

Rajarshi Shahu Mahavidyalaya (Autonomous), Latur

Academic Year (2021-2022)

Department of Computer Science

Summary Report

1) Title of Programme	One Day National Webinar on “Reproductive Choice of Women: A Fundamental Right”		
2) Name of Organizing Department/Unit	Department of Computer Science		
3) Name of Coordinator/Convener/Organizer	Dr. R. R. Londhe		
4) Date Of Programme	27 th October, 2021		
5) Venue:	Department of Computer Science		
6) Target Group	All the girls students from Science, B. Voc., Commerce and Arts Department		
7) Number of participants:	Male	Female	Total
	-	Registered -362 Attendees - 400	762
8) Names and Details of Resource Person if any:	<ol style="list-style-type: none">1. Dr. Mrunalini Fadanvis (Vice Chancellor, Punyashlok Ahilyadevi Holkar Solapur University)2. Dr. Gyanmudra (Professor & Chairperson School of general Studies, Tata Institute of Social Sciences, Hyderabad)3. Dr. Jyoti Bhakare (Head, Department of Law, Savitribai Phule Pune University, Pune)		
9) Total Expenditure for the Programme:	Rs.30,000		
10) Source of funding	National Commission for Women, New Delhi		

Title: One Day National Webinar on
“Reproductive Choice of Women: A
Fundamental Right”

Organizer: Dr. R. R. Londhe

Date: 27th October, 2021

Venue: Department Of Computer
Science

(Online)

Introduction:

A highly informative one day National Webinar on “Reproductive Choice of Women: A Fundamental Right” was conducted. It is organized by Department of Computer Science with the support of National Commission for Women, New Delhi on 27th October, 2021.

Inaugural Function:

The webinar was started with the introduction of Chief Guest, Guest of Honour and prominent speakers. The introduction part was done by Dr. Renuka Londe.

Chief Organizer’s addressable speech:

Principal Dr. Mahadev Gavhane and Chief Organizer of Rajarshi Shahu College (Autonomous), Latur has welcomed the Chairperson and Chief Guest of this Webinar and appreciated the work of the National Commission for women, Delhi.

He also stated that India is the first of many countries to develop a legal and policy framework to guarantee access to abortion and contraception. He also specified Most child marriages have taken place during this pandemic. Even today, in India, we see that child marriage and maternal mortality rates are around 20% in practice and globally and so there are many different international agreements on all these issues, even though India has backed them. This law has not been enforced. These rights do not extend to girls or women as far as women are concerned, the United Nations or human rights organizations have repeatedly raised the concerns with the Indian Government about these reproductive rights violations.

Chief Organizer of this Webinar Dr. Mahadev Gavahne addressed that Women must have women's rights. The right to reproductive is known as the right to health. The Supreme Court has also ruled in favour of the right to health of women and the various decisions of the Supreme Court in the matter of such rights, such as the ruling of the Supreme Court against Suchita Srivastava and others. And concluded his speech with giving thankful message to both the National Commission for Women and the State Commission for Women for encouraging us to organize such workshops, webinars, seminars, conferences every year. And of course, all these participants benefited from the webinars organized by this

organization. It will definitely make them aware of their rights and even if this awareness is created through this medium then this Webinar is a success.

Dr. Mrunalini Fadanvis Addressable Speech:

Chief Guest Dr. Mrunalini Fadanvis welcomed Chairperson Dr. Gopalraoji Patil, Guest of Honour Chief Organizer Dr. Mahadev Gavahne Webinar's Coordinator Dr. Renuka Londhe. Dr. Mrunalini Fadanvis has appreciated and congratulated the great progress of Rajarshi Shahu Mahavidyalaya (Autonomous) college, Latur.

She stated that Reproductive Choice of Women: A Fundamental Right nobody can deny that this right is supposed to be very important right. She also addressed that, when government is saying something for the development of women like "Beti Bachao, Beti Padhao" it means bachao is a part of reproductive choice. Many studies also the health studies which have been done in different universities, shows that women empowerment is hampered at the birth place and this is the problem of our society.

Dr. Fadanvis addressed that Birth right is not given to women which is very dangerous situation and quoted that women is not considered as a human being and this issues are raised by United Nations with the Millennium Development Goals (MDGs) and now this is shifted to Sustainable Development Goals (SDGs) of Gender Issues in 2015 which is very important area that how sustainability is possible in any country when the women rights are given to herself. Also explained the chapter-V of Sustainable Development Goals (SDGs) which shows that women have so many rights among that the birth right, reproductive rights.

Dr. Mrunalini Fadanvis concluded the speech by giving the examples of various states to understand the importance of these reproductive rights of women. In Haryana, Punjab and the areas where the birth rate of women drastically low which has been showing that per 1000 men 881 girl child is taking birth. In such areas one of the survey has been taken by the central government with the group of progressive mind of Men and Women who moved around these states by telling people that birth of girl child is equally important as a male child birth and by this survey the birth rate of girl child was drastically upgraded and now at present this rate is 921. Also gave the example of Kerala State, where the birth rate per 1000 men around 1121 girl child.

Dr. Mrunalini enlightened that our society should be framed like everyone's growth, everyone's thinking and everyone's prospects which lie on the equality of the system and the day will come that the growth of economy will be very higher as economic empowerment is also important.

Chairperson's presidential Address:-

Chairperson Dr. Gopalraoji Patil welcomed all the delegates. and did immense welcome of Dr. Mrunalini Fadanvis. Dr. Gopalraoji Patil told that common people don't understand the reproductive choice of women and therefore this needs to be elaborated. He also briefed that more than 50% of population is reside in rural areas, even in urban areas certain traditional things are done which inhibit the thought of women's rights.

Dr. Patil emphasised that Even in today's era also some people don't want girl child which is a traditional outlook because people feel that there is no liberation without male child born in the family and this thinking has gone deeper in the society and therefore our outlook fundamental is something different Such ideas are so ingrained in the society that they are not ready to think other than that and this change is very important. If the attitude of the society changes then we become successful.

Dr. Gopalraoji Patil quoted that without taking the permission of women their girl child is aborted. He also stated that, how well-known doctors perform the prenatal diagnosing of sex determination test without bothering the law & how brutally doctors perform abortion of girl child after that. So much injustice is done to these women that our country has no choice but to endure it. No matter how much POSCO law was enforced, this law would be violated. This real question cannot be dealt with unless you make a fundamental change in people's mind set. However, it is necessary to create awareness among the new generations by taking such webinars, workshops, seminars that require efforts.

Dr. Gopalraoji Patil concluded his speech by saying that "Change is Law" and gave the outlook of Indian Society. India is a patriarchal culture and what matters in this society is the male child. And all these things are happening here because people have given unnecessary importance to the male child. There is a need in the society to create awareness through such Webinars, Workshops so that this does not happen such things have to stop.

Session I:

Invited Talk I: Gender and Reproductive Behaviour

Resource Person: Dr. Gyanmudra (Professor and Chairperson School of gender studies, Tata Institute of Social Sciences, Hyderabad).

Dr. Gyanmudra has welcomed all the dignitaries and appreciated the work of department of computer science of Rajarshi Shahu Mahavidyalaya (Autonomous), Latur.

Dr Gyanmudra started with the explanation of why gender and reproductive behaviour for which people have to think and discuss. Gender is not a natural phenomenon but it is socially constructed roles, behaviours, activities and attributes that a particular society considers appropriate for men and women. She emphasized that it identifies the relationship between men and women in the context of power relations which touches social and economic activities, which also talks about the access and control over the resources and decision making authority that gender have. Gender relations can be changed by the respective society in particular area.

Dr. Gyanmudra explained that society should know the distinct roles and behaviour of men and women in a given culture dictated by the culture gender norms and values given rise to gender differences and probably the society would understand the kind of inequalities which is prevailing in our society. As gender inequalities is difference between men and women which systematically empower one group to the detriment of the other and gave the example that women do more housework than men. Both gender differences and gender inequalities can give rise to inequalities between men and women in health status and access to health care. Gender differs from sex which refers to the biological and physical differences between men and women.

She further explained that Gender equality means equal treatment of women and men in laws and policies and equal access to resources and services within the society, this is what Constitution says but reality is very much different. She quoted regarding gender male discrimination which means that the distinction, exclusion or restrictions made on the basis of socially constructed gender norms which prevent the person from enjoying the full power. Keeping these in mind how the gender roles are taken for granted which is reflected in family structures, household responsibilities, labour markets, schools, health care system, Laws, public policies, the influence of gender is similar in strength to religion, race, social status and wealth.

Dr. Gyanmudra briefed about the gender roles begin at birth and span a lifetime, very young boys and girls learn from their families and peers how they are expected to act. She enlightened that the right to health is acknowledged internationally as a Universal Human Right. Reproductive health increasingly become a part of national-international development across the globe. Reproductive health and sexual health were first defined in the Programme of Action of the 1994, United Nations International Conference on population and Development(ICPD). From then onwards action have been taken in our country also, from a legal standpoint, India is a prochoice country with conditional abortions legal for women who are 18 years or older.

She further elaborated that The reproductive health or sexual health which denote the health of individuals reproductive system during all stages of life. A state of complete physical, mental and social well-being and nor merely the absence of disease or infirmity, in all matters relating to the reproductive system and to its functions or process. Reproductive health is centred on human needs and development throughout the lifecycle. It involves all the components which are strongly inter-related and this concept is not limited to women alone, men too have reproductive health needs. She again stated that Reproductive Health therefore implies that people will be able to have safe and satisfying sex life and that they will have the capability to reproduce and freedom to decide if when, and how often to do so.

Dr. Gyanmudra briefed about Reproductive Health Care prevailing in our country which would have old paradigm before International Conference on Population and Development -1994 focused mainly on the family planning, maternal care, child health care then government found that during the ICPD paradigm shift which particularly in 1994 Cairo and also the fourth world conference on women, held in Beijing in 1995 which has given a good understanding on these gender issues including Reproductive and Sexual Health. And to move beyond a narrow focus on family planning to a more comprehensive program of integrating population and health activities that would help individuals to meet their Reproductive Health. During this ICPD paradigm shift the family planning services, interrelation of Reproductive Health with policies and then it started improving on women's inequality in Education, Health, Economic opportunities, many schemes and policies related to empowerment of women are also launched by the country.

She entitled the special focus on fulfilling women's health needs, safeguarding their reproductive rights and involving men as equal partners in meeting the goal of responsible parenthood. ICPD paradigm gave very significant move and the shift has taken place and given as a couple goal and shift to right based approach. She also explained the dimension of Reproductive health i.e. Sexual Health which means that people should be able to have safe and satisfying sex lives. Gender relations should be able to equal, responsible and manually respectful.

Dr. Gyanmudra explained some of the Reproductive Rights which every men and women should know. The right to decide the marriage and number of children, The right to well-being throughout life for all matters, relating to reproductive health, The right to responsible, healthy, safe and satisfying sex life, The right to have unrestricted access o information in order to make informed choice and The right to have safe, effective, affordable family planning methods of choice apart from this it is also important The right to safe pregnancy and birth, The right to be free from sexual violence and assault, The right to privacy in relation to Reproductive Health and unwanted pregnancy apart from that the responsible and empowered young man Reproductive Health Rights are not possible to achieved alone, it is partnership with one or more people.

She stated the Reproductive Rights includes their right to make decisions concerning reproduction free of discrimination, coercion and violence, as expressed in human rights documents. And also need to know the Sexual Rights which includes the human rights of men and women to have control over and decide freely and responsibly on matters related to their sexuality, including Sexual and Reproductive Health, free of coercion, discrimination and violence. She further explained the components of Reproductive Health which starts with Family Planning, Safe Motherhood, including breastfeeding, Prevention and Treatment of

STIs and reproductive tract infections, Adolescence Reproductive Health, Prevention and Management of the consequences of abortion, Prevention and appropriate treatment of infertility, Active discouragement of harmful practices.

Dr. Gyanmudra explained the lifecycle approach to Reproductive Health includes the cycle from Infancy and Childhood (0-9yrs)- includes how sex selection takes place, Genital cutting, Discriminatory nutrition, Discriminatory health care, Gender identity/modelling, Aggression, Education. Adolescents (10-19yrs) includes early child bearing, Abortion, Under nutrition-macro & micro, Rising trend of substance abuse, physiological changes in body, Secondary sex characteristics, Violence/Abuse, Gender discrimination. Reproductive years (20-44yrs) include unplanned pregnancy, pregnancy complications, malnutrition, and contraception. Post Reproductive Years (45+ yrs.) includes cardio-vascular diseases, Gynaecological cancers, Osteoporosis, Diabetes, Sexual dysfunction, Sub fertility/infertility, Menopause. Lifetime health problems are faced such as Gender Violence, certain occupational and environmental health hazards, Depression.

She emphasized on right based approach, to attain the highest standard of Sexual and Reproductive Health throughout the life cycle. It is important that reproductive self-determination include Right to voluntary choice in marriage, Right to decide freely the number, timings and spacing of children and to have means to do so. Sexual and Reproductive security including freedom from sexual violence and coercion. Equality and equity for men and women in all spheres of life.

Dr. Gyanmudra further stated about Reproductive Health Interventions specially for females such as preconception care, Family life education, Antenatal care and nutrition, delivery and postnatal care, Reproductive tract infections (RTI) care, Reproductive cancer treatment, Sexual Health, other reproductive function. This Reproductive Health Interventions are not only for women but also important for men which includes preconception care, Adolescent Health, Male involvement in Antenatal care, Delivery and Postnatal care of women, Reproductive tract infections (RTI) care, Reproductive cancer treatment, Sexual Health.

There are some Harmful Traditional Reproductive Health Practices are prevailing in the country. Such as Early marriages which damages the women health, Female Genital cutting(FGC), Dietary and other restrictions during pregnancy, Heavy work during pregnancy, withholding colostrum's from new born. Gender perspective in Reproductive Health include A Life Cycle Model in which Sex Selection-abortion-infanticide, the kind of value give to the girl child, biological vulnerability. A Life Cycle Model have pre-puberty situation which has conditioning to gender roles, Nutrition-Education-Abuse-Violence-Work allocation, Child Pornography, Child Prostitution. At puberty level various issues have been occur such as Menarche, Virginity, Pregnancy, violence, Gender role conditioning, Abuse. Then early teens also have similar kind of issues, Young Adulthood where the gender roles internalized which needs to be practised by culture.

Dr. Gyanmudra also highlighted few more issues that is the kind of choices or rights that every Indian Women should have access to never mind societal, judgement or criticism.

Every Indian woman must have

- Right to Sex Education which is ideally be provided in early years of puberty to help girls and boys deal with their changing bodies and not associate any negative feelings with it.
- Right to accessing contraception options affordably - Contraception is method to prevent pregnancies and there are various types of contraception methods available and that choice and freedom is given to the individuals.
- Right to refuse Sterilisation or undergo safe Sterilisation – Sterilisation is long term contraceptive procedure that can either be reversible or permanent.
- Access to various options for treating infertility.
- Right to Choose Abortion – the most controversial aspect of Reproductive Rights of Women is abortion. Abortion is the procedure where the foetus a women is carrying is removed in an effort to end the pregnancy.
- Right to say No to Abortion (Female Infanticide) – In India Female infanticide is a big problem when it comes to reproductive choices of women. In certain parts of the country, women are forced to undergo abortions when illegally obtained sonography reports state that the child is female.
- Right to Abort regardless of Foetal age, if women’s life is in danger – while abortion is legal till 20 weeks into the pregnancy, abortion after 20 weeks requires the medical reports of two doctors.

Dr. Gyanmudra briefed about some National initiatives on Gender and Reproductive Health. Like-

- The family Welfare Programme: Community needs Assessment Approach since 1997: a decentralized participatory planning strategy.
- The National Health Policy: Increase access to women to basic health care and highest priority to programmes relating to women’s health.
- The Reproductive and Child Health (RCH) Programme: It has been divided into two phases.
First Phase (1997-2003)
Second Phase (starting 2005) which aims at the
Reduction of maternal and infant mortality
Diagnosis and treatment of RTI/STI.
Gender mainstreaming and health equity.
Male participation strategy.

She further described the strategies envisaged under the Reproductive and Child Health (RCH) which include:

- Empowerment of women
- Holistic approach to health needs
- Enhancement of men’s responsibility
- Quality of care
- Wide and comprehensive range of services
- Information and Education
- Reaching out to men

Dr. Gyanmudra gave the information regarding violence against women actions. Such as country is working on:

- Women police stations which have been set up in all states
- Voluntary action bureaus and family counselling centres in police stations
- Rehabilitative services are also provided
- Family courts in some states to adjudicate cases relating to maintenance, custody and divorce.
- The Parivarik Mahila Lok Adalat an alternative justice delivery system which provides speedy justice to women.
- Swadhar by National Commission for Women (NCW) is a scheme for holistic rehabilitation of women in difficult circumstances.
- The protection of women from Domestic Violence Act, 2005
- Nirbaha Fund allocated to every state- Sakhi One Stop Centre

She also mentioned the benefits of addressing men's in Reproductive Health.

- Increase societal awareness of men's needs.
- Improve the provision of information and services men need to protect their own health and that of their family.
- Expand the scope of services available for men and women.
- Reduce unintended pregnancies and sexually transmitted infections.
- Promote healthier pregnancies and better parenting

Dr. Gyanmudra gave some directions to achieve Gender Equality, which can be achieved by-

- Educating girls
- Increasing literacy rates among girls
- Increasing early childhood development interventions
- Increasing women's labour force participation and strengthening labour policies affecting women
- Improving women's access to credit, land and other resources
- Promoting women's political rights and participation
- Expanding reproductive health programs and family support policies

Conclusion:

- Reproductive health services must be offered to incarcerated women. Such interventions will benefit the women, the criminal justice systems, and the communities to which the women will return.
- Reproductive health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity, in all matters relating to the reproductive system and to its functions and processes.

Session-II

Invited Talk II: Health and Motherhood

Resource Person: Dr. Mrunalini Fadanvis (Vice-Chancellor, Punyashlok Ahilyadevi Holkar Solapur University, Solapur)

Dr. Mrunalini Fadanvis started the session by saying “Health of any country depicts in the Health of People”. Health is the most important parameter to determine the health of the country. Health is just a misconception that we should take care if we start a work somewhere or our health ever deteriorates. We should take care of this every day, then only we get cumulative health. In the time to come, we want to create that daily intake, daily system which we are supposed to take care should be very strong. Our short term thinking will be useful for our long term health and motherhood system. Also due to motherhood some things are getting restricted should have to removed from our mind set. Unfortunately in India Health is very much poor factor.

Dr. Fadanvis further explained that we all have the right to sustainable development and Reproductive is a part of this development and this is everyone’s running part. If health is going in all respects then women can enjoy their motherhood. Women’s health and education in central India have very low literacy rate but it does not effect on health factor. As for good health only require is common sense, common health and if you are educated then you can understand better, you can perceive your all issues in much better way. Education is important but even without education one can try to take care of things like health in a very good manner.

She further emphasized some diseases which frequently identified in women such as Anaemia and 77% prevailing in women.

Dr. Mrunalini briefed some steps to have a good health

- Anaemic level should be more than 12%
- If the anaemic level is very low then women should have to take a better treatment so that women’s future life including motherhood will be healthy.
- Women should not have to significated by giving birth to child but also women should have to keep her health very strong lifetime and must have family contribution.

Naturopathy is a base of India. as every women have to take away some things from their kitchen. Such as:

- Non-Stick material which is highly damaging due to their highly used chemicals in that. Which will definitely help you to gain your Anaemic condition in better way.
- Thin plastic coated material
- Should have to avoid aluminium vessels also

For this she gave the solution that women should use steel or glass or iron vessels while working in the kitchen. Iron vessels help the women to reach their iron content naturally in their food, naturally along with their food content.

Now a days among young girl, the ratio of breast cancer, various types of kidney cancers, uterus cancers are increasing and the best way to overcome with such diseases, women should have to keep their kitchen healthy. They should make their kitchen eco-friendly, make their kitchen safe. Ecosystem of the kitchen should be based on the natural resources not with the artificial resources. And automatically every woman's anaemic level will be improved.

As per the research done by the Japanese Scientists, if new born female child and new born male child were kept hungry for particular period then the retention capacity of male child will decline more as compared to the female child. It means that women have a nature's gift that she is more robust than male. Women can tolerate many things and this capacity is given by the nature. So every woman has to strengthen their capabilities.

Westernisation culture is imbibed on everyone. Now a days everyone likes the fast food which is very harmful for body system. Everyone should avoid the fast food, Dr. Fadanvis gave the example which has been published in Times of India, the story is about a lady who wanted to celebrate a special occasion. So she bought a cake from the well known bakery in the city. And decided to celebrate the moment but suddenly, she got an emergency call and she had to move out of the city for few days and she was in hurry and the cake was remains on the table. After 10-12 days, when she came back, she saw that the cake was still on the table and surprisingly it wasn't melt or damaged like other edible items. This made her very curious and questions herself why that cake hasn't melted yet. As she was scientist and decided to find out the reason. So she put the cake on the stove and began heating it. As the heat went on she realised that it was the plastic which was melting. She was shocked to know that such plastics are getting used in cakes to make their appearance better. Consuming plastic is injurious to human health but still such use of plastic in edible items increasing day by day. So she inculcated the moral of the story that everyone need to shift organic food as much as everyone can and avoid outside fancy looking fast food. if such food is consumed then it will be harmful for our next generation also. Such bakery products are selling in a wrong way. Milk is also sold in a wrong way, therefore everyone have to be careful about their health. Intake of food such food becomes cancerous to the body.

When women is thinking of their married life, thinking of their family planning then they should avoid to take a fast food. United Nations' Sustainable Development Goals (SDGs) has also taken a look on the women's cancer related issues. Even though a lot of laws, policies have been made but care has to be taken to women herself only. She also suggested some remedies for growing the anaemic level such as intake of dry-fruits, jaggery. Americans also giving the message that everyone should avoid the cubic sugar it reduces level of Haemoglobin also damages the calcium, phosphorus level of human being. So food intake should be come from little things form the house and should live a better life. She gave the message that don't run towards the modernisation culture instead of assimilate the natural resources.

Dr. Mrunalini Fadanvis discussed the bone related issues such as fragile bone or osteoporosis is a very important part of body system. The ratio of breaking the bones in women is very high; every woman have to think on that. Ever since when women come to understand at the age of 10 or 15 or 18 have to assimilate these things. Some human beings take more sugary products which have been preserved by adding more sugar then such products will affect bones. As long as you are young nothing will happen to you but unfortunately it is started in young students so everyone should very careful. So till the age of

25 we should have to keep our bones strong which will be till the age of 70-80. If bones are not strong especially at the time of motherhood no matter how many calcium pills you are taking, the damaged part will take some time to recover, probably wrongly repair.

Dr. Fadanvis has taken a survey on unwed mothers in Yawatmal District of Maharashtra State and observed that the tribal women have better health than the modern women. Because all the natural or raw resources are taken by the tribal women and no modernisation effect is existed. The women who have lack of calcium and phosphorous or have a osteoporosis, such women have to take care of this. Source of Vitamin D is sun, as much as human being lives in air conditioner environment that is how bones become fragile and weak. And also done the research that the people who live on the farm are stronger than the people who live in cities. So therefore everyone should sit and relax in the scorching sun for at least 20 minutes, which gives the Vitamin D.

She gave the mantra that “Safety is gainful” The more you protect yourself, the better your life will be. If everyone is taking a good food, doing exercises, taking vitamin D in proper way then your life would be better than the tablets you are taking and it can become your lifelong system, which would support you at various situations. At the time menstruation also women should intake the calcium in excess also the proper intake of food, fruits. So women herself become strong. She gave the example that, People who travel by plane are advised that if the plane comes down to water level, its pressure decreases. The oxygen mask comes down automatically, you apply it yourself first and then help others. Likewise women also have to protect herself first and then help others. Women’s safety is first then women can do it for family. This is the best strategy every women have to follow.

In Indian Tradition, it is assumed that women will take her meal after her husband eats, which are rubbish things form the perspective of Dr. Mrunalini. Women should have equal treatment, she should take her meal with everyone, should sit together.

Dr. Mrunalini explained about the mental health which is also very important as physical health is important. Stress is one of the prime factor of mental health. We have to try to figure out how to avoid stress. Unfortunately, from the childhood female child always tell that you are a girl, so every women have to decide from today itself that though I am girl, I will not take a stress and will not give to others also.

To overcome with stress Dr. Fadanvis gave some tips which will be very useful for everyone’s body system.

- Do Yoga and meditation
- Social quotient should be strong
- Emotional Quotient should be strong

If women is mentally strong then her motherhood will be very strong. The development of child would be better when her mother would be strong. If you are not getting vitamins for one day then it will not affect on women’s health but if you are mentally upset for a day then it would be harmful to them and their child also. Don’t take Mom’s guilt, that no one is treating me equally because I am a mother or female, this kind of thinking should not be there. She gave the Mantra that I am human being, I am strong, I am women, I have all rights so I have no guilt. You should keep telling yourself, your family members and your friends

that I am a girl also tell them that I am not feeling guilty that I'm giving the birth to girl child. This is the most important crux of the motherhood.

She further discussed the one more problem which frequently there in women is sleep deprivation. When we think of many things, it affects our sleep and when you plan to take a rest then you start with the thinking about the things happened during the day and started regretting yourself. You have to improve your sleep deprivation by doing exercises, meditation which will decrease your contribution to reduce stress. Sleep should be good, 7-8 hrs of sleep is very good for health, so that on next day automatically feeling hungry, feels to eat good things and automatically thinking power, memory power will be improved. Now a days everyone women is working in their respective field, so Everyone have to keep the balance between the personal life and professional life. Work management should be accumulated, so that women would not be under pressure, she can manage the things in very well manner.

Dr. Mrunalini emphasized on care giving which is very good activity but along with that you take care of yourself and this is unpaid activity. Keep some time for your care also. For that think positive, do meditate, sit calmly, do enjoyment also. Also she enlightened that you have to save yourself from chronic illness which comes from family medical history. Make your kitchen robust, If your kitchen should be healthy then naturally the ratio of illness is reduced.

She gave some solutions to overcome with the medical related issues, she suggested to do a small course of Anatomy and Physiology. You have to plan according to your body how much is your intake and which kind of food your body supports. You should study about your body to understand what is good and what is bad for body system.

One more factor she elaborated, that is work discrimination. If you are women then you have to sit on the corner sit and to do work, such kind of discrimination is happened at workplaces. Therefore some women are in stress due to such environment, for those women can keep themselves mentoring to avoid the discriminated things happens with them. This is fundamental part of our society. Men and women are identified by their body images, another mean of body image is that domination, if your body image is dominated then further you will be dominated. Structure of body or body image should not be weak for this take a good help of good doctors, good workers. And distribute all these thinking among others.

Assaulting is one more factor came with women. Every woman thinks that she is not strong as men, and it's a societal rumour now. She gave the message that women should not be afraid with anyone. Keeping stress in the mind will always that become the problem.

So such many challenges will come to in your life as a motherhood also you may face many problems, but you have to keep yourself strong, keep mental situation very strong. All types of development has equal rights to everyone. And such type of thinking will make you mentally and physically strong and you can achieve any goal in your life. Make yourself robust and very gainful personality.

Conclusion:

- Maintain a healthy and balanced diet: Eat healthily and on time to keep up your energy levels.

- Improving the well-being of mothers, infants, and children is an important public health goal for the United States. Their well-being determines the health of the next generation and can help predict future public health challenges for families, communities, and the health care system.
- For women, in particular, the ability to control decisions pertaining to their reproductive health means they control their own destiny. For this reason, reproductive rights are an essential component of an open society, without which women cannot enjoy full equality.

Session III

Invited Talk III: Legal Issues in Reproductive Health

Resource Person: Dr. Jyoti Bhakare

(Head Department of Law, Satribai Phule Pune University, Pune)

Dr. Jyoti Bhakare started her session by appreciating college's work to empower the women. There are many people who are in such areas but they are not bought up more. First of all she gave the example of Arunachalam Muruganantham who is Inventor and social entrepreneur from Coimbatore, India. PADMAN a Bollywood movie is also launched, which showed his work throughout his life did for women empowerment. He is the inventor of a low-cost sanitary pad-making machine and is credited for innovating grassroots mechanisms for generating awareness about traditional unhygienic practices around menstruation in rural India. His work is not limited to India only but also he spread his work over the 106 countries. His work also not limited up to the making the low cost sanitary napkins but also he is trying to Give jobs to local women, training them means they will train others. Arunachalam Muruganantham told that "No man dies of poverty, but of ignorance caused by poverty", It is very important to overcome this ignorance.

She further linked Arunachalam Muruganantham work's with Reproductive Health which means that Reproductive Health is a state of complete physical, mental and social wellbeing, not merely the absence of disease or infirmity, in all matters relating to the reproductive system and to its functions and processes. Government has launched many schemes, policies also many NGOs are working in such fields but still Are the questions going to be answered? So for that some things should come from laws and policies which should be fully implemented. Laws are nothing but the introduction of new and good practises, the good practises which are there in society and these practises should be maintained and bad practises should be restricted. This should be done by keeping accountability approach, duty based approach and right based approach, Respect the rights of everyone. If laws get violated then remedies are also provided in that particular law book, to keep this framework up to date government directed some policies.

Our legislature does the work of making laws, Our government does the work of enforcing the laws, And if there is a problem with this, if someone's rights are violated, it is up to our judiciary to develop it, and all these bodies related to the Reproductive Health, Reproductive Rights, Reproductive justice done lot of work in these areas. Reproductive health therefore implies that people are able to have a satisfying and safe sex life and that they have the capacity to reproduce and the freedom to decide if, when and how often to do so. Every male should know about reproductive rights of women. The rights of men and women to be informed, have access to safe, effective, affordable and acceptable methods of family planning including methods for regulation of fertility, the right of access to appropriate health care services to enable women to have a safe pregnancy and childbirth and provide couples with the best chance of having a healthy infant.

She discussed Reproductive Health care in which the constellation of methods, techniques and services that contribute to reproductive health and well-being by preventing and solving reproductive health problems. Reproductive health care includes:

- care for sexual health,
- the purpose- enhancement of life and personal relations, and not merely counselling and care related to reproduction and sexually transmitted diseases.

And in this Reproductive Health care paramedical staff, medical staff and other allied government institutions such as, NGOs, Governments working at different levels even international institutions (WHO), All of this involves.

She emphasized reproductive rights, she said that some rights are getting reckoned and this happened through the laws and the advantage of being through the law is that whenever these rights are violated then measures or remedies are given in the law and these remedies will be useful for the further actions. It not necessary that by making the laws all the problems are sorted out but have to create an awareness. She gave the message of Dr. babasaheb Ambedkar that he said, “It is a greater mistake to tolerate those who are being treated unfairly than to tolerate injustice” for this everyone should know that From where can justice be obtained? So It is very important to know about our own rights and others duties. She further discussed that when we talk about the reproductive rights, in this context at National and International level a legislative framework is developed. Many laws are prepared, policies are implemented, many court cases related to reproductive rights are also lay down. Reproductive Rights are the right to decide freely and responsibly on the number, spacing and timing of their children and to have the information and means to do so, and the right to attain the highest standard of sexual and reproductive health. The right to Sexual and reproductive security gives you the right to: Live a life free of gender based violence includes sexual violence, incest, trafficking, dowry related violence, and rape based on the fact that you are female. Not only sound education but his alertness and dedication too are most required. We have to create such a kind of ecosystem that will create the right environment for you to enjoy that right. When that happens, it is safe to say that Reproductive Justice will be done.

In many states, the rate of female feticide has not decreased, The law did its job but surrounding human being is failed to do their job and It is our job to see what my rights are and what the rights of the person in front are. When you become vulnerable when you don't have awareness of rights. So everyone have to be assertive. In India women's are getting more vulnerable due this unaware of things. Every person who commits a crime is surrounded by us, which is called criminal psychology. She quoted “Khudi Ko Kar Buland Itna Ke Har Taqdeer Se Pehle, Khuda Bande Se Khud Pooche Bata Teri Raza Kya Hai”, It's easy to say but difficult to actually do is very important.

She further briefed about the Reproductive Justice which encompassing both access and rights, while also addressing social, political and economic systemic discrimination and inequalities that affect women's ability to control their reproductive lives. Reproductive justice places vulnerable groups at the centre of the discourse. By focusing on the needs of the vulnerable and marginalised, rather than the majority, reproductive justice seeks to ensure their self-determination over their reproductive lives. The reproductive lens therefore also encapsulates a far wider range of issues, including but not limited to, maternal health, abortion, contraception, sex determination, comprehensive sexuality education, violence against women and girls, poverty, environmental justice, casteism, racism, education, LGBTQIA+ rights, disability — all within a human rights framework.

Dr. Jyoti Bhakare further discussed Reproductive health, Reproductive rights and Reproductive justice in which, Reproductive health – addressing inequalities in health services. Reproductive rights – addressed legal issues and emphasised the protection of women’s rights to reproductive health services. Reproductive justice – encompassing both access and rights, while also addressing social, political and economic systemic discrimination and inequalities that affect women’s ability to control their reproductive lives. Reproductive rights are centred around the legal right to access reproductive healthcare related information and services, including family planning, abortion, maternal and other reproductive health services. Access and utilisation of this information and services are influenced by numerous cross-cutting and intersectional socio-political, economic and identity inequalities. And this is where reproductive justice becomes key.

She enlightened on Sexual and Reproductive Rights which includes:

- **The Right to Health** – at the time of formation of WHO in 1948, written in preamble of WHO that every country should have to include right to health as a fundamental right. This right is recognised in Directive Principles.
She gave the example that Women are not admitted early and their deliveries are often in the hospital, often delivered on hospital steps. Such type of things is not limited to Maharashtra State but also is there across the country also. And still human beings don’t know about their rights and duties and High courts and Supreme courts have given many more judgements on such matters. To regulate the allopathic matters, Medical Council of India has formatted a body since 1956 and till 2002 this body haven’t done any actions against such matters. After 2002 some rights and guidelines have been provided in this council.
- **Right to Live** – Constitution have provided this right in Article 21, which includes **Right to education and information**. Everyone should know about their rights and duties when he touched to the educational system.
She gave the example that one of the woman has adopted as a surrogacy child and demanded for maternity leaves but law says The woman who has given birth to the child that women only get the maternity leaves. But it doesn’t mean that surrogacy child does not need a mother. And university told that lady, If there is no law for this, then you go to court. And she fought in High Court of Mumbai. High Court of Mumbai accepted her petition. This was the first matter in India in which commission in mother also get the maternity leaves and drafted a Law also. Even for adoptive child taken by the women also get the maternity leaves by the government.
But still leaves are not sanctioned fully because biological mother get 6 months of maternity leaves and surrogacy mother get 3 months of maternity leaves, to overcome this differences, this matter is still being fought in the court.
- **Right to Privacy** - Technology is increasing day by day and the data needed for this is getting mined, collected. At every workplace asked for identity proof and our personal information may get leaked, whether provided data would be handled confidentially or not, weather the data is shared among others or not and for this have to build up the proper system. Recently in one of the hospital have the all the data of pregnant women and this data is shared with one of the pharmaceutical company and after some year this data leaked. Now what is the liability of this, this is breach of privacy of those woman whose names were filled in that, this is the breach of privacy

of rights of women at the hands of hospital and the company because they cannot do such things in unauthorized manner.

She gave the example that woman who lived in Delhi, who have aborted her child and the abortion was not known to the husband. When he suspected that she had an abortion, he asked the hospital for the paper and the hospital told him that we could not disclose it, because we can disclose only if the person with the record asks for it. Because hospital is not aware of the relationship between that husband and wife. A w officer of that hospital said bring your wife's signature. And then husband went to Delhi High Court. High Court of Delhi held that this is her right to privacy and that cannot be invaded by the information and that information is also not asked to right to information also.

- **The Right to decide the number and spacing the children** - Women have the right to decide when, where and by whom to use their bodies. Many incidents are happened in India where unmarried women is forced to get into sexual relations with her partner and then she became pregnant and hospitals are not taken in because her partner is not accompany. Again here is a asymmetry of information, lack of awareness in both of the parties.
- **The Right to consent in marriage and to equality** - Many girls are not **asked** if they have consent for marriage and parents say that whatever we are doing is for your good. Many times parents goes against the will often leads to marriage and she forced to the domestic violence. When there is coercion in a marital relationship, then women are helpless.
- **The right to be free from Discrimination** – while creating an ecosystem, we need to create a non-discriminatory environment and have the right to live in that non-discriminatory environment. She gave the message, Educate yourself and then only you empower yourself and when you are empowered then only you are able to enjoy your rights.
- **The right to be practises that harm women and girls**
- **The right to be free from violence**

Dr. Jyoti elaborated that Sex is determined by the biologically and gender is socially determined. Due to patriarchal culture, society thinks from the same point of view and all the differences, restrictions are come from such kind of culture. There should be bonds but there should be equality between men and women and in this both should have the same attitude towards each other. This gender based approach should have to change. Dr. Jyoti Bhakare briefed about the Sexual Health, Sexual Justice, Sexual Pleasure and Sexual Well being

Sexual health includes:

- Fertility Management
- Sexual violence prevention prevention and management of sexually transmitted infections
- Sexual functions, desires and arousal

Sexual Justice includes:

- Sexual Rights
- Sexual Citizenship

- Sex Positive Practice

Sex well being include:

- Sexual safety and security
- Sexual respect
- Sexual self esteem
- Forgiveness of past sexual experience
- Comfort with sexuality
- Self-determination in one's sexual life

Determine the Gender and sexuality

- Affects perspectives on sexuality
- Affects access to information
- Affects access to health services
- Affects their ability to protect themselves

In India gender related many toxic practises are available. In many places women are side-lined during menstruation and it is given a religious connotation and this is very common and it starts from the fact that we are something different, we have something lacking, this is where the such practices starts. In India, in Gohra muslim community , a little girls has to bring in the dark hospital and hot knife is heated on the gas and her external parts are cut. Such incidents are not reported, The WHO, UNESCO take note. And in the end, it was the women in the community who raised their voices and went up to the supreme court and demanded for the formation of a law on such kind of injustice, the matter is still pending in the court. But due to enforcement of WHO and UNSCO this practice in almost 90 countries, 13 of which have enacted laws. Government has supported this matter and at present it is brought under POSCO act.

Toxic Practices Around Reproductive Health:

- Exclusionary Practices During Menstruation
- Female Genital Mutilation
- Virginitiy Tests
- Shaming Of C-Sections
- Lack Of Research Around PCOS
- Gynaecologists judgmental about premarital/ non marital sex
- Consent procedures in abortion
- Vaginal Reconstruction And Rejuvenation

She explained FGM- a violation of Privacy, Crime under POCSO- Supreme Court. 2018- "Our genitals are as private as any other body. Why anybody should be allowed to touch the genital of a human being? Why bodily integrity should be violated and compromised?" Justice D Y Chandrachud, Chief Justice Dipak Misra. It is an essential religious practice cannot be allowed if it affects public morality and health. The practice of female genital mutilation (FGM) in Dawoodi Bohra community is violative of Article 21 and Article 15 of the Constitution that guarantees protection of life and personal liberty and prohibits discrimination on grounds of religion, race, caste, sex or place of birth.it is banned

by 42 countries out of which 27 countries are in Africa. World Health Organisation (WHO) too has called for banning it.

She further discussed Forced sterilisation in India. Forced sterilization: Blast from the past. Population control measure. Many Indian men reject sterilization. Madhya Pradesh's problems meeting male sterilization targets aren't new. Indian officials have frequently stated that men in rural areas of India believe sterilization measures like vasectomy will hurt their masculinity. This puts the pressure of sterilization on women, who have to undergo a more complicated procedure than men. Sterilization camps are regularly organized by state governments in India to control the country's population growth. These camps attract people by offering handsome incentives and benefits. Several women are forced by their husbands to get sterilized to access these benefits. According to the National Family Health Survey of 2015-16, three in eight men in India believe that contraception is the responsibility of women.

Following matters were brought up in the Supreme Court.

2016- Devika Biswas v. Union of India

2005- Ramakant Rai and Anr v Union of India

She explained Multiple Human Rights. • Women's sexual and reproductive health is related to multiple human rights, including,

- The right to life, the right to be free from torture
- The right to health
- The right to privacy
- The right to education and the prohibition of discrimination.

The Committee on Economic, Social and Cultural Rights (CESCR) and the Committee on the Elimination of Discrimination against Women (CEDAW) have both clearly indicated that women's right to health includes their sexual and reproductive health. States have obligations to respect, protect and fulfill rights related to women's sexual and reproductive health.

- The women are entitled to reproductive health care services, and goods and facilities that are: Available in adequate numbers
- Accessible physically and economically
- Accessible without discrimination; and of good quality

Examples of violations:

Despite these obligations, violations of women's sexual and reproductive health and rights are frequent. These take many forms, including:

- Denial of access to services that only women require;
- Poor quality services;
- Subjecting women's access to services to third party authorization;
- Forced sterilization, forced virginity examinations, and forced abortion, without women's prior consent;
- Female genital mutilation (FGM); and
- Child marriage.

She elaborated Causes and consequences of sexual and reproductive health violations due to deeply engrained beliefs and societal values pertaining to women's sexuality. Patriarchal concepts of women's roles within the family mean that women are often valued based on their ability to reproduce. Early marriage and pregnancy, or repeated pregnancies spaced too closely together—often as the result of efforts to produce male offspring because of the preference for sons—has a devastating impact on women's health with sometimes fatal consequences. Women are also often blamed for infertility, suffering ostracism and being subjected to various human rights violations as a result.

Development of law in India

- Contraception
- Abortion
- Emergency contraception, unprotected sex, sexual assault,
- Fertility treatment
- Assisted Reproductive Technology/ Surrogacy
- Maternal health and morbidity, Mortality
- Maternity benefit disparity
- Right to privacy and medical informatics

She explained in detail the Maternity Benefit Act. Maternity Benefit Act- leave, job protection, Maternity bonus. Employees State Insurance Act of 1948 - scheme is mainly financed by contributions from employers- payment and job protection. National Maternity Benefit Scheme (NMBS) - cash assistance to pregnant women- linked to provision of better diet, from BPL families. Janani Suraksha Yojna (JSY) – financial assistance with antenatal care during pregnancy and institutional care during and immediately after delivery. Goals- to decrease maternal/ infant mortality, and to increase institutional deliveries in BPL families. Indira Gandhi Matritava Sahayog Yojana (IGMSY)- provide partial compensation for wage loss for pregnant women, so that they are not under compulsion to work in the last stage of pregnancy or shortly after delivery.

Conclusion:

- Sexual and reproductive health equity requires the convergence of social and environmental justice in identifying its priorities as well as the allocation of resources. Countries like India have ratified CEDAW and UDHR, and both our constitution and judiciary must place these above religious practices in matters of discrimination and violation of rights. With more and more local campaigns, petitions and draft policies emerging from States, these can be useful tools for mobilising to reclaim our rights without rhetoric. Youth in media, healthcare and litigation, as seen in groups like the Red Cycle (Kerala) are coming together to reach out to communities to step beyond the conventional limited understanding of 'women's' realities and represent diverse identities.
- The way forward is to screen our legislative policies and governance frameworks, and work on manifestos that reflect such above concerns. Educate, agitate and organise!

- “Reproductive Choice of Women: A Fundamental Right” Webinar’s Resource Person
Conclusion:
- Reproductive health services must be offered to incarcerated women. Such interventions will benefit the women, the criminal justice systems, and the communities to which the women will return.
- Reproductive health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity, in all matters relating to the reproductive system and to its functions and processes.