

EMOTIONAL HYGIENE OF WOMEN AND DIGITALLY LITERATE SOCIETY

We must implement the rules strictly at home, in society and educational institutions



Dr. Pragya Kaushik

Media Educator

Educationist

Author

Hisaar (Haryana)

A happy and contented family makes a prosperous and happy society, happy society is the aspiration of any progressive nation. Woman is that axis of a family, around whom this happiness whirls. For the women education is must. Women health and hygiene should also be her priority.

Right from the childhood children should be made aware of education, health, hygiene and emotional hygiene. It will enable them to handle their problems wisely and efficiently.

Sometimes such problems may affect motherhood phase. When we talk about hygiene habits of girls then not only from home but schools, colleges should also make it mandatory part of curriculum. Simultaneously emotional hygiene keeps them strong and their will power unshakeable. No wrong idea to distort the image of woman should be entertained at any stage. An educated woman makes a progressive generation.

All should also be involved in making decisions right from school time and should be made part of policies of the schools, institutions to handle the problems and guiding other students for how to maintain health hygiene. Must listen to the problems if any one complains. At home parents must keep dialogues with them and support them emotionally. In schools and colleges collective approach of students will help to make it result oriented.

Health and hygiene awareness interactive workshops can be conducted with parents. Also parents can be made part of parents and teachers committee, which works for over all progress of children.

Triangular approach must be adopted: Parents, Teachers and students, to solve the problem of students. Our children when enter teenage they

need to recapture your suaveness with more sensibility, merriment with more responsibility, affability with more reasonability and responsibility with more love and empathy. This triangular approach may help in keeping the balance in their lives.

Awareness about government schemes for girls' safety ,education and health must be the part of our regular exercrise.

Patriarchal mind sets can be transformed with liberal thinking and compassionate approach towards right to equality. Every single individual is here for purpose and holds value for his or her life.

Parents and teachers must teach boys to respect girls and girls should also be equally responsible for holding such sense of equal respect. Unless they learn it from home, they can't show it outside. Equality means every individual, gender, religion, cast, society and nation deserves to be treated equally.

Education is still not within reach of everyone. Education opens our vision so it must be made reachable to



Digital Literacy



everyone. Each one must teach one. The number of crime cases are increasing in the society and are also due to lack of proper and value based education.

Society must be sensitised toward modesty of a woman and its social fallout if disturbed by anyone. Acid attacks on girls, rape, dowry deaths or any such crime against girls, treat women as victim while they are the survivors or fighters and many faught till their last breath.

There is a parallel system running on social media and on OTT platforms, where moral checks needed. Digital Literacy about overflow of obscene, vulgar, indecent and disgraceful information and content about

women, is compulsory and much required today.

Today everywhere immorality is flowing, women are going to be the first victims of excessive disgraceful and indecent content. Our every single step towards regulating all platforms who are disturbing the fabric of peace and harmony of the society and are degrading women, must be corrected immediately. All must refrain to promote such content.

Let us be digitally literate towards safety and respect towards women. Let us be responsible individuals towards making an emotionally hygiene society where values and respect for women are intact.