empower a woman you empower the whole family”. Said by Ms Ujwala Singhania executive director, Raymond’s Ltd.

“By empowering a women we will be empowering a whole society and the nation. Also added the worth of women in this field. He noted that women entrepreneurs need not go too far to market their products as they have a very huge domestic market, which could be fully tapped.” Said by Mr Manak Singh, executive director, Tie, Mumbai.

The Ministry of Textiles has introduced Rs 9,000 crore to the textile industry under the Textile Upgradation Fund Scheme (TUFS). The Ministry of Textiles, Government of India, Maharashtra Government and SIDBI invited women to avail of several supportive schemes to start their business and help existing entrepreneurs to expand their business. Mr Manoj Patodia, executive committee member, FICCI-WRC and managing director, Prime Textiles Ltd, focused on the Textile Sector, which was the higher employment generator and largest exporter, and identified special opportunities for women entrepreneurs in Technical Textiles. Mrs Anita Kulkarni, assistant general manager, SIDBI presented the various financing schemes of SIDBI which could be availed by the women. Some Sessions were organized for discussing all aspects of doing business in Home Textiles, Medical Textiles and Embroidery Business.

Opportunities in the textile industry and Future of Indian textile industry

- Emerging retail industry and malls.
- Quota restriction has been eliminated which leads to greater market.

- Growth rate of domestic textile industry.
- Shifting towards branded readymade garment.
- Product development and diversification

Conclusion

The switch to the millennium is marked by the women creating new model of daughter who takes her parents' responsibility, also a wife who wants to make a new home and a family and a mother who takes the charge of the children and develop them suitable for the new millennium. Apart from all these role in a society, she also plays the role of the entrepreneurs who establishes an enterprise and discovers the relevance and the meaning of her life in herself. She knows her uniqueness and her identity and accepts it and also ready to share the space. She keeps looking for respect, dignity and mutuality. In coming future we can expect an overall development in our country.

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Women Entrepreneurs in Fashion World Shaping the Future of India

Ambica Khurana¹

Abstract

Gone are the days when women were forced to stay indoors and cook while the men made the money. Women entrepreneurs who are taking the world by storm and no one can stop them. However, despite these successes, women continue to face more challenges than men as an added societal pressure of maintaining a work-life balance falls heavy on their shoulders. For women, running a business is not enough but it means excelling at their domestic roles just as much. Women entrepreneurs who are making a difference in the fashion retail sector and are crucial in building successful businesses.

Keywords- entrepreneurs, fashion, excelling, growth, inspiration, empowerment

Introduction

At a time when women are hitting the bull's eye at the bourses and entering the billionaires club, Indian businesses are getting a much-needed non-androgenic perspective. In a largely male-dominated world, women are finally braving their feet to celebrate entrepreneurial ideas and pacing their way up to become successful businesswomen. India has seen a rapid growth in entrepreneurship in the past decade and over the past few years many women have entered the league of leading start-ups. There has been a significant shift in the way young women view entrepreneurship than in previous generations and are taking the torch of inspiration forward.

There is a sublime form of women empowerment that is now taking place in India that few people are taking note of. With the constant evolution in the Indian startup periphery, more and more women are cashing the entrepreneurial wishes and are also flourishing in their projects. Till recently, while women were making a mark in the fields of education, healthcare and research, there were very few successful women entrepreneurs in India. But today Indian women have broken the glass ceiling and proved their mettle in every field of entrepreneurship and made their presence felt across industries. A steadily growing tribe of woman entrepreneurs in India have been marking their identity, across domains and industries. From conventional woman-friendly enterprises like cottage industries to new-age startups, women have started holding the reins everywhere. In the past few decades, there has been a drastic change in the status of women in the Indian society.

Today women play a vital role in the growth and prosperity of the Indian economy by making a great impact. They have received success in every sector from food to Information Technology, Aviation and Fashion they are shining in every sector and the job of a woman is no more constrained within some predetermined barriers. The Indian women entrepreneurs are shaping the society their way by opening new avenues for more women to get up and be independent.

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Some of the top female entrepreneurs of India from fashion and textile field who have broken all barriers and have earned their place.

1. Ritu Kumar - Fashion Designer

Ritu Kumar is an Indian fashion designer who began her fashion career in Kolkata. In the beginning, she was making evening clothes and bridal wear. But after one decade she successfully entered the international market. Presently she operates her business from several different foreign cities like New York, and France. She was awarded the Padma Shree by the Indian Government in 2013. She is among the top 5 female entrepreneurs in India.



2. Suchi Mukherjee, Founder and CEO of Lime Road

Suchi Mukherjee is the Founder and CEO of online shopping portal Limeroad.com, the lightest app in the country, and the fastest webspeeds in India. Suchi built LimeRoad with the mission of identifying and helping scale direct-to-consumer fashion labels in India.



3. Vandana Luthra - The Founder of VLCC

Vandana Luthra is a philanthropist, an Indian businesswoman, and the chairperson of the **Beauty and Wellness Sector Skill Council (B&WSSC)**. She began her company VLCC in 1989. This company was initiated as a slimming and beauty service center. Later she added more services to the company like full body laser, hair build, dermat, and grooming services. In 2013, she was awarded with the Padma Shree by the former Indian President Mr. Pranab Mukherjee.



4. Falguni Nayar, Founder & CEO Nykaa

Falguni Nayar founded Nykaa with the vision of building a multi-brand omnichannel beauty-focused retail business. By empowering customer choices and enabling brands to reach the breadth and depth of the country, Nykaa has emerged as India's leading beauty retailer playing a critical role in developing the beauty market in India. Today, heading a team of over 1600 Nykaa-ites, Falguni has built a beauty and lifestyle retail empire with a portfolio of 1500+ brands, including its own private label, available online and across 68 stores in India. Nykaa has ventured into new verticals like Nykaa Fashion - a fashion first, style led curated fashion platform.



5. Radhika Ghai Aggarwal, Chief Business Officer, ShopClues.com

Radhika Ghai Aggarwal is the Co-founder and Chief Business Officer at ShopClues.com. She is also the first Indian woman founder to enter the prestigious echelons of the Unicorn Club. Aggarwal has diverse experience across industry segments such a retail, e-commerce, fashion and lifestyle, advertising, and public relations, all summing up to 16 years. She started on her entrepreneurial journey with her first venture, FashionClues, a social portal for NRI women. She is passionate about empowering women to assume leadership roles within her organisation as well within ShopClues vibrant community of merchant partners.



6. Richa Kar, CEO and Co-Founder, Zivame

When Richa realized that women who shopped online for lingerie needed assistance and that such a company didn't exist, she set out to launch her own, and has never turned back since. The journey was not paved in gold and the challenges she faced were far beyond imagination. Today, it is this very battle to eliminate the taboos surrounding the category that motivates her to achieve more, every single day. With a category like lingerie, fitting is of utmost importance. This is a concept that is rarely understood or given priority.



7. Neha Kant, Founder & CRO, Clovia

Neha after a decade of experience in corporate India, where she led business for some big names, she decided to start on her own to address the absence of peppy, spicy, sexy yet comfortable wear in the Indian innerwear market. With Clovia, Neha wants to redefine the Indian lingerie market, and help customers choose beyond standard cuts, shapes and colors. Her mantra – lingerie is a critical part of your wardrobe and it doesn't need to be drab and boring. The objective is to occupy the most-favorite brand space in the minds of her consumer as the space presently awaits an occupier.



8. Monica Gupta, Co-Founder Craftsvilla

Monica Gupta is the Co-founder of Craftsvilla, a leading ethnic online platform in India. The brand was co-founded with a vision to create a platform where unprivileged artisans can make a living by selling their handcrafted products. Craftsvilla provides an array of ethnic products directly from the designers and artisan at a wholesale price. She has been actively involved with the handicrafts industry in India for over 10 years. She has extensively travelled across the country, including remote areas of Gujarat and Rajasthan and has built strong relationship with multiple artisans and organizations including Gram Shree, Kalaraksha, Sahaj, Sadhna etc.



9. Meghna Saraogi, Co-Founder and CEO at StyleDotMe

Meghna Sarogi founded style dot me which is one of the best fashion start-ups in the country. Every confused shopper can find their way out through this platform. Styledot is the way to get the best fashion advice instantly and any time. Styledotme utilises augmented reality to transform jewellery shopping experiences to consumers. It allows its users to see themselves in different jewellery products on a larger screen and can take pictures and share on social media too.



10. Priyanka Gill, Founder & CEO, POPxo

One of the largest platforms for women in the country is POPxo. It is a fashion and lifestyle website created for and by women. They have revolutionised the way of fashion and style amongst women. Their content highly appreciated by their fans and followers. POPxo is one of the largest style and fashion start-ups in India.



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11. Nathasha AR Kumar, Founder and CEO, Vajor.com

At the age of 14, Nathasha AR Kumar knew more about fabrics & textiles than any other kid her age. Observing her parent's small textile business in China, she developed a burning desire to paint a bigger, brighter picture of her own in the field. That picture today is known as Vajor, a private label dealing in fashion and lifestyle products of unmatched aesthetics, quality and price points. Nathasha believes that fashion is no longer a commodity and wishes to change the current scenario of marketing products her unique approach in running this company with her team has led to the creation of a fashion brand that is technically sound.



12. Shilpa Sharma, Co-founder, Jaypore

Shilpa Sharma is the Co-founder of Jaypore and spearheads Product Design and buying for the leading online retail portal, curating high on design handcrafted products from India. She spent twelve years spearheading and driving the growth of Fabindia's retail network of over a 100 stores across various formats and geographies and ended her innings with them after a successful run driving and managing Product Buying and Merchandising for the entire business. She engages with the handloom and craft sector, mentoring training and skill upgradation programs in minority community initiatives that are committed to empowering women and creating livelihood opportunities for them.



13. Rashi Menda, Founder and CEO, Zapyle

Rashi Menda, is the Founder and CEO of Zapyle, the ultimate destination for trendy fashion in India. The inception of Zapyle was inspired by Rashi's own experiences of living in different cities of the country. She came up with the idea of creating a platform that makes trendy fashion easily accessible and affordable for everyone, not limiting it to an exclusive segment. Her vision behind Zapyle was to also bring together fashion lovers, designers and bloggers to create a vibrant community of people with similar tastes and preferences. She aims to build and connect an engaging platform for users to together, discover fashion and spread love.



14. Nina Lekhi, MD & Chief Design Curator, Baggit

Nina Lekhi, an entrepreneur by profession and a role model for many aspiring young women entrepreneurs started her journey of success from scratch. She had lot of clarity on her business vision. Her immense positive energy and strong passion to succeed drove her vision. She picked up the tools of the trade very quickly and started on a journey in 1985 called 'Baggit' which is now one of the leading handbag brand in India.



15. Sonali Lalvani, Founder, toniQ Retail Brands

Sonali Lalvani, Co-founder of Toniq Retail Brands Pvt Ltd, has spent the past 15 years within the retail industry and has a multitude of experience from across the globe. Soheli Lalvani, set out to start a fashion accessories brand, toniQ. Over the past 5 years the brand has expanded across the country, by adding new locations every day. The product line has also increased threefold in the past 5 years and now includes women's bags and men's accessories. Developing the portfolio further, she launched The Bro Code in 2014, a high fashion men's accessories brand at affordable prices as well as Fida, a contemporary Indian jewellery brand.



Conclusion

Initiatives and ventures by these women entrepreneurs are way more than just a source to earn profit. They portray the result of innovation and creativity. They prove that gender is not a parameter to measure success, the brain and aspiration are.

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Portrait of Women in Social Media

Mrs. Rajashri R. Tambe¹

Social media has prove a powerful mechanism to bring attention to women's issues effectively. As recently, those seeking to make a change in gender equality had few means of doing so quickly and conveniently. Social media can be used by and seen by everyone, through internet such as Whatsapp, Facebook, Twitter, and Instagram which created a platform for awareness - local issues are able to become global concerns, and local activists become connected with global citizens. These platforms have the potential to flourish to an even greater extent, through facilitating access to technology and increasing women's representation in media. Many women are **restricted** by illiteracy, language barriers, and the digital divide in infrastructure between rural and urban areas. Globally, women face increasing backlash and abuse on social media; negative gender stereotypes and lower representation of women in both traditional and new media organizations also silence women's online voices. Increasing female leadership in media organizations can ensure that advocacy is able to influence both decision-making processes and public awareness on key women's rights issues.

Social movements are getting stronger, and new campaigns are expanding as quickly as they emerged. In the long run, there is potential for women to gain enough support that policy makers cannot ignore the problems they represent. Only time will tell, but social media is beginning to change the story for women's voices.

The century-long movement of women's rights and empowerment has achieved another level after the rise of new media in the eve of globalization. The portrayal of women in media has changed over time and has had both positive and negative impact on the image and position of women. Some mediums such as documentaries, radio, political and social content on TV, print news, digital platforms, etc. have played an essential role in ensuring a healthy public discourse on gender, dissemination of information, positive stories of women empowerment, reporting on achievements and progress of women in society.

They inform and educate society on the issues of gender and gender sensitization. Ad content and portrayal of women in cinema are also changing by giving women lead roles, positive depiction of women, and breaking gender stereotypes. Positive stereotypes help women to become assertive, independent, and tackle gender abuse and discrimination. More brands and production houses utilize successful, career-oriented women roles, and they are mostly shown as strong and independent persons, instead of being vilified.

However, they have a long way to go. Negative stereotypes of women in media such as submissive, timid, and ultra-modern women portrayals influence how women are perceived by society. It prevents women's abilities by limiting their choices and opportunities, which directly and indirectly causes an increase in gender and sexual violence.

Women are also given continuously decorative roles or as domestic caregivers of family, reinforcing the gender dynamics in the family system. These electronic media, including news

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channels, can play a crucial role in the reconstruction of women's image, shaping gender norms, socio-cultural values, and perceptions. However, mostly sensational news such as rape and violence against women is given the spotlight, while more severe women issues are not taken up.

Advertisements depict their version of women's perfection – slim, fair complexioned, glamorous, which sets a bad precedent among adolescents and young women. Advertisements, especially for home, kitchen, jewellery, sanitation, and hygiene products, mirror the gendered view of society. Those ads depict women mostly as home-makers, concerned only with maintaining their houses, beauty, and taking care of their families.

Front liners of women's movements in India have been instrumental in highlighting the sexist attitude in advertisements. Though there have been some changes in the way corporate and product companies depict women, the tendency has always been towards reinforcing traditional regressive gender roles. The fashion and cosmetics industry also plays a negative role in the gender discrimination of women.

It is only women who are expected to maintain impossible standards of physical perfection and body shape. Objectification of women's bodies is subtly promoted by beauty pageants and the fashion industry that curtails women's equality. Women are treated as trophies, celebrated for how they look, instead of intelligence, skill, character, and their contribution. There have been women's rights movements in the US and around the world against beauty pageants and the stereotypes they reinforce.

How Social Media Has Made Women Vulnerable To Abuse

The advent of the internet and social media platforms such as Facebook, Instagram, Snapchat, Twitter, etc. has broadened the social space for women to raise their issues, reach out, network and collaborate for their common causes. Women blogging, NGO websites, and women platforms have advanced the empowerment of women through technology. There is also a gender digital divide creating unequal spaces in digital media. Some of the reasons for this gender gap are lack of textual literacy, the wage gap, lack of context in local languages, gender division of labour causing time constraints for women, etc.

According to Women's Rights Online Network, women are 50% less likely to access the internet than men. At the same time, the same platforms reinforce gendered online behaviours and sex-role stereotypes. Women who voice strong opinions on women's issues are exposed to verbal abuses and threats of violence. Social media also tends to create negative body image and low self-esteem by emphasizing obsessive celebrity culture, physical perfection, and beauty.

According to the UN's Broadband Commission for Digital Development, 73% of women have already experienced cyber violence. Women receive rape, death threats, and gendered abuses for expressing their opinions online. As per a survey by UN Women, in India, 28% of women who faced online abuse reduced their online presence and stopped posting on specific issues. These gendered online abuses effectively silence women's voices and discourses around women's issues. Cyber-crime against women is also on the rise. Stalking women online, sending unsolicited and persistent messages through WhatsApp and e-mails, developing

pornographic content, and morphed photos to target women are some of how women are harassed on social media.

What is more, women do not know where to report such issues and how to deal with them. Women subjected to such cyber crimes and problems are vulnerable to mental health issues such as emotional stress, depression, and hypertension, further affecting their lives. Trolling on social media of women who defy sexism and gender bias is another dangerous trend that has to be taken note of. Trolls are abusers who push defamatory, personally abusive content targeting individuals.

Women, especially those who voice non-mainstream and anti-modernization views, are trolled exceptionally on social platforms. The e-mail spoofing would be cause substantial monetary loss. Regular phishing, the attempt to gain sensitive information such as a username and password and intent to obtain personal information, becomes a major threat for women in the digital world.

Then what is the solution, how can we create a secure, inclusive, and gender unbiased media!

This is not just covering ‘women’s issues.’ It is about to ensure content is balanced across gender lines and respects the diversity that represents nearly 50% of the world’s population. We have to make sure more women occupy managerial roles in the newsroom and higher positions in the field of print journalism, television, web channels, and publications. There should be an equal pay scale for female media workers and development programs to increase their skills and leadership abilities.

Despite laws and regulations, practical actions against perpetrators are not taken. As per NCRB data, around 27,000 cybercrime incidents registered in 2018; however, the investigation is pending for the same amount of crimes that were reported in the previous year. So, the state should ensure the enforcement of laws to prevent stalkings, cybercrimes, and other online abuses in priority. At last, it is not impossible for men to effectively cover gender issues; on the other hand, he must be aware and prone to women’s needs and perspectives.

Women in media has changed

The portrayal of women within magazines has been completely in line with what magazine brands have always done and will continue to do. They understand a particular audience, work out the most relevant, culturally important issues facing them – whether it’s political or social issues, or the latest concerns around health, wealth and beauty. However, the content now reflects a general change happening in society. There’s a real appetite for issue-led content. Big women’s magazines, have really moved with the times, and are taking much more of a lead on culturally relevant issues. There’s more activism coming through.

Teen Vogue is a great example, which has taken up the mantle on political debates for a younger audience. A lot of the content is pro-active, and magazines campaign much more than they used to – Grazia went hard on the pay gap, for example, and had lots of editorial around it. It has extended beyond print too. Red, Glamour and Marie Claire have awards to celebrate inspiring women. These awards only seem to get bigger and bigger. It reflects what their readers are interested in.

There’s two ways the advertising content is changing. There are a lot more partnerships and native content being developed. Look magazine, which is a weekly young women’s magazine,

placed its first curvy model on the cover last year. This was done in partnership with Simply Be, a clothing retailer for larger sizes. Three years ago that wouldn't have happened. So it's a positive move in terms of being more reflective of their audience. And brands can also get closer to the content and tap into issues that matter to women.

Brands like L'Oréal, which is a big spender when it comes to magazines, are driving how some of the advertising content is changing, as well as the conversation with consumers. Ad content is definitely moving away from classic stereotypes, which is partly driven by the brands and partly driven by native and advertorial. For it to be effective, it has to be done in the right tone. It needs to reflect the issues that the editorial content is reflecting – and of course not be blatantly sexist.

Men's magazines have also changed. GQ, for example, has started adding in women to its 'Man of the Year' awards. They've realised that their readership includes women. And they're reflecting their modern male readership – the UN's 'He for She' campaign shows more men are interested in women's issues.

In terms of how magazines can keep pushing for change, both magazine editors and brands have an important part to play in this. Editors are curators of what the right content is for their audience. Digital advertising has recently come under fire for ads being placed in an inappropriate context. Print editors won't let that happen, as they know how much it jars with the reader if the wrong content or inappropriate piece of advertising is in their magazine. They still play that human role. Ultimately they have to make a judgement call. But advertisers are taking more responsibility as well. Lots of beauty and fashion brands seem to be picking up the mantle – L'Oréal is a brilliant example of that and is really changing the tone of magazine advertising.

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Domestic Violence Reporting in India During COVID-19

Mrs. Rupali M. Navale¹

Introduction

Domestic Violence in India

Historically, domestic violence was understood as a concerning threat to women's lives in India driven by the Dowry system. Therefore, the earliest legislations in the country to stop violence leading to so-called "dowry deaths" were implemented through an amendment to the Dowry Prohibition Act (1961). Section 304B of the Indian Penal Code criminalised any form of violence with respect to dowry demands by a husband or in-laws.^[30] As feminist scholarship and activism evolved, inter-disciplinary studies gave more clarity to the multi-faceted range of causes of spousal and family violence and their impacts on women. Through the years, domestic violence has remained among the gravest threats to women in India, despite being defined as a criminal offence under section 498-A of the Indian Penal Code in 1983.^{[31],[32]} A dedicated civil law, The Protection of Women from Domestic Violence Act, 2005 (PWDV), was eventually introduced to provide immediate relief to aggrieved women in a household who may be subjected to abuse by their husbands and in-laws.^[33] Today domestic violence continues to be a widespread occurrence across India, cutting across caste, class, religion, age, and education.^[34]

NFHS surveys from 2006 to 2019 have found consistently increasing incidence of spousal violence in India, particularly in certain regions (See Figure 2). States like Himachal Pradesh, Sikkim, Maharashtra, and newly formed union territories (UTs) of Jammu and Kashmir, and Ladakh showed a declining pattern during 2015-16, only to increase markedly again in 2019. There are states like Karnataka, for example, which are particularly concerning for the persistently increasing percentage of women experiencing domestic violence. Recent data on states from the fifth NFHS (2019-21) show the states that continue to have the highest rates of spousal violence in the country: Karnataka, Bihar, and Manipur.

With a rapid increase in the number of COVID-19 cases across the world in the past few months, several international organizations took cognisance of a global rise in Domestic Violence (DV) cases as a result of physical distancing regulations and its subsequent lockdowns. Many countries reported a 15-30% hike in the number of distress calls received from women who were confined in closed spaces with abusive partners.

Studies, over the years, have shown a direct link between times of crisis like these and interpersonal violence. Pandemics provide for an enabling environment of fear and uncertainty that may exacerbate diverse forms of violence against women. Moreover, economic insecurity, financial instability, and isolation are also some of the factors that contribute to making domestic violence even more prevalent.

Unfortunately, domestic violence cases are underreported across the world, especially in times of global emergencies like COVID-19.

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Women worldwide consider informal channels as their first point-of-reporting in the case of domestic violence. The first respondent is often the family and the police the last.¹ In India, the National Family Health Survey-4, conducted in 2015-16, revealed that 33% of married women in the age group of 15-49 experienced physical, sexual, or emotional spousal violence. Of these women, only 14% sought help and 77% never spoke about it. Among those who sought help, 65% reported to the natal family and only 3% reported to the police.³

The 2020 COVID-19 lockdowns

The grasp of domestic violence perpetrators has tightened in times of the pandemic in India. Abuse victims are distanced from their regular support systems making it difficult for them to call out for help. On 24 March 2020, the Prime Minister of India announced a nationwide lockdown to contain the spread of the Novel Coronavirus. Within a fortnight, the National Commission of Women (NCW) reported a 100% rise in complaints of domestic violence cases. A nationwide WhatsApp number was then launched by the NCW to provide an alternate method for women to report domestic abuse.

While there was an evident spike in the number of domestic violence cases in India at the point in time, strangely enough, the NCW monthly data spoke some alternate truth. It showed an overall decrease in the complaints received during the months of lockdown in comparison to even the initial months of 2020 (Complaints received: January: 538, February: 523, March: 501, April: 377). However, the gradual relaxation of the lockdown saw a subsequent surge in the complaints. While 552 complaints were recorded in the month of May, June saw over 730 complaints. This data shows that while the concern of a rapid increase in the domestic violence cases during the lockdown was valid, the instances were not actively reported.

Barriers to reporting amidst a pandemic

The series of COVID-19 lockdowns in India diminished the opportunities of reporting of domestic violence cases. Here's why:

Restricted movement: The lockdown incapacitated women by preventing them from moving to safer places in cases of violence and abuse. With men and women cohabiting together for longer periods, the privacy of women plummeted and instances of violence rose.

- **Handicapped mediums of communication:** The Whatsapp number launched by the NCW had a limited reach as only 38% of women in India own phones and fewer have an internet connection, making this platform inaccessible to majority of women in the country.
- **Reduced contact with the natal family:** Natal family is usually the first point of contact for the victim. They are not only essential in supporting the victim in filing a complaint but also facilitate filing of complaints to the police. The constant presence of the perpetrator made it difficult for the victims to contact their first respondent which ultimately deterred them from reporting to institutionalised channels.
- **Unavailability of the formal support system:** The machinery under the Protection of Women from Domestic Violence Act had not been identified as an essential service during the lockdown. Hence, the protection officers were not able to visit households of victims, NGOs were not able to have physical interactions with them and the police

officers being at the frontline in our effort to tackle COVID-19 were overstretched to help victims effectively

- Cases of crime against women in cities were down by 8.3% in the year 2020 when compared to 2019, even though nearly 77 rape cases were reported across the country on an average every day that year, data released by the National Crime Records Bureau (NCRB) showed.
- In its latest report on Tuesday, the NCRB, which functions under the Union home ministry, said that a total of 371,503 cases of crime against women were reported across the country last year in comparison to 405,326 in 2019 and 378,236 in 2018.
- Among states and Union territories, Uttar Pradesh topped the list with maximum number (49,385) of such cases followed by West Bengal (36,439), Rajasthan (34,535), Maharashtra (31,954) and Madhya Pradesh (25,640).
- Crimes against women includes cases of rape, outraging modesty, dowry deaths and harassment, acid attacks and kidnapping.
- “Majority of cases under crime against women were registered under ‘Cruelty by Husband or his Relatives’ (30.2%) followed by assault on women with intent to outrage her modesty’ (19.7%), kidnaping and abduction of women (19.0%) and rape (7.2%),” the report said.
- Of the total cases of crimes against women during the Covid pandemic-induced lockdown, there were 28,046 incidents of rape involving 28,153 victims. Out of the total victims, 25,498 were adults, while 2,655 were below the age of 18 years, the report stated.
- The number of rape cases, as defined in Indian Penal Code section 376, stood at 32,033 in 2019, 33,356 in 2018 and 32,559 in 2017. The figure for 2016 was 38,947, as per NCRB data from corresponding years.
- With 5,310 cases, Rajasthan reported the maximum number of rapes in 2020 while Uttar Pradesh reported 2,769 cases, Madhya Pradesh 2,339 cases, Maharashtra 2,061 cases and Assam 1,657 cases.
- However, Rajasthan saw a decline of 11.45% in rape cases last year when compared to 2019. Similarly, it also saw a dip in crimes against women by 16%.
- “It is our government’s mandate that none of the complainant, especially women, should return without lodging a complaint. Rape cases are increasing but around 42% are found false after probe or sometimes, the victim forms an agreement with the accused and don’t want to pursue the case,” Rajasthan’s additional director general of police, crime, Ravi Prakash Meharda, said.
- In case of rape of minors, Madhya Pradesh recorded the most number of incidents with 3,259 cases followed by Maharashtra (2,875) and Uttar Pradesh (2,630). The state saw a mere 1% dip in rape of minors unlike other states such as Uttar Pradesh and Rajasthan where the decline ranged from 5% to 10%. Madhya Pradesh also reported the maximum number (17,008) of crimes against children.

- As the accused in majority of the rape cases known to the victim, a senior police officer on condition of anonymity said it was not a “problem of law and order but a social problem.”
- “The number is high because of 100% reporting of cases,” said Madhya Pradesh additional director general of police Pragya Shrivastava.
- Women activists such as Sarika Sinha, convener of Action Aid (an organisation which helps destitute and victims of crime against women), said a poor conviction rate was a major reason behind the high crime rate against children.
- “Despite making strict laws, including capital punishment, for raping a minor of less than 12 years, the number of cases is not coming down significantly. One of the major reasons is delay in justice and a lower conviction rate,” she said.
- The NCRB data also showed the rate of crime against women in two Tamil Nadu cities -- Coimbatore and Chennai -- were the lowest when compared to 19 other metro cities.
- “When there is a declining trend, we have to see through the data from various intersections. Are they complaining? If so, is their report being considered and registered or dismissed? Even in urban areas for gender-based crimes, there is a stigma against reporting and some women get used to this and fail to report,” Sandhiyan Thiyagaran, founder of AWARE (Awareness for Women to Advocate their Rights and Empowerment) India, said, adding: “However, compared to other metros in the country, in Tamil Nadu, the law enforcement agencies help prevent crimes against women such as by patrolling and installing CCTVs. We have a few deterrents that other metros may not have in equal measure.”
- Among the 19, cities which reported the highest chargesheet rate under the IPC are Surat (96.7%), Coimbatore (96.6%) and Ahmedabad (96.3%). Among states, it is Gujarat (97.1%), Kerala (94.9%) and Tamil Nadu (91.7%).
- The crime rate is calculated for per one lakh of population.
- The Protection of Women from Domestic Violence Act, 2005 defines ‘domestic violence’ as physical, verbal, emotional, sexual and financial abuse against a woman by her partner or family members residing in a joint family. While the word ‘home’ resonates with safety, security, comfort and warmth for many, victims of domestic violence endure varying levels of pain and suffering at their homes. Data from the National Family Health Survey 2015-16 shows that 31.1% of the ever-married Indian women aged between 15 and 49 years experienced spousal violence.
- Pandemics such as ongoing COVID-19 have significantly impacted individuals, families and countries. The lockdown issued in India for the current pandemic has worsened the situation for Indian women. National Commission for Women (NCW) data showed that domestic violence complaints doubled after the nationwide lockdown was imposed in India. Caged in violent homes, the women are being placed in the situation where it is difficult to seek help or support from the outside world. Exposure and opportunity for abuse increases as there is no one to intervene to protect women.
- The pandemic outbreak by itself has been correlated with irritability, anxiety, fear, sadness, anger, or boredom in individuals. The drastic change in circumstances arising out

of the pandemic could trigger or worsen the existing violence in the house. From economic vulnerability causing livelihood issues such as job losses, prolonged unemployment, reduced income, debts, and food insecurity to an increase in the amount of substance use (such as alcohol use) all coupled with social isolation could be a factor resulting in the perpetuation of violence.

- The menace of domestic violence is not a new one, in an affirmative way to address and redress this, way back in year 2005, the legislature passed the Protection of Women from Domestic Violence Act, 2005. Whilst the implementation of this law has not been without its own set of challenges and setbacks, we have seen courts of our country come up with insightful interpretations of the provisions to provide recourse for victims. During the lockdown, when the courts were not fully functional, there were some interesting judgements which paved the ways for urgent measures to address the pandemic of domestic violence. Few are highlighted below:
- The Delhi High court, on a petition filed by an NGO, directed the government to deliberate on measures to ensure effective implementation of the Protection of Women from Domestic Violence Act, 2005 in the wake of increasing number of cases. The state in its reply said that it has put a protocol in place where a survivor once calls the helpline, the tele caller will take the complaint and will forward it to the counselor who will establish phone communication with the survivor during the lockdown.
- The Jammu and Kashmir High Court took suo moto cognizance and offered slew directions that include the creation of special funds and designating informal spaces for women such as grocery stores and pharmacies where women could report abuse without alerting the perpetrator.
- The Karnataka High Court asked the state government about the helplines and action taken on domestic violence complaints. The state in its reply stated that helplines, counselors, shelter homes and protection officers are working round the clock to help victims of violence.
- There are various stakeholders under the law, which include protection officers, service providers and commission of women to provide immediate, medical, logistical, protection and even psychological assistance to survivors.
- During the pandemic, almost all state governments have started helpline numbers and activated various reach out initiatives , couple of interesting include, In Tamil Nadu, protection officers appointed under the Domestic Violence Act 2005 are allowed to move during the lockdown and some women in dangerous situations are being rescued and have been moved to shelter homes. In Uttar Pradesh, the state government has initiated a special helpline for victims of domestic abuse under the title `Suppress Corona, not your voice`.
- The National Commission for Women launched a special WhatsApp helpline number: +91 7217735372, which will act as an exclusive helpline for domestic violence complaints during the period of lockdown. This will be in addition to the emails, online complaints links, and helpline numbers (Women in Distress -1091 & Women Helpline Domestic Abuse- 181) which are already functioning. The chairperson of The National Commission for Women also claimed that ASHA and Anganwadi and other frontline health workers are counseling against domestic violence and women can report to these workers in case they are facing abuse.

- The Ministry of Health and Family Welfare has collaborated with the National Institute of Mental Health and Neurosciences to provide psychological support to women facing domestic violence through the helpline number: 080-4611007. Moreover, helpline number 112 is also available as an emergency response support system to provide immediate rescue and support to women in distress.
- Whilst the abovementioned orders by various High Courts and steps taken by State Governments are commendable; to combat this menace, a multi-dimensional approach is required at the national level to address the grave situation of domestic violence.

The NCRB, which functions under the Union home ministry, said that a total of 371,503 cases of crime against women were reported across the country last year in comparison to 405,326 in 2019 and 378,236 in 2018.

Social Legislation Relating To Women

1. Hindu marriage Act, 1955.
2. The special marriage Act, 1954.
3. Hindu succession Act, 1956.
4. Hindu adopting and maintenance Act, 1956.
5. The child marriage restraint Act, 1976.
6. The factories Act, 1948 mines Act, 1952 and plantation labor Act 1951.
7. The employees state insurance Act, 1948.
8. The maternity benefits Act, 1961.
9. The factories (amendment) Act, 1976.
10. The equal remuneration Act, 1976.
11. The contract labour (regulation) Act, 1978.
12. The medical termination of pregnancy Act, 1971.
13. The dowry prohibition Act, 1961.
14. 14) The suppression of immoral traffic in women and girls Act, 1956.
15. Amendment to the criminal laws Act, 1986.
16. Indecent representation of women Act, 1986.
17. The commission of sati (prevention) Act, 1987.
18. Sexual harassment of women at their work place bill Act, 2006.
19. Domestic violence Act, 2005/2006.
20. Nirbhaya rape 16 December Act, 2012.

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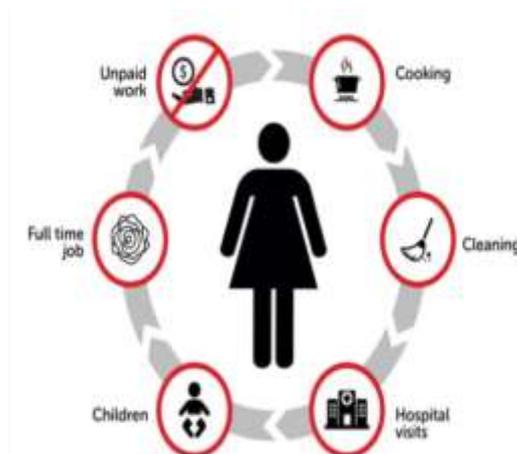
Role of Working Women in the Management of Household Responsibilities

Ms. Archana S. Ghogare¹

Introduction

Women are the essence of strength, love, sacrifice and courage. The role of women in today's world has changed significantly and for better. They are now getting power even in rural areas. Women are now self-sufficient, well aware and financially independent. In many countries now women are the head of the state. Education has made women independent and they are no longer dependent on men to lead their lives.

Business laws have changed to allow more women in the workplace and giving them a comfortable environment to work in. Various changes have been seen and impacted the role of women in society. Now, women have gained a lot of ground in politics, the workforce, social welfare, etc. Women are in powerful positions in various large-scale companies.



However, while women are more educated and more employed than ever, they are still taking on most of the household and familial duties. The role of women in the management of household responsibilities is regarded as an integral part of their lives within the country. This aspect is regarded important since ancient times. In the modern period, the transformations came about in their lives and women participated in acquisition of education and employment opportunities. In spite of their participation in these areas, they rendered a significant contribution in management of household responsibilities. In the management of household responsibilities, it is vital for women to acquire information in terms of various aspects. These include child development, health care and well being, diet and nutrition, cleanliness and maintenance and so forth.

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And it's not just about chores and childcare; women are also much more likely to be the ones who care for sick or elderly family members. As women empowerment that we talk about made women educated and financially independent, their contribution to the family increased. Working outside doesn't mean women do not do household responsibilities. Women do two full-time jobs - the one at the workplace and the one at home. Women are performing

many roles which are household expenses, administration, children' education, wife, leader, shopping and the like. McKinsey estimates that women do 75% of the world's total unpaid care work. In India, women spend 299 minutes a day on unpaid domestic services while men spend 97 minutes, according to the 2019 NSS report on time use. This inequality can be correlated with low participation of women in formal workforce.

How does this imbalance affect women?

- Women are approximately eight times more likely than men to look after their sick children or manage their children's schedules, which will take time out of their work day or other daily responsibilities.
- Approximately 54 percent of women took leave from work when first becoming a parent as opposed to 42 percent of men.
- Women take much times temporary leave from work as opposed to men upon the arrival of a child.
- After becoming a parent, women are more likely to switch to a job with greater flexibility and work more from home, which can result in lower pay
- Women are more likely than men to stop working to care for elderly family members,
- Women are also more stressed and have less time for self-care.

The roles of woman changed and responsibilities increased overtime. But, they never stepped down. They stood by their families and even became the strength, the driving force of families. Yet, their endeavour's remain unappreciated. In the recent times, the concepts of shared household work, shared parenting and flexible workplaces are slowly gaining importance. If we truly foresee a gender-equal world, we should start with gender-equal families. There are things a woman and others can do to combat the imbalance of household labor, at home, at work, and in the political realm.

- 1. Get Your Partner on Board:** Women are taught that they are the ones who must handle family duties, even if it is to their own detriment. Changing this shouldn't just be on women's shoulders. Women and men both need to fight back against these traditional gender roles. If you are a woman with a male partner, talk to them about how this imbalance affects you. Start creating a more unrestricted distribution of duties at home.
- 2. Advocate for Affordable Childcare and Paid Family Leave:** Although working mothers spend more time on child care than fathers, they are not more likely to have access to workplace policies such as paid family and medical leave, paid sick days and affordable childcare. Push your elected representatives to propose and support legislation that would result in paid family leave and affordable childcare. Additionally, support organizations,

like National Partnership for Women & Families, that are working for these laws to be implemented. These laws would support and uplift families across the board.

- 3. Push for Change at Work:** Many companies have good intentions but have not made concrete changes that protect women at work. If you are a decision maker at work, act upon your values and push to implement. Treat equality as a business priority, since it should be one. Even if you aren't a decision maker, push your employer to make changes. Make it clear just how important this issue is to you and to other women everywhere.

Conclusion:

In India, in all societies, whether women are home-makers or working women and irrespective of their categories and backgrounds, they need to carry out the household management. In the management of household responsibilities, such as cleaning, washing, preparation of meals, paying bills, purchase of items, health care, taking care of elderly individuals, child development and other tasks and activities.

- cleaning, washing, preparation of meals,
- paying bills, purchase of items, health care, taking care of siblings, taking care of the needs of
- elderly individuals, child development and other tasks and activities

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The Importance of Women's Education in the Development of Nations

Navaruna Borah¹

Abstract:

Education has long been regarded as essential not only for women, but also for all individuals who contribute to the development of countries; the nation-building role is carried out through the services provided by individuals through their work and professions. Some people choose to work in the field of social work and even make honorary contributions to the nation's growth. The significance of women's education in nation-building has been highlighted in this chapter, which is applicable to the entire world, not only India. The importance of education and health, the essence of a woman, the participation of women in the political and economic spheres, the role of an educator in professional growth and lifelong education of women, and the hurdles faced by women in obtaining education have all been underlined. These sectors demonstrate that women should be treated equally to males and should not be deemed inferior; if a woman is highly educated, she can undoubtedly contribute to the nation's efficient growth.

Keywords: Education, Health, Professional Development, Lifelong Education, Barriers, Contribution

Introduction:

Individuals of all ages benefit from education, which has a variety of advantages for both them and society. It encourages their full engagement in society, helps them to be more educated and active citizens, adds to their personal well-being and fulfilment, encourages their creativity and invention, and improves their efficiency and professionalism as employees or volunteers. Education is essential, and people are always learning throughout their lives (lifelong learning, 2007). The notion of lifelong education has gained a lot of traction not just in India but also in other parts of the world; this concept instils knowledge and awareness in individuals about all of the important areas such as academics, household, politics, economics, environment, and so on.

Enhanced employability, reduced unemployment benefits, welfare payments, and early retirement pensions, higher tax revenue, increased social returns in terms of civic participation and community involvement, and better health with a subsequent reduction in healthcare costs are just a few of the public and private benefits of education. The notion of education emphasises the necessity for an individual to gain learning throughout their lives in every situation that they encounter, and it is applicable not only to work or employment, but to all of the activities that an individual engages in during his or her life. This learning does not have to be linked to the acquisition of educational credentials (lifelong learning, 2007).

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Women's education plays an essential part in the development of nations; as a result, there is a saying that "educating a woman is like educating a family." Women have established a separate role in society as a result of the fast-changing environment and swiftly changing times. A rise in the number of educated, knowledgeable, trained, and conscious women has occurred. Women in India have become increasingly cognizant of the need of being self-employed and self-reliant. Within society, women have broken out from the confines of their households and carved out a place for themselves in a variety of sectors. Entrepreneurship has proven to be a great option for women, with the main reason being that women are unable to engage in jobs due to family and social obligations; the option of doing something on their own is extremely productive, as it meets all of their needs for flexible working hours, respectability, and earning potential.

The Importance of Health and Education:

Health and education are mutually supportive indicators of women's social well-being. Without health, women and girls are unable to contribute effectively in school or at work to support their families; without education, women and girls lack the necessary knowledge, abilities, and skills to effectively participate in society and contribute to the well-being of their families and communities. As a result, separating the notions of health and education is rather unnatural. According to research, this strategy is backed by a number of recent advancements in data collecting, which promote the creation of indexes that target women's health and education together (Rand, 2008). Education is a crucial idea for women, and women undoubtedly contribute to the development of nations primarily via the information, skills, aptitude, and wisdom that they gain through education. The notion of education helps a person to communicate successfully with others, as well as to acquire grace and decorousness in their communication styles; when a person has excellent communication skills, he may achieve a great deal in life.

Women are largely responsible for the raising of a family, and they are principally entrusted with various types of obligations such as child nurturing, domestic activities, food preparation, and when women work, they must strike a balance between housework and office work. For these reasons, even for the housekeeping duty, women must be educated; some rural women may not be eager to get a high level of education, but they must have fundamental literacy abilities such as reading, writing, and mathematics, which will allow them to do simple calculations. There is a clear link between education and health; if a woman is healthy, she will be able to manage everything quite well; thus, in order to keep healthy, it is also necessary to have a nutritious diet, stay active, and, if time allows, engage in some physical exercise. These are the aspects that emphasise the importance of health and education.

The Woman's Essence

The perception that women are of little utility and are primarily designed to do home tasks persists in society, particularly in rural regions, due to early feminist inclinations. Early feminists had to fight discriminatory legislation and socio-cultural attitudes based on the belief that women were inferior to men. In order to combat this, women fought for the right to do everything men could do as a means of demonstrating equality; when women were discriminated against or regarded as imperfect in comparison to men, there was a great deal of stress and hassle in society; women, in turn, struggled to prove their equality, they went on to obtain education, they got themselves engaged in jobs, they became entrepreneurs and worked

in various fields such as education, advertising, and marketing. It has been decided that women in the twenty-first century have made substantial efforts in the quest of equality on the basis of such a viewpoint (Ngunjiri & Gachenga, n.d.).

To back this argument, evidence is sought to prove that most women in the modern world have, at the very least, equal rights to participate in social and political life. Men and women are treated equally for admission into higher educational institutions for masters or doctoral programmes on the basis of their grades and aptitudes, and they are recruited on the basis of their qualifications and skills in employment settings, in companies, where both men and women are doing the same kind of work, for example, college professors and medical practitioners are both men and women. These instances demonstrate that men and women are treated equally and that there are no distinctions between them; as a result, when women work in such various professions as a result of their education, they undoubtedly contribute to the development of nations. Women's new functions are seen as an extension of who they are and what they can do. In this perspective, a woman's nature is seen as a fact that changes throughout time as her duties change (Ngunjiri & Gachenga, n.d.). The essence of a woman denotes that she has the ability, wisdom, knowledge, and aptitude to manage household chores, motherhood, spousal roles, all of the roles that she has to perform within the family, employment, business, social roles, and effective relationships with neighbours, friends, and community members; these are all characteristics that flow from her essence.

Women's Role in Politics and Economics:

Women should participate in social, economic, administrative, and political activities in three ways: via education, knowledge, and enlightenment, policy regime, and social transformation. Enlightenment entails being purposefully self-directed, this leads to independence, daring, and the ability to distinguish between correctness and error. If systematic policy and political actions are moved to gender equality, women may truly have an effective part in policy creation with reference to economic, political, social, and other national concerns. Gender equality has always resulted in stronger nations that have progressed in all key sectors, including political, economic, cultural, social, and administrative; developed countries include Germany, Norway, Denmark, Finland, and Sweden. Because politics is a public issue for judgement and will formation, it should be gender friendly as well. Rather, politics should be made accountable, with both male and female persons playing an equal role in decision making. It has been determined that Nepalese law appears appealing in documentation form, but the unfortunate aspect is the difficulty in putting such laws into effect since they do not appear to be founded on public reason. Furthermore, there appears to be a lack of civil consciousness on the side of the community. Women's full involvement is critical, particularly in the areas of national security, formal economy, foreign policy, legislative, and social service. This is necessary to restore state-society reason and exit the post-conflict phase. As a result, it may be said that women are sometimes even more mature and intelligent than males when it comes to resolving conflicts, formulating policies, procedures, rules, and conventions, and carrying out political and economic duties (Seminar Report, n.d.).

The Educator's Role in Women's Professional Development and Lifelong Education:

The following points have shed light on the educator's role in professional growth and lifelong education for women. Educators at educational and training institutions make a significant

contribution and perform an important role in providing education for women so that they may successfully contribute to the development of nations (Ranjan & Rahman, n.d.).

1. Administration - The planning, regulating, directing, and managing of human resources for educational growth and development is referred to as administration. Educators must effectively manage their students/learners to guarantee that they have grown professionally as well as academically.
2. Personal management - This pertains to the learners' advancement, admittance, performance assessment systems, grievance redresser methods, and professional development difficulties inside the educational institution and workplace.
3. Supervision, monitoring, and support – Using appropriate tools, techniques, and mechanisms, monitor and facilitate teaching-learning processes and other school development activities in order to improve their quality. The educational institution is the centre of attention since it is where students go to study. Efforts to enhance the quality of procedures utilised in the institution would eventually reflect on them.
4. Information management and communication - Information management is also regarded as a valuable institutional resource. It entails gathering, processing, disseminating, and utilising data in the most effective way possible. Communication, on the other hand, refers to the process of exchanging information and receiving feedback (Ranjan & Rahman, n.d.).

Women Face Obstacles in Getting an Education:

Women have faced significant difficulties and obstacles in obtaining education; yet, when the necessity of education is widely recognised among women across the world, they acquire an interest and passion for learning education and literacy skills.

Basic literacy skills enable an individual to not only perform his or her job functions fairly well, but also to carry out day-to-day activities such as grocery shopping, banking transactions, and even child upbringing; if the children are well behaved, courteous, and good-natured with the outside world, the credit goes primarily to the mother for raising her child in an efficient manner.

Education and reading skills are required for all of these basic necessities of life. Individuals have faced a number of roadblocks in their pursuit of education, including the following: Stronger Women (Stronger Women, 2009).

1. Financial difficulties - Women have been able to avoid going to school due to a lack of funds, being poor, and living in poverty. Instead of going to school, parents force their daughters to perform housework or labour in order to earn money.
2. Education Quality - The quality of education inside the institutions has been poor, with a shortage of instructors and a scarcity of schools.
3. Unsafe to Attend School - Due to factors such as homework completion, school assignments, instructor strictness, and so on, women and girls find themselves vulnerable and anxious about attending school.
4. Inadequate Infrastructure - Schools have had inadequate infrastructure, such as a shortage of tables and chairs, heating and cooling facilities that are appropriate for the weather, and so on. To put it another way, the physical environmental circumstances have deteriorated.

5. Inappropriate Curriculum and Instructional Techniques – The curriculum and instructional methods used in the school were not appropriate, for example, the topics were too difficult to grasp or unmanageable. As a result, some stop going to school because they think they won't be able to keep up.

Conclusion

Education is defined as a method of imparting not just consciousness to individuals, but also knowledge, awareness, alertness, awakens, attentiveness, and responsibility. Whether a someone lives in the country or the city, whether they work in blue collar, minority occupations or white collar, desk positions, if they are educated and well-informed, they will be able to execute their job tasks efficiently; otherwise, they may suffer serious repercussions such as suspension. Finances are believed to be an essential feature for everyone; education makes an individual knowledgeable about how to manage money effectively; alternatively, research has shown that those who are not knowledgeable about how to manage finances effectively end up in losses. Educators have played a major role in administration, personal management, supervision, monitoring, and assistance, as well as information management and communication, in providing education. Regardless of the topic area selected, an individual learns all of these areas through an educational curriculum.

Individuals face obstacles and difficulties during their education, such as financial difficulties, poor educational quality, hazardous school settings, a lack of suitable infrastructure, and improper curriculum and teaching techniques, to name a few. There have been answers to these issues, and there are always ways to improve; bettering the school atmosphere, suitable curriculum and teaching techniques, safe circumstances, and recruiting well-experienced and pleasant instructors are just a few examples. Finally, it can be claimed that education is obtained by the majority of people in both rural and urban regions, and that education allows them to live their lives effectively and contribute to the development of nations by engaging in successful work, professions, and other duties. Educated women may successfully engage in all sectors of life, including social, economic, political, administrative, family, and financial, and contribute fully to the development of nations.

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Women and Higher Education Sector: Challenges and Issues

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Dr. Rohamare S. S. ²

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Abstract:

Education plays the most important in shaping a countries future. After USA and China. Indian higher education system is the third largest in the world. Since independence .India as a developing nation is contentiously progressing in the education field. Though India's Higher Education system is the largest in the world in terms of number of institutions it has numerous problems and issues. The rapid expansion of the higher education system at the same time has brought several pertinent issues related to equity, efficiency, excellence and access to higher education in the country. This paper aims to identify emerging issues and challenges in the field of higher Education in India.

Key words: Higher Education, new education policy, institutions challenges.

Introduction:

Education is the most powerful weapon which you can use to change the world”.

The world has realized the importance of women's education which is indispensable to a Nation's development. The role of education is regarded as an investment in human capital, where men and women have equal responsibility. This comprehension has led to the revamping of the education system, which in turn will tackle the social problems-old and new. Education must be associated with culture, citizenship, social cohesion, development, employment and scientific progress to make it suitable to a global and knowledge-intensive society. To make this objective a reality, innovative approaches to teaching and learning must be defined and implemented. Education of women must be prioritized as it forms the basis of social transformation. National policy makers must focus on the access to and participation of women in education at all stages of their lives . They should ascertain that women's rights are safeguarded and facilitated.women in education at all stages of their lives.

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Objectives:

To assess the Higher education system in India.

- To study specific issues of Higher education.
- To Know the growth of Higher education in India.
- To suggest measures to overcome the issues relate to

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 - To Know the growth of Higher education in India.
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1. To assess the higher education in India.
 2. To study specific to higher education.
 3. To study higher education sector challenges and issues.
- To assess the Higher education system in India.
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Higher Education in India:

Framework of higher education in India is very complex .It includes various type of institutions like universities, colleges, institutes of national importance, polytechnics etc. Universities are formed by government of India by an act of parliament which are responsible for arranging and distribution resources required by university grant commission (UGC).State universities, Deemed University.

India Higher Education System Challenges and suggestion Sahil Sharma and Punmendu Sharma For male population is 25.4% and female it is 23.5%. For Scheduled Castes, it is 19.9% and for Scheduled Tribes, it is 14.2% as compared to the national GER, of 24.5% 67% students belong to Muslim Minority and 1.97% is from other Minority Community Muslim Minority has more male students than female where as other Minority has more females than males. Australia, Russian and the USA, to name a few examples, have Enrolment Rate (GER) upwards of 75 percent. The Ministry of Human resources & Development had set a target of a 30 percent for India by 2020. Low levels of teaching Quality: Ensuring quality in higher education is amongst the foremost challenges being faced in India today. Larger numbers of colleges and universities in India are unable to meet the minimum requirements laid down by the UGC and our universities are not in position to marks its place among the top universities of the world. Many of the issues like lack of faculty, poor quality teaching. Traditional teaching methods out dated and rigid curriculum, lack of accountability and quality assurance and separation of research and teaching raise questions on Indian education system. Both the staff and the

students alike are not up to date with the information available and what global industry demands. Good textbooks and quality translation from the original English books are must if a student's is to make progress.

Challenges in Higher Education in India for Women:

The relationship between availability of disciplinary choices and women's ability to access them are not directly related, nor are they dependent on women's academic achievement. The reasons cited for this are mainly due to social ethics. Large majority of women may be deprived of exercising free options in selecting subjects of their choice in school, as in case of girls, parents generally take the decision regarding the academic stream to be pursued. This decision is guided by the consideration that girls are not expected to work or earn before marriage and education is only an investment to fall back upon in case of the daughter becoming a widow or being deserted (Canaan 1998). The poor parents have another problem; even though they perceive the significance of education, many a times they are not able to finance it. Besides, there is lack of role models and socialization support at home. Women from these social categories are the most affected by the stratification of disciplines, programmes and institutions. Further, the social and economic disparities are reflected not only vis-à-vis caste and tribe but also at the regional level, i.e. in different provinces. Discipline boundaries not only limit choices but choices are further limited by future options of "life chances" of women. Higher Education is further denied to the disadvantaged groups and especially women from rural poor homes. Because of social and economic reasons, parents may be unwilling to spend on education as well as the dowries of their daughters.

Once women enter higher education at the undergraduate level, they move on the next two levels, namely, the graduate and research level. In other words, their transition from one level to another has increased which highlights their staying power. The function of women education is to widen the horizon of our experience, as our direct contact with reality is always limited. Concepts pertaining to the value and necessity of women education from the point of view of the individual as well as a society have varied from society to society in different stages of their evolution. Education is considered as a value in itself because it leads to the development of the overall personality of the individual. The women education in India is that of a potential medium for attaining Mukti (salvation) from the trials and tribulations of life. The function of women education is to widen the horizon of our experience, as our direct contact with reality is always limited. If women education in India expands the mental horizon, it is obvious that the higher the level of education, the wider is the horizon it opens to us. Conscious of this innate value of women education, society has always granted high status to the educated. Another category comprises those who emphasize the utilitarian aspect of women education to society at large for fulfilling economic, political and cultural functions necessary for socio-economic activity. This category sees women education in the service of economic development and social change, thereby eliminating inequalities and ensuring social justice.

Conclusion:

Women education is very important for the development of a country. It is necessary to provide girls and women with proper resources so that they can get educated. Girls and women have the potential to contribute to the economic development of their countries. The present study revealed the current scenario of higher education in India. The key challenges related India is facing various challenges in higher education but to tackle these challenges and to boost higher

education is utmost important. India is a country of huge human resource potential, to utilise this potential properly is the issue which needed to discuss. Opportunities are available but how to get benefits from these opportunities and how to make them accessible to others is the matter of concern.

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Role of Indian Women in Science and Technology

Mrs. Jadhav Surekha M.¹

‘Freedom from religion’, ‘abolition of slavery’, ‘constitutional government’ and ‘equal rights to women’ becomes central to the political debates during the ‘Age of Enlightenment’. With the advent of 19th century, the ‘right to vote’ movement was quickly followed by the ‘rights to equal employment and education’ for the women workforce. However, a brief glance at the higher education and employment history shows marginal participation of women, not just in India but throughout the world.

Also Gender equality has been one of the most debated topics even today in 21st centuries. Women deserve equals rights and opportunities as men, yet there have been many challenges that a woman has to face regularly. Contribution of women in any field has been as worthy as men but somehow their contributions are not much talked about or have been forgotten with time.

This is true even in the field of science and technology. While we know about the priceless contribution of great scientists like C V Raman, Meghnad Saha, Dr A P J Abdul Kalam, many of us are unaware of the contributions of Indian women in the field of science. Here is the list of 10 Indian women, who have contributed to Science and technology.

- Kadambini (Basu) Ganguly (18 July 1861 – 3 October 1923) Kadambini was the first female graduates of the British Empire. She was also the first female physicians of South Asia to be trained in western medicine. She studied medicine at the Calcutta Medical College and got graduated in 1886.
- Anandi Gopal Joshi (31 March 1865 – 26 February 1887) Anandi Gopal Joshi was another woman from India also obtained a degree in Western medicine in 1886, she graduated from Women's Medical College in Philadelphia, USA. So, she became the first Indian to study medicine from abroad.
- Anna Mani (23 August 1918 – 16 August 2001) Anna Mani was an Indian physicist and meteorologist; she was also a former Deputy Director General of the Indian Meteorological Department. Who made significant contributions in the field of meteorological instrumentation? From Imperial College London she studied meteorological instruments and joined the Meteorological department in Pune after returning to India in 1948. She researched and published numerous papers on ozone, solar radiation and wind energy measurements. She also authored two books, The Handbook for Solar Radiation data for India in 1980 and Solar Radiation over India in 1981. In 1987 Anna Mani won the K.R. Ramanathan Medal.
- Rajeswari Chatterjee 60 years ago Rajeswari Chatterjee was the only woman faculty in the Indian Institute of Science. She is the first Woman Scientist to initiate the Field of Microwave Engineering and Antennae Engineering in India. In 1949, she received her MS degree in Electrical Engineering from Michigan University, USA. She got retired as Professor and Chairperson of the Department of Electro-Communication Engineering, Indian Institute of Science, Bengaluru.

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- **Dr Indira Hinduja** We all know her as the first Indian women who delivered a test tube baby in 1986. She also pioneered the Gamete Intra Fallopian Transfer (GIFT) method helping in the birth of India's first GIFT baby in the year 1988. Formerly she is an Indian gynaecologist; obstetrician and infertility specialist who is based in Mumbai. For menopausal and premature ovarian failure patients she developed an oocyte donation technique. On 24 January 1991, she gave the country's first baby out of this technique.
- **Kiran Mazumdar Shaw Kiran Mazumdar Shaw Chairman & Managing Director, Biocon Limited** Kiran Mazumdar Shaw is on the Forbes list of the worlds' 100 most powerful women and in the business list on top 50 women released by the Financial Times'. She started Biocon in the year 1978 in the garage of her rented house in Bangalore with a capital of Rs. 10,000. Currently, the net worth of the company is more than \$ 900 million. Biocon manufactures drugs for cancer, diabetes and auto-immune diseases.
- **Dr Aditi Pant** Dr Aditi Pant is an oceanographer by profession and is one of the first Indian women to visit the icy continent Antarctic. In 1983-84 she was a part of the third Indian expedition to Antarctica and was honoured with the Antarctica Award along with Sudipta Sengupta, Jaya Naithani and Kanwal Vilku for their outstanding contribution to the Indian Antarctic programme. Dr Aditi completed her MS in Marine Sciences from the University of Hawaii and obtained a doctorate from the London University in the Physiology of Marine Algae. She was placed with the National Institute of Oceanography (Goa) and the National Chemical Laboratory, Pune.
- **Madhuri Mathur** Madhuri Mathur made Indian women life easier with her strenuous efforts, hard work, skills, and labour that made Sumeet mixer a household name and necessity. 40 years ago, along with her engineer husband devised Summit mixer grinder. Before her venture, having a kitchen helper that could blend, chop, and mince at a touch of a button was just a dream for millions of Indian women.
- **Dr Suman Sahai** Dr Suman Sahai is the founder of the Gene Campaign in India. She is the voice of the millions of Indian farmers. Currently, her campaign is running in 17 states. She is the brains and the brawn behind the patent campaign for *Azadirachta indica* (Neem) and Turmeric (Haldi). D Sahai believes that 'nature's technology can meet the needs of humanity'. Her name is listed in the successful women pioneers in India because of her single-minded dedication to her cause. She made the Indian government to notice the actual problems faced by Indian farmers.
- **Kalpana Chawla (17 March 1962– 1 February 2003)** Kalpana Chawla was the first Indian-American astronaut and a first Indian woman in space. In 1997 she first flew on Space Shuttle Columbia as a mission specialist and primary robotic arm operator. The NASA chief called her a "Terrific astronaut". On February 1, 2003, the U.S. space shuttle Columbia with a seven-member crew including Chawla, 41, disintegrated in flames over central Texas in a while before it was scheduled to land at Cape Canaveral in Florida.

Women are grossly underrepresented in scientific fields. Why is that? What can women contribute to science and what can people do to help them?

There are many reasons women might not choose a science related career, but science need them. The increased involvement of women in science can add a new level of diversity to scientific research, since women having slightly different brains, tend to lean toward more qualitative research style, and do more interdisciplinary research, the type of research they believe to be better at solving society's problems.

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Self Help Groups for Women's Development

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ABSTRACT:

Women empowerment is one of the main agenda in the developmental targets of most of the nations that could be achieved with the collective efforts of women who are marginalized. In this regard, Self Help Groups (SHGs) have emerged as the potent strategy to empower women through participatory approach. The present study has been conducted to examine the impact of membership of SHGs on different aspects of women empowerment using primary data collected by structured questionnaire. To assess the empowerment of women, questions were asked on different aspects of their empowerment before and after getting membership of SHG. The study found that membership of SHG has resulted into achievement of social, economic personal and political empowerment of the women members.

Key Words: Self Help Groups (SHGs), NABARD, Gender Equality, Women Empowerment and Membership

Introduction

Self-Help Group or in-short SHGs is now a well-known concept. It is now almost two decade old. Self-help groups (SHGs) play today a major role in poverty alleviation in rural area. It is reported that the SHGs have a role in hastening country's economic Development. SHGs have now evolved as a movement. Mainly, members of the SHGs are women. Consequently, participation of women in the country's economic development is increasing. They also play an important role in elevating the economic status of their families. Women constitute around fifty percent of the total human resources in our economy. This has led to boost the process of women's Empowerment. Yet women are subservient to men as they are subject to many socioeconomic and cultural constraints. The situation is more severe in the rural and backward areas. Women development activities must be given importance to eradicate poverty, increase the economic growth and for better standard of living.

Gender equality and women empowerment has been considered by most of the nations as the pre requisite for the development of the society as a whole. It is undoubtedly true that we as nation could not flourish if half of our population i.e. women are discriminated and marginalized on the basis of their gender. Today, women are facing discrimination in all walks of life be it social, cultural, economic and political. Although, substantial effort was putted in by government from time to time to end gender discrimination but the ground reality has not changed much even in 21st century.

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The truth is that achieving gender equality has become an unmet target due to deep rooted patriarchy system in our society. It has been recognized that the women are the active agents of economic development therefore it is mandatory that they should be provided resources to work at par with their male counterparts. However, the reality is different; women generally lack access to productive resources and capability which hampers their socio-economic development to large extent. Therefore, it is the need of the hour that women should work collectively to enhance their capabilities. Literature suggests that women could make difference if they pool their resources and work collectively in achieving a target. In this context, Self Help Groups have enormous potential in empowering women. Self Help Groups have been started in 1972 by Prof. Mohammed Yunus in Bangladesh to promote savings among poor. Thereafter, with the success of Bangladesh Grameen Bank, notion of Self Help Group gained momentum. In India, National Bank for Agriculture and Rural Development (NABARD) started the concept of Self Help Group with the opening of bank linkage program in 1992. The planning commission in its annual plan for the year 2000-01, recognized that Self Help Groups have potential to work in respect of women empowerment. Therefore, Self Help Group was the main instrument for accomplishing the target of women empowerment under “Rural Women’s Development and Empowerment (RWDEP)” scheme launched in 1997. Since the inception of annual plan 2000-01, Self Help Groups have mushroomed in India with the objective of collective effort to improve living standard and holistic empowerment of people lying at the bottom of power hierarchy including women. Therefore, in the present paper an attempt has been made to assess the impact of Self help groups on social, economical, personal and political empowerment of the women.

Kabeer (2005) examined the impact of microfinance on reducing poverty and women empowerment using desk review method. It was concluded that microfinance would improve marginal conditions of women in context of socio-economic and political fronts. However, it was suggested that microfinance could not lead [VOLUME 6 I ISSUE 2 I APRIL– JUNE 2019] E ISSN 2348 –1269, PRINT ISSN 2349-5138 128x IJRAR- International Journal of Research and Analytical Reviews Research Paper to women empowerment as it is only a small step towards wider meaning of women empowerment.

Sahu and Singh (2012) conducted a study on perception of women about role of SHGs in empowering them with the use of qualitative methods such as focus group discussions and content analysis. It was found that after joining Self Help Group women have gained economically and socially. The study recommended conducting capacity building programs to enhance capability of members of SHGs.

Twinkle Verma (2019) Role of Self Help Groups in Women Empowerment .The study found that women members have been empowered after joining SHG. SHG has provided women small loans which enhanced their economic status which ultimately channelized into enhanced social status and bargaining power in the family and society. It is recommended that financial assistance should be provided to the SHGs, in addition to this capacity building programs must be organized to enhance the capabilities of women.

Objective of The Study

1. To study the effect of Self Help Groups on women development after joining Self Help Groups.
2. To examine the role of SHG in developing socio economic status of rural women.

3. To alleviate rural poverty and increase employment opportunity.
4. To promote income generating activities in rural household women.

Women are facing inequality because of lack of access to and control over productive resources. Self Help Groups have emerged as the most influential strategy to empower women who are marginalized. Self Help Groups through participatory approach enhances their bargaining power and capabilities. The present study was conducted to examine the impact of Self Help Groups on various aspects of development.

The existence of sound community networks in villages is increasingly being recognized as one of the most important elements of credit linkage in the rural areas. They help in accessing credit to the poor and thus, play a critical role in poverty alleviation. They also help to build social capital among the poor, especially women. This empowers women and gives them greater voice in the society. Financial independence through self-employment has many externalities such as improved literacy levels, better health care and even better family planning. Provision of income for the family: When the bread winner of the family is gainfully employed he or she will be able to meet the basic, and future needs of the family e.g. provision of food, payment of school fees etc. To the benefits for women, IGAs to be supported should be those traditionally undertaken by women, and located in or near the home. Potential IGAs should concern activities where women can use skills they already possess. Rural women have skills to do small-scale plant and agricultural and animal production, processing and preservation. Areas for potential promotion include home gardens (aromatic and medicinal plants and herbs vegetables), indoor plants, flowers, fruit tree nurseries, animal production dairy products, sewing, knitting embroidering, carpet making. Of course potentialities are various according, to the specific conditions of the village. Marketing must be carefully considered before undertaking any of these rural enterprises since lack of marketing expertise is the major weakness of this kind of programmed.

Conclusion

Self Help Group is an important tool which helps the rural women to acquire power for their self-supportive life. SHG Programme clearly plays a central role in the lives of the poor. Empowering women is not just for meeting their economic needs but also more holistic social development. Microfinance is playing a significant role in alleviate poverty and rural development. Since women are the sole family caretaker, proper emphasis should be given to the rural women and for empowering the rural women finance is required. Microfinance to the rural SHGs is a way to raise the income level and improve the living standards and economic independence of the rural women.

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Role of Self Help Groups in Women Empowerment

Dr. Vikhe Pramod Madhavrao¹

Abstract:

A self help group is a village based financial intermediary committee usually composed of 10-20 local woman. Empowerment is the process of obtaining basic opportunities for marginalized people, either directly by those people, or through the help of non-marginalized others who share their own access to these opportunities. The empowerment of women is crucial for the development of the country. Gender equality is considered the milestone of development because when women and men are equal in the society, the economy and health of the family improves reducing poverty. In this era of liberalization, privatization and globalization, women are more conscious for their liberty, rights and freedom, security, social status etc, but till date they are deprived from same; hence, they should be provided with their deserving rights and liberties with dignity. SHGs play a very important role in the economic and social advancement of women from rural strata of society.

Introduction:

A self help group is a village based financial intermediary committee usually composed of 10-20 local woman. The members make small regular saving contributions for a few months until there is enough capital in the group for lending. Funds may then be lent back to the members or other villagers. These SHGs are then further 'linked' to banks for delivery of micro credit. It lays emphasis on capacity building, planning of activity clusters, infrastructure build up, technology, credit and marketing.

In the last decades, the concept of women empowerment has changed from welfare to equity approach by which the powerless gain control over their lives and resources to overcome external barriers (lack of health, mobility, education and awareness, status in the family, participation in decision making) and gain internal qualities such as self-awareness and self-confidence. In this way, women's empowerment has become a pre requisite for the socio-economic development of any community in the process of change.

Empowerment is the process of obtaining basic opportunities for marginalized people, either directly by those people, or through the help of non-marginalized others who share their own access to these opportunities. Empowerment of women signifies harnessing women power by promoting their tremendous potential and encouraging them to work towards attaining a dignified and satisfying way of life through confidence and competence.

The empowerment of women is crucial for the development of the country. In India, where population maintain equal ratio of males and females the emergence of women entrepreneurs have great relevance and importance otherwise it will be amounting to neglecting 50 per cent of the entrepreneurial talent of the country. For this, self-help groups represent a unique approach to financial intermediation. Self help groups are novel and innovative organizational setup in India for the women up-liftment and welfare.

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Need for SHGS

- The very existence of SHGs acts a great boost to make the poor self reliant and to give them hope.
- Not only do the SHGs help in increasing their income, improving their status in the society but it's ultimately the nation that reaps the advantages of socialism.
- The harsh reality is that rural poverty and unemployment still persist in the society and women's earnings positively and directly affect a family's financial condition
- Social conventions and gender ideology deprive women of the access to resources which would enable them to increase productivity.

Objectives of SHGS

The SHGs significantly contribute to the empowerment of poor.

- To sensitize people of target area for the need of SHG and its relevance in their empowerment process.
- To create group feeling among members.
- To enhance the confidence and capabilities of members.
- To develop collective decision making among members.
- To encourage habit of saving among members and facilitate the accumulation of their own capital resource base.
- To motivate members taking up social responsibilities particularly related to development.

Benefits of SHGS

- **Women Empowerment:** Gender equality is considered the milestone of development because when women and men are equal in the society, the economy and health of the family improves reducing poverty.
- **Social:** India is a hierarchical society where people are ranked according to families, clans, castes, and religions. Self help groups are necessary to overcome exploitation, create confidence for the economic self-reliance of rural people, particularly among women who are mostly invisible in the social structure.
- **Financial:** All types of financial services such as micro loans, savings and insurance provided to low-income households and enterprises (less favored sectors of society). In this context, SHGs can be considered as a model or vehicle to deliver those products and services to the poor.
- **Pressure Groups:** SHGs work as pressure entities to address social issues such as education, health, lack of access to natural resources, etc.
- **Awareness of Group:** The group will create an awareness among the members and empowerment of members take place. The members will have to know the purpose of group formation, activities and operations, savings, credits etc.

SHG Bank Linkage – Why Is It Important

According to the Status of Microfinance in India 2009-2010 released recently by National Bank for Agriculture and Rural Development (NABARD) there are 69,53,000 SHGs in the country savings linked with banks and 48,51,000 SHGs having loan outstandings as on 31 March 2010. The estimated number of families covered under this model is about 970 lakhs. The total savings amount of all the SHGs with banks as on 31 March 2010 amounts to Rs.6198.71 crore and the total amount of loans outstanding against SHGs as on 31 March 2010 is Rs.28038.28 crore. The SHG-Bank Linkage Model is the largest financial inclusion programme in the world. Following is a brief account of how SHGs

- SHGs borrow from banks once they have accumulated a base of their own capital and have established a track record of regular payments. A SHG after completing a period of 6 months is rated by the Branch Manager of the bank to which it is savings linked, on certain parameters. If the SHG passes the rating exercise, the bank extends it a loan which is known as credit linkage. SHGs are rated by banks every time they take a loan from the bank. Therefore, it calls for continuous best practices by SHGs for getting repeat dosage of credit.
- The rate of interest charged by the bank for a loan to SHG is the Prime Lending Rate (PLR) of the bank (the rate at which the bank lends to its best customers) which is in the range of about 12% per annum. This is one of the positive impacts of the programme in reducing the interest burden of the members and avoiding the exploitation of the poor by informal agencies, particularly money lenders, commission agents, etc. Furthermore, members of groups are aware of the rate of interest they pay to the group and the rate of interest paid by the group to the bank the loans they have availed.
- Recovery Performance – According to the statistics on recovery status by NABARD, banks have reported recovery of more than 80% of loans by SHGs. While the bankers are generally happy about the recovery performance under their SHG portfolio what is more gladdening is the fact that there are no coercive methods in recovery of loans.

Challenges

India is a hierarchical society where people are ranked according to families, clans, castes, and religions. Some SHGs do not provide women with enough training to effectively pursue economic development for their households.

The movement of the SHGs has had its major achievements mainly in the southern states of the country. The main reason for the poor coverage of the program in some states is the lack of efforts by bankers to identify NGOs with savings and credit groups; a lack of NGOs already working with SHGs, and the unsuitability of the approach to the region. The movement has still a long way to go with regards to outreach in order to make a serious change in India's situation; only linking millions of people within the banks is not the way of alleviating poverty.

The groups are informal institutions and this rapid expansion without monitoring has led to their poor functioning, where women, especially from poor families, are not being benefited mainly because their lack of economic independence, their fear, ignorance, powerlessness and vulnerability.

Government Initiatives

Government of India is promoting SHGs for realization of socio-economic development through the following programmes:

1. Deen Dayal Antyodaya Yojana- National Rural Livelihoods Mission (DAY-NRLM)

The objective of this mission is to organise the rural poor women into SHGs and continuously nurturing and supporting them to take economic activities till they attain appreciable increase in income over a period of time to improve their quality of life and come out of abject poverty.

The programme aims to ensure that at least one woman member from each rural poor household (about 9 crore) is brought into the fold of women SHGs and their federations within a definite time frame. The programme is being implemented in all the states and Union Territories, except Delhi and Chandigarh, in a phased manner. As on 31st May, 2019, 5.96 crore women have been mobilised into 54.07 lakh women SHGs under the programme.

2. Deendayal Antyodaya Yojana- National Urban Livelihoods Mission (DAY-NULM)

This mission aims to reduce poverty and vulnerability of urban poor households on sustainable basis. The mission, inter alia, is mandated to build strong grassroots level institutions of the poor. Under Social Mobilization and Institution Development (SM&ID) component, the mission envisages universal social mobilization of urban poor into SHGs and their federations by bringing at least one member from each urban poor household, preferably a woman, under the SHG network. These groups serve as a support for the poor, to meet their financial and social needs.

3. Self-Employment Programme

Under the Self-Employment Programme (SEP), interest subvention over and above 7 per cent rate of interest is available to all SHGs accessing bank loans. An additional 3 per cent interest subvention is also available to all women SHGs who repay their loan in time

4. Nari tu Narayaani (Budget 2019)

The government has supported and encouraged women entrepreneurship through various schemes such as MUDRA Scheme, Startup India and SHGs support. In order to further encourage women enterprises, government to expand the Women SHG interest subvention programme to all districts in India. Main feature are:

- 70% of beneficiaries under MUDRA scheme are Women.
- To expand women SHG interest subvention programme to all districts.
- For every verified woman SHG member, having a Jan Dhan Bank account, an overdraft of 5,000 will be allowed.
- One woman in every SHG will also be made eligible for a loan up to 1 lakh under the MUDRA scheme.

Government is also providing training, financial assistance and opportunities to promote SHGs throughout the country. Through 'Mahila Kisan Sashaktikaran Pariyojna', training has been given to over 33 lakh women farmers. At present there are 45 lakh SHGs with active participation of around five crore women all over rural India.

Conclusion

In this era of liberalization, privatization and globalization, women are more conscious for their liberty, rights and freedom, security, social status etc, but till date they are deprived from same; hence, they should be provided with their deserving rights and liberties with dignity. SHGs play a very important role in the economic and social advancement of women from rural strata of society. Further, government programmes can be implemented through various SHGs. This will not only improve the transparency and efficiency but also bring our society closer to 'self governance' as envisioned by Mahatma Gandhi.

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Skill Development for Women Empowerment

Ashwini Balasaheb Kumbhar¹

Abstract

The topic on “Women Empowerment” is a burning issue all over the world. “Women empowerment” and “women equality with men” is a universal issue. The aim of skill development, particularly in case of women, is not merely to prepare them for jobs, but also to improve the performance of women workers by enhancing the quality of work in which they are engaged. The economic empowerment of women is being regarded these days as a Sine-quo-non of progress for a country; hence, the issue of economic empowerment of women is of paramount importance to political thinkers, social scientists and reformers. The Self Help Groups (SHGs) have paved the way for economic independence of rural women. The members of SHGs are involved in Micro – Entrepreneurships. Through that, they are becoming economically independent and providing employment opportunities to others. “Economic empowerment of women led to development of family and community.” In this paper, it includes meaning of skill development and women empowerment, importance of women empowerment.

Keywords: Skill Development, Women Empowerment

1. Introduction:

Empowerment of women has emerged as an important issue in recent times. Women in India consistently lag behind the men in terms of access to education, health care, jobs etc. Economic empowerment is the capacity of women and men to participate in, contribute to and benefit from growth processes in ways which recognise the value of their contributions, respect their dignity and make it possible to negotiate a fairer distribution of the benefits of growth. Economic empowerment increases women’s access to economic resources and opportunities including jobs, financial services, property and other productive assets, skill development and market information.

“There is no tool for development more effective than the empowerment of women” –Kofi Annan

“Women are the largest untapped reservoir of talent in the world; When women participate in the economy, everyone benefits” –Hillary Clinton

2. Review of Literature:

Asharani and Sriramappa (2014) in their study have observed that women are very good entrepreneurs and prefer to choose entrepreneurship as they can maintain work life balance. Educated women are involved in entrepreneurial activities in urban areas. Family support is found to be essential for successful entrepreneurship. The RUDSETI and SHGs movement, banking facilities and skill awareness programs are helping in promoting women entrepreneurs.

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Palaneeswari and Sasikala (2012) have observed that a change has to be brought about not only in the status of women but in the attitude of the society towards them. Priority has therefore necessarily to be given to changing image of women, from a passive onlooker and recipient, to that of a positive doer and achiever. Basically, the rural women are having basic indigenous knowledge, skill, potential and resources to establish and manage enterprise. But now, what is the need is to create awareness among the rural women who are job seekers about the employment market situation, to motivate them to take-up self-employment ventures, to assist them in obtaining necessary inputs required for setting of self-employment ventures from different sources and to provide necessary follow-up assistance to the self-employed women for sustaining them in their market.

Mohammad Badruzzaman Bhuiyan and Rubab Abdullah (2007) concluded in their study that in order to encourage women entrepreneurship, all banks and financial institutions should be asked to provide one fifth of their investment for women-owned enterprises and special training course for women entrepreneurs to improve skills.

Nitin Huria (2013) in his research paper has felt that women entrepreneurship has a bright future and the women entrepreneurs must have to take up the challenges of the new economic policy. A nation or region can only be developed if its women are given ample opportunities. Developing entrepreneurship among women will be the right approach for empowerment of women.

Manisha Raj (2014) studied that despite significant problems in a male dominated society, Indian women have found their way out for growth and empowerment either through self-help groups, NGOs, banks, government assistance and micro finance institutions or through private sectors. It was also observed that in the coming years the role of women will be of immense importance for competing with the developed world as they are main power source as well as diverse consumer group.

Prasanna Kumar (2014) stated that our need is to ascertain and assure the areas where women are still far from enjoying the minimum privileges and question of empowerment has been thrown to a very complex, integrated situation the access to resources, institution, decision making process and information etc., are the pertinent question in making the women empowered, confident, and accorded to the main stream social processes.

Mamata Bannur and Renuka Teli (2012) in their research study stated that the major factors which contributed for establishment and development of an enterprise are availability of specified skill to work on specific project.

3. Methodology:

Data was collected by using secondary sources.

4. Objectives:

1. To define and discuss about skill development & women empowerment.
2. To know the importance of skill development for women empowerment.

5. Result and Discussion:

5.1 Meaning of Women Empowerment

Women Empowerment refers to the creation of an environment for women where they can make decisions of their own for their personal benefits as well as for the society.

Women Empowerment refers to increasing and improving the social, economic, political and legal strength of the women, to ensure equal-right to women, and to make them confident enough to claim their rights, such as:

- freely live their life with a sense of self-worth, respect and dignity,
- have complete control of their life, both within and outside of their home and workplace,
- to make their own choices and decisions,
- have equal rights to participate in social, religious and public activities,
- have equal social status in the society,
- have equal rights for social and economic justice,
- determine financial and economic choices,
- get equal opportunity for education,
- get equal employment opportunity without any gender bias,
- get safe and comfortable working environment,

Women have the rights to get their voices heard.

5.2 Skill Development

Skill Development means developing yourself and your skill sets to add value for the organization and for your own career development. Fostering an attitude of appreciation for lifelong learning is the key to workplace success. Continuously learning and developing one's skills requires identifying the skills needed for mobility at Cal, and then successfully seeking out trainings or on-the-job opportunities for developing those skills.

Developing your skills begins with assessing which skills are important for your desired career development. Read about career skills in the self-assessment section of this website. Speak with your supervisor or manager and other career mentors to identify the types of skills that will help move you forward in your career.

Your development should follow the 70-20-10 rule:

70% of your development should come from **on-the-job activities and action learning**. This can include development experiences like managing a project, serving on a cross-functional team, taking on a new task, job shadowing, job rotation, etc.

20% of your development should come from **interactions with others**. This includes having a mentor, being a mentor, coaching, participating in communities of practice, serving as a leader in a staff organization, etc.

10% of your development should come from **training**, including classes, seminars, webinars, podcasts, conferences, etc.

5.3 Skill development for women empowerment

Skill and knowledge are the driving forces of economic growth and social development for any country. Countries with higher and better levels of skills adjust more effectively to the challenges and opportunities of world of work. Potentially, the target of group of skill

development comprises all those in the labour force, including those entering the labour market for the first time, those employed in organized sector and those employed in unorganized sector. India has set a target of skilling 500 million people by 2022. The current scenario of women workforce in India; one can observe the huge concentration of female workforce in favour of the informal sector. Both, women and men, whether urban or rural, are mainly unskilled compared to having some skills. There are higher number unskilled workers in rural than in urban areas, and more number of women do not have any skills, compared to men with no skills. It has been recognised that the status of the women and their contribution is not only managing their families, but also to the economic and social development of entire society. Women have shown their capacity to play a major role in community development. Hence it is important that women become part of skill development. The aim of skill development, related to women is not just preparing them for jobs, but also improve the performance of women workers by enhancing the quality of work in which they are engaged. The empowerment practice has to go beyond its focus on women to gender. The concept of gender will also, encourage an understanding and an analysis of power relation, and enforces the idea of developing capabilities rather than simply skills.

Educating women in India plays a very important role in the overall development of the country. It not only helps in the development of half of the human resources, but in improving the quality of life at home and outside. Educated women not only tend to promote education of their girl children, but also can provide better guidance to all their children.

6. Importance Of Women Empowerment

1. Under-employed and unemployed: Women population constitutes around 50% of the world population. A large number of women around the world are unemployed. The world economy suffers a lot because of the unequal opportunity for women at workplaces.

2. Equally competent and intelligent: Women are equally competent. Nowadays, women are even ahead of men in many socio-economic activities.

3. Talented: Women are as talented as men. Previously, women were not allowed higher education like men and hence their talents were wasted. But nowadays, they are also allowed to go for higher studies and it encourages women to show their talents which will not only benefit her individually but to the whole world at large.

4. Overall development of society: The main advantage of Women Empowerment is that there will be an overall development of the society. The money that women earn does not only help them and or their family, but it also help develop the society.

5. Economic Benefits: Women Empowerment also leads to more economic benefits not to the individuals but to the society as well. Unlike earlier days when they stayed at home only and do only kitchen stuffs, nowadays, they roam outside and also earns money like the male members of the society. Women empowerment helps women to stand on their own legs, become independent and also to earn for their family which grows country's economy.

6. Reduction in domestic violence: Women Empowerment leads to decrease in domestic violence. Uneducated women are at higher risk for domestic violence than an educated women.

7. Reduction in corruption: Women Empowerment is also advantageous in case of corruption. Women empowerment helps women to get educated and know their rights and duties and hence can stop corruption.

8. Reduce Poverty: Women Empowerment also reduces poverty. Sometimes, the money earned by the male member of the family is not sufficient to meet the demands of the family. The added earnings of women helps the family to come out of poverty trap.

9. National Development: Women are increasingly participating in the national development process. They are making the nation proud by their outstanding performances almost every spheres including medical science, social service, engineering, etc.

10. Irreplaceable in some sectors: Women are considered irreplaceable for certain jobs.

7. Conclusion:

Empowerment of women is necessary for socio-economic development.

- Increasing literacy rate among women helps in better development of children.
- Given the opportunities women can excel themselves.
- Gender equality has to be established as a crosscutting issue in international development.
- Many private sector actors have placed working with women as core objective of their business and corporate social responsibilities.
- It's a startling pair of statistics: when women are able to earn an income, they typically reinvest 90% of it back into the families and communities. And, for every year a girl stay in school, her future earning will increase exponentially.
- Since girls and women represent 50% of the world population, enabling them to participate in their local economics help broaden the employment pool.

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Changing Role of Women in the Indian Army

Mr. Wani Sanjay T.¹

The position of women in the armed forces, which is described as a male-dominated establishment generally, offers a limited window for any kind of change in the role of women in occupational and bureaucratic structures. However, breaking the glass ceiling, two women officers have been selected to train as helicopter pilots at Combat Army Training School, Nashik. Till now, women officers were only limited to performing ground duties in the Army Aviation Corps.

In today's times, women are walking shoulder to shoulder with men in all occupations. However, gender equality is still a paramount challenge in the armed forces. The Supreme Court last year ruled that women could serve as army commanders further granting permanent commission and promotions equal to their male counterparts.

The decisions stood in stark contrast to the Centre's opinion, which belonged to the school of thought that women were not suitable for commanding posts in the army because male troops were not yet ready to accept their orders. However, women officers of the Indian Army are of the opinion that the trained soldiers should focus on the rank of the officer and not the gender. They further reiterate that performance should be criteria to decide, who rises in the ranks.

Since time, immemorial women have proved their mettle and performed extremely well in peace locations and in hostile zones. The role of women in the Indian Army began in 1888 when the 'Indian Military Nursing Service' was formed during the British Raj but it was only in 1992 that the organization opened doors and started inducting women in non-medical roles. In 2015, India also opened new combat air force roles for women as fighter pilots. However, despite all these developments, the women in the Indian armed forces that constitute 3% of the Indian army are still not allowed to be a part of the active combat.

Active combat also known as the fighting arms of the armed forces is predominantly defined as individuals or groups fighting in a war and the casualties suffered in combat. Employment of women in combat forces has become a paramount issue in the present day, there are two schools of thoughts emerging, the first professing that women officers are on a par with the male officers while performing the job on the other hand, the supporters of latter claim that it is the exploitation of women to deploy them in combat areas since they are not physically and psychologically fit to perform the job.

However, if we trace back in history, women have contributed their bit in the armed forces by working in the defence industry during the world wars. There were huge influxes of women in munitions, the work that was done by men previously. About a million women worked in munitions factories during the First World War making guns, shells and explosives.

The whole assumption that women lack resolution along with how fragility and delicacy are synonym to a women's character has just erupted in the contemporary era because history is the testimony of the fact that women have always shown courage and valour.

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The pivotal questions that lies here is that why is war a man's business? The main reason quoted by the generals of the Indian Army and the people, who follow the latter school of thought is that, they are concerned over women's vulnerability if captured and over their physical and mental ability to cope with the frontline deployments. Under such circumstances, the constant question being, whether women should serve in combat roles? The liberals argue that women should get access to the same military jobs as men; they are of the opinion that through this woman would also gain a greater political power. The conservatives reject the notion of women in combat. In the current status quo, women have been fighting for their right to equality in all spheres of occupation; they are demanding equal opportunity at workplace, hence, making the Indian army no exception to this wave of equality.

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Women and Leadership Policies

Ms. Gondhali kumudini L.¹

“Women in Leadership Roles” was to analyze the status of women in senior leadership position in several sectors.

Article will serve as a recourse for the work of the commission on the status of women in developing concrete recommendation on this topic.

The governments were expected to implement policies & programmes which would advance

Gender equality, including in leadership position, giving women full and equal share in economic, social, cultural and political decision making. The commitments and goals pertaining to gender equality in decision making at the political and other level have not yet been achieved. In both developing and developed countries.

The 2006 commission on the status of women underscored the importance of incorporating women’s leadership in a wide range of decision making position.

Status of women in Leadership and Decision making position.

Following are status of women in leadership and decision making position.

Politics:-

Women held only 23.8% of all parliamentary position in 2021.

Only three countries has achieved gender parity in their single or lower house parliaments in 2017 -2022 Rawanda , Cuba and Bolivia.Globally 18.3% of ministers were women in 2022.In 2021 approximately 11% of countries had a female state or head of governmentPolitical will plays a role in advancing gender equality, particularly when it comes to appointing ministers. As a result, some countries saw dramatic increases in their share of women ministers in 2021. Europe experienced the two biggest jumps in women's political representation at the executive level in 2021. The share of women in government went from 8 per cent to 43 per cent in Lithuania, and more than doubled in Belgium, from 25 per cent to 57 per cent.

Economic institutions:-

In the field of economics and finance, women remain sorely under-representedin decision-making in institutions at local, national, and international levels.

At government level, only 14 per cent of finance ministers are female (28 across 193 countries). International institutions, which shape economic and socialpolicy in developing countries, have few women leaders. For example, at theWorld Bank and International Monetary Fund, women comprise around 20 percent of leadership staff, and under 10 percent of governors. And women arewoefully absent at the top levels of business – just 25 out of the top 1000 multinational corporations are run by women. So the increasing role of the privatesector in development is not showing promising signs of advancing women’s empowerment.

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At the household and community levels, despite women moving into many economic fields which were once male-dominated, the gender division of labour is still very real both within the home and outside it. Within the household, women carry the overwhelming burden of unpaid reproductive labour and caring work, which affects their ability to be active outside the home, and to influence economic decisions within it. In many poor rural households, women's role in agricultural production and processing often goes unrecognized or undervalued. And if women also work outside the home, they often find themselves in low-status, informal-sector jobs with few benefits and little protection. Even in the formal sector, women still earn considerably less than men. While women make up nearly 40 per cent of the global paid workforce, they earn only 26 per cent of the world's income. With little or no voice in the organizations and institutions which regulate or control the economic sector, the status of women will remain unchallenged.

On the positive side, women's income, and their career options in comparison to men's, have increased significantly over the past few decades, and they have shown spectacular success in running their own businesses across the world. But despite this, women are seldom found as managers, owners, entrepreneurs in enterprises.

Even trade unions, co-operatives, and other producer associations, which are meant to uphold and represent the rights of all workers, often have few women in positions of power (unless they are dedicated women's co-operatives). Trade unions in particular are very male-dominated, with the result that the particular needs and priorities of women workers are often ignored. The types of work that women engage in, and the frequent precariousness of their employment situations, may also make it very difficult for them to obtain support from, and influence the policies of, traditional trade unions

Business:-

In 2021 only 15% of all board seats were filled by women globally. Globally, only 45% of board chairs and 5% of C.E.O s were women in 2017 to 2022. The number of women C.E.O s of fortune 500 companies dropped 36% between 2017 to 2022. In 2017 almost 30% of all Information Technology companies had all male boards.

Community:-

In 2022, women comprised close to 60% of the global nonprofit workforce, yet less than 50% of leadership positions.

Men in European Union held the majority of decision making position in research funding media and sports institutions in 2016

As of 2022 women still held less than 30% of all agricultural land.

Reservation for Women:-

In 1992, the 73rd amendment provided that one third of the seats in all Panchayat councils as well as one third of the position of Chairpersons must be reserved for women. Seats and Chairperson's position were also reserved for the two disadvantaged minorities in India, Scheduled Castes (SC) and Scheduled Tribe (ST), mandating representation proportionate to each minority's population share in each district. States were asked to modify their electoral rules to conform to this amendment.

In West Bengal, the Panchayat Constitution rule was modified in 1993, and reserved one third of the position of councilors to women. The proportion of women elected to Panchayat councils increased to 36% after the 1993 election. The experience was considered a disappointment, however, because very few women (196 out of 3,324 GP) advanced to the position of Pradhan, which is the only one that yields effective power (Kanango (1998)).

To conform to the 73d amendment, the Panchayat Constitution Rules of West Bengal were again modified in April 1998 (Government of West Bengal 1998). A specific set of rules ensured a random selection of GP whose offices were to be reserved for a woman. All GP in a district were ranked in consecutive order, according to their serial legislative number (an administrative number pre-dating this reform). They were then ranked in two separate lists, according to whether or not the seats had been reserved for an SC/ST or not (these reservations were also chosen randomly, following a similar method). Using these lists, every third GP starting with the first on the list was reserved for a woman for the 1998 election.

The benefits of women in power:-

Gender equality at the top can translate to higher profits in the bottom line more diverse companies which draw from a broader range of information when they make decisions, have better long term performance.

Research has shown that having women in the C-suit increase net margins.

Increased gender parity at the top could also serve to create a role model effect to encourage more girls and women to pursue leadership position and counteract unconscious societal biases about women in leadership roles.

Only with women at parity in top positions can work together to build a more inclusive sustainable future for all.

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Women's Empowerment Through Sports

Mr. Haridas Laxmanrao Hajare¹

Abstract:

The purpose of the research article is to focus light on the benefits which women and girls gain through participation in sports. The word Empowerment refers to increasing the spiritual, political, social, educational, gender, or economic strength of individuals and communities. Today sports and physical activity as a strategy for the empowerment of girls and women has been gaining recognition worldwide. Women could be empowered through education, sports and physical activities and by giving them equal opportunities in different task of life. A woman is both Mahamaya and Maha Shakti and holds the key of the world. As Swami Vivekananda wrote that it is very difficult to understand why in this country so much difference is made between men and women, whereas the Vedanta declares that one and the same Conscious self is present in all beings. In short, woman empowerment is the breaking of personal limitations and engage in self development. Sports and Physical Education play important and major role in all these segments of women Empowerment and open to all over development.

Defination: Empowerment means moving from a weak position to execute one's power, the ability to direct and control one's life (PAZ,1990). It is process in which sports women gain control over their own lives of knowing and claiming their rights at all levels (DEPTH-NEWS,1992).Women empowerment framework include five aspect: (I) In participation in Sports to became legend (ii) Welfare (iii) access (iv) concretization (v) control (SAHAY,1998). Sports achievement is the best tool to achieve this cherished goal in Indian context and become Effective good Leader..

Thus Empowerment can be defined as a process, the mechanism, by which people, organizations and communities gain mastery over their levies (RAPPAPORT,1984) We have empowered women and achievers in sports as well as all fields, viz, sports, health, politics, economics, media technology, rocket launching, science and technology and business.. Concern to reproductive healthy sports women is part of "Quality of their life" Fit leads to Health, Harmony and Happiness for the woman and her family. i.e. Kiran Bedi (IPS) was also good player in her student life therefore developing all over own qualities and built her empowerment for the development of nation, she was also known as a iron lady. A lot of girls and women have been taking inspiration from her.

Introduction:-

Since the foundation of the UN in 1948 and declaration, rights base understanding of sports and physical activities is present for women's empowerment. As well as UNESCO charter states "One of the essential conditions for the effective exercise of human rights is that everybody

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should be free to develop and preserve sports women physical, intellectual, and moral power, and that access to physical education and sports should consequently be assured and guaranteed for all human being. Sport is a vital piece of the culture of practically everybody country. It is valid in all nations that girls and women are more outlandish than boys and men to partake in sport, and sport keeps on being ruled by guys. It is a slip-up in any case, to accept this is on account of girls and women don't wish to take an internal Sport can likewise give girls and women effective good examples, authority skills and experience that they can exchange to different spaces, for example, their family life, metro involvement, and support. These useful impacts are self-enforcing, and may likewise make sporting open doors for girls and women more reasonable after some time. Sport programs furnish girls and women with significant chances to associate and socialize with each other helpfully. Participation in sports benefits women similarly as it does men, creating administration skills, boosting self-esteem and grades, and advancing physical wellness and health. UN Task Force Report: "Sport as a tool for development and peace: towards achieving Millennium development goals" The reports concludes that's sports programmed must be base on the " sports for all It is valid in all nations that girls and women are more outlandish than boys and men to partake in sport, and sport keeps on being ruled by guys. It is a slip-up in any case, to accept this is on account of girls and women don't wish to take an internal Sport can likewise give girls and women effective good examples, authority skills and experience that they can exchange to different spaces, for example, their family life, metro involvement, and support. These useful impacts are self-enforcing, and may likewise make sporting open doors for girls and women more reasonable after some time. Sport programs furnish girls and women with significant chances to associate and socialize with each other helpfully. Participation in sports benefits women similarly as it does men, creating administration skills, boosting self-esteem and grades, and advancing physical wellness and health. UN Task Force Report: "Sport as a tool for development and peace: towards achieving Millennium development goals" The reports concludes that's sports programmed must be base on the " sports for all.

Indian Government Steps towards Women's Empowerment:

Indian government & nonprofit organizations are taking following steps to women's empowerment:

1. Promoting the integration of gender issues within the policies of sport so that women can participate without any hassles.
2. Raising awareness to women on the importance of guaranteeing a safe and healthy environment for women involved in sport.
3. Precise actions must be taken for gender mainstreaming through documentaries, real life achievers galleries short films etc.
4. Taking the support of media in the diffusion of this positive information & making the media to spot light women sport events & highlights their achievements.
5. The establishment of quality physical education programmed through formative schooling period & creating an awareness of young women to the advantages they can get through the practice of sport.
6. The participation of women in sport should be guaranteed of a safe and healthy environment where all kinds of sexual harassment, violence, and controls will have to be banned

7. State & central governments should extend financial support to research within the field of women's sport
8. The feminization of ruling bodies proves to be a main element for a policy leading to stronger diversity within the sport movement.
9. The introduction of quotas in view to assuring the participation of women in ruling bodies appears as an efficient way to eradicate this discrimination.
10. Recognizing and rewarding sporting successes through Award of Excellency to women sports students' needs to be enhanced and open opportunity in government service.
11. Government can start capacity building initiatives for selected women athletes & sports players, to identify & accrue the benefits conceived through sporting activities.

Lets In these days Government implement to create facilities under sports policies for the Women's empowerment through sports therefore inspire and motivate to participate in sports to number of many women's. With inspiration and motivation Bronze Medal, and Mirabai Chanu (Weightlifting) also doing outstanding performance achieved Silver Medal,

Benefits of Sports and Physical Activities:

Physical Health:-

The physical health advantages of consistent physical activity are well-settled. Consistent participation in such activities is related with a more drawn out and better personal satisfaction, decreased dangers of an assortment of ailments and numerous mental and passionate advantages. There is additionally a substantial assemblage of writing demonstrating that inactivity is a standout amongst the hugest reasons for death, incapacity and diminished personal satisfaction in the created world.

Physical activity may impact the physical health of girls in two ways. To start with, it can influence the reasons for ailment amid adolescence and youth. Confirmation recommends a positive connection between physical activity and a large group of variables influencing girls' physical health, including diabetes, circulatory strain and the capacity to utilize fat for vitality. Second, physical activity could lesson the danger of incessant illnesses in later life. Various 'grown-up' conditions, for example, growth, diabetes and coronary illness, have their inceptions in youth, and can be supported, to a limited extent, by consistent physical activity in the early years. Likewise, consistent activity starting in youth enhances bone health, in this way counteracting osteoporosis, which prevalently influences females. Weight merits extraordinary mention. There is by all accounts a general pattern towards expanded adolescence of nations, and this expansion is by all accounts especially predominant in girls from profoundly urbanized territories, some ethnic minorities and treatment of youth healthiness recommend strategies for expanding physical activity. IN Tokyo Olympic 2020 P.V.Shidhu (Badminton) doing outstanding performance achieved

Mental Health: Those who take part in sports find they will have Fitness so there has been proof of irritatingly high rates of mental strong health among youths and significantly more youthful youngsters, going from low-self-esteem, nervousness and discouragement to dietary problems, substance mishandle and suicide. Immature girls are especially defenseless against uneasiness and depressive issue: by 15 years, girls are twice as likely as boys to have encountered a noteworthy depressive scene; girls are likewise fundamentally more probable than boys to have truly thought about suicide.

Educational and Intellectual Development: According to “Sound mind in a sound body” There is significant confirmation of a positive connection between girls' participation in sports and expert educational esteems, in spite of the fact that, at display, it is hard to recognize relationship and causation. Concentrates from the United States report a large group of empowering discoveries including: girls who take an interest in sports will probably make scholastic progress than the individuals who don't play sports; female secondary school competitors communicated a more prominent enthusiasm for moving on from both secondary school and school; female competitors from ethnic minority bunches detailed better school grades and more noteworthy involvement in additional curricular activities than non-competitors, and now and again are significantly more averse to drop-out from school. Different investigations have recommended that sports participation can help undermine customary gender stereotyping as far as scholastic fitness, by exhibiting a relationship between girls' engagement in sports and enhanced execution in science and arithmetic.

Sports Women Equality in the Olympic: Sport as an embodied practice can be benefited women and girls. Seven Indian womens achievement in Olympic these are the Karnam Malleswari (Weightlifting), Mery Kom (Boxing), Sania Nehwal (Badminton), P.V.Shindhu (Badminton), Sakshi Malik (Wrestling), Saikom Mirabai Chanu (Weightlifting) and Lovlina Borgohain (Welterweight). As well as in Asian Game athletics P.T.Usha has won Golden Medal. These are the pride of Indians. Women first took part in the Olympics of 1900, with 22 women competing in only golf and tennis. Indian woman started participated in Olympics in 1952, since that time, women's participation in the games has been slowly, but steadily, increasing. In 2000 Karnam Malleswari became the first women to win an Olympic medal. In the 2012 London Olympic Games, Sushil Kumar was the flag bearer in opening ceremony and Marry Kom was the flag bearer in closing ceremony which strongly advocates the equality for women. In London Olympics 60 men and 23 women competitors were there to represent India and women won 2 medals out of total 6 medals won by India. Equality for Sports Women In the Olympic.“The Los Angeles Declaration,” a series of recommendations aimed at promoting gender equality in sport and using sport as a tool to improve the lives of women around the world. The following are some recommendations we can use to bring about gender equity in sports. Everything we can do will help.

Support Women's and Girls' About Sports: We can support women's sports at any age. Participate in sports yourself. Attend women's and girls' sporting events. Do not be taken in by stereotypes that negate women's athletic abilities and deride women who perform well in sports. Coach, athlete, fan and fundraiser are all roles that can build confidence and initiative, and promote women's leadership.

Encourage Other Women and Girls: Your visibility to women just starting out in athletics can make a critical difference in their future. Invite women and girls to informational meetings about sports. Encourage them to see themselves as players, coaches-whatever role they would like to play. Offer advice on how they can get their athletic careers started and where to go for more information.

Push for Gender Equity Policies: Gender equity in sports applies to three basic areas: participation opportunities, athletic financial aid, and all other athletic benefits and opportunities. Encourage local, state, and national policy makers to take steps towards ending gender bias by promoting and reinforcing gender equity policies and practices in the

Department of Education, state education programs, and in educational funding and research. Write to the Office of Civil Rights, your members of assembly, and members of your state government to let them know you want gender equity enforced.

Women's Empowerment Development Program With Sports:: Activity that tries to secure equity of chance for girls to be allowed to take an interest in activities of their own decision, including all activities as of now viewed as just for boys, is a fundamental condition for the empowerment of girls in physical education and sport. Such a guideline affirms, against the organic determinist position, that there are no particularly female natural shortages which keep girls from partaking. In the meantime, as a plenty of research has appeared, uniformity of chance isn't adequate in itself since it won't consequently achieve fair advantages for boys and girls.

Women Wins Impact Assessment Strategy: Indigenous movement structures, high impact exercise and move, where this is esteemed to be suitable to particular social and religious esteems. Educators and Women Win supports creative sport and physical activity programs worldwide that empower girls and women. We look to bring issues to light of this strategy through support and to make a social movement around sport for the advancement of women's rights. Since the accentuation of Women Win is on empowerment, any effect assessment that happens must be consistent with strategies that empower girls and women who are engaged with these projects. Effect assessment and research are critical to empower Women Win to distinguish fruitful sport strategies to propel the lives of girls and women. In the coming years, Women Win expects to put significantly in building the limit of our program accomplices in affect assessment and research.

Through this expanded effect assessment limit, we will have the capacity to better recognize powerful strategies inside sport programs, impart the quickening agents, inhibitors and achievement factors, and in this manner make higher quality, successful and practical projects benefiting girls and women and their groups. Effect assessment and research will likewise enable Women to win upgrade our capacity to recognize and evaluate new imaginative potential sport accomplices. This procedure requires ceaselessly examination and investigation of the information until logical synopsis/dialog accurately reflects how members have been empowered and which rehearses empowered them. This dialogical dimension of effect assessment should add to the empowerment of girls and women (as does their participation in sport).

Conclusion: Today, almost certainly, women partake professionally in basically every significant sport, however the Level of participation normally reduces with regards to the more brutal physical games. More measures should be taken to increment and enhance the participation of women and girls in sports for their better enhancement and empowerment. The current accomplishment of Indian sportswomen in the worldwide sporting field ought to be used as a springboard to advance the practical participation of young ladies in sports. We require more Saina Nehwal's and Marry Kom's. In this conclusion separated from determined physical and mental well-being appreciated by physically dynamic girls and women, a well outlined sport and physical activity can give a decent stage to empower positive life changes. The involvement of the women in sport will decrease their pressure and grow more certainty that will consistently raise their certainty. This circumstance needs a decent foundation from the state itself. At that point the women with their soul in sports can be regenerated.

The wellbeing in sports for women is as yet an issue which is being handled with extraordinary imaginative sources of info. In the event that women empowerment needs to take great shape, women ought to be brought out from their kept prohibitive environment and sports can demonstrate a critical basic in empowering women. Government spends parcel of cash on women empowerment and gender value programs.

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Women and Family

Dr. Jyotsna S. Pusate¹

Abstract:-

Given the importance of the family relationship in most women's lives it is not surprising that the family. Indian culture attaches great importance to women, comprising half of world population. According to a report of secretary general of United Nations, women constitute 50% of human resource next only to man having great potentiality. Women are the key to sustainable development and quality of life in the family. The various roles the women assume in the family are those of wife, leader, administrator, manager of family income and last but not least important the mother. Women balance multiple roles in the household and the assumption of their economic dependence on men can seriously policy against their interests.

Introduction:-

The role of women in the family has shifted significantly. Women were described as housekeepers and mother. This primary responsibility for the home and child has been maintained regardless of whether the working woman is married or single. Women's place in the global city has come about primarily because of the reproductive role of women. Which is seen as more than just reproducing the species but also the reproduction of the culture styles of dress, behaviors, relationship between adults and children, family cooking styles, domestic labor roles, play etc.

Women is man's helpmate, partner and comrade. She sacrifices her personal pleasure and ambitions, sets standard of morality, relieves stress and strain, tension of husband, maintains peace and order in the household. Thereby she creates necessary environment for her male partner to think more about the economic upliftment of family. She is the source of inspiration to man for high endeavour and worth achievements in life. She stands by him in all the crises as well as she shares with him all successes and attainments. She is the person to whom he turns for love, sympathy, understanding, comfort and recognition. She is the symbol of purity, faithfulness and submission and devotion to her husband.

Discipline there comes a time when every woman struggles with how best to discipline their child. Whether dealing with a screaming toddler or an angry teen, it can be hard to control your temper. No mother wants to find themselves in such a situation and the bottom line is that shouting and physical violence never help. Child and family Social Work and mother of two young boys, to explore how the approach can help mother build positive relationships with their children and teach skills like responsibility, and self-discipline. Disciplining child means teaching them responsible behavior and self-control. With appropriate and consistent discipline, child will learn about consequences and taking responsibility for their own actions.

Today, Women are assuming greater roles within the workplace and men are assuming greater roles within the home. Both spheres have to be seen as a place where males and females are

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components. Women have particular qualities that can be vital to the survival and success of a family business. Those who work in and for family businesses need to be aware, however, of the dilemmas and conflicts that affect women. The author advocated the opening of more opportunities for women in family business for the benefit of both the women and the business.

Working mothers are especially likely to be employed in industries centered around providing critical services and supports in communities. Working mothers are most likely to work in elementary and secondary education, within hospital settings and in service. But the reality is the most mothers, including mothers of very young children, work for pay in addition to performing unpaid labor within their home.

The whole burden of child bearing and greater part of child rearing task are carried out by the women in the family. She is primarily responsible for the child habits of self control, orderliness, industriousness, theft or honesty. Her contact with the child during the most formative period of his development sets up his behavior pattern. She is thus responsible for the maintenance of utmost discipline in the family.

She is the first teacher of the child. She transmits social heritage to the child. It is from mother that the child learns the laws of the race, the manner of men, moral code and ideals. The mother, because of her intimate and sustained contact with the child, she is able to discover and nurture child special traits aptitudes and attitudes which subsequently play a key role in the shaping of his personality.

Mothers are women who inhabit or perform their role of bearing some relation to their children. Mother love shapes cultures and individuals. While most mothers know that their love and emotional availability are vital to their children's well-being many to us do not understand the proud and long lasting impact we have in developing our young child brains, teaching them the first lessons of love, shaping their consciences.

She plays a key role in the preparation and serving of meals, selection and care of clothing, laundering, furnishing and maintenance of the house. As an administration, she organized various social functions in the family for social development. She also as a director of recreation. She plans various recreational activities to meet the needs of young and old members of the family.

Mother is the family health officer. She is very much concerned about the physical wellbeing of every member of the family, the helpless infant, the sickly child, the adolescent youth, senescent parent. She organized the home and its activities in such a way so that each member of the family has proper food, adequate sleep and sufficient recreation. She made the home a place of quite comfortable and appropriate setting for the children through her talent. Besides, she cultivates taste in interior design and arrangement, so that the home becomes an inviting, restful and cheerful place. The mother is the central personality of the home and family circle.

Modern education and modern economic life use to compel woman more and more to leave the narrow sphere of the family circle and work side by side for the enrichment of society. She can member of any women organization and can launch various programmes like literacy programmes such as adult education, education for disadvantaged girls etc. The purpose of introducing such literacy programme is to raise the society as education enables women to respond to opportunities, to challenge their traditional roles and to change their life circumstances. Education is the most important instrument for human resource development.

Women have time and again made their presence visible in every sector of the economy and in every walk of life. The space in which their contribution is abundant and often unspoken is their family. In India, where family system forms the core of our values, the role of women in family development is vital. If we looked at a regular day in our lives. They should be member of religious institution to deliver spiritual speech to adolescent boys and girls. In order to eliminate juvenile delinquency problem from the society .

Conclusion :-

The women performance the role of wife, partner, organizer, administrator, director, re-creator, disburser, economist, mother, disciplinarian, teacher, health officer, artist and queen in the family at the same time. Apart from it, women plays a key role in the socio-economic development of the society.

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महिलांचे पंचायतराज व्यवस्थेतील नेतृत्व

डॉ. जे. व्ही. निकाळजे¹

प्रस्तावना :-

पुरुष प्रधान संस्कृतीचा स्वीकार करणाऱ्या राष्ट्रात महिलांचे विश्व 'चुल आणि मुल' एवढ्यापुरतेच मर्यादित केले होते. राजकारण, समाजकारण, शासन व प्रशासन यापासून महिलांना दूरच ठेवण्यात आले होते. अनेक वर्षांपर्यंत महिलांना मतदानाचा अधिकार नाकारण्यात आला होता. वैयक्तिक स्वातंत्र्याचे समर्थक जेव्हा सक्रिय झाले तेव्हा महिलांमधील साक्षरता व जागरूकता वाढायला सुरुवात झाली. महिलांना मतदानाचा अधिकार मिळविण्यासाठी प्रदीर्घ काळ संघर्ष करावा लागला. जगात सर्वप्रथम न्युझीलंड व ऑस्ट्रेलियाने राष्ट्रीय कायदेमंडळात महिलांना मतदानाचा अधिकार इ.स. 1893 मध्ये दिला तर भारतात 1935 मध्ये महिलांना मतदानाचा अधिकार बहाल केला. म्हणजेच महिलांच्या राजकीय प्रवासाची सुरुवात झाली किंवा पहिला टप्पा पार करण्यात आला.

स्थानिक समस्यांचे समाधान, स्थानिक जनतेचा सहभाग आणि स्थानिक नेतृत्वाला संधी यामुळे पंचायतराज व्यवस्थेला लोकशाही व्यवस्थेचा पाया मानले जाते. केंद्रशासन किंवा राज्य शासनाच्या तुलनेत पंचायतराज व्यवस्था जनतेच्या अधिक जवळ असते. सर्वसामान्यपणे स्थानिक पातळीवर लोकशाही विकेंद्रीकरणातून पंचायतराज हे स्थानिक गरजानुरूप कार्य करणाऱ्या स्थानिक जनप्रतिनिधींमार्फत चालविल्या जाणाऱ्या व्यवस्थेला पंचायतराज व्यवस्था म्हणतात.

पंचायतराज व्यवस्था म्हणजे केंद्रशासित प्रदेशात केंद्र सरकारच्या व घटक राज्यात राज्य सरकारच्या कायद्याद्वारे स्थापन झालेली व दैनंदिन प्रशासनाबाबत स्वायत्तपणे निर्णय घेऊन त्याची अंमलबजावणी करणारी संस्था होय. यात स्थानिक लोकप्रतिनिधी हे स्थानिक प्रदेशाचा व नागरिकांचा विकास करण्याचा प्रयत्न करतात.

महिलांचा राजकीय सहभाग :-

भारतात महिलांचा राजकारणात सहभाग हा भारतीय स्वातंत्र्य आंदोलनाच्या काळात झालेला दिसतो. कस्तुरबा गांधी, सरोजिनी नायडू, कमला नेहरु, सुचेता कृपलानी, विजयालक्ष्मी पंडीत, राजकुमारी अमृता कौर, उषा मेहता, अरुणा आसफअली यासारख्या महिला भारतीय स्वातंत्र्य आंदोलनात अग्रभागी होत्या. पुढे याच महिला भारतीय महिलांना राजकारण व समाजकारणात पुढाकार घेण्यासाठी प्रेरणादायी ठरल्या. भारतातील महिलांनी आपल्या हिमतीने व स्वकर्तृत्वाने शासन व प्रशासनातील उच्च पदे प्राप्त करून महिला या पुरुषांपेक्षा कोणत्याही बाबतीत कमी नाहीत हे सिद्ध करून दाखविले आहे. ज्यात भारताच्या पंतप्रधान, राज्यांच्या मुख्यमंत्री, विविध खात्यांच्या केंद्रीय मंत्री, राज्यमंत्री यासारख्या पदावर महिलांनी जबाबदारीपूर्वक व नेत्रदिपक अशी कार्ये केलेली आहेत.

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स्वातंत्र्यपूर्व पंचायतराजमधील महिलांचा सहभाग :-

भारतातील स्थानिक स्वराज्य संस्थांबाबत ब्रिटीश काळात 1870 चा लॉर्ड मेयोचा ठराव, 1882 चा लॉर्ड रिपनचा ठराव हे स्थानिक स्वराज्य संस्थांच्या इतिहासातील क्रांतीकारक कायदे होते. यात महिलांसाठी काही तरतूदी केलेल्या नाहीत. मॉटॅग्यु-चेम्सफोर्ड यांच्या ठरावानंतर केलेला 1919 च्या कायद्यानुसार महिला या विधीमंडळावर सदस्य म्हणून नियुक्तीस पात्र नव्हत्या. नंतरच्या काळात यात सुधारणा करून महिलांना निवडणूक लढविण्याची किंवा नियुक्तीची संधी प्रदान करून देण्यात आली. परंतू ही संधी काही अटींवर आधारित होती. या अटी म्हणजे मालमत्ता आणि शैक्षणिक अर्हता. त्यामुळे दिलेली संधी ही अत्यंत मर्यादित होती. म्हणजेच स्वातंत्र्यपूर्व काळात महिलांना स्थानिक स्वराज्य संस्थेत विशेष स्थान नव्हते. पंचायती ह्या केवळ पुरुषांच्या संस्था होत्या.

स्वातंत्र्योत्तर पंचायतराज मधील महिलांचा सहभाग :-

स्वातंत्र्य प्राप्तीनंतर भारतीय संविधानानुसार समता, न्याय, स्वातंत्र्य, बंधुता या तत्वांचा अंगीकार केला गेला व महिलांना विकासाची दारे खुली झाली. 1958 मध्ये बलवंतराय मेहता समितीनुसार दोन महिला प्रतिनिधी पंचायतराज व्यवस्थेत नियुक्तीची व्यवस्था होती. 1959 च्या म्हैसूर व्हिलेज पंचायत आणि स्थानिक मंडळ अधिनियम नुसार प्रत्येक ग्राम आणि तालुका स्तरावर दोन जागा महिलांसाठी आरक्षित ठेवण्याची तरतूद होती. मात्र खऱ्या अर्थाने आरक्षणाची सुरुवात कर्नाटक जिल्हा परिषद, तालुका पंचायत समिती, मंडळ पंचायत आणि नवीन पंचायत अधिनियम 1983 नुसारच आली असे म्हणावे लागेल. कारण या अधिनियमातील तरतुदीनुसार जिल्हा परिषद आणि मंडळ पंचायत या दोन्ही स्तरांवर महिलांसाठी 25% जागा आरक्षित ठेवण्यात आल्या. हे आरक्षण म्हणजे महिलांच्या राजकिय विकासासाठीचे पहिले पाऊल होय.

पंचायतराज व्यवस्थेची माहिती :-

- 1) इ.स. 1982 मध्ये व्हाईसरॉय लॉर्ड रिपन याने स्थानिक स्वराज्य संस्थांचा कायदा संमत केला.
- 2) स्थानिक स्वराज्य संस्थेचा जनक लॉर्ड रिपन.
- 3) बलवंतराय मेहता समितीच्या अहवालाआधारे लोकशाही विकेंद्रीकरणासाठी पंचायतराज संस्थेची स्थापना झाली.
- 4) भारतात राजस्थान राज्याने सर्वप्रथम 'पंचायतराज' व्यवस्थेचा स्वीकार केला.
- 5) महाराष्ट्रात 1 जून 1959 पासून मुंबई ग्रामपंचायत अधिनियम लागू करण्यात आला.

महाराष्ट्र राज्यातील पंचायतराज व्यवस्था :-

नगर परिषद :- महाराष्ट्रात 225 हून अधिक नगर परिषदा अस्तित्वात आहेत.

जिल्हा परिषद :- महाराष्ट्रात एकूण 36 जिल्हे आहेत त्यापैकी मुंबई शहर व मुंबई उपनगर हे जिल्हे वगळता उरलेल्या 34 जिल्ह्यात जिल्हा परिषद आहे.

तालुका पंचायत समिती :- महाराष्ट्रात एकूण 355 तालुका पंचायत समिती आहेत.

ग्रामपंचायती :- महाराष्ट्रात एकूण 27,993 ग्रामपंचायती अस्तित्वात आहेत.

महिला आरक्षण आणि घटना दुरुस्ती :-

महिलांचे प्रतिनिधित्व पंचायतराज संस्थेमध्ये आरक्षणाच्या माध्यमातून सुनिश्चित करण्यासाठी घटना दुरुस्ती करणे गरजेचे होते. 64 वी घटना दुरुस्ती विधेयक 1989 मध्ये संसदेमध्ये मांडण्यात आले होते.

या विधेयकाचा उद्देश हा पंचायतराज मध्ये 30% जागा महिलांसाठी राखून ठेवणे हा होता. परंतू संसदेत हे विधेयक मंजूर होऊ शकले नाही. 1991 च्या पूर्वी कर्नाटक, ओरिसा, केरळ आणि महाराष्ट्र या चार राज्यांनी पंचायतराज संस्थेत महिलांसाठी 30% आरक्षणाची तरतूद केली त्यामुळे 73 व्या घटना दुरुस्ती पूर्वी कर्नाटक, ओरिसा, केरळ आणि महाराष्ट्र या चार राज्यांत महिला आरक्षण होते. पुढे 73 व्या व 74 व्या घटना दुरुस्तीनंतर भारतीय संविधानात दुरुस्ती करून स्थानिक स्वराज्य संस्थेत 33% आरक्षणाची तरतूद केली. बहुतेक राज्यात हे आरक्षण वाढवून आता 50% पर्यंत केलेले आहे व त्यामुळे महिलांना पुरुषांच्या बरोबरीने समसमान संधी या शासकीय धोरणामुळे मिळालेली आहे.

पंचायत व्यवस्थेतील आरक्षणामुळे महिलांचे विश्व हे 'चुल आणि मुल' या पुरतेच मर्यादित न राहता विस्तारित झाले आणि त्यांना नेतृत्वाची संधी मिळाली.

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it is not a place but an atmosphere

कला, विज्ञान व वाणिज्य महाविद्यालय, बदनापूर, जि.जालना

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0000000 0000000000000000 000 0000000000000 000000 000000
 0000000000 000.0000000, 000000000, 000000000 0000000 0000000000
 000000 00000000000 000000 00000000 0000. 000000 0000
 000000000000000000 0000000 000000000000 0000000000 0000000000 0000
 00000000 000 0000000 0000. 0000000000 0000 00000000000
 00000000 000000000000 000000000 0000 00000 0000000 0000.
 00000000 00000000000 0000 00000000 0000000 0000000 0000000
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 00000000 0000000 00 00000000000, 00000000, 000000, 0000000,
 000000000000 0000000 0000 000000 0000000 0000 000000000
 0000000 0000 00000000 0000000000 0000000000 00000000000000
 0000000000 00000000000 0000 00000 0000.

0000000 0000000000000000 0000 00 000000000000 000 000000000
 0000 00 000000 0000000 0 000000000000000 0000 000. 00000000000
 000000 00000000000 00000000000000 0000000 000 00000 000 000.
 0000000000 000000, 0000000000000, 0000000 00 000000 0000000
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Generation gap 0000000. 000000000: 0000 0000 0 0000 0000 000
 0000000000000 00000000 000000000 000 000. 00 00000000000
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 000000 00000 000000, 00000000 000 00000 00 00000 00000000000 00
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00 000 000000000000000, 00:000000000 0 0000000 000000 00000
 00000000 000000 00 00 00000000000 000 0000 00000000000000000000 ----
 --- 0 000000000 000000000 000000000 00000000 0000. 0000 0000 0000 work
 to rule 0000000000 0000000 0000000 00000 0000 0000. 000000000000
 0000000000 00000 0000000000 00000 0000000000 000000 0000000 00
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00000000 000000 0000 00000000 00 0000 0000 000000 000000
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 0000. 0000000000 0000 00 000000 000000 00000000 000000 00
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00000000 00000 :

1. 000000 000 0000000000 000000 : 0000000000 0000000, 000000 000000
2. 00000000 000000 00 00000 : 00000 0000
3. 000000 000 0000000 (00000000 0000000000) : 00.00000000 00000000,00000.
000000000000 000000, 00.00000000000000 00000.
4. 0000000000 00000000000 00000000000000 000 0000 000000 : 0000000000
00000000, 000000 000000
5. 00000000 00000000 00000 : 00000 00000
6. www.googl.com

efgyk lcyhdj.k ladYiuk o Lo#i

izk-MkW- oS'kkyh jk-eksjs¹

izLrkouk&

dks.kR;kgh lektkps lE;d vkdyu gks.;klkBh R;k lektkrhy fL=;kaP;k ntkZpk vH;kl gks.ks vko';d vkgs- vyhdMhy dkGkr 'L=h vH;kl' gh ,d vkarjfo|k'kk[kh; Lo:ikpk vk'k; ?ksowu fodflr gksr vlisyh uohu Kku'kk[kk vkgs-vktP;k ;qxke;/s L=h dY;k.k] L=h fodlk}kjs L=h lcyhdj.k ;k fopkjykh loZ lektkrwu ekU;rk feGr vkgs- T;k lektkrhy vkf.k jk"V^akrhy L=h l{ke ulrs rs jk"V^a vkf.k rks lekt usgeh fodklr iq<s vlrks- L=h Eg.kts ç—rh Eg.ktsp fulxZI`"Vh letys tkrs- vuknh dkGkiklwu L=h ghp rh tuuh ekuyh tkrs- iqjk.kdkGkr rj fryk nsork ekuys tkr gksrs- y{eh} lJLorh] ikoZrh] vackckbZ v'kk vusd L=h nsorkaph vktgh euksHkkos iwtk dsyh tkrs- rlsp fryk vkfn'käh] vkfnek;k ;k ukokusgh vksG[kys tkrs- lektkP;k tM.k?kM.khr fL=;kaps ;ksxnku egUokps vkgs- Fkksj fopkjoar lysVksus fL=;kauk jkT;kph v/khZ'käh ekuys gksrs- vkt dqVqac] lekt o jk"V^a txkP;k fodklkBh L=h lcyhdj.kkps egUo iVw ykxys vkgs- 1975 pkyh vkarjkk"V^ah; 'L=h o"kZ' tkghj dsys xsys rj R;kuarjps n'kd 'L=h n'kd' Eg.kwu txHkj ekuys xsys- Hkkjrkusgh 2001 gs o"kZ efgyk lcyhdj.k lcyhdj.k o"kZ Eg.kwu lktjs dsys-

okLrfod lektkrhy fuEeh ykstdla[;k fL=;kaph vlwu lektkP;k tM.k?kM.khr fL=;kaps ;ksxnku egUokps vkgs- ijarq lektkr iq#"kç/kku O;oLFkseqGs L=h yk nq,;e LFkku ns.;kr vkys vkgs- e/;;qxhu dky[kaM rj L=h oxkZP;k – "Vhus vfr'k; Hk;adj letyk tkrks- vk/kqfud ;qxkrgh iq#"k eaMGh Lor% L=h yk nq,;e letrkrp ijarq L+=h ns[khy Lor%yk ghu ys[krs- laL—r Hkk"ksr 'efgyk' ;k 'kCnkpk vFkZ 'egku' Qkj eksBh 'käh vl.kkjk vlk vkgs- 'krduq'krdkaP;k xqykefjheqGs egku 'käh vl.kkÚ;k L=hph 'käh dekyhph {kh.k d:u Vkdyyh vkgs- Eg.kwup vkt efgyk lcyhdj.kkph vko';drk fuekZ.k >kyh vkgs-

efgyk lcyhdj.kkph vko';drk&

çk.khek=kr Js"b tUe euq";kpk- i.k euq";kP;k Eg.kts iq#"kkpk- L=h gh osxGh deh çrhph letyh xsyh vkgs- txkrhy dks.kR;kgh ns'kkR L=h yk osxGs xkSu letys tkrs- fryk ek.kwl Eg.kwu leku ntkZ fnyk tkr ukgh- rj L=h gh iq#"kkalkBhp fuekZ.k >kyh vkgs vls /kkfeZd xzaFkkr mYys[k vkgsr- fganw /kekZr rh v/kkaZfxuh vkgs- f[kz'pu /kfeZ;kauh lq[k&nq%[kkR iq#"kkaph bPNk rq>h bPNk vlsy vls lkafxrys rj dqjk.ke;/s L=h yk xkS.k LFkku ekuys vkgs -egkeuwusgh 'L=h Eg.kts [kksVsi.kk] lkg] ek;k ;kaps :i vlrs- ygkui.kh fir] r#.ki.kh irhP;k vkf.k Egkrkji.kh iq= ;koj rh voyacwu vlkoh- Lora=i.ks tx.;kph frph ik=rkp ukgh vls lkafxrys vkgs- larkauhgh L=h Eg.kts iki] LoxkZP;k ekxkZrhy /kksaM] ekxkZiklwu nwj us.kkjh ek;koh 'käh] v'kh gsVvG.kh dsyh vkgs-

lektke;/s L+=hyk nq,;e okx.kwd gh frP;k tUekiklwup feGrs- vktgh vusd ?kjkae;/s eqykP;k tUekps Lokxr eksB;k mRlkgus is<s okVwu dsys tkrs

vkf.k eqyxh gh vknY;k tUekps iki letys tkrs- [kwi deh ?kjh eqyhps Lokxr
 ftysch okVwu dsys tkrs- ?kjkrywup eqyxk vkf.k eqyhP;k dk;kZph foHkkx.kh
 dsyh tkrs- vxnh Lo;aikd] /kq.kh&HkkaMh] >kMyksV] iqtikB gh dkes
 eqyhIkBh jkf[ko vlrkr- R;kpcjkscj eqyxk o eqyxh ;kaph Hkk"kk]
 os"KHkw"kkgh tk.khoiwoZd fHkUu vlrkr- Eg.ktsp ?kjkrywup eqyhoj L+=hRo
 yknys tkrs- frps lekthdj.kp osxGs vIY;keqGs frP;koj laLdkjgh osxGs vlrkr-
 ?kjkph loZ izfr"Bk gh L=h 'kh lacaf/kr ekuyh tkrs- R;keqGsp fryk ?kjph bTtr
 Eg.kwu f{k{k.kkiklwugh oafpr Bso.;kps izdkj fnlwu ;srkr- R;keqGsp
 dks.kR;kgh ns'kkR iq#"k lk{kjrsis{k L+=h lk{kjrsps izek.k gs vR;Yi vIY;kps
 fnlrs- vktgh pwy&ewy] jkMk&dkaMk gsp L+=hps eq[; dk;Z ekuys tkrs-

¹x`g vFkZ'kkL= foHkkx izeq[k]
 Jherh fla/kqrkbZ tk/ko dyk o foKku egkfo|ky;] esgdj]
 ft- cqyMk.kk

L=h o iq#"k nks?kkaP;k lgkdk;kZups dqVqac curs ijarq YkXu dj.ks gs L=hphp xjt ekuwu yXu gks.;kvxksxnj cktkjrhy oLrwizek.ks frps izn'kZu dsys tkrs- uoU;k eqykyk fryk nk[koys tkrs vkf.k R;kP;k ilarhuarjp R;kaps yXu tqGrs- vxnh MkWDVj] baftfuvj] ofdy] izk/;kid rlsp dekoR;k eqyhaukgh ;k izfØ;srrwu tkos ykxrs- yXuklkBh eqyhis{kk eqykP;kp ilarhpk fopkj dsyk tkrs- R;kpcjkscj eqyhP;k ikydkauk frP;k yXuke/;s ojnff{k.kk Eg.kwu gqaMk rlsp lalkji;ksxh lkfgR;gh |kos ykxrs-

brj loZ {ks=kaizke.ksp jkt dh; {ks=krgh L+=h;kaph ijoM >kyh vkgs- tkxfrd egklRrk Eg.kwu fejo.kkU;k vesfjdse/;s vkti;Zar ,dgh efgyk jk"V^ak/;{k >kysyh ukgh- yksd'kkghph tuuh Eg.kwu x.kY;k tk.kkU;k baXyMe/;s 1979 yk ekxkZjsV FkWpj ;k iariz/kku gksbZi;Zar ,dkgh efgysus gs ,d in Hkw"kfoys uOgrs- Hkkjrke/;s Jherh bafnj kxa/kh ;k ,deso efgyk iariz/kku gksAu xsY;k- iqjksxkeh letY;k tk.kkU;k egkjk"V^ake/;s vktikosrks ,dgh efgyk

eq[;ea=h cuw 'kdyh ukgh- Hkkjrkrhy 16 O;k yksdlHkse/;s 543 InL;kaiSdh 61 InL; ;k efgyk vkgsr- R;kaps yksdlHksrhy izek.k gs vkti;Zarps lokZr tkLr 11-23 VDds brds vkgs- vkiY;k 'kstkjhy ikfdLrku] ckaXykn's'k vkf.k usikG ;k ns'kkaP;k lalnse/;s efgyk izfrfu/khps izek.k gs vuqØes 20 VDds] 19 VDds vkf.k 30 VDds brds vkgs- Eg.ktsp Hkkjrke/;s laln; Eg.kwu egykapk lgHkkx gk [kwip deh fnlwu ;srks- txkrhy dks.kR;kgh lektke/;s jkt dkj.k gs iq#"kkaps {ks= ekuys vkgs- yksd'kkgh dkGkrgh R;kauk dr`ZRo nk[kfo.;kph ;ksX; la/kh feGrkauk fnlwu ;sr ukgh-

eqyxh gh ijD;kps /ku letyh tkrs- R;keqGs frP;k f'k{k.kkdMs tk.khoiwoZd nqyZ{k dsys tkrs- 2011 P;k tux.kusizek.ks Hkkjrke/;s 80-88 VDds brds iq#"k rj 64-33 brds L=h lk{kjrsps izek.k vkgs- egkjk"V^ake/;s 88-40 VDds iq#"k rj 75-9 VDds brds L=h lk{kjrsps izek.k vkgs- Hkkjrke/;s jk"V^a o jkT; ;k nksUgh ikrGhoj L=h Lkk{kjrk gh iq#"kkaP;k rgyusus [kqip deh fnlwu ;srs- eqGke/;s eqyxh lKku gksbZi;Zar frP;k vkbZ ofMykadMs jkgrs yXukuarj rh irhP;k ?kjh tkrs- Eg.kts eqyhP;k f'k{k.kkpk loZ [kpZ gk vkbZofMy djrkr o f'kdwu dekorh >kY;kuarj frP;k dekbZoj irhdMhy eaMGhpk gDd letyk tkrs- R;keqGsp cgqrka'k ikyd gs eqyhaP;k f'k{k.kkdMs nqyZ{k djrkr-

L=h gh [kktxh laiRrph fuekZrh letyh tkrs- ijarq lektkr L=h;kauk vkfFkZd ckcrhr nq;e LFkku vlysys fnlwu ;srs- cgqrka'k ?kjs] 'ksrtehu] m|ksx&O;olk; gs iq#"kkaP;kp ukokoj vkgsr- L=hP;k ?kj dkekrhy Jekyk ewY; fnys tkr ukgh- vkt f'kdysY;k L=h yk dekorh L=h o x`fg.kh v'kh nqgsjh Hkwfedk ikj ikMkoh ykxrs- ukdjhcjksj ?kj dke] eqykadMs y{k ns.ks] dqVqackP;k vis{kk iw.kZ dj.ks ;keqGs frph llsgksyiV gksrs- ukdjheqGs L=hps vkfFkZd Lokoyacu ok<ys ukgh- irhpk iRuhP;k dekbZoj gDd vlrks- irhP;k laerhusp L=h;kauk [kpZ djkok ykxrs- L=h dekorh vlyh rjhgh dqV`ac fuokZgkph tckcnkjh gh iq#"kkphp letyh tkrs- irhP;k laerhus [kpZ djkok ykxrs- L=h dekorh vlyh rjhgh dqVqac fuokZgkph tckcnkjhgh iq:"kkaph letyh tkrs- dkyZ ekdZ~lus ekuoh thoukpk fodkl jkuVh voLFkk rs lkaL—frd voLFksi;aZr gksr vlrkuk [kklxh ekyeÜkspk fodklkjksj fir`IÜkdd i)rh pk fodkl >kY;kps er uksanoys

vkgs- ,aXylusgh tlt'kh laiRrh ok<yh rls iq#"kkps ?kj o ckgsj opZLo fuekZ.k >kY;kps lkafxrys vkgs-

l/;kP;k dkGkr 'kgjh rlsp xzkeh.k Hkkxkr vFkZtZu dj.kkÚ;k o ?kj dke dj.kkÚ;k loZ çdkjP;k fL=;kauk vR;kpkjkauk rksaM [kos ykxr vkgs- gqaMkcGh] cykRdkj] Hkz`.kgR;k ;k ;k çdkjkr ok<>kysyh fnlwu ;srs- 27 tkusokjh 1993 P;k 'efgyk fo#) fgalk' ;k vgokykuqlkj Hkkjrke/;s çR;sd 54 fefuVkyk dqBs uk dqBs ,dk efgysoj cykRdkj gksr

vIY;kps uewn dsys vkgs- 2011 P;k tux.kusuqlkj Hkkjrke/;s nj gtkj iq#"kkaekxs 943 fL=;kaps çek.k ukgh- rj ckydkae/khy gs çek.k Qä 919 brdh vkgs- egkjk"V^a ikrGhoj fopkj dsY;kl gsp nj gtkj 1000 iq#"kkaekxs fL=;kaps çek.k 929 rj ckydkae/khy ¼0&6½ L=h&iq#"k çek.k 894 brdh vkgs- ;k L=h iq#"k vlarqyukeqGs fL=;kaP;k foØhph leL;k mÚkj Hkkjrke/;s fuekZ.k >kyh vkgs- rlsp fL=;kaojhy vR;kpkjkP;k çek.kkrgh ok<>kysyh vkgs-

l/;k rj eqyhaph ukosgh mikgklkRed Bsoyh tkr vkgsr- ykywizlkn ;kauh vkiY;k dU;sps uko felk Bsoys gksrs- gfj;k.kke/;s dkQh ¼aiqs'kh½] HkjkbZ] /kliu ¼<sjiksVh½] vupkgh ¼udk'kh½] v'kh Bsoyh xsyh vkgsr- jf'k;ke/;sgh eqyhp uko 'yk;dk' BsoY;kps fnlrs- iq#"kkaP;k rgyusr L=h;kaP;k vkjksX;kdMmsgh dekyhps nqyZ{k dsys tkr- vkfFkZd vMPk.kh] miokl ;keqGsg L=h;kaps vkjksX; [kkykors- 'kgjh HkkxkP;k rgyusr xzkeh.k o vkfnoklh efgykae/;s gs izek.k tkLr fnlwu ;srs- ;k loZ dkj.kkeqGsp efgyk lcyhdj.kkph vko';drk y{kkr ;srs-

efgyk lcyhdj.kkpk vFkZ

efgyk lcyhdj.k Eg.kts R;kauk Lokoyach cufo.ks vlk <kscG ekukus vFkZ dk<rk ;sbZy- efgyk lcyhdj.k ;k 'kCnkph QksM dsY;kl efgykauk lcy dj.kkj Eg.ktsp nqcZyrk u"V dj.kkj frP;k 'kjhj] eu cq/nhr LoRokph o Lor%cíy tkx`drk fuekZ.k d#u R;kn"Vhus Lo;afodklkBh iz;Ru dj.ks gks;-

vkWDIQMZ fMD'kujhe/;s efgykaps lcyhdj.k Eg.kts R;kauk uSifxZd] dk;nsfo"K;d] uSfrd vf/kdkj ns.ks gks;- efgyk lcyhdj.k gh ,d nh?kZ Lo#ikph izfØ;k vIY;kps lkafxrys vkgs- Country Report of India e/;s efgyk lcyhdj.k Eg.kts cGtcjhys nqcZy Bso.;kP;k voLFksdMwu 'kDrh'kkyh voLFksdMs okVpky gks;- ;k}kjs fL=;kae/;s Lor%cíyph ldkjkRed izfrek fuekZ.k dj.;kiklwu rs ikajikfjd IRrk lca/kkpk fu"ks/k uksanfo.;klkBh ,d= ;s.ks vls ekuys vkgs- fdj.k nsosanz ;kauh efgyk lcyhdj.k Eg.kts L=h gh vkfFkZdn"V;k Lora=] Lo;afuHkZj o Lokoyach vl.ks gks;- fryk Lor%cíy ldkjkRed n"Vhdksu vlkots.ks d#u foifjr ifjfLFkrhyk lkeksjs tkrk ;sbZy- L=h gh fodkl dk;kZr lgHkkxh gks.;kl ik= Bjsy- fu.kZ;fu/kkZj.k izfØ;sr lgHkkxh gks.;kl ik= Bjsy- fu.kZ;fu/kkZj.k izfØ;sr lgHkkxh gksÅ 'kdsy- ;kdfjrk f'k{k.k gk egRoiw.kZ Hkwfedk oBfo.kkjk ?kVd ekuys vkgs- egkjk"V^a jkT; efgyk vk;ksxkP;k HkwriwoZ v/;{kk fueZyk lkear izHkkoGdj ;kauh efgykaps lcyhdj.k Eg.kts pwy vkf.k ewy ;k ikajikfjd Hkwfedsrwu o pØkrwu ckgsj dk<wu L=h yk rh ,d O;Drh ek.kwl vkgs Eg.kwu fodflr gks.;klkBh leku la/kh o izfr"bk ns.ks gks;- ;klkBh L=h;kauk vkjksX;] f'k{k.k] lektkj.k] vFkZdkj.k o jktdkj.kkP;kckcrhr l{kcd dj.ks gks; vls lkafxrys vkgs-

FkksMD;kr] efgyk lcyhdj.k Eg.kts R;kauk R;kaP;k fodklkLk Bh Lokra«;kph leku la/kh vl.ks gks;-

efgyk lcyhdj.kkps Lo#i

efgyk lcyhdj.k gk vkt ,d ppsZpk fo" k; >kyk vkgs- ;k L=h lcyhdj.k pGoGhps Lo#i fyaXkHksnkoj vk/kkfjr 'kks" k.k izfØ;k u"V d#u lektk/;s fL=;kauk L=h&iq#" k leku O;oLFkk fuekZ.k d#u fodklkph leku la/kh R;kpcjkscj leku izfr"Bk] ntkZ o IRrsr IgHkkx gok vkgs- lektke/;s L=hyk rh L=h Eg.kwu ukdkjys xsysys gDd gos vkgsr- R;kauk fHkd udks vks rj fodklkph leku la/kh goh vkgs- ekuo Eg.kwu iq#"kkaizek.ks leku okx.kwd o lkeku orZu gos vkgs- ,d ekuo Eg.kwu fodkl dj.;kph la/kh o HksnkHksn u djrk iq#"kkizek.ks loZ {ks=kr oko gok vkgs- iq#"kiz/kku lekt O;oLFkseqGs L=hus drZCkxkj nk[kowugh frps lkSn;Z egRokps ekuys tkrs- vkt L=h ,d O;kikjkph izn'kZukph oLrw vkf.k tkfgjkrhps lk/ku cuyh vkgs- vktgh lektke/;s lkeF;Z gs iq#"kkaps lkSn;Z rj lkSn;Z gs iq#"kkaps lkeF;Z ekuys tkrs- iq#"kkaP;k cq/nheRrspk xkSjo gksrs rj fnlk;yk lkekU; i.k drZcxkj L=h rso<h izfr"Bk feGr ukgh- iq#"kiz/kku laLd`rheqGs gqaMk i/nrh] oSokfgd fglkapkj] cykRdkj] os';k O;olk;] L=h;kaph foØh] ekjgk.k] L=h Hk` .k gR;k] 'kkfjjhd ekufld NG gk fL=;kaoj gks.kkj k vU;k; vR;kpkj nwj dj.ks vls efgyk lcyhdj.k pGoGhps Lo#i vkgs-

txke/;s yksd'kkgh O;oLFkspk mn; vBjkO;k 'krdr >kyk vlyh rjh fL=;kauk ;kr IgHkkxkph la/kh UkOgrh- fL=;kauk ernkukpk vf/kdkj gk loZçFke 1893 e/;s U;w>hyaM ;k ns'kk ns.;kr vkyk- iqjksxkeh vesfjdse/;s fL=;kauk ernkukpk vf/kdkj vkgs i.k 1920 e/;s ns.;kr vkyk- yksd'kkghph tuuh vl.kkjs baXyaMe/;s gk vf/kdkj 1928 lkyh ns.;kr vkyk rj yksd'kkghps ekgsj?kj letY;k tk.kkÚ;k fLoR>jyZaM e/;s 1974 e/;s fL=;kauk ernkukpk vf/kdkj ns.;kr vkyk- jktdkj.k gs iq#"kkaph eäsnkj cuys gksrs- ;k {ks=krgh fL=;kauk la/kh ns.;kpk ç;Ru ;kr vkgs- Hkkjrke/;s ek= Lokra«;kcjkscjp efgykauk ernkukpk vf/kdkj ns.;kr vkyk- 1992 e/;s 73 O;k ?kVuknq#Lrhus f=Lrjh; iapk;r jkt O;oLFksr efgykauk ,d r`rh;ka'k ,o<s vkj{k.k nsÅu jktdh; fu.kZ; çfØ;se/;s efgykapk IgHkkx ok<fo.;kpk ç;Ru dsyk vkgs- gh lq#okr letwu xzkeiapk;r iklwu lalnsi;aZr fL=;kauk vkj{k.k fnys tkbZy vls ekuys xsys i.k çR;{kk rls ?kMys ukgh- vusdkauh lalnsrhy efgyk vkj{k.kkyk fojks/k dsyk ijarq lektkph v/khZ 'käh vlysY;k ;k ?kVdkyk jktdh; IgHkkx feGkY;kf'kok; [kU;k vFkkZus lkekftd U;k; çLFkkfir gks.kkj ukgh v'kh efgyk lcyhdj.kkps Hkwfedk vkgs-

fi<îkufi<îkk efgykauk ukdkjysY;k {ks=kae/;s drZO; nk[kfo.;kph la/kh miyC/k d:u ns.;kP;k ekx.khpk ;kr lekos'k vkgs- R;kauk pwy&eqy o jkMk&dkaMk ;k ikjaikfjd dk;kZP;k dpkVikkrwu ckgsj dk<wu R;kauk O;äh fodklkph la/kh ns.;kpk gk ç;Ru vkgs- rjh ;kauk mi;ksxh Bso.kkÚ;k 'kähps erifjorZu d:u R;kaP;k dr`ZRokyk fofo/k vkSipkfjd vukSipkfjd lk/kuk}kjs uoh fn'kk ns.;kpk ç;Ru dj.;kr vkyk vkgs- fL=;k ;k fuj{kjrseqGs misf{kr vkgsr Eg.kwu R;kaph lk{kjrk ok<owu R;kapk ekufld vkf.k ckSf)d fodkl lk/; dj.ks- R;kaps vkfFkZd {ks=krhy [kPphdj.k Fkkacowu R;kauk jkstxkjfHkeq[k cuowu vkfFkZd Lokoyacukrwu L=h fodklkpk ç;Ru ;kr vkgs loZ {ks=kae/;s fL=;kauk

iq#"kkaçek.ksp leku la/kh nsÅu efgyk lcyhdj.kkrwu jk"V^akpk fodkl ?kMowu vk.k.;kpk ç;Ru dsysyk vkgs

lekjksi

efgyk lcyhdj.k gh vktP;k dkGkr vR;ar xqarkxqarhpk o cgqvk;keh ladYiuk cuyh vkgs- vkt L=h vkfFkZd –"Vikk ijyoyach] jktdh;–"Vikk mnkluhu] f'k{k.kkr nqyZf{kr] dqVqackr nq.;e vkf.k lektkr miHkksX; cuyh vkgs- ekuo vkt 21 O;k 'krdr HkkSfrd vkf.k oSKkfud çxrhP;k f'k[kjkoj iksgkspyk vlrkuk ns[khy vki.kkyk L=h&iq#"k lekurspk ç'u lksMork vkysyk ukgh gh [kar vkgs- L=h&iq#"kkrhy ;kaP;kryh iq#"klÜkkd O;oLFksus uSlfxZd /kzqohdj.k ?kMowu vk.kys vkgs- ;k /kzqohdj.kkyk Nsn nsÅu fL=;kauk lektkr iq#"kkar çek.ksp dr`ZRo nk[ko.;kph la/kh çklr d:u ns.;kpk vkxzg /kj.kkjgh gh ,d pGoG vkgs- L=h f'kok; iq#"kkps o iq#"kkf'ko; L=hps thoukyk iw.kZRo ukgh- 1882 lkyh rkjkckbZ f'kans ;kauh 'L=h iq#"k rgyuk' ;k çfl) iqLrds EgVY;kçek.ks b'ojkus gk tksMk LosPNsus usfeyk vkgs- igk] i{kkiwlu rs futhZo >kMk>qMikr ns[khy R;kauh L=h tkrh fuekZ.k dsyh vkgs- çR;sd xks"Vhyk] ftulsyk] nqljk R;kp tksMhyk eqdkcyk vlrks- R;kokpwu 'kksHkk ;sr ukgh Lokeh foosdkuankauh EgVY;kçek.ks] txkpk fodkl L=h lgdk;kZf'kok; 'kD; ukgh- T;kçek.ks i{kkyk ,dk ia[kkus mMrk ;sr ukgh rlsp ekuokyk L=h f'kok; çxrh djrk ;sr ukgh- ns'kkP;k fodklke;/s efgykapk lgHkkx ok<wu R;kauk lcyk d:u l{ke dj.ks vko';d vkgs- ;k ifjfLFkrhe;/s cny ?kMowu vk.k.;klkBh ç;Ru dsoG 'kkldh; ikrGhojp gks.ks iqjs'ks ulwu R;kph lq#okr O;äh o dqVqackiklwu gks.ks xjtsps vkgs- ;klkBh efgykae;/s letk —rhph vko';drk vluw R;kauhp efgyk lcy gksrhy-

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- dsGdj ehuk] Hkkjrh; L+=h ladYiuk vkf.k izfrek] furhu izdk'ku] iq.ks vko`Rrh 1990-
- fgaxksys js[kk] efgyk lcyhdj.k leL;k o mik;] b'kk izdk'ku] ykrwj-
- f'kans t-jk-) ledkyhu tkxfrd jktdkj.kkrhy izeq[k leL;k] fpUe; izdk'ku] vkSjaxkckn-
- ;kstuk ekfld] ,fizy 2009
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