Original Research Paper



Nursing

MOUNTING THE WEALTH OF A WOMAN!

Dr. Sr. Lalitha Rosali Principal, Holy spirit Institute of Nursing Education, Holy Spirit Hospital, Mahakali Caves Road, Andheri (E), Mumbai – 400093, Maharashtra

Dr. Sholy Rose Paruvanani

KEYWORDS:

At least Women's Day 2024 knocked at my locked door to glimpse into who I am as a woman. The following questions echoed:

- Have I ever introspected to know who I am?
- Was there any moment of appreciating myself?
- Did I ever be compassionate to myself?
- Can I say that I am a loyal woman with creative competencies for progress?

If so, I want to own it up for who I am. What about you, my colleagues? So then what does woman mean to us???

W: Wisdom

I believe we, as women of wisdom, are able to permeate the essence of empowerment. We empower the feminine dreams and emotional state within all of us through our authentic, friendly, transformative, and health-giving experiences. It is possible when we share our life stories, accept our intelligence, and transform our personal and collective mindfulness. This enables us to offer our valuable insights and inspiration to everyone on the spiritual path, regardless of background or tradition. We could overcome any biases with a tone of prudence, inclusiveness, and acceptance.

O: Optimism

I am sure we are quite convinced that we as women of optimism are less likely to be stressed because we focus on positive emotions (I suppose) and have some sense of control in situations at least some time, or days, because we feel that we tried our best, we can make some change, we will do better, and we are caring for everyone and we can do something rather than escaping. Also, in terms of approach, we are likely to do the right thing. We ask for help. We tap into both external and internal resources to get our positive emotions going. Hence, our optimism endures and balances life and lifestyle. Wish an s wishes. Plan and execution. Pray and play.

M: Munificence

Munificence is equal to being generous. We are known for functioning at heart level. Yes, a woman of munificence is someone with a big heart. Yes, we are kind, generous, polite, and respectful to all. Most of the time, we are mindful of others needs and reach out. We are mindful of others' time and are punctual. Offering help and being considerate to those around us is our charisma. We stand by other women in our workplace, community, and neighbourhood in their trials and tribulations instead of bringing them down. To continue living the cuteness of munificence, let us pay attention to not being backbites but being straightforward. Let us involve ourselves in the discussion. And let us believe in giving.

E: Endurance

What is a woman of endurance??? It is encircling oneself with power and strength. It is being confident that we can make it on our own, of course, with the divine touch and the support of our family, colleagues and friends, even through the worst times of our lives. Although we have our own battles to fight and our own struggles to live through, we have within us an immense power to stay strong and face everything bravely and upfront. Come what may, all shady fortune is to be seized by endurance. Yes, endurance is not just the ability to bear a hard thing but to turn it into glory.

N: Nobility

Dignity, decency, and graciousness are our clothing. In fact, they can

also be our jewels of beauty. So, we can say that women of nobility ensure the auspiciousness, prosperity, and well-being of the women, for sure. We usually wish for everyone to lead a long, happy, and healthy life. Hence, our speech is supposed to be truthful, our hearts should be full of peace, and our actions must be righteous. One more thing I realize that if we are women of nobility and character, we seem to be least disturbed by the criticism of evil-minded people and we do not give scope for any doubts. Our pure heart is our witness. But sometimes it is misunderstood. Yet we stand overly tall, following our conscience as our soul's driving force.

Taking ownership of our gender identity, we must value our roles as mothers, disciplinarians, planners, directors, re-creators, disbursers, economists, educators, statisticians and entrepreneurs. To do this, we must cultivate creative communication skills, self-awareness, sincerity, integrity, humor, and the qualities of a quality, independent woman. To compete in today's information-, challenge-, and charismadriven world, one must hold qualifications, with a mix of focusing on our commitment and contribution rather than things that are not yet a part of who we are. Be aware that effectiveness is more significant than efficiency, and treasure the fact that the most crucial element in a woman's authentic, happy, and meaningful existence is having a strong sense of self-awareness, self-worth, and self-contribution.