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ROLE AND STATUS OF WOMEN IN INDIAN SOCIETY: SOCIO- LEGAL ASPECT



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Empowering Women through Reproductive Rights- Breaking the Stigma

*Ms. Aakansha Verma **

*Dr. Shipra Mishra***

“A woman’s health is her capital.”- Harriet Beecher Stowe

Abstract

Menstruation is a natural process that affects women’s physical, emotional, and social health, but it is still a taboo topic and has a significant impact on personal, social, and economic welfare. Menstrual health and reproductive rights are essential for women’s empowerment, health, wellbeing, and gender equality, but there is a lack of attention to their integration in programmes, policies, and research. Policies that prioritize menstrual health education, affordable menstrual hygiene products, and comprehensive reproductive healthcare services can create an enabling environment. The perception of menstruation has changed over time, from being a natural bodily function to being viewed as dirty and impure. This shift has been used by society to limit women’s mobility.

Keywords: *Stigma, Menstruation, Reproductive Rights, Taboo, Impure.*

Introduction

Every month, women have to undergo the physiological process of menstruation, commonly referred to as the menstrual cycle.

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The Editor having more than ten years of academic and administrative experience. Has to her credit an edited book "Indian Constitutional Values and Political Ethos." Her academic interests relates to the subjects of Indian Legal History, Modern Indian History, Women's Study and Political Science. She has completed her Master's and Ph.D in Modern Indian History from the University of Lucknow. Presently, the editor is an Assistant Professor at the Faculty of Law, Integral University, Lucknow. Her contribution in more than ten research papers in National and International Journals and chapters in national and international books leads to the articulate work specifically in the field of history and in relation to social emancipation of women.



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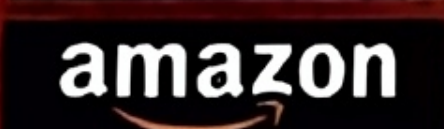
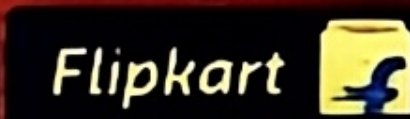
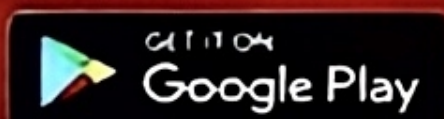
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