

MSWE -02/2019-20

1. Analyze the status of women in early India. 20

Women are not born, but made. What better than India to exemplify this statement by Simone de Beauvoir. With the whole world celebrating International Women's Day with great pomp and show, it would be only apt to analyse the position and space Indian women occupy today, and comparing it to the time 60 years ago when the country had just gained independence. With women participating in nationalist movements, to being pushed into the domestic household space, to their resurgence as super-women today, women in our country have seen it all.

There have been innumerable debates about gender in India over the years. Much of it includes women's positing in society, their education, health, economic position, gender equality etc. What one can conclude from such discussions is that women have always held a certain paradoxical position in our developing country.

While on one hand, India has seen an increased percentage of literacy among women, and women are now entering professional fields, the practices of female infanticide, poor health conditions and lack of education still persisting still continue. Even the patriarchal ideology of the home being a woman's 'real domain' and marriage being her ultimate destiny hasn't changed much. The matrimonial advertisements, demanding girls of the same caste, with fair skin and slim figure, or the much criticised fair and lovely ads, are indicators of the slow changing social mores. If one looks at the status of women then and now, one has to look at two sides of the coin; one side which is promising, and one side which is bleak.

When our country got its independence, the participation of women nationalists was widely acknowledged. When the Indian Constitution was formulated, it granted equal rights to women, considering them legal citizens of the country and as an equal to men in terms of freedom and opportunity. The sex ratio of women at this time was slightly better than what it is today, standing at 945 females per 1000 males. Yet the condition of women screamed a different reality.

They were relegated to the household, and made to submit to the male-dominated patriarchal society, as has always been prevalent in our country. Indian women, who fought as equals with men in the nationalist struggle, were not given that free public space anymore. They became homemakers, and were mainly meant to build a strong home to support their men who were to build the newly independent country. Women were reduced to being second class citizens. The national female literacy rate was an alarmingly low 8.6%. The Gross Enrolment Ratio (GER) for girls was 24.8% at primary level and 4.6% at the upper primary level (in the 11-14 years age group). There existed insoluble social and cultural barriers to education of women and access to organised schooling.

A very few were allowed into the public space, which she was expected to manage on her own, while maintaining her domestic role as a homemaker. In spite of the Sharda Act which was passed in the 1950s to raise the marital age limit for girls, child marriage particularly in North India was quite prevalent though the average age at marriage for females was increased to 18. Sprawling inequalities persisted in their access to education, health care, physical and financial resources and opportunities in political, social and cultural spheres. It was almost unthinkable

for women to have a choice or a say in matters of marriage, career or life. Rather she had no voice at all. The practice of dowry was as common as ever.

And since men were better educated than girls, the demands were even more. The Dowry Prohibition Act was finally passed in 1961, to protect women and promising severe punishment, but the conviction rate of crime against women was, and still is very low in India. Because of such inhuman practices which were normalised by our society, the birth of the girl child was considered inauspicious. In villages as well as cities, the girl child was killed either before birth or after it. Even till date, the practice continues. The United Nations Children's Fund, estimated that up to 50 million girls and women are 'missing' from India's population because of termination of the female foetus or high mortality of the girl child due to lack of proper care.

Though a number of constitutional amendments were made for women's social, economic and political benefits, yet they were never effective to bring a radical change in the situation. Women had only the role of a 'good wife' to play, and if a woman ventured out to work, she was seen as a bad woman, going against societal norms. Women were expected to cook food and eat only after the men, with whatever meager amount of food is left. This led to rampant malnutrition among women, and an extremely poor health status. Around 500 women were reported to die every day due to pregnancy related problems due to malnutrition, and getting married before 18. It was only by the 1960s, that a few educated women began to see themselves increasingly change from a mere guardian of home to a legitimate participant in the discourse of life. The country saw the first undercurrent of female discontent with the system.

With time, a lot has changed since those dark ages of the 1950s for the women. Though at some levels like dowry, crimes like rape, sexual harassment at office or public places, and molestation, eve-teasing, even after over sixty years of independence women are still exploited, which is the shameful side of our country. Yet one can't deny that the situation has improved since the earlier times. Women, who now represent 48.2% of the population, are getting access to education, and then employment. From 5.4 million girls enrolled at the primary level in 1950-51 to 61.1 million girls in 2004-05. At the upper primary level, the enrolment increased from 0.5 million girls to 22.7 million girls.

Dropout rates for girls have fallen by 16.5% between the year 2000 and 2005. Programs like 'Sarva Shiksha Abhiyan' and 'Saakshar Bharat Mission for Female Literacy' has helped increase the literacy rates from less than 10 percent to more than 50% today. The result of this is that India has world's largest number of professionally qualified women. In fact India has the largest population of working women in the world, and has more number of doctors, surgeons, scientists, professors than the United States.

Women in India slowly started recognising her true potential. She has started questioning the rules laid down for her by the society. As a result, she has started breaking barriers and earned a respectable position in the world. Today Indian women have excelled in each and every field from social work to visiting space station. There is no arena, which remains unconquered by Indian women. Whether it is politics, sports, entertainment, literature, technology everywhere, its women power all along.

Today names like Arundhati Roy, Anita Desai, Kiran Desai, Shobhaa De, Jhumpa Lahiri can put any other writer to shame. In the field of cinema, women like Rekha, Smita Patil, Shabana Aazmi and Vidya Balan and Konkona Sen are such names who don't play feminised roles, but have asserted themselves over this male-dominated realm. In the field of Politics, from Indira Gandhi to Shiela Dixit, Uma Bharti, Jayalalithaa, Vasundhara Raje and Mamata Banerjee today, women are making their presence felt.

Today, the modern woman is so deft and self-sufficient that she can be easily called a superwoman, juggling many fronts single-handedly. Women are now fiercely ambitious and are proving their metal not only on the home front, but also in their respective professions. Women in Indian are coming up in all spheres of life. They are joining the universities and colleges in large numbers. They are entering into all kinds of professions like engineering, medicine, politics, teaching, etc. A nation's progress and prosperity can be judged by the way it treats its women folk. There is a slow and steady awareness regarding giving the women their dues, and not mistreating them, seeing them as objects of possession. Despite progress, the very fact that women, along with being achievers, also are expected to fulfil their roles as wives or mothers, prioritising home against anything else.

This point of view hasn't changed much. There is still a large section of women who are uneducated, and married off before the age of 18. Families are required to supply a chaste daughter to the family of her future husband. Also very few women are actually employed in good-paying jobs, and hence parents don't see the point of spending money on girls' education. Statistics say that close to 245 million Indian women lack the basic capability to read and write, which is a large number. Only 13.9% women are employed in the urban sector, and 29% in the domestic and agriculture sector, where too a majority of women are exploited by the men. The sex ratio of India shows that the Indian society is still prejudiced against female, and a lot is yet to be achieved in this context.

The path towards total gender empowerment is full of potholes. Over the years, women have made great strides in many areas with notable progress in reducing some gender gaps. Yet realities such as 11,332 women and girls getting trafficked every year, and increased practice of dowry, rape and sexual harassment hit hard against all the development that has taken place. Thus, if on one hand women are climbing the ladder of success, on the other hand she is mutely suffering the violence afflicted on her by her own family members. As compared to the past, women in modern times have achieved a lot but in reality they have to still travel a long way. Women may have left the secured domains of their home, but a harsh, cruel, exploitative world awaits them, where women have to prove their talent against the world who see women as merely vassals of producing children. The Indian woman has to make her way through all the socialised prejudices against her, and the men yet have to allow and accept the women to be equal participants in the country's way forward.

2.Explain the Constitutional safeguards and legislation for women. 20

Policies relating to women's rights have had a positive trajectory in the past few decades with the central government articulating many progressive measures to advance gender equality in

social, economic, and political arenas.

Inequality between men and women runs across the board, including in education, economic opportunities, representation in governance, and other state and private institutions.

The multiple forms of violence experienced in the household, at the community level, and in some instances by the state, threaten women's security in India. Some recent statistics on women include:

- India ranks the worst G-20 country in which to be a woman. (TrustLaw, Thomson Reuters)
- One bride was murdered every hour over dowry demands in 2010. (National Crime Records Bureau)
- Almost 45 percent of Indian girls are married before they turn 18. (International Center for Research on Women)
- One in five Indian women, many child mothers, die during pregnancy or childbirth. (the United Nations)
- Up to 50 million girls are "missing" over the past century due to female infanticide and foeticide.
- 66% of women who have experienced physical violence in their lifetimes are divorced, widowed, or deserted.
- 85.3% of women reporting violence claimed that their current husbands were the perpetrators.
- A total of 2,28,650 incidents of crime against women (both under IPC and SLL) were reported in the country during the year 2011 as compared to 2,13,585 incidences in the year 2010 recording an increase of 7.1% during the year 2011.

Women and girls in urban India are also at high risk of gender-based violence. In Delhi, the country's capital, a scan of daily newspapers reveals shocking numbers of cases of violence against women. Street violence in urban centers is a growing concern for young women and girls, who are increasingly moving away from rural areas for economic opportunities and higher education.

Particularly women and girls from the northeast region of India living in urban centers such as Delhi have reported experiencing social discrimination and marginalization, and many times physical violence. In 2005, according to the North East Support Centre, among the 100,000 people from the northeast living in Delhi 86% had reported racial discrimination and 41% of cases were sexual abuse cases.

Trafficking Of Women And Girls

India is both a source and destination for trafficked women and girls into prostitution and bonded labor. While exact numbers of trafficked women and girls are difficult to ascertain, there have been figures projected by various national and international organizations.

- The NHRC report on “missing children”, which finds a mention, says on an average 44,000 children go missing in the country every year. Of these, 11,000 remain untraced. It is quite unacceptable that cases of ‘missing children’, which may or may not be the result of human trafficking, are considered on a par with a ‘lost and found’, adds the report.

- The Nobel Prize-winning economist Amartya Sen has estimated that more than 100m women are “missing” worldwide – women who would have been around had they received similar healthcare, medicine, and nutrition as men.

- New research by economists Siwan Anderson and Debraj Ray show, that in India more than 2m women are missing in a given year.

- The economists found that roughly 12% of the missing women disappear at birth, 25% die in childhood, 18% at the reproductive ages, and 45% at older ages.

Sexual Harassment And Rape Cases

Rape cases in India increased by 3.6 percent to 22,172 in 2010 from 21,397 cases the previous year, according to figures from the National Crime Records Bureau. Nearly 68,000 rape cases were registered across the country during 2009-11 but only 16,000 rapists were sentenced to prison, presenting a dismal picture of conviction of sexual offenders.

According to the National Crime Records Bureau, 24,206 rape cases were registered in India in 2011 but only 5,724 people were convicted for the crime. Similarly, in 2010, 22,172 rape cases were registered while the number of convicted persons for the crime was 5,632. A total of 21,397 rape cases were registered in 2009 but only 5,316 persons could be convicted. Forty percent of all sexual abuse cases in India are incest, and 94% of the incest cases had a known member of the household as the perpetrator.

The number of such cases has decreased by 14.0% during the year over the previous year (9,961 cases). Andhra Pradesh has reported 42.7% (3,658 cases) followed by Maharashtra 12.5% (1,071 cases) of total incidences during the year 2011. Andhra Pradesh has reported the highest crime rate (4.3%) as compared to the National average of 0.7%. An increasing trend in cases of rape has been observed during 2007 – 2008.

A mixed trend in the incidence of rape has been observed during the periods 2008 – 2011. These cases have reported an increase of 3.5% in the year 2008 over the year 2007, a decline of 0.3% in the year 2009 over 2008 and an increase of 3.6% in 2010 over 2009 and further an increase of 9.2% in the year 2011 over the year 2010. Madhya Pradesh has reported the highest number of Rape cases (3,406) accounting for 14.1% of total such cases reported in the country.

Mizoram has reported of crime rate 7.1 as compared to the National average of 2.0%. Rape cases have been further categorized as Incest Rape and other Rape cases.

Incest Rape

Incest rape cases have decreased by 7.3% from 288 cases in 2010 to 267 cases in 2011 as compared to 9.2% increase in overall Rape cases. Maharashtra (44 cases) has accounted for the highest (15.3%) of the total such cases reported in the country.

Rape Victims

There were 24,270 victims of Rape out of 24,206 reported Rape cases in the country. 10.6% (2,582) of the total victims of Rape were girls under 14 years of age, while 19.0% (4,646 victims) were teen-aged girls (14-18 years). 54.7% (13,264 victims) were women in the age group 18-30 years. However, 15.0% (3,637 victims) victims were in the age group of 30-50 years while 0.6% (141 victims) was over 50 years of age.

Offenders were known to the victims in as many as in 22,549 (94.2%) cases. Parents / close family members were involved in 1.2% (267 out of 22,549 cases) of these cases, neighbors were involved in 34.7% cases (7,835 out of 22,549 cases) and relatives were involved in 6.9% (1,560 out of 22,549 cases) cases.

Sexual Harassment

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Molestation

Incidents of Molestation (42,968 cases) in the country have increased by 5.8% over the previous year (40,613 cases). Madhya Pradesh has reported the highest incidence (6,665) amounting to 15.5% of total such incidences. Kerala has reported the highest crime rate (11.2) as compared to the National average of 3.6.

Kidnapping & Abduction

These cases have reported an increase (35,565 cases) of 19.4% during the year as compared to the previous year (29,795 cases). Uttar Pradesh with 7,525 cases has accounted for 21.2% of the

total cases at the National level. Delhi UT has reported the highest crime rate at 12.4 as compared to the National average of 2.9.

Domestic Violence And Dowry Deaths

Newspaper pages in south Asia are full of tales of domestic violence. In 2002, 450 honor killings were reported in Pakistan, 15,000 young brides are burnt to death every year in India, and 10 women a week are subject to acid attacks in Bangladesh (OXFAM 2004). Violence by intimate family members is one of South Asia's darkest legacies.

Forty percent of all sexual abuse cases in India is about incest. In a survey on violence against women in India, 94 percent of the cases involved an offender who was a member of the family (Naved 2004). The violence against women in South Asia often begins before birth. It is estimated the 50 million women are missing in India either through sex-selective abortions, female infanticide or female neglect. So much so that the sex ratio in certain states of India is very disturbing. There are 79.3 girls for every 100 males in the Punjab and 87.8 girls for every 100 males in Gujarat (OXFAM 2004:10).

Domestic violence rates in South Asia does vary from community to community and depends on the questions asked. A survey of 1,842 women in Uttar Pradesh and Tamil Nadu in India presented a rate of 40 percent of women interviewed stating they were victims of wife beating.

In Pakistan, a survey of 1,000 women indicated that 55 percent in the urban areas and 35 percent in the rural areas stated that they were victims of domestic violence. In Sri Lanka, one survey put the figure at 60 percent, another at 32 percent (UNIFEM 2004). They found that women died more from "injuries" in a given year than while giving birth – injuries, they say, "appear to be an indicator of violence against women".

Deaths from fire-related incidents is a major cause- each year more than 100,000 women are killed by fires in India. The researchers say many cases could be linked to demands over a dowry leading to women being set on fire.

In many cases, violence against women has a level of social acceptability. A government survey found 51 percent of Indian men and 54 percent of women justified wife beating.

The cases under this Act have increased (6,619) by 27.7% during the year 2011 as compared to the previous year (5,182 cases). 28.7% of cases were reported from Andhra Pradesh (1,899) followed by Karnataka (1210 cases) accounting for 18.3% of total cases at the National level. The highest crime rate of 2.5 was reported from Odisha as compared to 0.5 at the National level.

Torture (Cruelty By Husband & Relatives)

'Torture' cases in the country have increased (99,135 cases) by 5.4% over the previous year (94,041 cases). 19.9% of these were reported from West Bengal (19,772 cases). The highest crime rate of 21.6 was also reported from West Bengal as compared to the National rate at 8.2.

Importation Of Girls

An increase of 122.2% has been observed in Crime Head as 80 cases were reported during the year 2011 as compared to 36 cases in the previous year (2010). Madhya Pradesh (45 cases), Bihar (10 cases) and Karnataka (12 cases) have together contributed more than two-thirds of total such cases at the National level.

3. Answer any two of the following questions in about 300 words each :

a) Explain the status of children in the domain of Health and nutrition. 10

Physical maturation follows the same course for all children, although rates will differ between individuals. Post-natal growth spans three age periods: infancy, which is the first year of life; childhood, which extends from infancy to around 10 years of age; and adolescence, which is defined as between 10 to 18 years of age. Across all developmental stages, changes in body proportions and the mastering of fundamental motor skills are all part of biological maturation. Subsequently, these are also very sensitive to the nutritional status of the individual.

Cognitive development in children involves the maturation of higher mental functions such as **attention, memory, learning and perception**. During these years, optimal brain development has been shown to be associated with better academic ability (Nyaradi et al. 2013b). If cognitive development is positively influenced by nutrition then, conversely, **cognitive development is therefore vulnerable to dietary deficiencies** (Benton 2010).

The Effect of Nutritional Deficiencies

Child malnutrition includes **under-nutrition** and **over-nutrition**, both of which are deficiency diseases caused by inadequate nutrition (Ge & Chang 2001). During childhood, under-nutrition causes children to have **less energy and less interest for learning**, which negatively influences cognitive development and academic performance. Under-nutrition will also affect physical growth and maturation, thus affecting **growth rate, body weight and ultimately height**.

Obesity is a special form of malnutrition, as this type of diet is likely to have low nutrient-density as well as high fat and high carbohydrate content (Tanumihardjo et al. 2007). There is growing concerns of the prevalence of paediatric obesity, as this comes with an increased risk of developing **cardiometabolic disease in adolescence and adulthood**. Obesity in children also affects **confidence and competence during physical activity** and thus further compounds proper growth and development.

Evidence suggests that **the timing of nutritional deficiencies can also significantly affect growth and development**. For example, during the foetal stage, folic acid deficiency between

21 and 28 days after conception predisposes the foetus to a congenital malformation called neural tube defect. The childhood period is also very sensitive to dietary deficiencies, particularly as the brain is undergoing major structural and cognitive maturation.

Role of the Healthcare Professional

Primary healthcare professionals are ideally placed to identify those individuals who are malnourished. In the assessment of child malnutrition, healthcare workers should consider approved anthropometry measures such as **growth charts, body mass index, Z-scores, and skin fold thickness**. To measure the nutritional state of children, it is recommended to use a range of measures in order to comprehensively understand a child's nutritional state.

From macronutrients to micronutrients, the healthcare worker needs to effectively and safely advise parents and children about the importance of diet and nutrition. Dietary pattern and quality are obviously both very important, but so are the **macronutrient (carbohydrate, protein and fats) ratios and the presence of key micronutrients (vitamins, minerals, etc.)**. For the latter, important micronutrients include omega-3 fatty acids, vitamins such as vitamin B12, and minerals such as zinc and iron (Nyaradi et al. 2013a).

Skills and Knowledge

All healthcare professionals need a basic understanding of the role of nutrition in growth and development. Healthcare professionals should be encouraged to utilise the tools and resources that are currently available to identify and evaluate malnutrition in children. Once identified, it may be easier to **implement changes through dietary interventions** rather than wholesale changes.

Early life obesity has far reaching effects on the premature development of other diseases such as **osteoporosis, type 2 diabetes, metabolic syndrome, and liver disease** (Joliffe & Janssen 2007). The supply of friendly and practical advice that fosters good behaviours in parents and children should help to prevent paediatric obesity. However, **engagement needs to be as early as possible to prevent the inevitable obesity trajectory**.

Breakfast is also important. A child's glucose metabolism is higher than an adult's and the continuous supply of glucose to the brain is more important in children than it is in adults (Chugani 1998). Although there is a lack of studies showing the type, composition and portion size of an optimal breakfast that best benefits cognitive development, a carbohydrate-rich, low-glycaemic index breakfast may facilitate better cognitive performance in school.

Nutrition plays an important role in the growth and development of children, with a healthy diet synergistically enhancing physical and mental abilities. Malnutrition in children is detrimental to the development of their physical growth, cognitive abilities, and psychosocial skills, with multiple downstream effects in the short-term and long-term. Healthcare

professionals are ideally placed to have a frank, open, and respectful conversation with parents about child nutrition, and should be encouraged to do so.

b) Discuss the policies and programmes for development of girls. 10

The future of a country hinges on ensuring the generations to come are adequately represented, qualified and able to carry the mantle of development. As a nation, our past is rife with gender inequality but aiming to rectify that situation; the Government is taking steps to empower, educate and uplift the girl child.

Read on for a list of top Central and State Government policies and schemes that are targeted at improving the lives of girl child in India.

Schemes by the Central Government

Beti Bachao, Beti Padhao

Launched with initial funding of ₹100 crore the scheme aims to address the issue of the declining child sex ratio image (CSR) and is a national initiative run jointly by the Ministry of Women and Child Development, the Ministry of Health and Family Welfare and the Ministry of Human Resource Development.

Highlights

It's focused on multi-sector action in 100 districts across the country with a low CSR.

Aims at generating awareness about the importance of girl children and improving the efficiency of welfare services intended for girls in India.

Working towards preventing female infanticide.

Under the BBBP scheme, even district-level education officials must ensure that the benefit of free elementary education reaches all the girls in their area.

Sukanya Samriddhi Yojna

Part of the 'Beti Bachao, Beti Padhao' campaign, this Government of India backed saving scheme is targeted at the parents of girl children. The programme encourages them to build a fund for future education and marriage expenses for their female child. Parents can start saving early as the minimum amount of investment required is small, and the account is active for 14 years from the date of opening the account.

Highlights

It has tax benefits and an interest rate of 9.1%.

It is meant for girls under the age of 10 years.

You can start the account with just Rs 1,000.

The maximum deposit is Rs 1,50,000 per year.

Balika Samriddhi Yojna

This scheme was launched by the Government of India on 15th August 1997 and covered all girls born on or after 15 August 1997 who are below the poverty line. Aimed at offering financial aid to girl children born on or after 15 August 1997, the schemes key objectives include improving the enrolment and retention of the girl child in schools and helping raise daughters until their legal age of marriage. If successful, young girls will get an education that will help them with jobs to generate a steady income.

Highlights

Gift deposit of Rs 500 at birth and second fixed amount deposited every year of school she progresses until class 10.

Up to Class 3rd - Rs 300 per year

For Class 4 - Rs 500 per year

For Class 5 - Rs 600 per year

For Class 6 & 7- Rs 700 per year

For Class 8 - Rs 800 per year

For Class 9 & 10 - Rs 1000

Only one girl child per family can use this scheme.

CBSE Scholarship Scheme/Policy for Girl Education

This central government scheme is available at Government CBSE schools only. It is applicable for one girl child per family across India and aims to supplement the school tuition fee.

Highlights

Relaxation of Rs 500 per month in school tuition fee.

The girl should have scored at least 60% or 6.2 CGPA in her 10th board exams.

The girl child should be the single girl child of her parents.

Her school fees should not be more than Rs 1500 a month.

State Government Sponsored Schemes for Girl Child in India

Apart from the central government, the Indian State governments also actively offer several schemes that benefit girl children. Some of these include:

- Rajshri Yojna - Rajasthan
- Girl child protection scheme - Andhra Pradesh
- Sivagami Ammaiyar Memorial girl child protection scheme - Tamil Nadu.
- Ladli Laxmi Yojana - Madhya Pradesh.
- Ladli - Delhi & Haryana
- Mukhyamantri Laadli Yojna – Uttar Pradesh
- Mukhyamantri Kanya Suraksha Yojna - Bihar
- Ladli scheme - Haryana
- Kishori Shakti Yojana - Odisha
- MAMTA scheme for girl child - Goa
- Saraswati Bicycle Scheme - Chhattisgarh.
- West Bengal Kanyashree Prakalpa - West Bengal
- Bhagyalaxmi scheme - Karnataka

While many of these programs tackle the issue of savings and education, some like the Kishori Shakti Yojana also aim to educate adolescent girls about the importance of health care. Adolescent girls get access to current and updated healthcare initiatives and learn about good hygiene. As future mothers to be, knowing about 13 life-saving vaccines that the government provides free of cost and the importance of MMR, Polio and similar vaccination is integral to their health and reducing child mortality through vaccine-preventable diseases in the future.

4. Attempt any four of the following in about 150 words each:

a) Discuss briefly the recommendations and suggestions to empower women. 5

To recognize International Women's Day on March 8, here are seven easy ways to make a big difference in the lives of daughters, sisters, and mothers around the world — and right in our own neighborhoods.

1. Provide the ticket to education: clean water.

Did you know girls in poor communities often miss school because of a lack of clean water in their village? Instead of attending class, millions of girls and women around the world spend 200 million hours each day fetching water that is often dirty and dangerous to their health. Walk the average 6 kilometers they walk for water on Saturday, May 16, 2020, to help provide clean water and open the door to education for a young girl.

2. Support girls and women in crisis.

Millions of girls are subjected to abuse, child labor, trafficking, child marriage, and other offenses. Your gift will go where it's needed most, protecting girls and women by equipping skilled, local staff to offer training, education, counseling, medical care, small business loans, and other programs that reach women and girls as well as boys — helping to end cycles of gender-based violence.

3. Mentor a girl close to home.

A growing poverty rate, poor-performing schools, and teen violence make it tough to be a girl growing up in the United States. Reach out and influence the life of a young girl in your own community by volunteering as a tutor or mentor. One way to establish a mentorship is through Big Brothers, Big Sisters.

4. Invest in a small business owner.

Through World Vision microloans, you can connect with hardworking female entrepreneurs who are waiting to realize their dream of building or expanding a successful business. A small loan is all they need. Even better, when the loan is paid off, your donated funds are recycled again and again to help more people and make a bigger impact.

5. Use your voice to end preventable deaths of mothers and children.

Although incredible progress has been made over the last several decades, we can't stop speaking up. Nearly 2.6 million newborns around the world still die each year, about 1 million on their very first day of life; more than 300,000 women die annually due to complications during pregnancy or childbirth; and more than 15,000 children die every day, mostly from preventable and treatable causes such as pneumonia, diarrhea, and malaria. Congress listens to the emails and calls from you. Tell them to support the Reach Every Mother and Child Act (S.

1911, HR. 3706) to help implement a more efficient, sustainable approach for saving the lives of moms and children.

6. Help a new mom.

The first weeks of a newborn's life are the most critical. You can help save young lives around the world by giving a new mother the essential things like a bassinet, cloth diapers, blankets, a container for clean water, and soap. Your gift also provides life-saving infant care training. Know a new mom near you who might be feeling overwhelmed? Mothers of Preschoolers connects moms of young children all over the world to a community of women in their own neighborhoods who meet together to embrace the journey of motherhood.

7. Tell the women in your life that you care.

Empowering women starts right in our families, workplaces, and neighborhoods. Write a note of thanks to that teacher who encouraged you years ago, pick up coffee for that new mom in your office who's struggling to balance it all, or tell your own sister, daughter, or mother how much you appreciate them.

b) Explain in brief the programmes that ensure child rights in India. 5

Child Rights: A Gist

They are abandoned. They do not get a chance to step in a school. They are left to fend for themselves on the streets. They suffer from many forms of violence. They do not have access to even primary healthcare. They are subjected to cruel and inhumane treatments every day. They are children – innocent, young and beautiful – who are deprived of their rights.

In the history of human rights, the rights of children are the most ratified. The United Nations Convention on the Rights of the Child (UNCRC) defines Child Rights as the minimum entitlements and freedoms that should be afforded to every citizen below the age of 18 regardless of race, national origin, colour, gender, language, religion, opinions, origin, wealth, birth status, disability, or other characteristics.

These rights encompass freedom of children and their civil rights, family environment, necessary healthcare and welfare, education, leisure and cultural activities and special protection measures. The UNCRC outlines the fundamental human rights that should be afforded to children in four broad classifications that suitably cover all civil, political, social, economic and cultural rights of every child:

Right to Survival:

- Right to be born
- Right to minimum standards of food, shelter and clothing
- Right to live with dignity
- Right to health care, to safe drinking water, nutritious food, a clean and safe environment, and information to help them stay healthy

Right to Protection:

- Right to be protected from all sorts of violence
- Right to be protected from neglect
- Right to be protected from physical and sexual abuse
- Right to be protected from dangerous drugs

Right to Participation:

- Right to freedom of opinion
- Right to freedom of expression
- Right to freedom of association
- Right to information
- Right to participate in any decision making that involves him/her directly or indirectly

Right to Development:

- Right to education
- Right to learn
- Right to relax and play
- Right to all forms of development – emotional, mental and physical

Impact of the Convention of the Child Rights

A milestone in the international human rights legislation, the 'Convention on the Rights of the Child' has been instrumental in putting all the issues pertaining to children issues on the global as well as national agenda. In addition to this, it has extensively mobilized actions for the realization of the rights and development of children worldwide.

It was not an overnight initiative that resulted in the adoption of the Child Rights. It took several years of movements and activism on shaping favourable, positive and constructive attitudes toward children, and also inciting actions to improve their well-being. The enormous efforts involved toward the implementation of the Convention, the significant amount of resources committed to this cause, and the overall effectiveness of the systems put in place for the execution process have a bearing on the success of child well-being outcomes.

Over the last 20 or so years, implementation of the Convention and its effect on child well-being varied from country to country and from one region of the world to the other. Based on analysis, there has been outstanding progress at a global level in addressing the issues related to children. These include progress in access to services, reaching their fullest potential through education, enactment of laws that upholds the principle of the best interests of child, and child survival.

Though a noteworthy progress has been achieved, yet in developing countries, particularly India, there is still a long way to go in realising the rights of children. Though all the relevant rules and policies are in place, there is a lack in enforcement initiatives. As barriers, there are several factors that forbid effective implementation of the laws. Due to relatively low success in achieving concrete child development outcomes in India, the condition of underprivileged kids and underprivileged youth is harsh and needs urgent attention. There is a need to intensify efforts for children welfare at all levels to implement the rules and provisions of the Convention and contribute to create a world suitable for children.

c) Describe the concept of family and its emerging trends in the changing context. 5

Family structures of some kind are found in every society. Pairing off into formal or informal marital relationships originated in hunter-gatherer groups to forge networks of cooperation beyond the immediate family. Inter-marriage between groups, tribes, or clans was often political or strategic and resulted in reciprocal obligations between the two groups represented by the marital partners. Even so, marital dissolution was not a serious problem as the obligations resting on marital longevity were not particularly high.

One Parent Households

One recent trend illustrating the changing nature of families is the rise in prevalence of single-parent families. While somewhat more common prior to the twentieth century due to the more frequent deaths of spouses, in the late nineteenth and early twentieth centuries, the nuclear family became the societal norm in most Western nations. But what was the prevailing norm for much of the twentieth century is no longer the actual norm, nor is it perceived as such.

In the 1960s and 1970s, the change in the economic structure of the United States —the inability to support a nuclear family on a single wage—had significant ramifications on family life. Women and men began delaying the age of first marriage in order to invest in their earning power before marriage by spending more time in school. The increased levels of education among women, with women now earn more than 50% of bachelor's degrees, positioned women to survive economically without the support of a husband. By 1997, 40% of births to unmarried American women were intentional and, despite a still prominent gender gap in pay, women were able to survive as single mothers.

Cohabitation

Cohabitation is an intimate relationship that includes a common living place and which exists without the benefit of legal, cultural, or religious sanction. It can be seen as an alternative form of marriage, in that, in practice, it is similar to marriage, but it does not receive the same formal recognition by religions, governments, or cultures. The cohabiting population, although inclusive of all ages, is mainly made up of those between the ages of 25 and 34. In 2005, the U.S. Census Bureau reported 4.85 million cohabiting couples, up more than 1,000% from 1960, when there were 439,000 such couples. More than half of couples in the United States lived together, at least briefly, before walking down the aisle.

Childfree Couples

Voluntary childlessness in women is defined as women of childbearing age who are fertile and do not intend to have children, women who have chosen sterilization, or women past childbearing age who were fertile but chose not to have children. Individuals can also be “temporarily childless” or do not currently have children but want children in the future. The availability of reliable contraception along with support provided in old age by systems other than traditional familial ones has made childlessness an option for some people in developed countries. In most societies and for most of human history, choosing to be childfree was both difficult and undesirable. To accomplish the goal of remaining childfree, some individuals undergo medical sterilization or relinquish their children for adoption.

d) What do you understand by parenting styles? 5

One of the interesting things about being a parent is that there is great variation in how we raise our children. At the same time, there are many commonalities from one parent to another. In fact, there is enough similarity that researchers have tried to group parents into four common parenting styles.

Your parenting style refers to the combination of strategies that you use to raise your children. The work of Diane Baumrind in the 1960s created one commonly-referenced categorization of parenting styles. The four Baumrind parenting styles have distinct names and characteristics:

- Authoritarian or Disciplinary
- Permissive or Indulgent
- Uninvolved
- Authoritative

These Baumrind parenting styles are United States-centric and it is not clear how well these styles describe parents cross-culturally. Each parenting style varies in at least four areas: discipline style, communication, nurturance, and expectations.

Baumrind Parenting Styles: Four Types of Parenting

Authoritarian Parenting

Authoritarian parents are often thought of as disciplinarians.

- They use a strict discipline style with little negotiation possible. Punishment is common.
- Communication is mostly one way: from parent to child. Rules usually are not explained.
- Parents with this style are typically less nurturing.
- Expectations are high with limited flexibility.

Permissive Parenting

Permissive or Indulgent parents mostly let their children do what they want, and offer limited guidance or direction. They are more like friends than parents.

- Their discipline style is the opposite of strict. They have limited or no rules and mostly let children figure problems out on their own.
- Communication is open but these parents let children decide for themselves rather than giving direction.
- Parents in this category tend to be warm and nurturing.
- Expectations are typically minimal or not set by these parents.

Uninvolved Parenting

Uninvolved parents give children a lot of freedom and generally stay out of their way. Some parents may make a conscious decision to parent in this way, while others are less interested in parenting or unsure of what to do.

- No particular discipline style is utilized. An uninvolved parent lets a child mostly do what he wants, probably out of a lack of information or caring.
- Communication is limited.
- This group of parents offers little nurturing.
- There are few or no expectations of children.

Authoritative Parenting

Authoritative parents are reasonable and nurturing, and set high, clear expectations. Children with parents who demonstrate this style tend to be self-disciplined and think for themselves. This style is thought to be most beneficial to children.

- Disciplinary rules are clear and the reasons behind them are explained.
- Communication is frequent and appropriate to the child's level of understanding.
- Authoritative parents are nurturing.
- Expectations and goals are high but stated clearly. Children may have input into goals.

5. Write short notes on any five of the following in about 100 words each:

a) Gender 4

Gender is the range of characteristics pertaining to, and differentiating between, masculinity and femininity. Depending on the context, these characteristics may include biological sex (i.e., the state of being male, female, or an intersex variation), sex-based social structures (i.e., gender roles), or gender identity. Most cultures use a gender binary, having two genders (boys/men and girls/women); those who exist outside these groups fall under the umbrella term non-binary or genderqueer. Some societies have specific genders besides "man" and "woman", such as the hijras of South Asia; these are often referred to as third genders (and fourth genders, etc).

Sexologist John Money introduced the terminological distinction between biological sex and gender as a role in 1955. Before his work, it was uncommon to use the word gender to refer to anything but grammatical categories. However, Money's meaning of the word did not become widespread until the 1970s, when feminist theory embraced the concept of a distinction between biological sex and the social construct of gender. Today, the distinction is followed in some contexts, especially the social sciences and documents written by the World Health Organization (WHO).

In other contexts, including some areas of the social sciences, gender includes sex or replaces it. For instance, in non-human animal research, gender is commonly used to refer to the biological sex of the animals. This change in the meaning of gender can be traced to the 1980s. In 1993, the US Food and Drug Administration (FDA) started to use gender instead of sex. Later, in 2011, the FDA reversed its position and began using sex as the biological classification and gender as "a person's self representation as male or female, or how that person is responded to by social institutions based on the individual's gender presentation."

The social sciences have a branch devoted to gender studies. Other sciences, such as sexology and neuroscience, are also interested in the subject. The social sciences sometimes approach gender as a social construct, and gender studies particularly do, while research in the natural sciences investigates whether biological differences in males and females influence the development of gender in humans; both inform debate about how far biological differences influence the formation of gender identity. In some English literature, there is also a trichotomy between biological sex, psychological gender, and social gender role. This framework first appeared in a feminist paper on transsexualism in 1978.

b) Women and poverty 4

Poverty can increase violence. Particular groups of women, including women and girls living in poverty, face multiple forms of discrimination, and face increased risks of violence as a result. Studies show that poor girls are 2.5 times more likely to marry in childhood than those living in the wealthiest quintile.

Women and girls living in poverty are more vulnerable to sexual exploitation, including trafficking. And those who experience domestic or intimate partner violence have fewer options to leave violent relationships, due to their lack of income and resources.

To address such issues, UN Women runs programmes to empower women economically and lift them out of poverty, as well as strengthen social services for survivors and increase awareness of their rights.

c) Violence against women 4

Violence against women and girls (VAWG) is among the most universal and pervasive human rights violations, affecting at least a billion women across the globe. Recent estimates suggest that approximately 35 percent of women worldwide have experienced physical and/or sexual violence from their partners, or non-partner sexual violence – just a few of the highly prevalent forms of violence. VAWG takes many forms, including physical and emotional abuse, forced and unwanted sex, early and forced marriage, female genital cutting, trafficking and deprivation of resources and rights. Women and girls face violence at home, in school, on the street, at work, on public transportation and online. They experience violence in times of peace and times of conflict or war. The risk is intersectional, meaning that some women and girls face heightened risk of experiencing physical or sexual violence, including those married before age 18, living in conflict and fragility, with low levels of education or who are sexual and gender minorities. VAWG incurs very high costs for individual women, their families and whole communities, stymying progress to achieving development goals. The good news is that VAWG is preventable, and emerging research is beginning to demonstrate the most effective ways to stem the cycle of violence. Several strategies are showing success, including those that change the acceptability of violence, address violent masculinity and transform gender dynamics within households and communities.

e) Gender roles 4

A **gender role**, also known as a **sex role**, is a social role encompassing a range of behaviors and attitudes that are generally considered acceptable, appropriate, or desirable for people based on their actual or perceived sex. Gender roles are usually centered on conceptions of masculinity and femininity, although there are exceptions and variations. The specifics regarding these gendered expectations may vary substantially among cultures, while other characteristics may be common throughout a range of cultures. There is ongoing debate as to what extent gender roles and their variations are biologically determined, and to what extent they are socially constructed.

Various groups, most notably the masculist and feminist movements, have led efforts to change aspects of prevailing gender roles that they believe are oppressive or inaccurate.

The term gender role was first used by John Money and colleagues in 1954, during the course of his study of intersex individuals, to describe the manners in which these individuals expressed their status as a male or female in a situation where no clear.

g) UNICEF

The **United Nations Children's Fund (UNICEF)**, originally known as the **United Nations International Children's Emergency Fund**, was created by the United Nations General Assembly on 11 December 1946, to provide emergency food and healthcare to children and mothers in countries that had been devastated by World War II. The Polish physician Ludwik Rajchman is widely regarded as the founder of UNICEF and observed as its first chairman from 1946 to 1950, when he had to flee the United States in the wake of McCarthyism. Rajchman is to this day the only person that served as UNICEF's Chairman for longer than 2 years. On Rajchman's suggestion, the American Maurice Pate was appointed first executive director, serving from 1947 until his death in 1965. In 1950, UNICEF's mandate was extended to address the long-term needs of children and women in developing countries everywhere. In 1953 it became a permanent part of the United Nations System, and the words "international" and "emergency" were dropped from the organization's name, though it retained the original acronym, "UNICEF".

Funds

UNICEF relies on contributions from governments and private donors. UNICEF's total income for 2015 was US\$5,009,557,471. Governments contribute two-thirds of the organization's resources. Private groups and individuals contribute the rest through national committees. It is estimated that 92 percent of UNICEF revenue is distributed to program services. UNICEF's programs emphasize developing community-level services to promote the health and well-being of children. UNICEF was awarded the Nobel Peace Prize in 1965, the Indira Gandhi Peace Prize in 1989 and the Prince of Asturias Award of Concord in 2006.

OFFICES

Most of UNICEF's work is in the field, with a presence in 192 countries and territories. UNICEF's network of over 150 country offices, headquarters and other offices, and 34 National Committees carry out UNICEF's mission through programs developed with host governments. Seven regional offices provide technical assistance to country offices as needed.

UNICEF's Supply Division is based in Copenhagen and serves as the primary point of distribution for such essential items as vaccines, antiretroviral medicines for children and mothers with HIV, nutritional supplements, emergency shelters, family reunification, and educational supplies. A 36-member executive board establishes policies, approves programs and oversees administrative and financial plans. The executive board is made up of government representatives who are elected by the United Nations Economic and Social Council, usually for three-year terms.