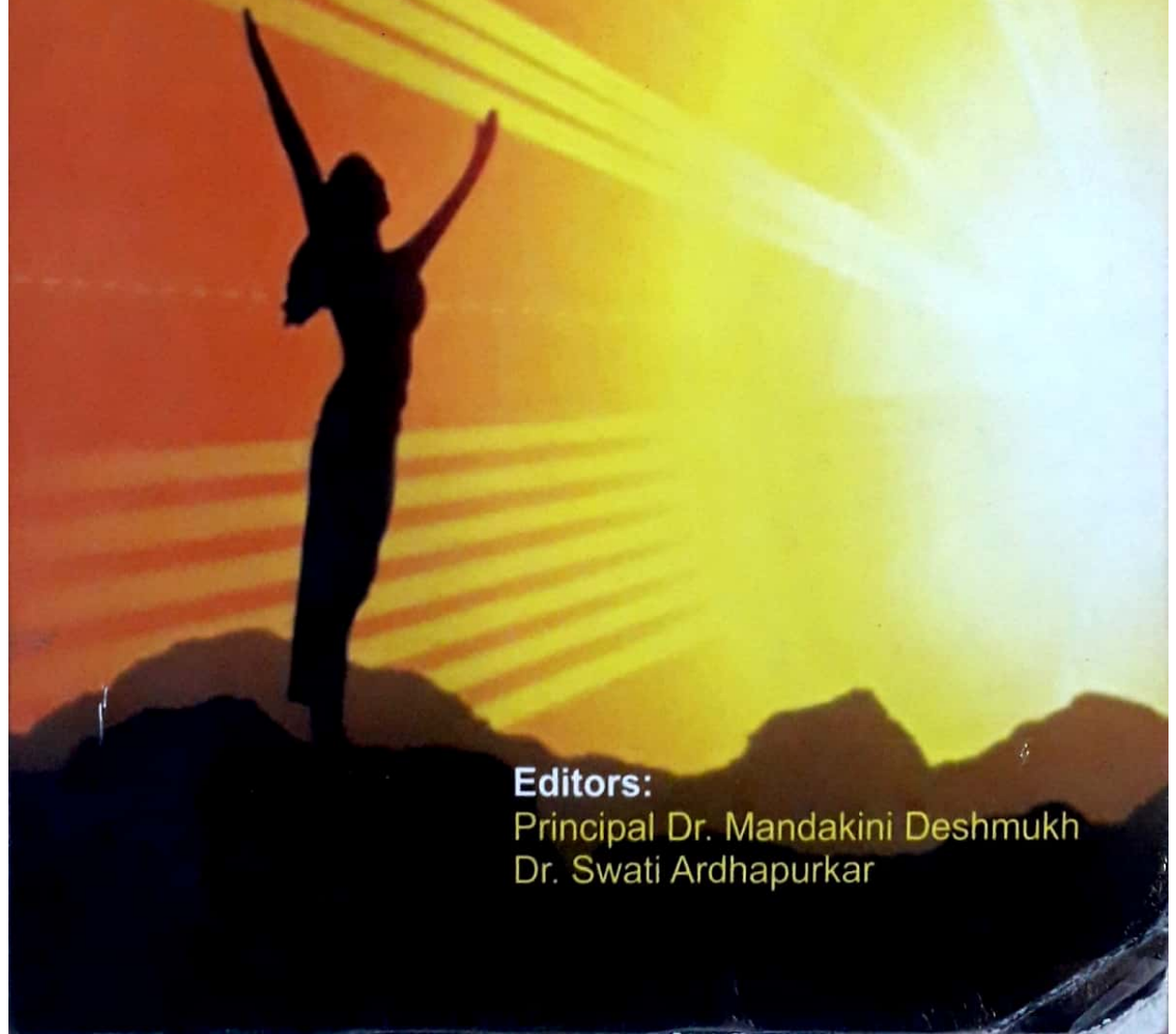




ROLE OF HUMAN RIGHTS IN EMPOWERMENT OF WOMEN



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Empowerment of Women – Right of Safe motherhood

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Introduction :

Pregnancy brings about many changes in woman's body and also makes many demands on her body. The expectant mother should have an adequate diet in order to maintain her own general good health during her pregnancy & deliver a healthy infant. The quality of diet is as important as the quantity. Complications such as anemia, toxemia, premature birth & still birth are much more frequent in the mother with poor, inadequate diet. Heavy drinking & excessive smoking during pregnancy can lead to low birth weight of the infant. Heavy dosage of the drugs may be overload the fetal blood stream such that it may lead to permanent brain damage & further lead to mental impairment.

Right about safe motherhood :

1. It is important for all families to be able to recognize the warning signs of problems during pregnancy and childbirth and to have plans and resources for getting immediate skilled help if problems arise.
2. A skilled birth attendant, such as a doctor, nurse or trained midwife should check the woman at least four times during every pregnancy & assist at every birth.
3. All pregnant women need particularly nutritious meals & more rest than usual throughout pregnancy.

4. Smoking, alcohol, drugs, poisons and pollutants are especially harmful to pregnant women.

5. Physical abuse of women & children is a serious public health problem in many communities. Abuse during pregnancy is dangerous both to the woman & the foetus.

6. Girls who are educated, healthy & have a good diet during their childhood & teenage years will have fewer problems in pregnancy & childbirth.

7. Every woman has the right to health care especially during pregnancy and be technically competent and should treat women with respect.

Conclusion :

The dangers of childbearing can be reduced if a woman is healthy & well nourished before becoming pregnant & taking health check up by a trained health worker at least four times during every pregnancy.

Governments have a particular responsibility to make prenatal and postnatal services available to train health workers to assist at childbirth and to provide special care and referral services for women who have serious problems during pregnancy and childbirth.

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