

ROLE OF WOMEN, FOUNDATION TO SOCIETY & IMPORTANCE TO DEVELOP COUNTRY & NATIONAL GROWTH

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Article history:	Abstract:
Published: 10 th March 2022	The role of women to develop a true nation is secret, great leaders among the nations had made footprints in the society. How one country can take the lead and make complete transformation and play a vital role in every aspect of true education like physical, mental, social, and spiritual by imbibing moral values to the upcoming new generation and building a strong nation. Various broad aspects in the society inspire women to stand in line along with men and make equal contribution. Issues, impacts, secret roles, challenges, opportunities, solutions and future are highlighted undertaking physiological, psychological, medical aspects and concluded with new challenges for upcoming decades
Keywords: Woman, Physical, Mental, Social, And Spiritual By Imbibing Moral Values	

INTRODUCTION:

One woman at home, looking at responsibilities and daily routines right from waking up to going to bed, how she works and copes up with working responsibilities along with man. So many activities she use handle like preparation for cooking item, sorting vegetable, cleaning utensils, post cooking things, constraints varies when child comes in picture, guest comes and stay in home for longer duration, then weekly, monthly balancing financial things, if working position the responsibilities at workplace, working pressure, style of working, long distance travel, handling and caring family members both maternal & paternal etc. list is unending. Despite all such things, what does one man expect from women? What society expects from women? Where is gender equality? What do nations think? There are so many questions that are unanswered.

One woman has to play so many roles in her complete life. We people are really aware about the child ratio and issues during birth, there too, questions come to mind why human nature is so reluctant and unaware about the contribution of one 'woman' in the complete journey of one's man. Talking about mindset before marriage, after marriage, the interaction and dealing with very crucial things puts deep footprints on her mind which reflects in the society. This paper overlooks the responsibilities of women, importance of woman candidature in our ancient scripture, current issues, working culture & stress, impacts on various factors, Power of Women and Contribution towards society with solutions and some challenges.

SURVEY ON BRIEF ISSUES:

Nowadays, women are working in every sector along with men shouldering equal responsibilities, handling critical situations, decision making, field visit, day night shift at international level etc. This looks really inspiring and makes us proud to have equal importance among the society.

The major concern is about women's physical and mental health. In most working professions, especially factory, service based industry, private product industry where mental stress is very high. In the Industrial area working hours for women are also quite high. Due to high mental stress and excessive physical work there is an adverse impact on women's health. Woman's body has more complexity talking about the endocrine system, nervous systems which have a major role in hormonal balance in her body. During pregnancy, milk feeding, menstrual cycles etc this hormonal balance comes into play and overall mental health and thought process, expectations from family, taking care of one's own child, handling situations all have deep root connections.

In addition meal intake, timings and quality also play an important role, this is highlighted here because most working women's are so reluctant about their meal quality and timings because they are under pressure of work and fail in time management. The situation in rural and urban areas is different.

In urban areas, cities, metro cities women's are quite straightforward towards adopting urban lifestyles especially living, eating, working hours, spending money etc. If we look in broad aspects this culture impacts majorly on health concerns, surveys show majorly women's get acquitted with lifestyle disease coming to rural women. Looking at the rural section where women work on farms, they get busy in day today activities right from early morning to till going to bed. She undertakes all small works which builds her physical strength. There are so many aspects to explain at a deep level like physiotherapy, acupressure and mental and health exercise.

IMPACTS & IMPORTANCE:

Every person has great responsibilities in his/her self-life, right from childhood to adulthood then at the end of life. Society learns, stays alive and passes on good moral values, ethical values in upcoming generations. Whereas national growth too depends on how one's national manpower drives what are the elements which cultivates their desires, actions, creativity, thinking & ultimately results which directly & indirectly have correlations among the society. Gender equality mainly responsibilities, nature, field and dealing with human values comes into picture where nation's strength can be measured. Many countries have shown great footprints in society and inspired every human being that both men and women are two sides of one coin. Both are wheels of one bullock cart, if one has some defect in alignment, disturbance then makes chaos in all concerns in the society and ultimately impacts badly.

POWER OF WOMEN AND CONTRIBUTION TOWARDS SOCIETY:

"Sanskar", is the greatest key where women take in her life to open the personality of a great human being in the nation. Right from her 3rd month of pregnancy till the child's age of 18 years, so many micro things are there, our ancient scriptures all are described in well manner, where new born babies listen to mother, get tune with every activities of mother, listen to sounds, sense the touch, grasp number of things from her mother in early age only. This is the period where a child learns, mentally becomes strong and gets 'Sanskar' with moral values and learns to a great extent. Further, only mother cares and talks on every aspect in which her child comes up in day-to-day life. This really builds a strong foundation and great support to the child who built child's mental strength and the same reflects in his overall journey of life. Our past knows great personalities like Ramakrishna Paramhansa, Swami Vivekananda[1], Shivaji Maharaja etc. . In short, one woman in her motherhood role has a great role to build the nation's true and strong manpower.

Along with family responsibilities, working women play an important role in various fields. Many of the private sector, public sector organizations women are on executive, managing, directorship level and handle different responsibilities with courage, patience and work smartly. Many governments offer various schemes like in the manufacturing sector without any collateral loan facility to women candidates, reduction in rate of interest while availing bank loans, like mudra loan, etc. In addition location of business % of subsidies, subsidies in MSEB, rebates on taxes are offered where women candidates take active participation and lead role models to society.

There are surveys that show women working in various organizations have special features like, smartness, clarity in decision making, good in verbal communication, caring nature, calmness while handling critical situations etc all are backbones for every successful organization. Most services based organizations prefer women candidates because of the same. In public services where women play a sensible role to make analysis ground reality with patience like in Anganwadi, Gram sevika, Tahsildar etc. where people too have respectable perceptions and which make good footprints in the society.

SOLUTIONS & CHALLENGES:

Complete balanced lifestyle mainly balances in mental situations where women more sensibly falls in depression and adversely impacts on physical health issues, easily suffering from lifestyle disease. And the same results in financial burden and disturbs career goals. Thus far undertaking all aspects, "Yoga & meditation" puts remarkable change and results in complete transformation, complete balance and complete rejuvenation in the lifestyle. Very few aspects are summarized below taking different aspects.

a. Family & Social

Looking at digital development and use of electronic gadgets makes a very adverse impact on society, where women's role is very crucial. Women themselves get addicted to mobile & electronics gadgets, where social media like whatsapp, facebook, instagram, chatting on whatsapp, status updates and responses are made daily routine. This all disturbs mental harmony and impacts hormonal changes in women's body. Indirectly this affects the thought process and has complexities on daily today's activities which reflect overburden, stressful daily routine and unorganized and unplanned activities. This again adds more and more stressful life. This situation varies in different levels in different families and different in localities. In addition, certain situations like taking care of a small baby and taking care of an aged grandmother or grandfather in the family takes on new challenges nowadays. Frequent overburden increases stress and reduce working efficiency, even affects behavior during things and especially it matters a lot while dealing with small children of group age of 6 to 21 years [2]. There are always complaints from parents that our child gets addicted to such a thing, not listening to us, even children find privacy for them, there are a number of things that are there to describe which have indirect correlation. Such a situation at the end adversely impacts on financial burden, puts weak sparks in overall lifestyle and builds up good moral values in family and indirectly to society and so on.

b. Industry, profession careers

Taking industrial aspects & working environment, culture, working hours, continuous work follow ups, deadlines, pressurized things etc. all come into picture and have long term adverse impacts on women's health. This again has closed bonding with women's behavior, mental balance, thought process and so on. Every family may not be ideal to support in every aspect considering women's responsibilities and challenges she is facing in the complete journey of life. Husbands or parents have a variety of expectations from women. Where comes gender equality in real life to handle critical situations and legal laws and advocacy stands with the business mind. In every sector women have great leadership qualities. Many countries' defense, army, navy, government departments and public sector undertakings have shown remarkable and smooth functioning where women have creditable contribution. This is really respectable and appreciable and inspires the new upcoming generation to take lead and handle unknowing things as well.

c. Bharti Darshan & Spiritual Aspects:

Countries like India have a great ancient background to depict a number of stories where women were treated as our goddess and worshiped in every aspect. One woman plays different roles in her whole journey life such as mother, wife, sister. 'Sanskar' is one of the biggest pearls she deserves divinely to carry in her journey. Unfortunately, these pearls are missing and vanishing from our eyesight looking at women. In Darshans, especially Ayurveda & Yoga Darshan, there is a very close relation with "Sanskar & Vatsalya" where the complete lifestyle changes to divine one and our great leaders can be created and take the nation at great level. Ayurveda [3] deeply describes complete balance on physical & mental, talks about 'vat', 'pitta', 'ka' and adverse impacts on the body due to unbalanced nature. Due to unbalance in dosha, how body symptoms look and at ground level can be cured for various diseases within the kitchen where women play crucial roles. We are already familiar with "Ajjicha Batva", this is key to live life happily and work with full energy. Unfortunately, during recent 15 years modernization and use of electronic gadgets putting very adverse impacts on health especially women includes obesity which mainly have deep root cause during pregnancy period, hormonal unbalance etc., all these come under physiological disorders due to unbalanced mental and physical conditions.

In Yogadarshan, Yogupnisad at a very deep level solutions for balancing mental and physical health [4]. Various asan's, mudra's, band, pranayam, dharana & meditation deeply focus on these aspects. Unfortunately, unconditional busiest lifestyle time constraints are always kept on important and not urgent sections. Very few organizations [5, 6, and 7], NGO's, and governments support and take care of the above concerns.

CONCLUSION:

"There are women behind every successful person", that makes them sensible and truly appreciable in the society. Right education, right mental health and right physical health and complete balance for women is very important in order to develop one nation's power. "Sanskar & Vastalya" builds nations true harmony through seeding, cultivating and growing true real values among the society. Leaders with good psychic, physic, creative & critical thinking and with divine knowledge and supreme grasping power show women's contribution in developing nations in all aspects which is unmeasurable in the upcoming 50 years and show unity in diversity.

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