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WOMEN'S HEALTH

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Abstract:-Health of women is most important, to have healthy children as well as healthy management of the entire family. Responsibility of growing the child, looking after the internal administration of the house including cooking, cleaning, washing even all the garments of men, is responsibility of the women. Yet, she is unemployed, no economic security, protection or support to her. No salary is paid to her for these services anywhere in the world. If women are employed, after the office work she only does all the house hold works also. In few families the situation may be slightly better,. In most cases women do not have even food security. If something is left over after satisfying the husband, children other members of the family and unexpected guests, she gets a small share or nil. As a result her health is affected badly most of the time.

Keywords:Women's Health , healthy children , healthy management .

INTRODUCTION :-

Employed women also must be given special consideration to maintain their health. We see women travelling 3 to 4 hours in the morning and evening in connection with their job, getting up at 3 am onwards and retiring back to bed at 11 pm or later. In this run for life they are not to be ignored at least in respect of their health maintenance. All possible support, like assistance in the house hold responsibilities to lessen their stress and strain and care for proper food intake should be given.

Healthy food in a strainful situation should mainly include fruits, dry fruits and nuts. In addition to having rich protein they are also rich sources of vitamins and minerals that are needed to overcome the wear and tear due to stress and strain.

They will be good support after the nerve energy loss. Food like sprouts and salads will help for soothing the system and supply of proteins and other necessary building materials. Fruit juices or other natural drinks like Tender Coconut Water, Butter milk, Lemon honey, Neera, Pannah etc, will be good to support on time to avoid severe tiredness due to electrolyte imbalance, a result of strain.

A good combination diet with ground nut, gingely seeds, other millets and cereals carefully chosen should be served without hesitation. Care for proper food in sufficient quantity and proper frequency is a must to maintain normal health. As the woman is the central pillar of the family in all respects, only if she is healthy and strong physically and mentally, we can expect a healthy family and a healthy society. Accordingly maximum support should be given to her.

Studies also revealed that as for a the health of the girl was concerned the higher the father's education, laeger the percentage of girls being immunized. As for as nutrition was concerned, in of the gamilies there was no speving order of eating, whereas in another ore thiral female members were the last to eat and the males of the family were the girst to eat.

The food and nutrition board of the department of women and child de-velopment conducts nutrition education training and awareness work through-out the country, and also monitors the quality of food supplied by the ICDS.

This programme aims at giving supplementary nutrition to the girls in the age group of 6 to 5 years and basic health & nutrition.

Reproductive health care programmes you young girls need to be strength-ened so that they become healthier creators of the fufure generation the respon-sibility of the nation's future is on their frail shoulders and they need our best and devoted care.

A miracle of the world! The origin of life! A multidimensional character and an ocean of love! Just celebrating a day for her? One day for the power who becomes mother of numerous lives in a day. Feel injustice, dishonest, unfair!

Everyday should be Women's Day. It is not about quoting any great women of the world. That is of course, something great to remember any time. We talk about the woman, who is not known to be great. In a country like India, being a woman is enough to be great. The sacrifices made throughout the life make the concept of equity, too weak. It is not about equity, it is about more than equity.

We just need to contribute on our own level by being thoughtful and responsible to our society but truthful and honest to its existence.

Swami Vivekananda, said "Arise, awake and stop not till the goal is reached."

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