



## IDENTITY SEARCH - PERTURBATION AND SCRIMMAGE

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### ABSTRACT

*The present endeavour is to exfoliate the status of health issues of women with new technology and the government schemes. The changing approach of society towards women has bought a new horizon where she is placed in the safe hands. The reflections of social change and cultural anthropology of gender politics is incorporated with the strong image of women today. Balancing the work and the family, is a challenge where women is ignoring her self-care and facing the repercussions in her health. As women is the core support of her family and society, she needs to be well nourished. Both women in rural and urban areas, faces the health issues in different criteria and circumstances. The government measures along with NGO's and the steps taken are multidimensional where much progress is evident in society. Women today, is a far better version compared to the last few years. The efforts have not gone in vain. Today, we can see new challenges to cope up for women and at the same time new ways to reconcile it. The anxiety and confusion of women has seen a reconstruction in its own way. The policies and the schemes' prioritizing education has helped her to make a better choice which rebuilt the status in society.*

**Key Words:** Education, Challenges, Gender Bias, Anxiety & Dilemma.

### ABOUT AUTHOR



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## INTRODUCTION

Feminism is an ancient term to define, as we have seen many campaigns, protests for the upliftment of women from the beginning. Women are always depicted as a very weak and not able to uphold things rightly. But women always have proven it wrong. History is evident even being the weak and tender women has shown her supreme power in all the situations. Speaking about the women & health, we have spontaneous discussions. As the generation changed, she has faced innumerable, vulnerable situations and tried to compromise her health for the sake of her family and existence. 'She has lived for others rather than for herself'.

From the childhood, the beginning of her livelihood, she has faced a discrimination & it continues till her old age. May be this societal discrimination has made her to adjust to every circumstances.

Health has become a priority now rather leading a wealthy life – as saying 'Health is wealth'. But where the women stand here? As the generation changed, the health for women has become a sensitive topic. Women's health includes a wide range of specialties & focus on the birth control, sexually transmitted diseases & gynaecological issues. Added to these, today a different & tough struggle is to win cancer – breast cancer, ovarian cancer.

According to data from the World Health Organization, India has a maternal mortality rate of 174 deaths per 100,000 live births, which is significantly higher than many other countries in the region. Around 50 million women in India suffer from reproductive health problems. Anaemia affects around 50% of women of reproductive age in India, leading to complications during pregnancy and childbirth. When thinking of women's health issues, we have end number of list which is always to be treated in priority. Knowing the diseases and conditions that are among the top health risks for women, such as heart disease and breast cancer, is important. But for many women, effectively managing other matters that affect daily health, such as premenstrual syndrome, birth control, fertility, menopause and more, also is key to enjoying a vibrant life. No matter what your age, lifestyle choices can go a long way toward lowering health risks and helping you live the life you want. Exercise and fitness coupled with a healthy diet can make a big difference in your health.

## LITERATURE REVIEW

Health of women in India, is a matter of concern since years. It's complex in nature and many criteria like cultural, social, psychological, geographical and social status are the most responsible factors. In the current status, India has the highest rate of malnourished health of women, including the urban areas, where we have the higher side of educated ratio. Even with all the efforts taken by the government for the improvement and development of overall health of women, few religious, blind faith and customs are much rigid to change the mindset of women.

### Factors that affect women's health

1. Early child bearing
2. Malnutrition
3. Poor hygiene
4. Poor or Insufficient diet
5. Multiple & frequent Pregnancies
6. Menopause
7. Anxiety & depression

While women in India face many serious health concerns, the focus on some key issues: reproductive health, violence against women, nutritional status, unequal treatment of girls and boys, and HIV/AIDS. Because of the wide variation in cultures, religions, and levels of development among India's different states, it is not surprising that women's health also varies greatly from state to state. The type of issues and dealing with the issues differs as the culture differs regionally.

## METHODOLOGY

The method used in this paper is based on gathering relevant data from the specified documents and articles as a secondary data which is used to be more clear and complete understanding of the concept of women and her health status in India. The study is mainly based on scholarly journals, books and authoritative databases for understanding the concept in depth and focus on the remedies as well as some novel ideas of the government as an initiative to uplift the women in the society.



## Nutritional status of women in India

WHO studies shown that many Indian women ignore their dietary & physical needs. A survey denotes that many women & teenage females experience iron deficiency or anaemia. Food sustainability, good nutritional value & food security is the most important prerequisite.

- a. Adequate availability of food
- b. Enough food for all
- c. Food with better balanced diet

Malnutrition is another important issue women are facing in rural areas & tribal areas. This is the result of poor education or no education for the girl child from the beginning of adolescent age. Further, its vulnerable to conditions like child mortality, stunting, low immunity, risk of infections & other morbidities.

Sandeep Vyas, Founder and CEO of Mildcares' Gynocup talks about the current of status of women's health in India and highlights the need of the hour. According to the World Economic Forum's 2021 Global Gender Gap Report, India now ranks 140th out of 156 nations in terms of gender disparity. This represents how the nation is doing in terms of health and survival, economic opportunity and participation, academic achievement, and political empowerment. Women are expected to suffer silently and are taught to do so. She is regarded as a backbone of family & society. As a result, concerns concerning their health are perpetually ignored and never brought up. Numerous women experience high-risk pregnancies as a result of disregarding their nutritional needs and subtle warning indications of difficulties. The prevalence of mensuration related issues, anaemia and urinary tract infections (UTIs) among women is quite high in this place. However, they frequently forgo treatment and wind up making their difficulties worse. Even for serious issues, women are hesitant to travel great distances for medical examinations. Along with this, lack of awareness on menstruation hygiene and wellness is prevalent in India. With inclusion of latest technology, menstruation cups that are affordable and designed in order to give economical and long-lasting solutions given in both rural and urban sectors of India. However, that requires proper knowledge and awareness in the rural areas so that women start to use them. Many women are unaware of the benefits of health insurance and may not realize that it can help them access quality healthcare services when they need them most. Governments and insurers can work together to develop public awareness campaigns that educate women about the importance of health insurance and the specific benefits that it can provide.

Today, we can see a changing phase in both rural & urban areas with more sophisticated, customised plans & programmes for women's health. The Government along with few NGO's has given the wonders in reconciling the issues. We have end number of Government schemes to reach the women & educate her towards the health care. Governments and insurers can work together to develop public awareness campaigns that educate women about the importance of health insurance and the specific benefits that it can provide. Enhancing health care in India requires multifaceted approach. Collaboration, campaigns, public, private partnerships, women leaders & many more workforce can be targeted to enhance the projects,

1. Smile Foundation launched its women empowerment programme, SWABHIMAN in 2005 to reach out the marginalised women. It aims to attain the basic health care & making its drastic step to disseminate knowledge towards government schemes & plans.
2. Integrated Child Development Scheme (ICDS) - Launched in 1975, India's primary nutrition program. It integrates health, nutrition, education & nutrition through Anganwadi Centres. The primary beneficiaries are children below six years & lactating women.
3. Pradhan Mantri Matru Vandana Yojana (PMMVY) – This is a maternity benefit programme that provides compensation of 5000 INR to pregnant women & lactation women.
4. Poshan Abhiyan – Launched in the year 2017 with a vision to improve the nutrition status of women, adolescents & lactating mothers. It optimises its function through the Anganwadi centres.
5. The Ayushman Bharat Programme launched last year provides for holistic and integrated health care and is the principal vehicle for achieving Universal Health Coverage (UHC).



6. It's Health and Wellness Centre component (AB-HWC) provides essential primary and community health services such as maternal, neonatal and child health services including immunization and nutrition, thus fostering human capital development during children's critical early years. These centres also provide services to prevent and manage common NCDs and major communicable diseases.
7. Financial assistance to patients living below poverty line for life threatening diseases under the schemes such as Rashtriya Arogya Nidhi (RAN), Health Minister's Cancer Patient Fund (HMCPF) and Health Minister's Discretionary Grant (HMDG) is also provided.
8. Affordable Medicines and Reliable Implants for Treatment (AMRIT) Deendayal outlets have been opened with an objective to make available drugs and implants for cardiovascular diseases (CVDs), Cancer and Diabetes at discounted prices to the patients.
9. Apart from the above schemes, the government has implemented the following plans specially for pregnant women.
10. Surakshit Matritva Aashwasan (SUMAN) provides assured, dignified, respectful and quality healthcare at no cost and zero tolerance for denial of services for every woman and newborn visiting public health facilities to end all preventable maternal and newborn deaths.
11. Janani Suraksha Yojana (JSY), a demand promotion and conditional cash transfer scheme for promoting institutional delivery.
12. Under Janani Shishu Suraksha Karyakram (JSSK), every pregnant woman is entitled to free delivery, including caesarean section, in public health institutions along with the provision of free transport, diagnostics, medicines, blood, other consumables & diet.
13. Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA) provides pregnant women a fixed day, free of cost assured and quality antenatal check up by a Specialist/Medical Officer on the 9th day of every month.
14. LaQshya improves the quality of care in labour room and maternity operation theatres to ensure that pregnant women receive respectful and quality care during delivery and immediate post-partum.
15. Functionalization of First Referral Units (FRUs) by ensuring manpower, blood storage units, referral linkages to improve the access to quality of care for pregnant women
16. Outreach camps are provisioned for improving the reach of health care services especially in tribal and hard to reach areas. This platform is used to increase the awareness for the Maternal & Child health services, community mobilization as well as to track high risk pregnancies.
17. IEC/BCC campaigns: One of the key focus areas of Maternal Health is to generate demand through Information Education & Communication (IEC), Inter-personal Communication (IPC) and Behaviour Change Communication (BCC) activities.
18. The Pradhan Mantri Surakshit Matritva Abhiyan has been launched by Ministry of Health & Family Welfare (MoHFW), Government of India to provide assured & quality antenatal care, free of cost to all pregnant women.

The recent study on the health conditions of urban women, it's observed a very different from the rural health sectors. The two main major setbacks are malnutrition on one hand & the obesity, due to increased consumption of processed food. The main reason behind the curtain is unhealthy lifestyles, which lead to stress, depression & anxiety, overweight, diabetes & hypertension which in turn rise to anaemic with low haemoglobin. The new challenges of urban women for noncommunicable diseases (NCDs) which includes diabetes, hypertension & heart risks are in the alarming sign today. The study shows that women who are housewives, not working outside are more vulnerable to NCDs than the working women. But the challenges of working women are different with new circumstances. Apart from these, menopause, a hormonal imbalance has taken a new phase connected to emotional imbalance of women which is outrageous. Not focussing on diet & nutritional values, making a binge eating & not conscious about what to eat? We should remember, "We are what we eat". All these reasons are leading to invite much more issues. The other connectivity along with this is the women's health which is depended on many social determinants like income, education, social network, family & maintaining her status in the society.



In some of the corporate world, smoking & intake of alcohol in the name of business trips & parties are increasing which adversely is affecting her health which is totally neglected. Taking care of self, restricting the food & regular exercises can definitely overcome with the health issues.

The foremost concern of government is the most challenging issue is the health of sex workers which cannot be detained. There are some surprising facts that 40% of the HIV cases in India in 2005 are said to be that of women. They face major issues including violence, discrimination, lack of health care & accessibility to public sectors. The financial insecurity & lack of education are the main cause for them to undertake such profession. They are in need of tailor-made plans to support them .

In this regard of reforming the society & transforming the women as a stable & noble asset, we have few NGO's which aims at this reformation. Azad, Snehalaya, Prerana, CREA, Women India Trust, Swaniti, SEWA, Swastha Foundation, Swastya Swaraj, MAYA, Arna, Guria, Vimochana & many more are marking an immense contribution to the society. Understanding the concept of "health is wealth" is the most prioritizing thing in every woman's life. Despite of alarming hazardous, taking self-care is the best remedy instead of paying for it. The gender bias should be taken care & the women should prioritize with the rights given in a right way. Women play a vital role in our society. Let's make women healthy to keep the nation healthy. Empowering women through education indirectly make her strong & confident. The struggle for women to place herself in a right place in this world is unceasing. The anxiety and restlessness still exist with new challenges, but today she is ready to face it in her own mindfulness. This drastic change is the major key concept for the new world.

## CONCLUSION

While there has been a significant improvement in women's health in India over recent decades, compared to the earlier ages. Increased access to maternal health services, awareness about reproductive rights, policies and initiatives aimed at improvements despite of many obstacles. High rates of mortality, gender-based discrimination, mental health stigma and limited access to quality healthcare continue to impact women disproportionately. Bridging these gaps and the societal changes with challenges is a task for every woman. Ensuring sustainable and quality healthcare has become a priority where it is done by strengthening the strong roots of education for girls, with the slogan "Beti Bacchav, Beti Padhav" slogan to make awareness about the value of education for women in India. Only through a holistic effort, India ensures that regardless of their socio-economic status or geographical location, have the opportunity to lead healthier and empowered lives. It doesn't stick to the rural India; at the same time the urban sectors should also be focussed to balance the disparities.

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