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Woman welfare and development

Even through, the first five “ Five year plans” were focusing on women’s welfare, only from the sixth ‘Five year plan’ (1980-1985) on wards, women were recognized as separate target group involving developmental planning activities. The 1991 census revealed that women constitute 48.1 percent of the country’s population. Hence it is understood that for the development of the nation backwardness of women has to be taken care.



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Women rights and privileges

The constitution of India not only guarantees equality for women, but also empowers state to adopt measures of positive discrimination in favours of women in order to overcome their disadvantages in socio economic, educational and political fields. There are many articles in the constitution specifically encourages the development of woman in the society.

- **Article 14** - States that equal rights and opportunities for men and women in the political, economic and social spheres.



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- **Article 15** - Prohibits discrimination against any citizen on the grounds of religion, caste and sex.
- **Article 15(3)** - Makes a special provision enabling the state to make positive discrimination in favour of women.
- **Article 15(A) (e)** - Condemn the practices derogatory to the dignity of women.
- **Article 16** - Provides for equal opportunities in matter of public appointments.



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Article 39(a) - States that state shall direct its policy towards securing all citizens, men and women equally the right to means of livelihood.

- **Article 39(c)** - Confirms that equal pay for equal work.

- **Article 42** - Directs the state to provide the citizens the just and human conditions at work and maternity relief.



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Policies concerning women's development

Various policies advocating women's welfare and development have been evolved by the government. Some of them are given below.

- a) The national plan of action for women (NPA): 1976.**
- b) The national perspective plan for women (NPP): 1988-2000.**
- c) Shram shakti: 1988.**
- d) The national nutritional policy (NNP): 1993.**
- e) The national plan and action for the girl child (NPA): 1991-2000.**
- f) National commission for women's act (new): 1990.**



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Child welfare and development

The future of a nation depends on the way in which the children are growing nutritionally, educationally and socially. Many children suffer from malnutrition and die for want of immunization. The national policy for children was formulated in the year 1974.

- ❖ Children are “ a supremely important asset” of the nation.
- ❖ It is duty of the state “ to provide adequate services to the children both before and after birth and through the period of growth”.



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Integrated Child Development Services (ICDS): 1975

- ❖ It involves supplementary nutrition, immunization, health care, growth monitoring, pre-school education and health and education.
- ❖ It provides health checkup service like antenatal care for pregnant women, post-natal care for nursing mothers and healthcare for children less than 6 years of age.
- ❖ Children less than 6 years in the village are periodically examined, weighed, immunized at prescribed times and treated for ailments.
- ❖ For nutrition and health education has been made for women 40-45 years of age with priority given to pregnant and lactation mothers.



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Facilities from Integrated Child Development Services (ICDS)

- ❖ Foundation for personality.
- ❖ Reduction of deprivation.
- ❖ Effective Co ordination for policy implementation.
- ❖ Maternity and motherhood care through education and health care.



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National policy for children

The children population of India is nearly 300 million and the majority of the children live under socially and economically under privileged conditions that can lead to deterioration of the child's physical and mental development. The national policy for children (NPC) 1974 was founded on the conviction that child development programmes can ensure equality of opportunity to the poor children.



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Various organizations towards child welfare

- i) UN conventions on rights of child or international law:** It formulated a set of international standard and measures to promote and protect the well being of children in our society.

- ii) World summit on child:** It had focused agenda for the well being of the children targeted to be achieved in the beginning of the new millennium.

- iii) Ministry of Human Resource Development (MHRD):** It concentrates on child's health, education, nutrition, clean and safe drinking water, sanitation and environment.



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Rights of the child

The international law defines right of the child to survival, participation, development and protection.

- a) **The right to survival:** It emphasis on good standards of living, good nutrition and health.
- b) **The right to participation:** It means freedom of thought and appropriate information to child.
- c) **The right to development:** It ensures access to education, child hood care and support, social security and recreation.
- d) **The right to protection:** It means freedom from exploitation in human treatment and neglect.



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Acquired Immune Deficiency Syndrome (AIDS)

AIDS is caused by virus called HIV (Human Immune Virus). HIV breaks down the body's immune system leaving the patient to a number of life threatening infections. The AIDS patient will be getting different kinds of severe infections including cancer, neurological disorders, skin diseases finally leading to death. As HIV infected person receives a diagnosis of AIDS after developing one of the AIDS indicator illnesses. A positive HIV test result does not mean that a person has AIDS. A diagnosis of AIDS is made by a physician using certain clinical criteria, AIDS illness indicator.

AIDS was discovered in 1983



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Sources of AIDs

- 1) **Through African monkey:** Most of the evidences have suggested that the AIDS has spread from Africa. It has been believed that the HIV has transferred to humans from African monkey or chimpanzees.

- 2) **Through Vaccine programme:** HIV has spread in Africa through HIV contaminated polio vaccine prepared from monkey's kidney
 - It had spread through Hepatitis – B viral vaccine in Los Angels and New York.
 - It had also spread through small pox vaccine programme of Africa



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Mode of transmission of AIDS

Some of the key factors responsible for the spread of the deadly disease AIDS are:

- Prostitution
- Homosexual activity
- Use of contaminated syringe or needle in blood transfusion.
- Maternal-fetal transmission i.e. a mother infected with AIDS can give birth to baby with AIDS.



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Other factors such as saliva, breast milk etc are also the mediums of transmittance of this disease. These body fluids have been proven to spread HIV-

- Blood
- Semen
- Vaginal fluid
- Breast milk
- Other body fluids containing blood.

These are additional body fluids that may transmit the virus that healthcare workers may come into contact with-

- Fluid surrounding the brain and spinal cord.
- Fluid surrounding the bone joints.
- Fluid surrounding an unborn baby.



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HIV tests

The most commonly used test is ELISA. Most of the hospitals are insisting of HIV test nowadays. If the sample shows positive results even after duplication, the results are confirmed using a second test called” Western blot”. In addition the following other test also used nowadays.

- ❖ Radioimmunoprecipitation assay (RIPA).
- ❖ Dot Blot Immunobinding Assay.
- ❖ Immunofluorescence assay.
- ❖ Nucleic acid testing.
- ❖ Polymerase Chain Reaction.

ELISA- The Enzyme Linked
Immunosorbent Assay



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Functions of HIV in human body

AIDS itself does not kill humans. The death occurs due to the attack by diseases because of the weakening of immune system, white blood cell (WBC) responsible in the formation of antibodies are called T-helper cells. T-helper cells are the key infection fighters in the immune system. The HIV enter into the human body and destroys the T-cells, as a result of which various types of infection disease occur. Even cancer can easily develop in the HIV infected persons.



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Various stages of HIV infection

The HIV infection stages can be divided into four stages clinically.

- 1) The first stage is the initial infection in the blood the destruction of T-4 cells or lymphocytes or white blood corpuscles.
- 2) The second stage is the symptomatic carrier stage.
- 3) The third stage is the AIDS Related complex (ARC).
- 4) The final stage is the fully infected AIDS patient receiving different kinds of infections.



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Symptoms for HIV/AIDS

❖ Minor symptoms

- o Persistent cough for more than one month
- o General skin disease
- o Viral infection
- o Fungus infection in mouth and throat
- o Frequent fever, head ache, fatigue

❖ Major symptoms

- o Fever for more than one month
- o Diarrhea for more than one month
- o Cough and TB for more than 6 months
- o Fall of hair from the head
- o 10% of body weight get reduced within a short period



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Screening test

The antibodies to HIV virus can be easily detected through blood tests. Hence the presence of HIV antibodies in the blood sample can confirm the HIV infection of HIV positive. One of the HIV test “ELISA, western blot “ is a highly reliable test for HIV. HIV can be isolated from cultured lymphocytes, but it is an expensive and time consuming test.



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Control of AIDS

- a. Safe sexual activity and sex
- b. AIDS education and educating the AIDS patients
- c. Educating illiterates as well as the educated public about AIDS prevention measures using different medias