



## Literacy for Healthy Life Through Life Long Learning

### KEYWORDS

**Dr. Suman Buwa**

PG Diploma in Adult Education and Population Education, Assistant (Senior) Professor, Department of Adult and Continuing Education & Extension Work, Shivaji University, Kolhapur, MAHARASHTRA.

In the backdrop of Indian context most of the women of rural areas remain deprived of even their basic rights owing to factors like culture, superstitious beliefs and male dominating structure of the society. Women populace in India embraces almost half the share of total population. Education confers knowledge, skills, employability which in turn offers increased confidence, socio-economic status and job opportunities. Therefore educating women is a step towards national development. Literacy in simple word can be defined as an ability to interpret a language by reading and writing. Education has a power to surmount the lacuna of illiteracy. In today's era of and technology and globalization the scope of education has not more confined to the walls of classroom and in hands of the timepiece. It has spread its wings beyond the ability to be able to read and write. Lifelong learning offers education anytime, anywhere. Therefore women in rural areas, with the help of lifelong learning can make headway towards knowledge and skills to attain literacy for leading a healthy life.

### Methodology

The researcher has been associated with the Department of Adult and Continuing Education and Extension Work Shivaji University Kolhapur Maharashtra. The department has been instrumental in bringing about positive changes in the life of people especially of rural areas of its jurisdiction through various lifelong learning and adult education programmes. The outcomes itself manifest the efficacy of education irrespective of time and place in one's life. Therefore, through this paper the researcher intends to cast light upon the contribution of the department and the University in the development of rural women of its jurisdiction. The study uses descriptive research methodology and builds on the premises of experiences and the lifelong learning programmes organized by the Department of Adult and Continuing Education and Extension Work, Shivaji University Kolhapur, Maharashtra.

### Objectives of the Study

- To Study the need of education for women
- To study the role of lifelong learning in one's development
- To shed light on the contribution of the Department of Adult and Continuing Education and Extension Work Shivaji University Kolhapur in conferring development to the rural women of its jurisdiction
- To propound efficacy of the Lifelong Learning programmes in educating women for better life.

### Education for Women

Women perhaps being the most important component of human reproductive system and vulnerable to many physical and social problems call for a great deal of consideration for their physical as well as emotional care. A woman plays multi faceted role of a mother, a wife, a daughter and a sister in her single life. As she journeys through the various phases of physical and role transformation she has to deal with many physical and social responsibilities. In Indian context it is seemingly true that despite her immense

contribution to a family and society at a large art various stages of their life women are still given secondary and subjugation treatment in some areas of the country. The same entails in lack of education resulting in lack of knowledge and exposure.

Rural women in comparison with women in urban areas of India are more unprivileged in terms of facilities and rights. Many a times it is evident that cultural and superstitious belief are the chief causes for the treatment. While the country is on the verge of completing a century of its independence most of women in the rural areas are still seemed to be the victims of exploitation, subjugation and secondary treatment. They remain deprived of their basic rights to better health and education. In most of the rural areas of India the women are so much accustomed to the treatment that they have accepted their existence of secondary importance. In spite of the difference in the sex ratio women populace of India embrace almost of half of the total population of the country. On these grounds the development of the nation stands on two pillars of development of male fraternity and development of female fraternity. Considering the present scenario the development of women in rural areas should top the agenda of national development.

The concept of development has been defined by various researchers, experts and scholars. In simple words it may be right to say that self Development is a process that calls for continuing acquisition of knowledge and skills and its execution for improvement.

Today's word of competition and globalization makes the significance of education for one's development more conspicuous. Because of its instrumentality in conferring enhanced standard of life on personal, social and professional fronts of one's life, various philosophers and great personalities have given due credence to education. Education has a power to confer not only the knowledge and skills but also enhanced employability and confidence. Education accords literacy. The burgeoning need of education for better life gives the new meaning to literacy beyond its defined meaning of an ability to read and write for interpretation of language. In this context it may be apt to say that being literate means having acquired required set of skills and knowledge to deal with life more effectively.

### Life Long Learning –Literacy for Life

One never stops learning in his or her life. We get education by the formal way of class room instructions in the institutions as well as through life experiences. And thus education becomes a lifelong learning process. Today upgrading oneself with knowledge and skills for a better and healthy life is a need of a time. With ever changing world of technology and so is the competition, life long learning takes a face of a continued conscious effort of acquisition of required set of skills for employability, health and survival.

### Department of Adult and Continuing Education and Extension Work ,Shivaji University, Kolhapur, Maharashtra.

Shivaji University, Kolhapur established the Department of Adult and Continuing Education and Extension Work in 1982. The objective of the venture is to take the university to the masses. The Department of Adult and Continuing Education & Extension Work offers various kinds of need based (short duration) Continuing Education Courses to enhance the employability of an individual. In addition to the programmes in Leadership and Human Resource Development, Quality of Life Improvement, Individual Interest promotion, Social and Citizenship, Role Awareness etc. Department also provides orientation and training in Life Long Education to teachers, students, social workers administrative staff etc. The department acts as link between University & affiliated colleges and society at large. The department has been instrumental in attaining empowerment of people especially of rural areas by organizing various programmes for their socio-economic, spiritual and health development.

The department of Adult and Continuing Education and Extension work has been playing a pivotal role in conferring various skills and knowledge to the people of its jurisdiction especially of rural areas. The Department has been organizing various Continuing Education, Individual Interest Promotion programmes, Quality of life improvement programmes, leadership and human resource development programmes, social citizenship awareness programmes, community outreach activities etc. for the people of all ages and socio-economic background. However considering the need of all round development of women of rural areas, the department also strives to attain the empowerment of rural women either by the way training women for skills or creating awareness among the male members of a society about the significance of a woman and her care.

The programmes for Gardening and Nursery, Printer Repairing, computer literacy, web designing, fashion designing, event management, fruit processing, dry cleaning, vegetable cultivation etc have proved useful in enhancing employability of the beneficiaries of the programme. With the help of knowledge and skills acquired in the programmes

the beneficiaries have been able generate more income by doing job or starting their own business activity. Increased economic status have accorded them increased standard of living. These programmes have increased the confidence level of the rural women. The Programmes of Nutrition and Diet for women, for Health and hygiene Awareness, Family Life Education, Diabetes Awareness Programme, Save the baby girl etc. have facilitated the beneficiaries the knowledge about human body, its various systems and its care for healthy life. These programmes not only educated the women about the physical care of their bodies but also proved instrumental in removing many superstitious beliefs and practices which were harmful for their physical, mental and social health. The Programmes for Human Rights for Women, Legal Literacy for Women, Role of NGOs in sustainable developments etc. educated and made the beneficiaries aware about their rights and how to seek legal help in case of their physical and emotional exploitations.

The feedback from the beneficiaries of the programme itself gives the testimony of the efficacy of the education at any-time of life for improved standard of life. Seemingly varied in nature these programmes have conferred one thing in common i.e literacy for healthy life to the beneficiaries. Skills have facilitated increased employability, knowledge and awareness has accorded education about health and rights.

### Conclusion:

Women being the equal stakeholder of the total population call for attention their development in India. Education has a power to enhance employability, confer knowledge and skills and create awareness for better life. Education is a lifelong process and offers literacy for life beyond the ability to mere reading and writing for interpretation of language. Therefore educating women for their self development is a key to national development. The department of Adult and Continuing Education and Extension work has been playing a pivotal role in conferring various skills and knowledge to the people of its jurisdiction especially of rural areas. These lifelong learning programme have proved instrumental in giving literacy to the beneficiaries that is the women of the respective rural areas for healthy life.

### REFERENCE

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