

Women and Human rights

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Abstract: This essay explores the evolution of women's rights within the context of human rights, tracing the historical struggles and achievements that have shaped the status of women globally. By examining key milestones, legal frameworks, and cultural shifts, the essay highlights the ongoing challenges faced by women in various spheres, including education, work, and political participation. It also emphasizes the intersectionality of women's experiences, considering how factors such as race, class, and ethnicity influence their rights. Ultimately, the essay underscores the importance of continued advocacy and collective action to frameworks, and cultural shifts, the essay highlights the ongoing challenges faced by women in various spheres, including education, work, and political participation. It also emphasizes the intersectionality of women's experiences, considering how factors such as race, class, and ethnicity influence their rights. Ultimately, the essay underscores the importance of continued advocacy and collective action to ensure the full realization of women's rights as an integral component of human rights worldwide

Key Words: Women's rights, Gender, Human Rights, Equality

INTRODUCTION

"In the realm of human rights, the struggle for equality and justice has taken on various forms and dimensions. One of the most pressing and pervasive issues has been the fight for women's rights, a movement that has spanned centuries and continents. This essay delves into the intricate connection between women's rights and human rights, exploring the historical context, progress made, challenges faced, and the ongoing importance of ensuring gender equality within the broader framework of human rights. By examining the evolution of women's rights as an essential component of human rights, we uncover the complexities of societal change, legal advancements, and the continuous efforts required to create a world that upholds the dignity and freedoms of all individuals, regardless of gender."

here are a couple of definitions about women from various authors:

1. Simone de Beauvoir: "One is not born, but rather becomes, a woman."
2. Virginia Woolf: "As a woman, I have no country. As a woman, I want no country. As a woman, my country is the whole world."
3. Bell hooks: "Feminism is a movement to end sexism, sexist exploitation, and oppression."
4. Chimamanda Ngozi Adichie: "We should all be feminists."
5. Betty Friedan: "The problem that has no name — which is simply the fact that American women are kept from growing to their full human capacities — is taking a far greater toll on the physical and mental health of our country than any known disease."

These definitions highlight various aspects of women's experiences, roles, and societal perspectives.

Women are adult human females, typically distinguished from males based on biological and physiological characteristics. In terms of reproductive anatomy, women usually have two X chromosomes, and their bodies generally develop secondary sexual characteristics such as breasts and a wider pelvis during puberty. However, it's important to note that gender identity is not solely determined by biological factors; it can also encompass cultural, societal, and personal aspects.

HUMAN RIGHTS

Human rights are fundamental rights and freedoms that every individual is entitled to, simply by virtue of being human. These rights are considered inherent and universal, applying to every person regardless of their nationality, ethnicity, gender, religion, or any other characteristic. Human rights encompass a broad range of principles and values, including but not limited to:

1. Civil Rights: These include the right to life, liberty, and security of person; freedom of expression, assembly, and association; and the right to a fair trial.

2. **Political Rights:** These involve the right to participate in the government and public affairs of one's country through processes like voting and running for office.
3. **Social and Economic Rights:** These include the right to education, health care, social security, and an adequate standard of living.
4. **Cultural Rights:** These pertain to the right to participate in cultural, religious, and linguistic communities, as well as the freedom to practice one's own culture, religion, and language.
5. **Environmental Rights:** These involve the right to a clean and healthy environment.
6. **Women's Rights:** These focus on gender equality, combating discrimination against women, and promoting their empowerment.
7. **Children's Rights:** These ensure the protection and well-being of children, including access to education, protection from exploitation, and the right to be heard.

Human rights are enshrined in various international and national legal documents, such as the Universal Declaration of Human Rights adopted by the United Nations in 1948. They serve as a foundation for promoting justice, equality, and dignity for all individuals.

here are a few definitions of human rights from different perspectives:-

1. **United Nations (UN) Definition:** "Human rights are rights inherent to all human beings, regardless of race, sex, nationality, ethnicity, language, religion, or any other status. Everyone is entitled to these rights without discrimination."
2. **Amnesty International Definition:** "Human rights are the basic rights and freedoms that belong to every person in the world, from birth until death. They apply regardless of where you are from, what you believe, or how you choose to live your life."
3. **Oxford English Dictionary Definition:** "Human rights are a right that is believed to belong justifiably to every person."
4. **World Health Organization (WHO) Definition:** "Human rights are central to the ideals of equity and dignity. They recognize the basic right of all individuals to live in freedom, safety, and dignity."
5. **Eleanor Roosevelt:** "Where, after all, do universal human rights begin? In small places, close to home—so close and so small that they cannot be seen on any maps of the world. Yet they are the world of the

individual person; the neighborhood he lives in; the school or college he attends; the factory, farm, or office where he works."

These definitions emphasize the inherent nature of human rights, their universality, and their significance in promoting dignity, freedom, and equality for all individuals.

WOMAN AND HUMAN RIGHTS

let's delve into the concepts of women's rights and human rights in more detail:

Women's Rights:

Women's rights refer to the legal, social, and political rights that are specifically focused on addressing gender-based discrimination and ensuring equal opportunities for women in all aspects of life. These rights aim to challenge and eliminate the historical and systemic inequalities that have marginalized and disadvantaged women. Some key aspects of women's rights include:

1. **Gender Equality:** Women's rights advocate for equal treatment and opportunities for people of all genders. This includes equal access to education, employment, and participation in decision-making processes.
2. **Freedom from Discrimination:** Women have the right to be free from discrimination based on their gender. This encompasses protection against sexism, gender-based violence, and harmful cultural practices.
3. **Reproductive Rights:** These rights recognize a woman's autonomy over her own body and reproductive choices. They include access to family planning, safe and legal abortion, and maternal healthcare.
4. **Violence Against Women:** Women have the right to live free from violence, whether in the home, workplace, or community. Efforts to combat domestic violence, sexual harassment, and human trafficking are integral to women's rights.
5. **Political Participation:** Women's rights include the right to participate fully and equally in political and public life, including the right to vote, run for office, and engage in decision-making processes.

Human Rights:

Human rights are the fundamental rights and freedoms that inherently belong to every individual, regardless of their background, identity, or characteristics. These rights are meant to ensure the dignity, well-being, and

equality of all people. Some key aspects of human rights include:

1. **Universal and Inalienable:** Human rights are considered universal, applying to every person regardless of their nationality, gender, race, or other characteristics. They are also inalienable, meaning they cannot be taken away or forfeited.
2. **Interdependence and Indivisibility:** Human rights are interconnected and interdependent. For example, civil and political rights (such as freedom of speech) are interconnected with social, economic, and cultural rights (such as the right to education).
3. **Protection of Dignity:** Human rights are grounded in the idea that every person possesses inherent dignity and is entitled to be treated with respect and fairness.
4. **Legal and Moral Framework:** Human rights are often enshrined in legal documents and treaties at both national and international levels. The Universal Declaration of Human Rights, adopted by the United Nations in 1948, is a foundational document in this regard.
5. **Responsibility of Governments:** Governments are responsible for upholding and protecting the human rights of their citizens. Additionally, non-governmental organizations, civil society, and individuals play roles in advocating for human rights. In the context of women's rights, it's important to recognize that women's rights are a subset of human rights. Ensuring women's rights is vital for achieving gender equality and promoting the overall advancement of society, as it contributes to a more just, equitable, and inclusive world for everyone.

World population:

8,108,275,031	Current population
4,091,072,266	Current male population (50.5%)
4,017,202,765	Current female population (49.5%)

India population and Sex ratio :-

<https://www.indiaconvey.com/population/india-current-population.html#:~:text=India's%20Sex%20Ratio%20in%202023,from%202.2%20in%202015%2D1016> .

CONCLUSION

In conclusion, the journey towards achieving true gender equality within the context of human rights has been both remarkable and arduous. The struggle for women's rights has revealed the profound

interconnectedness between the advancement of individual freedoms and the collective progress of societies. While significant strides have been made over time, it is evident that there is still much ground to cover. The call to action persists: to challenge ingrained biases, dismantle systemic barriers, and amplify the voices of those who continue to be marginalized. As we reflect on the past and present, we are reminded that the pursuit of women's rights is not a solitary endeavor but a shared responsibility that must be upheld by governments, institutions, communities, and individuals alike. The ongoing commitment to recognizing women's rights as human rights will not only shape a more just and equitable world for women but will also contribute to the broader realization of a society that truly honors the dignity, agency, and potential of every human being.

REFERENCE

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