

Gender, health and women rights in India

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Abstract

The necessity of good Health of women, Nutrient Agents, and important preservation of women Health is gives detailed account of minerals, phosphorus, Magnesium, Daily requirements of minerals, carbohydrates. It should be stretches to human life, Proteins, how many calories they have for good health, vitamins like B, C, A, E and K- How much energy women have. Approximate daily diets allowances, "Various Rights offered to women development in Education and various Acts passed by the Government of India and Tamil Nadu State Government for the welfare of women.

Keywords: Women Health, Nutrients, Women Rights, Vitamins

INTRODUCTION

"Good health is a state of complete physical, mental and social well being". Health is also linked with social Environment and cultural back ground. In women's health lies the family's health Women development is considered as the eminent one in the society. She has good Nutrient foods for future generation. "The Nutrient foods like minerals, vitamins, proteins, etc., Our Govt. of India preserving the Women welfare. Govt. passed no. acts for the welfare of women".

In this gives detailed account of the Nutrient agents like, Minerals, carbohydrates, proteins, and Human Rights for Women.

WOMEN HEALTH

Minerals

Minerals are also needed for the growth and maintenance women body structure. Calcium, Magnesium and Phosphorus are essential for bones of Women.

"Daily approximate requirement of some minerals are Sodium 4+0.38g, Calcium 1g, Potassium 4g, Phosphorus 0.8g, Chlorine 6g, Magnesium 0.2g, Iron 5to15mg, Copper 2mg, Iodine 0.25mg".

Carbohydrates

Carbohydrates are important for Women a balanced diet providing energy for life process including growth and movement.

One gm of Glucose of complete combination yields 4.2k.cal. It contributes 45% of the calories in most of the diets. Most of the

"Carbohydrates are starches found in Bread, Flour and Potatoes".

Proteins

A Protein is a complete Organic compound of Carbon, Hydrogen, Oxygen, and maintenance of Women's health protein provides energy and made up from 12 to 15% of the diet calories. It's called the body building foods.

Vitamins

Vitamins are essential for Women's good health. Small amounts of these organic compounds are available daily in the diet. "Vitamins of B and C Complex are water soluble. Vitamin A, D, E and K are Fat soluble; Vitamin D is also a hormone".

Similarly the pregnant women need extra energy and increased amount of certain Nutrients.

Physical work or exercise requires more energy than does resting. "Women done light work expand about 150 cCI-P Hr. Moderate work by having food cal – 150-250PHr. hard work by having food 250.350 Cal.P.Hr". Water plays a Vital Role in Women Health, Drinking purified water is necessary enough of it is essential for a good diet.

Approximate daily dietary allowances of some chief food elements for women.

Table-1 Women

Age	Wt/Kg	Calories	Protein	Calcium Mg	Iron Mg	A.Meg Re	C Mg	D Meg	Vit Thai amine mg	Ribo Mg Flavin	Niacin Mg Ne
11-14	46	2200	46	1200	18	800	50	10.0	1.1	1.3	15
15-18	55	2100	46	1200	18	800	60	10.0	1.1	1.3	14
19-22	55	2100	44	800	18	800	60	7.5	1.1	1.3	14
23-50	55	2000	44	800	18	800	60	5.0	1.0	1.2	13
51+	55	1800	44	800	10	800	60	5.0	1.0	1.2	13

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Table-2 Balance diet for women

Female	Adult	Pregnant	Women Lactating
Mixed Cereals	350	50	100
Pulses	70		10
Other Veg.	75	25	
Green leafy Veg.	125		25
Roots Tubers	75		
Fruits	30	125	
Milk	200		125
Fats/Oil	35	10	15
Sugar	30		20
Total	2200	2200+300	1200+700

WOMEN RIGHTS

Reformation refers to eradication of some evils, Social practices which are deep rooted in the society for centuries. These practices are of great hindrance to the development of the country.

To active the above not only men but also women have contributed a Lot. By a of recognizing the important of education of women in accelerating Socio Economic development.

The Govt. of India has formulated various measures from time to time in this direction.

Some social Reformers made efforts to remove evils and Customs present in the society. Brahmasamaj 1828, Prarthanasamaj 1867, Aryasamaj 1875, The Theosophical society 1875 Ramakrishna mission 1897. "Thanthai Periyar (1879-1973) Dr.B.R.Ambedkar, Dr.Muthulakshmi Reddy (1886-1968), Moovalur Ramamirdam (1883-1962), Kasthuribai Gandhi, Dr.Annie Besant, Sarojini Naidu, Mrs.Vijayalakshmi Pandit, Kamala Nehru, Pandit Ramabai, Sister Subbulakshmi, Dr.S.Dharmambal, Bharathi, Bharathi Dasan, They were also contributed a lot for the social transformation in Tamil Nadu as well as in India. History will not forget their selfless service".

India is a Welfare State committed to ensure the well being of women and protect them from exploitation, Govt. of India and Tamil Nadu State has enacted laws of welfare of women.

- UNO Formed women Commission in – 1946.
- World Human Rights commission established in Dec- 10-1948.
- Women Rights preserved and enacted in India – 1954.
- Hindu Marriage Act in 1955, Polygamy baned society and safety to women.
- Widow Remarriage Recognized by Govt. of India in 1956.
- Development of women welfare according to our constitution stressed those Articles in 14, 15, 16.
- Educational disparity eradicated conference in paris held in 1974.
- Women disparity Eradication Act in 1981.
- India Govt. Stressed the Social Equality in our constitution, "Article from 14 to 47".
- **Women Conferences**
 1. Maxico – June 19 to July 2 – 1975.
 2. Koban Hegan – July 24 to July 30 – 1988.
 3. Nyrobi – July 15 – 16 – 1988.
 4. Maxico Conference – 1997.
 5. International Women Conference – 1995 in Beijing China.

- International Women Commission Formed in 2001-2002.
- "Tamil Nadu Govt. Passed No. of Plans and Acts for Welfare of women".
- "Avvai Illam an orphanage Started by Dr. Muthulakshmi Reddy at Adyar in Chennai".
- The Tamil Nadu Govt. has instituted the moovalur Ramamirtham Ammal Ninaivu Marriage Associate Scheme, A Social Welfare Scheme to Provide financial assistance to poor women.
- Prohibition of Eve Teasing Law in 1997.
- Employment opportunity scheme plan in 1986.
- For protect women Rights Tamil Nadu Women commission established in 1990.

CONCLUSION

The number of organs functioned for the safety and security of women.

"Indian Women Organization, All India women Organs, Women Rights Organ, apart from that Rotary Club, Inner Wheel Club, Functioned for the development of women".

"Uno Declared the year in 1978 as the International Women's Year to Stress equal Status of women and men".

In 1995 women all over the world gathering in Beijing, Capital of China with Message, "Women's Rights are Human Rights and Human Rights are women Rights".

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