



Need of Due Care And Attention by Women towards their Health and Nutritional Needs

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Abstract

Women especially in India are prone to diseases that are developed due to improper care and malnutrition of themselves. The women's Health and Nutritional values are national as well as individual welfare because it affects the next generation. Future Generation will be impossible without Women giving Birth to newborns. If the health status and nutritional values are taken for granted then the future of our country will be at risk. Many of the Health Problems in women of reproductive age, childbirth and old age occurs due to inadequate diet in youth and adolescent period. Due to this Miscarriage, early child birth, anemia, calcium deficiency, osteoporosis etc occurs in women of our country. This paper will critically analyze that whether due care is taken by our Government for women towards their health and nutritional values.

Keywords:-Health, Intervention, Judiciary, Legislature and Nutrition.

Introduction

Problems that affect the Health of Women of Developing Countries as India¹

- Women are sexually assaulted that has severe impact on their mental and physical health.
- Due to poverty Women are eating less than the basic nutritional values needed in day to day life. As a result they are anemic.
- Diseases like AIDS and STDs are more common to women as young girls are forced to become prostitute and are prone to Red Light area.
- Child marriage is common in our country and thus they become Mothers in early age that impacts the overall health of women.
- Medically in between two child births there should be gap of at least three years so that body of mother should recover all its nutritional values but people in Developing Countries People are uneducated and thus they don't bother much about the necessary gap that should be there between two childbirth and as a result the women and the child both suffer.
- Abortions and unwanted pregnancies are common due to want of male child who will be their Legal Heir and women health is compromise.
- Women mortality rate is increased from past decays.
- Domestic violence, Rape and Sexual abuse are significant cause of disability among women.
- Cancer has become more common in recent times.
- The above disabilities can become more severe and even cause death of Women of our country

Legislative Measures Taken by our Constitution towards Women Health and Nutrition

Article 21:- Right to life and Personal Liberty. **Articles 38** impose liability on state that state secure a social order for the promotion of welfare of the people but without public health we can't achieve it.

¹ A New Agenda for Women's Health and Nutrition, (1997), World Bank Publication, Washington D.C, pp.(11-15). Retrieved from <https://books.google.co.in/books?isbn=0821330098>

Article 39(e) related with workers to protect their health. **Article 41** imposed duty on state to public assistance basically for those who are sick & disable. **Article 42** it's a primary responsibility of the state to protect the health of infant & mother by maternity benefit. **Article 47** spells out the duty of the state to raise the level of nutrition & the standard of living of its people as primary responsibility.²

In Article 23(1) trafficking in human beings is prohibited, as the Health of Women is seriously affected and they are more prone to STD's and AIDS. **Article 24** is relating to child labor it deal with "no child below the age of 14 years shall be employed to work in any factory or mine or engaged in any other hazardous employment. Thus this article directs the relevance to child health³

Significant Interventions for Women by UNICEF⁴

1. Improving the quantity and nutrient level of food consumed in the household:

By accessing through PDS (Public Distribution System) the household food ration and supplementary foods access under the Government scheme. It also impart knowledge as how to improve the local diet and health.

2. Preventing micronutrient deficiencies and anemia:

By providing supplementation of iron, Folic Acid, Iodized salt, Calcium and Vitamin A as required to improve health of women. It also provides malaria prevention and treatment in malaria-prone areas. It imparts knowledge as not to eat tobacco and any such harmful product which may effect the health of the unborn child.

3. Increasing women's access to basic nutrition and Health services:

By providing antenatal checkups, monitoring screening and Special care of pregnant Mothers.

4. Improving access to water and sanitation education and facilities:

By imparting knowledge on Sanitation and Hygiene of women.

5. Empowering Women to prevent pregnancies too early, too often and too close together:

By ensuring that the marriage of any girl should be at least 18 years of age and at that time she must have completed at least her secondary education. It helps preventing depletion of women health by family planning, monitory support, education on health and nutrition and by providing services.

Judiciary and Women Health

Municipal Corporation Of Delhi vs Female Workers (Muster Roll) on 8 March, 2000

BENCH: S. SAGHIR AHMAD & D.P. WADHWA

JUDGMENT:

JUDGMENT 2000 (2) SCR 171 The Judgment of the Court was delivered by S. SAGHIR AHMAD, J. Female workers (muster roll), engaged by the Municipal Corporation of Delhi (for short, 'the Corporation'), raised a demand for grant of maternity leave which was made available only to regular female workers but was denied to them on the ground that their services were not regularized and, therefore, they were not entitled to any maternity leave. Their case was spoused by the Delhi Municipal Workers Union (for short, 'the Union') and, consequently, the following question was referred by the Secretary (Labor), Delhi Administration to the Industrial Tribunal for adjudication: - "Whether the female workers working on Muster Roll should be given any maternity benefit? If so, what directions are necessary in this regard?" The Union filed a statement of claim in which it was stated that Municipal Corporation of Delhi employs a large number of persons including female workers on muster roll and they are made to work in that

² Javed V State of Haryana, AIR 2003 SC 3057

³ Shukla M N. (2013). Indian constitution, Central Law Agency Publication.

⁴ Women Nutrition. (n.d.). Retrieved from <http://unicef.in/Whatwedo/6/Women-Nutrition>

capacity for years together though they are recruited against the work of perennial nature. It was further stated that the nature of duties and responsibilities performed and undertaken by the muster roll employees are the same as those of the regular employees. The women employed on muster roll, which have been working with the Municipal Corporation of Delhi for years together, have to work very hard in construction projects and maintenance of roads including the work of digging trenches etc. but the Corporation does not grant any maternity benefit to female workers who are required to work even during the period of mature pregnancy or soon after the delivery of child. It was pleaded that the female workers required the same maternity benefits as were enjoyed by regular female workers under the [Maternity Benefit Act](#), 1961. The denial of these benefits exhibits a negative attitude of the Corporation in respect of a humane problem.⁵

Conclusions and Suggestions

These disabilities and Death that has become more common in women may be decreased by inventing highly cost effective interventions by our Government. The Services may include:

- Unwanted Pregnancies should be prevented by creating awareness among the people.
- Services for safe pregnancy and Delivery of child.
- Prevention of STDs (Sexually Transmitted Diseases)
- Prevention of Violence against Women.
- Promotion of Good Health practices.
- Preventing the young Boys and Girls from Malnutrition.

Policies which can be introduced by Government:

- A commission can be made which will work solely on women health.
- Women Health Day should be celebrated and on that day women health and nutrition related programs can be organized.
- Ways can be found out as to how the existing laws made for women health can be best used.
- The government should provide funds and support the institutions that researches on women health.

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⁵ Municipal Corporation Of Delhi vs Female Workers (Muster Roll). 2000 (2) SCR 171