



ORIGINAL RESEARCH PAPER

Physical Education

SKY YOGA FOR WOMEN EMPOWERMENT

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ABSTRACT

Women play different of important roles in our society from their birth till the end of life. The Human community is made up of men and women, both are important in the advertising and well-being of the human race. It is not possible for either a man or a women to exist, without the other. The relationship between a man and a woman in life is blessed. But unfortunately women have always been disregarded and commended to a lower level by the men in the society, even to the extent of being kept away from certain fields like politics, religion and economics.

INTRODUCTION

Since the "United Nation declaration of the decade of women", thinking and action on women's concerns steadily increased and education, whether it be the form of consciousness-improving or skills additional was one of the areas women's organisations, departments of government and international donor companies focused on. The under lying assumption was that if women understood their conditions, knew their rights and learned skills traditionally refused to them empowerment would follow. Eighteen years went and there are different views as to whether such assumptions about increasing access to education and training have resulted in the tilting of the power balance in favour of women.

WOMEN EMPOWERMENT

Understanding that Empowerment is a difficult problem with varying analysing in different communal, national and cultural ways.

At the level of the individual women and her household:

- Participation in decision –making and her household
- Extent of allocation of domestic work by men
- Extent to which a woman takes control of her reproductive functions and decides on family size
- Expansion of which a woman is a leader to decide where the income she has earned will be channelled to
- Feeling and expression of pride and value in her work
- Self -confidence and self-esteem
- Ability to prevent violence

COMMUNITY OR ORGANISATIONAL

- Existence of women's organisations.
- Allocation of funds to women and women's projects.
- Doubled number of women leaders at village, district, provincial and national levels.
- Involvement of women in the design development and application of technology.
- Participation in community Programmes, productive enterprises, politics and arts.
- Engagement of women in non-traditional tasks.
- Added training programmes for women and
- Exercising her legal rights when necessary.

EDUCATION

The formal and non-formal education systems would need to be considered would be important to analyse the gender ideas and to determine the manner in which it is addressed /not addressed in the educational system. On the basis of the analysis curriculum changes would need to be brought about. Similarly it would be important to reorient the teachers on gender problems so that overall gender sensitisation in the educational system could be brought about.

CAMPAIGNS

If one is to have an effect in society, it is important to undertake a systematic course and a large public room activities that will put the problem of gender in the minds of the legislators, policy-makers and the larger public. Therefore

- Pushing for a dialogue between stake holders
- Raising gender problem within the national policy arena
- Pressuring to upgrade women's collecting information which are a result of the United Nation decade for women into ministries of women's affairs.

NETWORKING

Over networking, it would be possible to share experiences and learn from one another. In this manner, understanding and solidarity among women's organisations development organizations (Governmental / Non – Governmental and multilateral companies could be forged. This would therefore would limit networking at the national, regional and international level, South linkages were considered to be particularly important.

- Organizing at least one meeting a year of gender sensitive organizations.
- Bringing together donor companies, government and NGOs.
- Linking women's movements all over the world.

MEDIA

Considering the attitudinal barriers in traditional societies and the role which the mass media play in build up them, the following strategies were advanced

- Organizing mass media systematic courses to raise awareness.
- Creating a social climate friendly to women's problems.
- Opposing the habit to send women back to the kitchen.

VETHATHIRI MAHARISHI

Born of woman Nurtured by woman your partner is also woman Be proud of womanhood.

Through this poem, Tathvagnani Vethathiri Maharishi gave a lasting tribute to all the women of the world for their roles as mothers, wives, sisters, daughters and friends. To realize the greatness of women, he urged us to accept the fact that women alone gave birth to the entire human race. He recognized women having a special place in society because nature entrusted this noble task by bestowing them a suitable physical structure and nurturing qualities such as love, compassion and sacrifice of self for others.

GREATNESS OF WOMEN

All men are born and survive on this planet with the assistance of the women. They are an inevitable part of his life, in the role of a mother, sister or a life partner, it is essential that the men remind themselves of the fact that they are alive only because a woman had sacrificed herself for him. Conceived by a woman and fed on her milk, we survived and grew, we live with help of a women, understand their greatness.

Let us take a look at the difference between a man and a woman. The universe and everything in it are the result of the transformations undergone by the divine state and the human being are the final products of the transformations. Nature in its infinite wisdom has chosen the women to bear the children and

take care of them during their initial stage. This is the case with all the living things in the world, the responsibility of conceiving, delivering and weaning the offspring is vested with the female of the species.

"The Greatness of women becomes evident when-
The fact that all the women and men
Are to the human race, Womanhood's gifts,
Can there be a deed, nobler than this?"

Vethathiri Maharishi

This fact has to be made clear to all the men and the need to give women their due share explained to them. Reforms have to commence at the level of the individual and in this case with the women living in the families.

TYING TOGETHER

It is the woman who keeps the family together, often linking them with each other, through her wisdom and sacrifices.

WIFES' APPRECIATION DAY

The 30th of August every year is celebrated as Wives' Appreciation Day at all the meditation centers and trusts of Manavalakkalai yoga . During the function the husband recites a poem in appreciation of the wife and offers her a floral bouquet in return for which she gives him a fruit as a token of her love and gratitude. This ceremony is performed to make the husband aware of the greatness and worth of the wife and rid him of any male ego that may come in the way of his appreciating her fully. The substance of the poem is given below:

"I cherish my wife who has extremely detached herself from the bonds of her home, family and friends, leaving them behind, to accept me as her husband, according to the dictates of the culture and share my responsibilities as a part of her own duties. I look upon her and her services to me and the society as a boon granted to me."

WOMEN OLDEN DAYS

Women were highly erudite during the sangam period, with many poets like Avvaiyar, Kakaipadiniyar, Mudaththammakkanni, and Velliveethiyar ranking on a par with the male poets. Kannagi, who left her home in search of her long lost husband, was capable of winning a debate with the ruler of the land. Manimekalai, daughter of Madhavi, Joined Buddhism for rendering services, after she had undertaken a deep study into the tenets of the other religions. Ancient literature is replete with the works of women. The field of religion also had its share of women like Andal, Mirabai, Sahajobai, Mukthabai and Sarada Devi.

WOMEN MODERN DAYS

Politics also has been graced with the presence of many women like Kasturba Gandhi, Sarojini Naidu, Dr. Annie Besant and Dr. R. Muthulakshmi. Many women lived and flourished as poets and writers during the olden days. Many of the them even played a role in the administration of the country. They enjoyed equal rights with the men during the Vedic times. Changes however crept in, and women were relegated to the background, into playing the roles of home makers. Even a basic education was considered unnecessary for a woman destined to spend her life within the confines of a kitchen. But the wise, who realised the greatness of women fought for their emancipation, besides providing them with an education and equal rights. Things have changed to a very great extent and women are seen to do well in many of the male dominated fields today. The change however is not complete the benefits of the progress are yet to reach the women in the villages.

CONCLUSION

Training to prepare education programmes for women's empowerment needs to integrate the four components:

- Gender problems
- Work oriented activities
- Literacy and Numeracy skills
- Principles of curriculum design

It is yet too early to discuss the impact of this training programme which could only be assessed in terms of how it influences changes at the national level. What is certain is that the seed of education for learners' empowerment has been sown. Clearly many problem areas arise. Better understanding of these problems will help improve the effectiveness of the programme which will ultimately help promote women learners as " Empowered" members of their society.

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