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JOY

WOMEN: THE EMERGING POTENTIAL ON NATION BUILDERS

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ABSTRACT

"There is no chance for the welfare of the world unless the conditions of women are improved." Remarked Swami Vivekananda.

Women constitute nearly 40% population of a nation. If women are given task of development of the country she can make wonders.

"Women are the real architects of the society" says Mahatma Gandhi. He says this very proudly, as he finds that women can change and mould the world. Women are more dedicated, hard working, more sincere and more devoted to the cause. They have much patience and politeness by nature. There is no doubt that women will bring a bright development in the process of nation building, but the other gender is not in favor of giving them the given due favors.

Today the educated women have come out of their orthodox thinking are taking steps towards modernization, they are getting empowered and are taking responsibilities in all sectors, eg. Entrepreneur, Manager, Ministers, Anchors, Musicians, Social Workers, Pilots etc. Many women have proud themselves to be more dynamic, vibrant, sincere and perfect in their chosen path. Women at the urban and rural level are taking the basic issues as water, health, family planning, polio eradication more seriously and sincerely, they play better role in development, whether village or municipality, which in turn will result in the overall development of the state and the nation as a whole.

The empowerment of women by itself cannot place women on equal footing with the other gender; the need of the hour is the change of social attitudes towards women. Many units like dowry, female infanticide, eve teasing, and rape have to be dealt with first and then we can hope for a better tomorrow.

This study explains the role of women and the potential women have in them to change the world for a blissful tomorrow. The study will open up that woman is no less creature than that of men, if given chance. A Woman if given a chance and opportunity can prove the saying that "the hand that rocks the cradle, rules the world."

INTRODUCTION

"Woman is the builder and molders' of a nation's destiny, though delicate and soft as lilly, she has a heart, stronger and bolder than that of man, she is the supreme inspiration for man's onward march".

Nation building refers to the process of constructing or structuring a national identity using the power of the state. The task of nation building requires the participation of all regardless of their race, ethnicity or gender in the creation of a strong state. It is the establishment of equitable, democratic and egalitarian society in which the rights of men and women are respected. A woman is an architect of society; she establishes the institution of family life, builds the home, brings up the children and makes them good citizens. Her strength in totality contributes in the making of an ideal family, idea society, and an ideal state. It has rightly been said who holds the purse holds the nation.

Women play important role in most of the sectors. They play the leading role in shaping our nation and this has been followed back from the pre-colonial era. Just like women's invisible work in the household, women's work in community building and conflict resolution, which has significant human development implications, often goes unacknowledged. The women of the present generation have generally received higher education than the women in their preceding generation. There have been far reaching consequences in the economic status of their families and trying hard to improve the social status of women at large.

"There is no chance for the welfare of the world unless the condition of women is improved. It is not possible for a bird to fly on only one wing ".Because women live longer than men by an average of 5.2 years, they will end up in charge of much of the anticipated intergenerational transfer of wealth expected over the next fifty years.

OBJECTIVES OF THE STUDY

1. To analyze the present status of women.
2. To know whether women have potential towards nation building same as men.
3. To find the different types of role played by women.
4. To analyze the presence of women in institutions such as police and administration bureaucracies is associated with decrease in corruption.
5. To analyze whether women are given respect and dignity, they deserve.

RESEARCH METHODOLOGY

To realize the objectives of the study information was collected through secondary data. Information on some famous women personalities were collected and studied. Secondary sources of this data includes books, papers presented, journals, websites and articles from news papers.

LITERATURE REVIEW

The emergence of women in the process of nation building is one of the central issues all over the world. The International Women's Day celebrated on 8th march every year has become a day of demonstration for equal opportunity and solidarity. The process of women empowerment is conceptualized in terms of personal assertions, self-esteem and confidence,

ability to protect themselves as women attaining socio political participation and economic independence, ownership of productive assets and provide leadership in women.

Writers, thinkers, researchers and discoveries say that the first female made the transition from an ape to a human erectus who stood on her 'Two Feet' and they named her 'Lucy' and she is the first female. I understand judeo, Christian and Islamic religions teach us that 'Adam and Eve' the first from whom we all emerged. It is said that women is the indispensable for human being as air and water are essential for living on this earth. Then why throughout history and in many societies including India gender inequality is part and parcel of an accepted male dominated culture.

Rajamma (1993) in her study relating to empowerment through Income Generating Projects, in Madhugiri Taluk of Tumkur District in Karnataka State points out that the Income Generating Project has increased Women's access to and control over the factors of production. Women started with the traditional activities and slowly they showed interest and confidence in taking up non-traditional employment like brick making (which was usually done by men), running of food co-operative, construction of smokeless stoves and construction of low cost latrines.

Karl (1995) in his book entitled "Women and Employment, Participation and decision making" opines that empowerment of women involves different interrelated and mutually reinforcing components: collective awareness and capacity building, skill development, participation and greater control over decision making and action to bring about gender equality.

Anuradha Sharma (1998) in her study argues that women's most durable contribution to nation building begins at home, though it doesn't end there. It is imperative that customs, traditions, rituals, values and attitudes which view and treat women as inferior and less desirable than men should be discarded and changed.

Sen Gupta (1998) in his paper titled "Empowerment : A Socio-psychological approach to Self Help Groups Formation" claims that empowerment of the deprived begins with their ability to voice their opinion through the process of consensus politics and dialogue backed up by access to education, information, organization, employment and credit.

Suseela Gopalan (1999) in her study relating to empowerment of women through education and employment points out that discrimination adversely affect the status of women and for increasing the status, prime importance should be given to alleviation of discrimination. Empowerment of women with too many opportunities is highly essential for discarding discrimination.

Pattanaik (2000) in an article on women welfare and social development argues that women are the vital human infrastructure and their empowerment - economic educational, social and political - would hasten the pace of social development. Investing in women's capabilities and empowering them to achieve their 'choices' and 'opportunities' is the surest way to contribute to economic growth and overall development.

WOMEN WHO ARE ACHIEVERS

Women can achieve greater things in life when they have confidence in themselves and when they have the desire to go one step ahead. Following are the women who have faced

lot of difficulties, undergone many problems, heard many criticisms, but still have excelled in their life and have set example to all the women in the world.

MOTHER TERESA:

Mother Teresa was born on 26 August 1910 in Albania. She founded the Missionaries of Charity in Calcutta, India in 1950. For over 45 years she ministered to the poor, sick, orphaned, and dying, while guiding the Missionaries of Charity's expansion. First she founded the missionary throughout India and then in other countries.

By the 1970s, she was internationally famed as a humanitarian and advocate for the poor and helpless. She won the Nobel Peace Prize in 1979 and also won India's highest civilian honour, the Bharat Ratna, in 1980 for her humanitarian work. At the time of her death her missionaries of charity was operating 610 missions in 123 countries. In 2010 on the 100th anniversary of her birth, she was honoured around the world.

She started a free school for the poor children. In 1950, she founded a new religious order "Missionaries of Charity ". Her activities began to call her Mother Teresa for her motherly affection towards the suffering people. She also founded "Nirmal Shishu Bhavan" for the orphan children. A home in Gobra was founded for the lepers. Donations began to come from many countries of the world.

KIRAN BEDI:

Kiran Bedi was born on 9th June, 1949, in Amritsar, Punjab. In 1972 she joined police services and became first Indian woman IPS officer. During her IPS duty, she served in many toughest assignments ranging from New Delhi traffic postings, Deputy Inspector General of Police in Mizoram and Advisor to the Lieutenant Governor of Chandigarh. She also took the responsibility as Director General of Narcotics Control Bureau, to a United Nations delegation, where she became the Civilian Police Advisor in United Nations peacekeeping operations.

Now Kiran Bedi is a social activist who has also founded 2 NGOs – The Navjyothi Delhi Police Foundation for welfare and preventive policing in 1988 (at present known as 'The Navjyothi India Foundation'), and the India Vision Foundation for prison reformation, drug abuse prevention and child welfare in 1994. She plays an important role in the life of every Indian Women, and is perceived as a role model, support for many women IPS aspirants of our country.

During her she was awarded with numerous trophies and honors such as Suryadatta National Award 2007, United Nations Medal, 2004, Mother Teresa Award for Social Justice, 2005 etc.

SANIA MIRZA:

Sania Mirza is an Indian tennis star and one of the top doubles tennis players in the world. She is the most successful Indian female tennis player. Mirza burst into the scene as a prodigiously talented teenage tennis star and won several of tournaments in the Indian local

circuit before breaking into the big time when she won the Girls' Doubles title at Wimbledon. Mirza won a number of singles championships in the local circuit and also fared credibly in the Grand Slam singles circuit but she could not make the sort of progress that she would have liked. A wrist injury was also one of the reasons why her career went through a rough phase but post that injury she started concentrating on doubles and mixed doubles tournaments more than the singles events which led to her success in the Grand Slam tournaments. She is regarded as one of the finest doubles players in the world and without doubts one of the finest tennis players to have ever represented India.

AWARDS & ACHIEVEMENTS:

- Mirza was awarded the Arjuna Award from the Government of India in 2004.
- In 2006, Mirza was awarded the Padma Shri by the Government of India. It is the 4th highest civilian honour in India.
- In 2015, she was honored with Rajiv Gandhi Khel Ratna Award and a year later she was awarded the Padma Bhushan, India's 3rd highest civilian honour.

On April 12, 2010, Mirza got married to Pakistani cricketer Shoaib Malik. Even though she is married to Pakistani, we are proud to say that she is still playing for India.

SAINA NEHWAL

Nehwal won bronze at the 2012 London Olympics, her simplicity has endeared Twenty-five year old Saina Nehwal is one of the most iconic athletes in India.

Nehwal became the first Indian to reach the top of the women's singles badminton rankings earlier this year. Prior to that, she became a pioneer for India, flying the national flag high before anyone. She is first and only Indian badminton player to win an Olympic medal, first to win Commonwealth Gold in women's singles, first to win the World Junior and Commonwealth Youth titles, and was also the first Indian to win the Indian Super series title.

All this in addition to the record 16 international singles titles at the Super Series and Grand Prix Gold level. Nehwal did suffer hiccups along the way, most notably after her birth to Usha Rani and Harvir Singh Nehwal in the state of Haryana when her grandmother refused to see her for a month. Discrimination against a girl child was rife in Haryana.

Today, Nehwal is the brand ambassador for the girl child campaign in India. Badminton was in Nehwal's genes - her mother was a badminton player as well, representing Haryana. As there was no coaching facility available for children, her father thought of making Nehwal take up Karate. She loved it and went as far as getting a brown belt before Harvir was transferred to Hyderabad. Problems started easing out as Nehwal started winning national tournaments and sponsors started taking interest.

MAMATHA POOJARY:

Mamatha Poojary fondly known as Kabaddi Queen born in 1986 is an Indian professional international kabaddi player. She is the reigning Captain of the Indian women's Kabaddi team and has been awarded the Rajyotsava Prashasti, 2nd highest award by the Govt. of Karnataka. On 2nd September 2014 she was conferred with the Arjuna Award by President Pranab Mukherjee in recognition of her achievements in Kabaddi. She is currently employed by the

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South Central Railways Zone of Indian Railways. Mamatha finished her schooling in Hermunde and Ajekar and graduated from Gokarnatha College, Mangalore.

During her school days she was actively involved in sports like volleyball, short-put and kabaddi. But it was the passion for kabaddi that was a clincher. Her hunt for Awards set in motion when she represented Mangalore university at the international match held at tirunelveli. She won the Gold medal. She also won medals in open kabaddi tournaments held at Hingaat and Dadar. Mamatha was a part of the Indian Kabaddi team that won Gold in the south Asia games held in Colombo in 2006 Her journey could be a template for the hurdles young female athletes, especially in a contact sport, face in India. To begin with, her farmer parents, who owned a tiny plot in their village, weren't too keen on her taking up the sport. After college and kabaddi practice, Poojary would return by bus, with the nearest stop a good 3km from their house. She has to walk through the jungle to get home, so people in the village would ask her parents why they let her return home alone so late.

Poojary has 11 international medals, but being part of the Pro Kabaddi extra vaganza, which has catapulted not only the sport but also her male colleagues to a new realm of fame and recognition, feels like a different kind of vindication.

MEDHA PATKAR:

MedhaPatkar (born 1 December 1954) is an Indian social activist working on various crucial political and economical issues raised by Adivasis, Dalits ,Farmers, labourers and Women facing injustice. She is the founder member of 31 years old people's movement in the three states: Madhya Pradesh, Maharashtra and Gujarat. Narmada Bachao Andolan(NBA) engaged in struggle for justice to the dam projects affected people, challenging development paradigm and in reconstruction including educational work. She is one of the founders of National Alliance of People's Movements (NAPM), an alliance of hundreds of progressive people's organizations. She was a commissioner on the World Commission on Dams, which did a thorough research on the environmental, social, political and economic aspects and impacts of the development of large dams globally, as also the alternatives. She was the national co-ordinator and then convenor of National Alliance of People's Movements for many years and now continues to be an advisor to NAPM. Under the banner of NAPM she has participated in and supported various mass struggles across the country against inequity, non-sustainability, displacement and injustice in the name of development. It challenges Casteism, Communalism and all kinds of discrimination. She has been a part of teams that work on initiating and formulating various national policies and enactments including those related to land acquisition, unorganized sector workers, hawkers, slum-dwellers and forest-dweller Adivasis. Narmada Bachao Andolan and Ghar Bachao Ghar Banao Andolan, founded by MedhaPatkar with others are allies of NAPM Narmada Bachao Andolan

SAALUMARADA THIMMAKKA:

Saalumarada Thimmakkais an Indian environmentalist from the state of Karnataka, noted for her work in planting and tending to 384 banyan trees along a four-kilometre stretch of highway between Hulikal and Kudur. Her work has been honoured with the National Citizen's Award of India. A U.S. environmental organisation based in Los Angeles and Oakland, California called Thimmakka's Resources for Environmental Education is named after her.

ACHIEVEMENT:

Ficus (banyan) trees were aplenty near Thimmakka's village. Thimakka and her husband started grafting saplings from these trees. Ten saplings were grafted in the first year and they were planted along a distance of 4 kilometres near the neighbouring village of Kudoor. Fifteen saplings were planted in the second year and 20 in the third year. She used her own meager resources for planting these trees. The couple used to carry four pails of water for a distance of four kilometers to water the saplings. They were also protected from grazing cattle by fencing them with thorny shrubs. In total, 384 trees were planted, and their asset value has been assessed at around 1.5 million rupees.

ARUNIMA SINHA:

Arunima Sinha (born 1988) is the first female amputee to climb Mount Everest. She was a national level volleyball player who was pushed from a running train by thieves in 2011 while she was resisting them. As a result, one of her legs had to be amputated below the knee. Her aim was to climb all the continents' highest peaks and put the national flag of India. She has already done five peaks: 1. Everest in Asia, 2. Kilimanjaro in Africa, 3. Elbrus in Europe, 4. Kosciuszko, Australia and 5. Aconcagua in Argentina as the world's five highest peaks. 6. Carstensz Pyramid (Puncak Jaya), Indonesia.

PLANNING AND TRAINING:

She excelled in the basic mountaineering course from the Nehru Institute of Mountaineering, Uttarkashi, and was encouraged by her elder brother Om prakash to climb Everest with a leg, which was arranged by raising funds with the help of a swami of Ramakrishna Mission, Vadodara. She contacted Bachendri Pal, the first Indian woman to climb Mount Everest, in 2011 by telephone and signed up for training under her at the Uttarkashi camp of the Tata Steel Adventure Foundation (TSAF) 2012.

Arunima Sinha is now dedicated towards social welfare and she wants to open a free sports academy for the poor and differently-abled people. She is donating all the financial aids she is getting through awards and seminars for the same cause. The academy would be named Shaheed Chandra Shekhar Vikalang Khel Academy. She wrote the book "Born again on the mountain", launched by Prime minister of India Narendra Modi in December 2014. She was awarded Padma Shri, the fourth highest civilian award of India, in 2015.

MARGARET ALVA:

Margaret Alva born 14 April 1942 was the governor of the Indian state of Rajasthan until the end of her tenure in August 2014; she had previously been governor of Uttarakhand. She took over in Rajasthan from the Punjab governor, Shivraj Patil, who had been holding an additional charge of that state. Before being appointed governor, she was a senior figure in the Indian National Congress and was Joint Secretary of the All India Congress Committee.

Margaret Alva was born Margaret Nazareth on 14 April 1942 in a Christian family at Mangalore, Karnataka. Alva combined her work as an advocate with involvement in welfare organizations, eventually becoming president of the Young Women's Christian Association. One of her early involvements was with the Karuna non-governmental organization, which she founded and which was focused on issues relating to women and children .

JUDITH MASCARENHAS:

Judith Mascarenhas was born on December 22, 1931 to Konkani poet and journalist Aloysius Mascarenhas and teacher Magdalene. She was teacher for 22 years. A dedicated social worker Judy, as she was fondly known, founded the Preethi Neethi Trust in 1991 for uplifting the poor and destitute. She held several other posts, as founder member and treasurer of link De addiction citizens committee, member of Mangalore Railway station consultative committee, treasurer of MahilaVedike Nagara , Parisarasakthaokkoota, Joint secretary of the DK Association for the blind , Director of DK and Udupi Zilla Mahila Co-operative Bank, Director and Vice Chairman of MCC Bank, Director of the Canara Catholic Co-operative Educational Society, etc.

She served the city of Mangaluru as Deputy Mayor for two terms and as Corporator for 3 terms. For her achievements in various fields especially in social work, she was awarded the district Rajyotsava Award in 2015, Life Time Achievement Award by St. Agnes College Alumni Association, Social service honor at Kannada Sahitya Sammelana and many more. She was a nominated member of the government – appointed Coastal Agenda Task force and was Chairman of its subcommittee for social and human development. She was also the executive member of the Mangaluru Decission Committee Planning and implementation.

BHARATHI:

Bharathi has served as a Sub – Inspector in Moodabidri, Pandeshwar ,Ullal and Panambur. She is working as sub inspector in Panambur police came to limelight when she was the SI in Moodbidri, where she was known for efficient handling of the cases including strict action against anti- social elements. She has earned a friendly tag of “Lady Tiger”.

Bharathi is married to Narasimha Murthy and has a 2 ½ year old daughter. But she has hardly faces any problem in balancing her family and profession. She feels her duty is her first responsibility though she cannot neglect her family on that count. Bharathi states that more women should try to get into the police force so that there is a real change in the way people look at the police force. “Though it may look difficult from a

distance, the departmental atmosphere is quite encouraging for women who have the talent and the ability to work hard and prove themselves”.

HOW TO EMPOWER WOMEN:

To “empower women” means to authorize power or increase the overall position, status and condition of women in every spheres of life and to authorize power or increase the overall position, status and condition of women in every spheres of life. Today more and more girls are studying in schools and colleges and also go abroad for higher studies. Women are holding better position in the society. By educating women, economy of the country increases. It has been seen from the last few decades that involvement of educated women in various activities helps the country to move towards economic and social development.

- Female education also contributes towards health and well-being of the Society/nation.
- By getting education, women also contribute to the national income of the country.
- Educated women are considered active in politics as well.
- They know their rights and are able to defend themselves better.
- Creating more part-time job opportunities, mostly for women who are housewives so that they do not get any opportunity for full-time work.
 - Women self help groups should be created in order to motivate women to work in groups and also develop a sense of self employment.
- Raising self-esteem and self-confidence of women and also giving them Freedom to take their own decision.
- Elimination of discrimination and all forms of violence against women and girl child.
- Enforcement of constitutional and legal provisions and safeguarding rights of women.
- Building a positive image of women in the society and recognizing their contributions in social, economic and political sphere.

The process of empowerment has five dimensions, viz. Cognitive, psychological, economic, political and physical:

- (i) The cognitive dimension refers to women having an understanding of the conditions and causes of their subordination at the micro and macro levels.
- (ii) The psychological dimension includes the belief that women can act at personal and societal levels to improve their individual realities and the society in which they live.
- (iii) The economic component requires that women have access to, and control over, productive resources, thus ensuring some degree of financial autonomy. However she notes that changes in the economic balance of power do not necessarily alter traditional gender roles or norms.
- (iv) The political element entails that women have the capability to analyse, organise and mobilise for social change; and

- (v) There is a physical element of gaining control over one's body and sexuality and the ability to protect oneself against sexual violence to the empowerment process.

EDUCATION OF WOMAN- FIRST STEP TOWARDS NATION BUILDING

Educating a woman educates the whole society .It is central to development and improvement of the nation welfare. Moreover girl's education has a direct impact towards nation's growth. Investment in girl's education benefits the individual, society and world as a whole. Education to women leads to;

- (i) Increase in self-esteem, individual and collective confidence.
- (ii) Increase in knowledge and awareness on health, nutrition reproductive rights, law and literacy.
- (iii) Reduces inequality, increases productivity and contributes to democratization .
- (iv) Responses to, changes in social customs like child marriage, dowry, discrimination against widows and makes them aware on issues relating to rape and other evils.
- (v) Makes women know about HIV /AIDS, about fertility rates, about abortions and other health issues and improves their life which in turn benefits the nation .

FINDINGS:

From the study we found out that;

- Education of women is a first step towards empowering them.
- Women have potential to be multi tasking i.e. manage home as well as work.
- Women work more number of hours than men and encourage everyone to remain committed.
- If women are educated then many improvements can be implemented.
- If women are empowered socially, economically and politically then greater things can be achieved.
- Women if given leadership can minimize corruption and other evils.
- Women face hardships, face failures but learn from their mistakes and progress.
- When one woman takes initiative and is successful, she motivates all others to participate.
- Women are confident, they are ready to learn from others, search for help from experts to add value to her goals.
- Woman is positive in nature and is keener to take risk.
- Woman has the capacity to make people work under her and manage things keeping in mind their needs and understanding their problems.
- Women do not take decision in haste; they analyze, think and then take a decision.

SUGGESTIONS

- Stop female infanticide and Save girl child.
- Educate girl child
- Create gender friendly work place
- Equal participation of women in all sectors making them aware of all the facilities.

- Prioritize dalit and deprived group of women so that they know the concept of education, gender and citizenship equality.
- Allow women to work and be financially independent.

CONCLUSION

Indian women play an important role in initiating socio – economic progress of the country. Women in urban and rural areas should be given access to good opportunities so that they can bring about positive social change and contribute to the growth of the country.

Empowered women participate not only in the decision making process but in the planning and execution too. Women have changed lives of rural women and have formed a large number of self help groups and it has changed their lives.

Increased awareness and education has inspired women to actively support and participate in the nationalist movement and secured eminent position. The traditional status and role sets of women are breaking up and new role sets based on achievement, independence and equality are gradually coming up.

No struggle can ever succeed without women participating side by side with men. A nation can succeed and reach its goal when men and women work hand in hand and most importantly a nation can progress only when the evil practices like female infanticide, dowry deaths, sexual abuse, domestic violence and eve teasing are eliminated and women are given a chance to prove themselves. It is only then women empowerment and emergence of women in nation building be a reality.

There is no force more powerful, than a woman determined to rise.

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