

# Time to strengthen the economic conditions of Housewives

A few months ago at the World Economic Forum, Oxfam presented a report titled 'Time to Care', which exposed the economic conditions of domestic women and shocked the world. The women, who handle their home, take care of the family, do countless difficult tasks, from getting up in the morning to sleeping at night. There has been no reduction in the work of these domestic women in the corona epidemic, rather their responsibility has increased and they have played a positive role in defeating the corona epidemic at the domestic level. If we say that maintaining the house is the most difficult task in the world then it probably will not be wrong. This is the only profession in the world in which you are at work

for 24 hours, seven days a day, suffer a crisis every day, and meet every deadline and that too without leave. Think, she does not take any salary and does so many activities. Her hard work is not usually considered. At the same time, this work of her is not even known as being beneficial in the progress of the nation. While that much work would have been done by the servants, a large amount would have to be paid as salary. On the other hand, a woman who works in a company, after working for a fixed period and a fixed number of days, gets a specified amount of salary. Her work and this sequence are seen as contributing to national progress (GDP). It is believed that such a woman's contribution in the economic development of the country.

The question is why the labor of domestic working women is not evaluated economically? Why this outrageous treatment of domestic women? According to Oxfam, women and girls in India work for 3.26 billion hours every day. If their contribution to the economy is valued, it will be close to 19 lakh crore annually, which is four times India's annual education budget of 93 thousand crores. This report also emphasizes that the domestic work pressure on women is very high. Due to this, they are either forced to work for fewer hours or they have to leave the job. According to the report, due to the burden of 'taking care' across the world, the percentage of unemployment in women is 42, while it is only six percent among men. Amitabh Behar, CEO of

Oxfam India, says that domestic women and girls get little benefit from today's economic system. She spends billions of hours cooking, raising children, cleaning and caring for the elderly. It is because of them that the wheels of our economy, business and society keep going. These women do not get enough time to study or get employment. Due to this, she is reduced to the bottom of the economy. 'Because a woman covers herself with the responsibility of almost all household chores, it is not thought that she too is making financial contributions. Such women do not add anything directly to the income of the household, so there is no economic value of her work. The annual wealth of the country's wealth in the name of GDP includes the income in which



the money was transacted. Needless to say, what is the importance of a housewife in a family and society cannot run without him, but considering her work to be unproductive does not only reduce her status, but also destroys her existence and identity. While the work of domestic working women looking after the home and maintaining the family is comfortable, it is a very complex, laborious and most impor-

tant job, but ironically, there is no evaluation of it at the family level or GDP level. There are extensive discussions about the existence of housewives these days. Housewife's activism on social media has led to such questions among them whether the contribution of housewife to family, society and country is negligible? Does the housewife have no economic existence? Do they have no right

to make economic decisions? Are housewives only to have children and to maintain homes? Why is the contribution of the housewife less than a man in the development of the country? Should there be a provision for salary for housewives in return for their work? These are many such questions on which an atmosphere of awareness is being created not only in the country but also in the world. This topic has also agitated campaigns for women's awakening and women empowerment. Having such discussions, creating a positive environment for domestic women and changing the thinking of the government will definitely be called an attempt to bring the existence of women out of the mist. At the same time, the future will become an environment to develop the mindset on a very challenging problem in time.

The household role and economic evaluation of the housewife is ongoing on several fronts in and outside our country as well. In 2004, the High Court said that at least the value of the housewife should be fixed monthly. The demand for monthly allowance for housewives has also come to the fore in Kerala. The Finance Minister of Bangladesh believes that the value of housekeeping should be determined. But this is not the case. The value of the housewife will be certain, but a bigger question than that is related to the mindset of ending the housewife's existence. Swedish journalist Peter Letchmark has presented several worrying situations in the article 'Stain of being a housewife'. In this article, the complex situations of domestic work and the role of women inactive in it has been raised. His article has appeared in the New York Times. In Sweden and Norway, it is considered disrespectful to be called a housewife; women are shying away from housekeeping. This is not only happening in Sweden, Norway, but also in India. Although the housewife has not disappeared here and it will take years for this to happen, housekeeping is now viewed with a low eye as an old-fashioned chore. New Generation girls are not ready for this at all. So we are moving towards those complex situations where domestic work will be presented as a challenge for us even if we are ready to give economic value to the labor of domestic women, but till then this important sector of the family must have been in danger. We need housekeeping almost as before, rather it has increased and it is becoming challenging for us to meet that increased need. We have to fix the value of housekeeping and return it, as well as men will have to come forward for it. They will have to share an equal hand in domestic work. In order to balance this monopoly area of women, men also have to play a partnership. In front of us is the model of Sweden. There, the men get several months' paternity leave, and for this, incentives are also given. While creating a new India, we must ensure the system of economic evaluation of the labor of these domestic women.

- Lalit Garg



जब आपके हृदय से जुड़ी हो कोई भी बात, गीतांजली हॉस्पिटल है सदा आपके साथ।

इस विश्व हृदय दिवस, गीतांजली कार्डियक सेंटर का है वादा आपका दिल रहे स्वस्थ और खुशियां हों ज्यादा।

- नियमित रूप से व्यायाम करें
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हमारी बहुआयामी विशेषताएँ - फंक्शनल हार्ट डिजीज | स्ट्रक्चरल हार्ट डिजीज | वैस्क्युलर हार्ट डिजीज | इलेक्ट्रोफिजियोलॉजी | पेसमेकर एवं जटिल कार्डियक सर्जरी

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डॉ. शालभ अग्रवाल हृदय रोग विशेषज्ञ	डॉ. डैनी मंगलानी हृदय रोग विशेषज्ञ	डॉ. रमेश पटेल हृदय रोग विशेषज्ञ	डॉ. कपिल भार्गव हृदय रोग विशेषज्ञ	डॉ. संजय गोंधी सीनियर कार्डियक सर्जन	डॉ. अजय वर्मा कार्डियक सर्जन	डॉ. पार्थ वाघेला कार्डियक सर्जन	डॉ. अंकुर गोंधी सीनियर कार्डियक एनेस्थीसियोलॉजिस्ट	डॉ. कल्पेश मिल्त्री कार्डियक एनेस्थीसियोलॉजिस्ट	डॉ. विपिन सिंसोदिया कार्डियक एनेस्थीसियोलॉजिस्ट	डॉ. अर्चना देवतारा कंसल्टंट कार्डियक एनेस्थीसियोलॉजिस्ट
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## Alzheimer's affects everyday tasks: Dr. Kulshrestha

Udaipur: Alzheimer's disease is a mental disorder that causes the patient's memory to weaken. It affects the functions of the brain, affecting everyday tasks. This thing was told by Paras JK Hospitals neurologist Dr. Manish Kulshrestha on World Alzheimer's Day. He said that the disease usually occurs due to damage to the brain tissue in old age. Its symptoms start appearing in the person after ten years. It is the most common type of dementia, affecting a person's memory, thinking ability, everyday activities.

Dr. Manish Kulshrestha said that Alzheimer's occurs more in genetic factors, depression, head injury, high blood pressure, obesity, lower class, and less educated people. Alzheimer's patient behavior changes in the later stages of the illness, such as anger, irritability, repeating his words, restlessness, loss of concentration, needlessly moving anywhere, getting lost, wandering, mood changes, loneliness. Psychological problems such as depression, hallucinations can also occur. Seeing the symptoms in the beginning, people often understand that this is happening due to increasing age. There is no definitive cure for Alzheimer's, but the patient's quality of life can be improved by catching the disease in the early stages. Diagnosis can be found by contacting a neurologist as soon as its symptoms are detected.

## WORLD HEART DAY 2020

Happy world heart day 2020 to everyone today, on 29th September 2020, on its annual day. The year 2020 is the year of new pandemic COVID-19, which we face since march this year but should not forget other diseases prevalent. A person with a Healthy heart is less likely to succumb to COVID-19.

On the one hand, we have developed scientifically & technologically; on the other hand; several diseases are spreading their roots in society due to various factors. WHO theme of WHD 2020 is to ask the world to use the heart to beat cardiovascular diseases, which are the leading cause of death worldwide like heart attack, angina, stroke, etc.

CVD accounts for 17.9 million deaths annually, affecting every 1 in 10 individuals, i.e., 31% of total deaths. Major factors responsible for heart disease are obesity, smoking use of Tobacco, high cholesterol, hypertension, diabetes, & family history of heart disease. Most of the above factors can be removed by healthy lifestyles like quitting smoking and Tobacco, increasing physical activity in the form of walking, exercise, cycling, swimming, playing outdoor games, gardening, use of stairs eating more of salad, fruits, vegetables, germinated pulses, & herbal beverages & green tea & avoiding salt, sugar, oily & junk food, having adequate sleep, good dental hygiene, & developing good hobbies and being spiritual to keep heart happy and healthy. In short just change lifestyle being physically active, eating healthy & be positive & creative, keeping heart-healthy & happy. Only then will a day become happy hearts day. You can't beat a healthy heart. Meditation - If you want to keep your heart healthy, do Meditation every day and make it a part of your daily life, which will reduce stress, thereby blood pressure, and reduce heart diseases. Do the change you want to see in the world.

- Dr. P.C.Jain