

ISSN: 2582 - 2942



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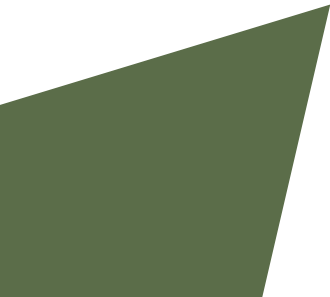
LEGAL JOURNAL

VOL- I ISSUE- V

JUNE 2020

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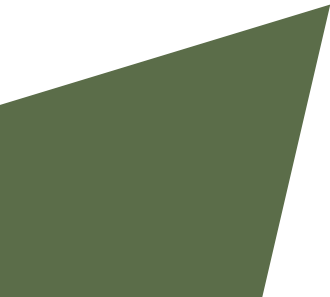
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A need to be more vigilant towards the Women's Health and Human Rights

Muskan Agarwal

ABSTRACT

This short note is a précised framework of the works done in the spheres of women's health and the women's international human rights and depicting the need of the awareness in the need of an hour globally. Further, it describes about the women's health issues and why there is gender disparity amongst the men and women where it is the need of importantly explaining about women's health individually. It also talks about the women's human rights where it has been going off being still present in the society depicting about the gender discrimination prevailing in the society. "When Health is considered as a human right and not a social good and is kept on the discriminating grounds, then there's a need of redefining responsibilities."

INTRODUCTION

After World War 2, the chaos in the society ended to an extent and so the people thought that then, their lives would be unchained from despair and so would be brimming with harmony and peace and would succeed in developing a peaceful planet. So, with this rationale came up the United Nations and Universal Declaration of Human Rights.

Human Rights, as per by Universal Declaration of Human Rights is being defined as the universal rights to be enjoyed by everyone, without the issue related to their place of residence. Eleanor Roosevelt rightly said *“After all, Human Rights began in small places close to home, so close that it is invisible nearly, on the map of the world. Every child, every women, every man seeks equal justice and equal opportunity and equal dignity without discrimination.”*

Expensive violence is and so the various countries have their budget approximation to 3% to 4% spent on social and health costs of violence against women, and so centralizing the process on eradication of justice is not just an economic question of fact but it is also a question of justice.

The various Non-Governmental Organizations and the individual activists established that women’s rights are also human rights. Then out of the conflict, their came up the United Nations Conference on population and development held in Cairo, in 1994. In this conference, women’s rights were also put forth and was emphasized too, especially relating to reproductive health and the maternal issues. Finally, as a result there foregrounded the huge Fourth United Nations Conference on women that held in Beijing, 1995.

WHAT ARE WOMEN’S PROBLEMS?

In the constraint to the strong perception, that gender issues means “women’s issues”, then how is the concept being understood and in what way is to processed by the society?¹ The term women’s issues varies from situations to sitches, but it importantly includes the reproductive health and the maternal issues, child- development, sexual harassment at workplace, child care leave, marital law with the domestic violence cases along with the gender inequality issues at workplace which is ‘equal pay for equal work’ and above all the basic of every issue which is at dearth not only in India but also globally that is education. The gender biasness could be well observed as the society being the male chauvinist society always considered women as inferior to men and so logically, gender equality is in their interests but after the observations it seems to be inefficacious.

¹ <https://www.sipri.org/commentary/blog/2018/lets-talk-about-womens-issues>

The definition of health goes through poverty and education and most importantly an urge of the society to always have a baby boy. It is taken from a study conducted that in every two seconds, almost eight babies are born and half of them are girls and almost 81% of them lives in poor countries. It is been scrutinized that the families especially in countries like Africa and India never desire for a baby girl and if they are blessed with one then she is been considered as a burden to the family as it is thought that the boy would have helped their parents out in the earnings and the livelihood of the family. Because of this, due to the lack of awareness and knowledge the family gets over populated with five to six children in one family and so the poverty prevails. Illiteracy is the main cause of it. Eventually, the study reveals that about majority of the women after the birth faces violence by the hands of the partner violating the human rights.²

The context behind the women's health issue as an important one is the subordination of the women resulting into illiteracy or better to be said as the unequal access to education and then the chain continues with poverty with the domestic violence reaching to the ill health of women and as always the health is too neglected by the society taking it as 'normal'.

ELUCIDATION: HEALTH

The ideal definition of health by World Health Organization (WHO) states "a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity". It is asserted by them that the physical and mental well-being is a human right, enabling a life without restriction or limitation. Here, the definition is not only talking about the illness like STDs, HIV, AIDS etc. but also the other characteristics affecting the health like poverty, education etc.

There are societies and groups which are totally different from each other in terms of culture, economy, demography, religions and medical history and so the delineation from the sources, the best possible work by various multinational companies, organizations and non-governmental organizations, the research scholars, academicians and various international agencies have no question over the societal differentiation between men and women resulting that women doesn't faces same opportunities in no society.

There's no doubt that the health status has been improved and have acquired success in treating the diseases like small pox and cholera but in addition to it there are some which hasn't got any treatment and the world has got threatened by the illness-causing substances including some like smoking and high-fat diets, encouraging unhealthy behavior. Some diseases like HIV/AIDS have become whipped in some countries and so is threatening the people and the population is living in despair with the governmental actions to the dearth. The incongruous world, where a certain

² <https://theglobalobservatory.org/2018/12/womens-issues-what-are-they/>

place is beguiled by a certain incurable disease while no sign of any such disease in the other part making it counterbalanced by stagnation and declining the other left parts affecting women at a higher scale.

WHY WOMEN ARE ALWAYS BEEN FOCUSED?

The first reason of been focused towards women always is therefore, the experiences of women are different and are under-studied and so the societies always want women to be perfect always and needs women to be healthy and fully engaged, since it is fair only when the women get the equal status in the society in every spheres.

The second reason of focusing more on women is that understanding their unique challenges is a prerequisite to justice and women being human beings has right on health.

The above two ex post facto reasons it is needed to be said that women's have equal rights on human rights too.

WOMEN'S HUMAN RIGHTS

Akila Radhakrishnan, the Legal Director at the Global Justice Center, says "Human Rights movement is the mainstreaming of feminism". The rule of law couldn't be prevailed in an unequal world. It is been recognized that sexual violence is not something that happens in private or affects to one person, it is rather on the contrary something that impacts stability and community cohesion.

She adds, "Rape could be considered as a weapon of war which is often used. Even the Security Council has said at times that the rape is used as a tactic of war. Furthermore, rape is a method of warfare and there is offcourse a framework that regulates it."

The study reveals that not only women faces sexual violence in the society, men too faces it but it is predominately against women, approx. 80% target is women. Also, Rwanda has the highest number of women in the parliament and the U.S. still at 17%. It has become really important to embed the women's rights into the structures and also there ought to be more awareness in the society regarding the rights of the women in the context of human rights. It is been thought maximum of the times that the law and structures are the barriers, but it is not. In fact, these are the pillars helping women legally to accomplish what she desires. But the first step is home. The four walls is that cage that binds up the women for the whole life, it is to be crossed first and then the war with the outer world begins which has to be fought to achieve yourself. Not denying the fact that the outer world is not safe for a women looking upto the increament of crimes days after days but it doesn't mean that the women wouldn't come out and fly with their own wings with

their courage as this is also the truth that women are more courageous than men and is always since the ancient times been underestimated. Anyways, the fight has been going on since ages and will continue until reaching the goal of equal rights.³

The world conferences held at Mexico City (1975), Copenhagen (1980), Nairobi (1985) and Beijing (1995) strengthening the rights for women as an ethical and political responsibilities demanding that women's fundamental freedom, rights and human dignity are explicitly protected from interference in any place worldwide.⁴ Approximately 90% of the countries worldwide sanctioned the most of the international conventions specifically banning the discriminations against women such as The Convention on the Elimination of All Forms of Discrimination against Women (CEDAW, 1979) and the Declaration on the Elimination against Women (1993). The other international organizations focuses basically on the important aspects of health. As for an instance, the International Consensus on women's Mental Health and Consensus on Interpersonal Violence call for governments, professional health and mental organizations, the United Organizations and the WHO planning to integrate social and psychological health policies in the program regarding women's health and life contexts and reducing mental health worldwide brought on by several violence. In all these national and international conferences held worldwide, the human rights issues of women are directly or indirectly linked to the improvements in their health.

For an instance, the CEDAW recommendations numbers 24, 21 and 19 respectively talks about the interconnection of women's human rights and their health, identifying the importance of equality in family relations after marriage with an interconnection to the women's reproductive health and recognizing violence as a serious worldwide condition leading to women's injuries and deaths. In the light of the above-mentioned recommendations and their separate interconnections, the health of women should be seen through human rights lens.

³ An excerpt taken from the book of the international Women's Activist and a Professor – Anne Firth Murray (From Outrage to Courage : The Unjust and Unhealthy situation of women in poorer countries and what they are doing about it)

⁴ World Health Organization (WHO). Geneva, Switzerland. WHO Press; 2007. Women's health and human rights, monitoring the implementation of CEDAW [Google Scholar]

CONCLUSION

The main postulation through this short research work is to help in providing the clinical assistance such as new therapies, the advanced treatment to women's, to provide economic assistance to women who are not financially strong, innovation methods for the treatments to the women's globally and also to spread awareness about the women's human rights which are same as that of men including the importance of initiatives to be taken to change the global structures by preaching and accepting equality and equity respectively. There's an urgent need of the societal observation of the human rights lens at a worldwide.