



WOMEN'S HEALTH AND NOURISHMENT SECURITY AND EDUCATION: HEALTH STATUS OF INDIAN WOMEN, MORTALITY RATE AND OUTBREAK OF DISEASE

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Abstract :

Health is wealth. Health is inextricably linked with our lives. It is the greatest wealth of man, where Caste, Creed, Race, Gender cannot influence anything. Without Health, human life's efforts, Progress, Victories and defeats, euphoria, joy, etc. all fail. In Indian society, women's Health and well-being are given less priority than men's. Girls are constantly suffering from Malnutrition and other diseases. Therefore, through real education, all-round development of Individual and women is possible from within the social life. To ensure the health condition and healthy life of the next generation, girls, boys, Teenagers and young women- to impart proper knowledge of health and health education to women, making parents and wider society aware of women's health by changing the attitudes of women through health education, formation of necessary healthy habits of women, prevention and control measures against communicable diseases to make women and people aware of vaccination, to control various health problems of women, improve overall national health through proper health education of girls and provide training in first Aid, to provide scientific knowledge about health of girl child in schools and by stopping child marriage, maternal Mortality ratio and infant Mortality ratio can be reduced. Efforts to fight Malnutrition and ensure early marriage of young women are discussed in this article.

Keywords: Indian women's Health Status, Women Education, Nourishment Security, Malnutrition, Diseases, Mortality Rate, Maternal Mortality Ratio.

Introduction:

We usually use the word "Health" in a very narrow sense. Only physical well-being and absence of Sickness is considered Health. But by "health" in the broad sense, we mean that state of being which enables him to lead a fulfilled life physically, mentally and Socially. The world Health

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organization (world health organization) said about health that, " Health is a state of complete physical, mental and social well-being and not merely and absence of disease of infirmity". That is , health is the state of complete physical, mental and social- well-being and the absence or illness. Again in " Encyclopedia of Education" it is said " Health is that state in which the individual is able to mobilize al his resources intellectual, emotional and physical for optimum daily living". That is , globalization is the creation of a single world market. Women's education is inextricably linked with health.

Health education aims to change the health- related behavior of individuals or groups of individuals and promote healthy lifestyles. It is not easy to fully analyze the word "health education". Health education generally refers to teaching about food, hygiene, exercise, rest and preventive measures against disease, which are essential for the preservation of perfect health. Although different people interpret its meaning differently. The National Conference on preventive Medicine states that, " Health education is a process that informs ,Motivates and help people to adopt and maintain healthy practices and life styles". That is, Health education is the process that promotes and healthy adopt and manage healthy behaviors and lifestyles. World Health Organization (WHO) statement, " it is education which is concerned with changes in knowledge, feeling and behavior of people to bring about that best possible state of well being". That is, it is education that is concerned with changing people's knowledge, feelings and behavior and bringing about the best possible state of affairs. Again the US National Library Medicine states, " Education that favorably affects attitudes and knowledge related to increasing awareness and improving health on an individual or community basis "

Objectives :- The article has been undertaken with following objectives:-

- i) To impart proper knowledge of health and health education to women.
- ii) Making parents and wider society aware of women's health by changing the attitudes of women through health education.
- iii) Prevention and control measures against communicable diseases to make women and people aware of vaccination.
- iv) To control various health problems of women, improved overall national health through proper health education of girls and provide training in first Aid.
- v) To provide scientific knowledge about health of girl child in schools.

Methodology:- The article is supported by secondary data. Given the nature of the current research, secondary sources have to used to gather meterial of this exploratory and descriptive paper. Secondary data was gathered from academic working papers currently in progress, books, Journals, newspapers, research projects and websites run by the Indian government.

Discussion :-

- The real goal of women's health education is to create good habits among girls and women, to make them physically and mentally healthy. Physical fitness is an asset in personal as well as social life. All- round development of the individual and women is possible within

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the social life only through real education. Principles of health education help people to improve their health. The purpose of health education is recorded to ensure the health status and healthy life of future generations namely girls, adolescents and young women. They are-

- i) To impact proper knowledge of health and health education to women.
- ii) Making parents and wider society aware of women's health by changing the attitudes of women through health education.
- iii) Formation of necessary healthy habits of women.
- iv) Prevention and control measures against communicable diseases to make women and people aware of vaccination.
- v) To control various health problems of women, improve overall national health through proper health education of girls and provide training in first Aid.
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Principles of women's Health Education :-

- i) People are interested in the subject. Therefore health education and health programs need to be organized so that they create interest among people. So the first principle of women's health education is the proof interest.
- ii) It is not right to implement any health and program without knowing about the real health needs of women. Women will willing participate if programs are tailored to women's real health needs. That is, Health programs should always be based on women's needs.
- iii) Health education can never be given artificially, it should always be realistic. Health education cannot be imparted through conventional teaching- learning methods. That is, health programs should always be based on the real needs of women.
- iv) Women's health education programs should always be guided by the principles of know to unknown. It should start with familiar habits or attitudes of women and gradually accustom them to various unknown behaviors. As a result women will be able to accept the matter easily.
- v) In order health education to women, first of all, it is necessary to understand the culture of the society and then following that culture, it is necessary to spread the great ideas of health education among women.
- vi) Active participation is one of the key factors in developing women's health education programs. Organizations like group discussions, workshops, road meetings etc. can easily inform about the positive and negative aspects of women's health.
- vii) Women's health education is not above evaluation. The utility and effectiveness of women's education needs to be constantly evaluated. Regular and continuous assessment of change is desirable.

Component of Health Education:-

Its elements need to be mentioned in the context of human rights or health education discussions. Although there are different opinions about it, some fairly common elements are mentioned by themselves-

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- i) Physical health refers to the coordination of the functions of various organs of the body. This includes eating a healthy diet, exercising regularly and maintaining a healthy body weight. In terms of physical health, smoking and drinking or intoxicating substances should be avoided. It's mere absence of disease is also considered to be an integral part of health.
- ii) A person's mental health refers to person's ability to understand their actual needs and cope with the demands of daily life.
- iii) Emotional well- being refers to a person's ability to be aware of one's goals, perceive the emotions of others and emotions according to environmental conditions.
- iv) Social health refers to a person's ability to maintain good relations with all common people around him or neighbours, friends, relatives and get along easily with them. That is, the person who can adapt to the people around him, preserve, perform and develop social rules, customs, values, etc, the more she has good social health.
- v) Spiritual health refers to knowing or realizing the unity of our world or material world and the lifestyle of the individual. Knowledge the rule of unity in the midst of global diversity and accepting it is a joy, it develops the overall development of life with Social norms, morals, values.
- vi) Environmental health refers to keeping the environment's water and air clean, preserving food, preserving land, etc.

Importance of Women's Health Education:-

Women's health or physical education is an integral part of general education. Then aim of which is to improve the physical, mental and social qualities of women to make them eligible Citizens. In Today's era of globalization and machine- driven society, women's Health or physical education can make women ideal human beings. Therefore, this issue has emerged as a very important issue. The various requirements of women's health or physical education are-

- i) Regular participation in sports or exercise improves the performance of internal organs and system of the body, which makes a person fit and healthy. Health is an invaluable asset of an individual and a woman which helps her daily physical and mental activities, responsibilities and duties.
- ii) Regular exercise or practice improves physical and mental strength, endurance, balance etc. As a result, the physical capacity of girls increases, which helps them lead a healthy life.
- iii) Without neuromuscular coordination, it is almost impossible for a person to perform any task properly. Regular exercise of physical activity develops the nerves of individuals as well as women. As a result of neuromuscular coordination, women's Health is maintained.
- iv) Physical education helps in developing the mental qualities of women. Focus on work increases and able to take right time. Women develop mental toughness and can adapt themselves to any environment and solve problems. Regular exercise brings a healthy mind in a person and helps in increasing his mental awareness.

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- v) Physical education develops women's social sense causes women as a result of socializing with different people from different environments there is no distinction between high and low. Apart from this, there are differences in religion, caste and Race in the playground due to lack of importance, women's mentality changes and becomes disciplined and aware of his responsibility in the society.
- vi) Most of women have lost their physical and mental balance in the poor economic and social conditions of the present society. As a result, honesty, fairness, awareness of one's responsibility, sense of values etc. are getting lost among most of the women. Therefore, regular practice of women's health education can improve the physical and mental qualities of women as well as give them social status and improve their economic status.
- vii) Women's character traits improve and personality develops through daily exercise. Various personality qualities such as discipline, self- control ,sincerity, tolerance etc.are developed. Apart from this, leadership skills and attitudes are developed among women. Women's health education women's personality especially helps in formation.
- viii) Regular participation of women in sports inculcates respect for various rules and principles, which instills faith in democracy i.e inculcates democratic values in individuals.
- ix) Girls participate in different sports you will get a chance to socialize with the people of the environment. Through the exchange of ideas with different people of the society, a cultural bond is established, which helps to make women culturally minded.
- x) Various activities of women's health education to women it gives opportunity to mix with different communities and nations of the country. As a result, women are informed about the history, culture and traditions of India and a sense of patriotism is awakened in them. Women's health education develops the sense of unity and Nationalism among the people which help in strengthening the national unity among the countrymen.
- xi) Various activities in women's health education develop good relations and sense of brotherhood with other countries. At international sports events (Olympics, Asian Games, Commonwealth games, etc) players from different countries develop a friendly attitude through cultural exchanges and exchanges between them. Apart from this, various programs of women's health education work as one of the means to build good political and diplomatic relations with other countries. This in turn strengthens international understanding.

Indian Women Health Condition, Mortality Rate and Outbreak of Disease:-

Women's health in India can be examined in terms of Multiple indicators, which vary by Geography, socio- economic location and culture. Women in India face challenges to improve their health gradually, which ultimately affects the overall economy. By improving health care and health outcomes, Gender can contribute to economic prosperity by addressing class or Racial disparities, building human rights and increasing levels of savings and investment.

The United Nations classifies India as a Middle- income country. India is one of the worst countries in the world in terms of gender inequality. In the 2011 United Nations Development Programme's Human Development Report, India ranked 132 out of 187 countries in terms of gender inequality. Gender inequality in India has a negative impact on women's health at high levels. Gender discrimination begins before the child is born. Women have the most abortions in India. If a female fetus is not aborted, the mother's health deteriorates due to her family's neglect. Daughters tend to feed less than sons, especially when there are more than one daughter in the family. As a result, the health of Indian women, especially women in rural and poor areas, is not sustained.

Malnutrition and Diseases:-

Nutrition plays a major role in protecting girls health, especially in mental and physical areas. India currently has one of the highest rates of undernourished women among developing countries. A Study in 2000 found that about 70 % of Non- pregnant women and 75% people pregnant women suffer from nutritional deficiencies. One of the main causes of Malnutrition is lack of proper diet. Maternal Malnutrition in women increases the risk of death and birth defects. If the problem of Malnutrition can be tackled, the Mortality Rate of women will decrease. The failure to address Maternal Malnutrition is a disgrace to our practice. Government and private efforts have made a lot of progress in combating maternal Malnutrition in independent India. Yet the picture of Malnutrition in India is shamefully worse than any other country in the world. Maternal Malnutrition accounts for around 43% of Malnourished birthing India. According to the National Family Survey, 60 out 100 Indian aged 15 to 55 are Anemic.

Types of Malnutrition:-

- i) Protein- Energy Malnutrition (PEM)
- ii) Iron Deficiency
- iii) Lack of Vit-A
- iv) Lack of Iodin
- v) Lack of Vit- B Complex
- vi) Breast Cancer:- Incidence of breast cancer among women in India is emerging as a growing epidemic. The increase in breast cancer in women in India is attributed to the increase in adoption of western lifestyles. Apart from this, such as diet, early childbearing are also considered.

Education and Women's Health :-

Due to lack of educational opportunities, the equality of women is disturbed and Lack of access to health services can be also be mentioned as a reason for women's deprivation. The health of the child is largely dependent on the health of the mother in the family. Due to lack of nutrition and health, pregnant women in India face many problems. Maternal Mortality rates in childbirth are still Shamefully high. According to an international survey ,about 2 lakh Maternal deaths occur in the world every year, of which 17% occur in India. The numbers stand at 50,000 per year, 137 per day. In many other countries like Nigeria and other underdeveloped, backward and impoverished countries in Africa, the conditions of maternity mothers are much better than in India. Around 13

lakh children die every year in countries like India, even after birth. Even after the birth of the child, the death of the mother is frequent. One of the reasons is Malnutrition of the mother. The process of pregnancy and childbirth is very risky for women. Every year, 500, 000 women around the world die from complications related to childbirth. A mother dies every minute in the world due to childbirth.

The process of pregnancy and childbirth of women is very risky. If rather treatment is not given during pregnancy as per the doctor's advice, life becomes dangerous, then emergency treatment is required. Sometimes due to lack of education and religious Orthodoxy, girls in rural areas show strong reluctance to avail the treatment of doctor's, especially male doctors. As a result, complications during lead to the death of the mother. Due to illiteracy poverty and lack of services, many families still take the risk of giving birth at home.

Due to lack of education and ignorance of family planning, girls in rural areas are almost every year they have children. Therefore, their health is affected due to maternal Malnutrition. Many times there is fear of death of mother and Newborn. Usually child Marriages and pregnancies , unplanned pregnancies, malnutrition of teenage mothers, Anemia, bleeding during pregnancy, obstetric diseases, lack of medical care etc. Make the dream of safe motherhood a nightmare for women. It has been proven all over the world that the population will decrease if women's health education and quality of life increases. The social status of women is lower than that of men, there is no financial independence, the time interval between the birth of two children is also less, the birth rate and the health of women are reflected.

According to the National Family Survey (NFHS), about 26.8% of women aged 20-24 get married before the age of 18. UNICEF reports that at least 1.5 million girls under the age of 18 are married in India every year. This is why many believe that simply raising the official age of marriage could discriminate against poor, less educated and marginalized women.

In India, girls are seen getting married at a young age. Maternal Mortality ratio and infant Mortality ratio can be reduced stopping child marriage. Currently, the Maternal Mortality ratio is 145 death per 100,000 children born. Young women are more susceptible to anemia. More than half of the reproductive age in India more females (15 years) are Anemic. Currently, Indian prime Minister Narendra Modi has announced the decision to increase the age of marriage for girls from 18 years to 21 years. The announcement was made to fight Malnutrition among young women and ensure that they marry at the right age. Health has a positive correction with minimum age of marriage. This is especially important for women. In India, the union ministry of women and child Development has set up a task force, which aims to address Maternal age issues, reduce Maternal Mortality ratio and improve nutritional status among women.

Conclusion:-

Health is wealth. Health is inextricably linked with our lives. It is the greatest wealth of men, where Caste, Creed, Race, gender cannot influence anything. Without Health, human life's efforts, Progress, Victories and defeats, euphoria, joy, etc. all fail. In Indian society, women's Health and well-being are given less Priority than men's. Girls are constantly suffering from Malnutrition and

other diseases. Therefore, by providing proper health education opportunities to girls, good health of women can be maintained and at the same time girls will be aware about their own health.

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