



INTERNATIONAL WOMEN'S DAY: LET EVERY DAY BE WOMEN'S DAY

CASE STUDY/INSIGHT

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When we are born into this world, we are greeted by many women like our mother, grandmothers, nurses, doctors, relatives, neighbours, etc. While we grow up, many women travel along with us. What are we giving back to those women who played a major role in grooming and bringing us up in the society? Are we giving enough attention to their needs? Are we giving enough opportunities to them? Are we doing enough to protect them in the society?

Are we teaching our boys to respect girls in the class? The attitude of respecting women should be taught for the male children from their childhood itself. Parents should play an important role in teaching the boys to respect girls, treat them equally and be friendly with them. Whenever eve teasing or violence happens against girl children, boys should come forward and raise questions. It is the responsibility of the society, the parents and teachers to inculcate such cultures from the school life itself. Such positive attitude towards women should continue during college days as well. Parents should also encourage girl children to pursue their passion and education in all aspects. The media and press also have a major responsibility in inculcating such culture in the young minds.

Respecting women should start from respecting mothers, not simply by words or greeting her on women's day, birthday or mother's day. But it should be reflected completely in a different note. Managing work as well as household chores simultaneously are very demanding, time consuming and physically very stressful for working women who face such situation. If our mother is a working woman, what should we do? Children should ensure that after her working hours, she is getting necessary help from them in terms of household chores. It is the responsibility of the children, the partner and the family members at home to share the household works of working women including cooking and other household chores. Only then, they will get adequate rest and sleep for the day and be able to start the next day with new energy, to face office works and household activities.

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When the family members support the women at home, they will be able to perform much better in their profession too. They will be able to showcase their creativity and put in their efforts in a much better way. In many such situation, they even outperform setting examples to others.

If we happen to notice what works a working woman does during a day, it will be surprising for us. Sometimes, we even wonder if she is really a human or super human! They demonstrate extraordinary level of patience. They get up early in the morning, clean outside the house, clean inside the house, boil milk, make coffee and serve everybody and then start cooking. Planning what to cook and then cooking are the processes which take more time. If more members are at home, food needs to be prepared to match the family members' ages, health, likes and dislikes, their eating habits, the food that needs to be consumed for breakfast, the food that needs to be packed in lunch boxes to schools and offices, etc. The people who have such similar experiences will agree that more than cooking, the initial planning, final packing and kitchen cleaning will take more time making them stressful.



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After completing cooking, cleaning kitchen and all other household works, the woman starts the office work. If the woman is not working, then also there are additional works at home that needs to be attended, like preparation of some processed food, spice powders, house cleaning, taking care of repairs, bank works, dropping and picking up children to and from school, feeding them, helping in their homework, taking care of their other classes, and the list is endless. For the working women, the moment they finish the office work, again they start with making coffee and serving it to all and then cooking dinner for everyone, even during lunch they take time to serve food for all at home. Generally, they start early in the morning and keep on working until late night. Next day again the same routine continues. So, working women are in a much difficult situation in the family in handling works.

In most of the houses, who usually had maids for helping in cooking and household chores, had stopped the maids during COVID-19 period, as a precautionary measure. Hence, in most of the houses, the additional burden invariably went to the women again. Surprisingly, in many cases now, men, children and the family members have realized the difficulties of women, and have started sharing the work load of women, thanks to the work-from-home and staying- at-home owing to COVID-19.



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In office also, the men colleagues can ensure that the women colleagues are given enough freedom to express their views, manifest their creativity, showcase their talents, etc. It is the responsibility of the men to give adequate space to women in offices.

Respecting women means, empowering women and protecting their dignities. It should first start from home. Mother, sisters, wife, daughters, etc. should be respected and empowered first. If we have failed or forgotten to respect them so far or if we have taken them too much for granted, then let's take this opportunity now to realize and establish a new healthy cooperating and happy relationship with them.

Motherhood is the best relationship in the world. Isn't it? Let us realize that all women around us possess motherly qualities and we should learn to respect every women for being unique and making this world a better place to live for every other human being. Let us learn to celebrate womanhood in all aspects of life. When we do that, then every day is a women's day. Isn't it?