

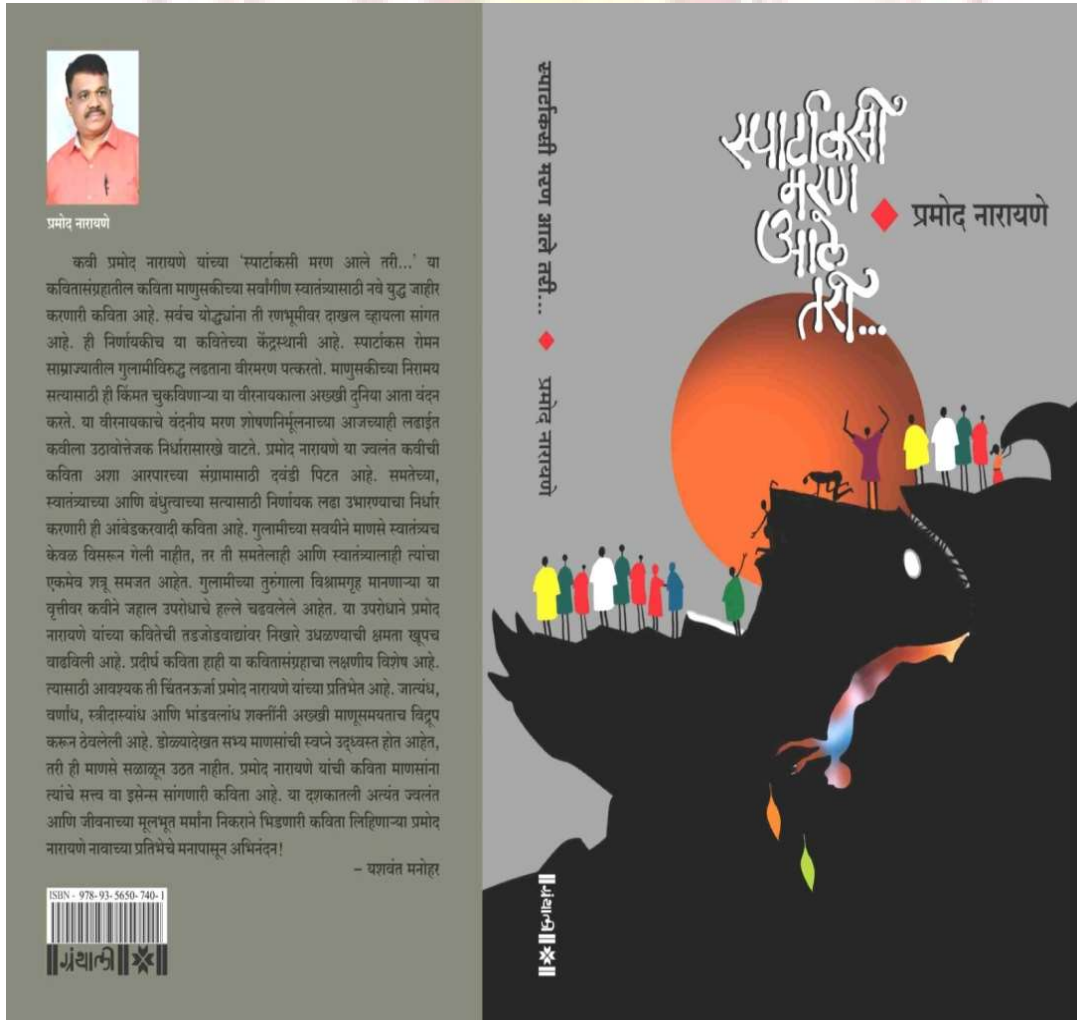


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Number of books and chapters in edited volumes/books published and papers published in national/ international conference proceedings





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प्रमोद नारायणे

॥ग्रंथाली॥✱॥



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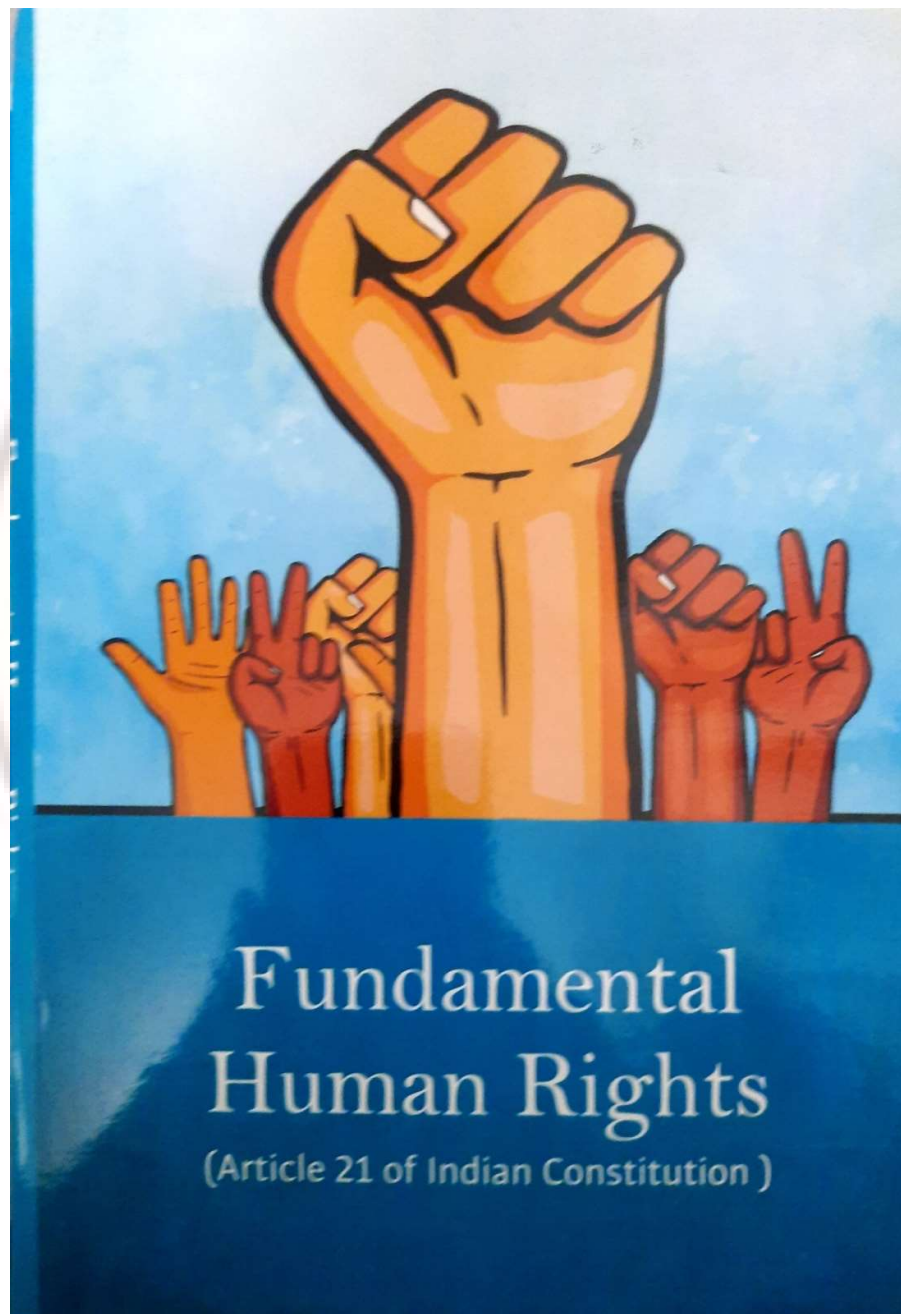
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**FUNDAMENTAL HUMAN
RIGHTS**

(Article 21 of the Constitution of India)

By

Dr. (Prof.) MANOJ N. BENDLE,

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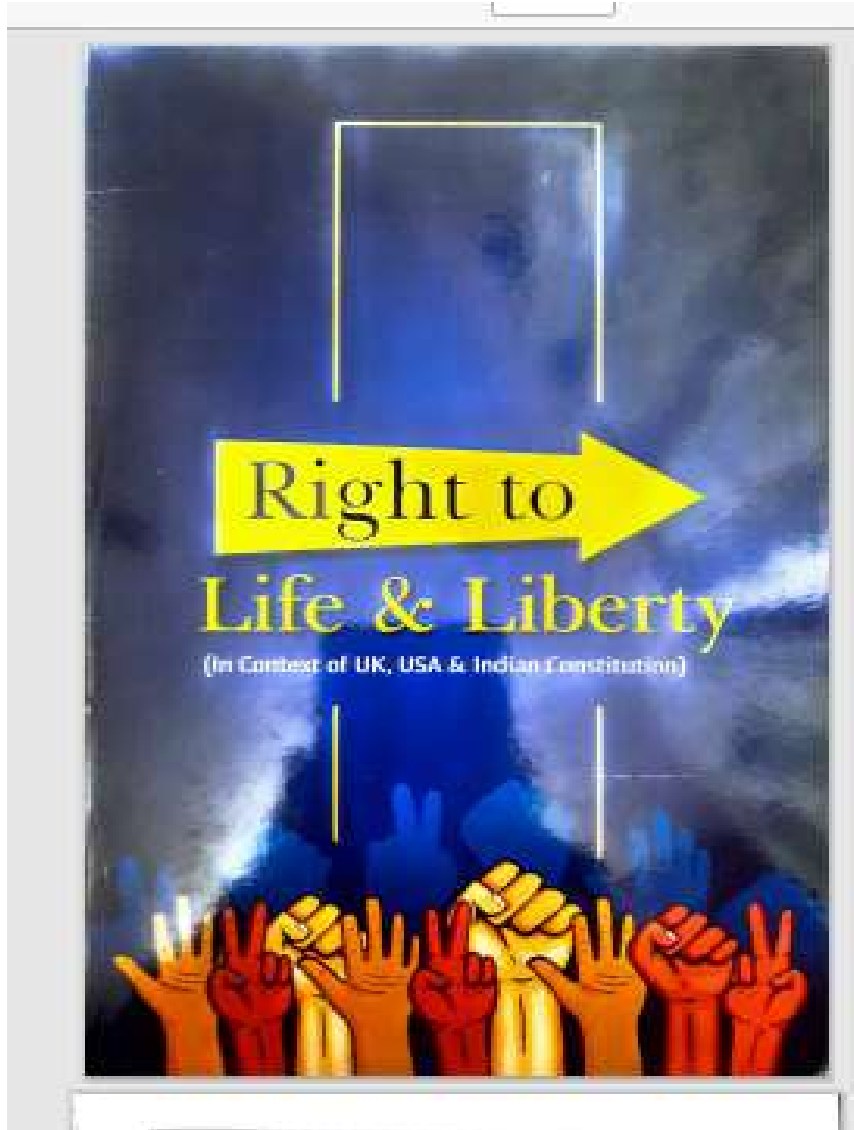


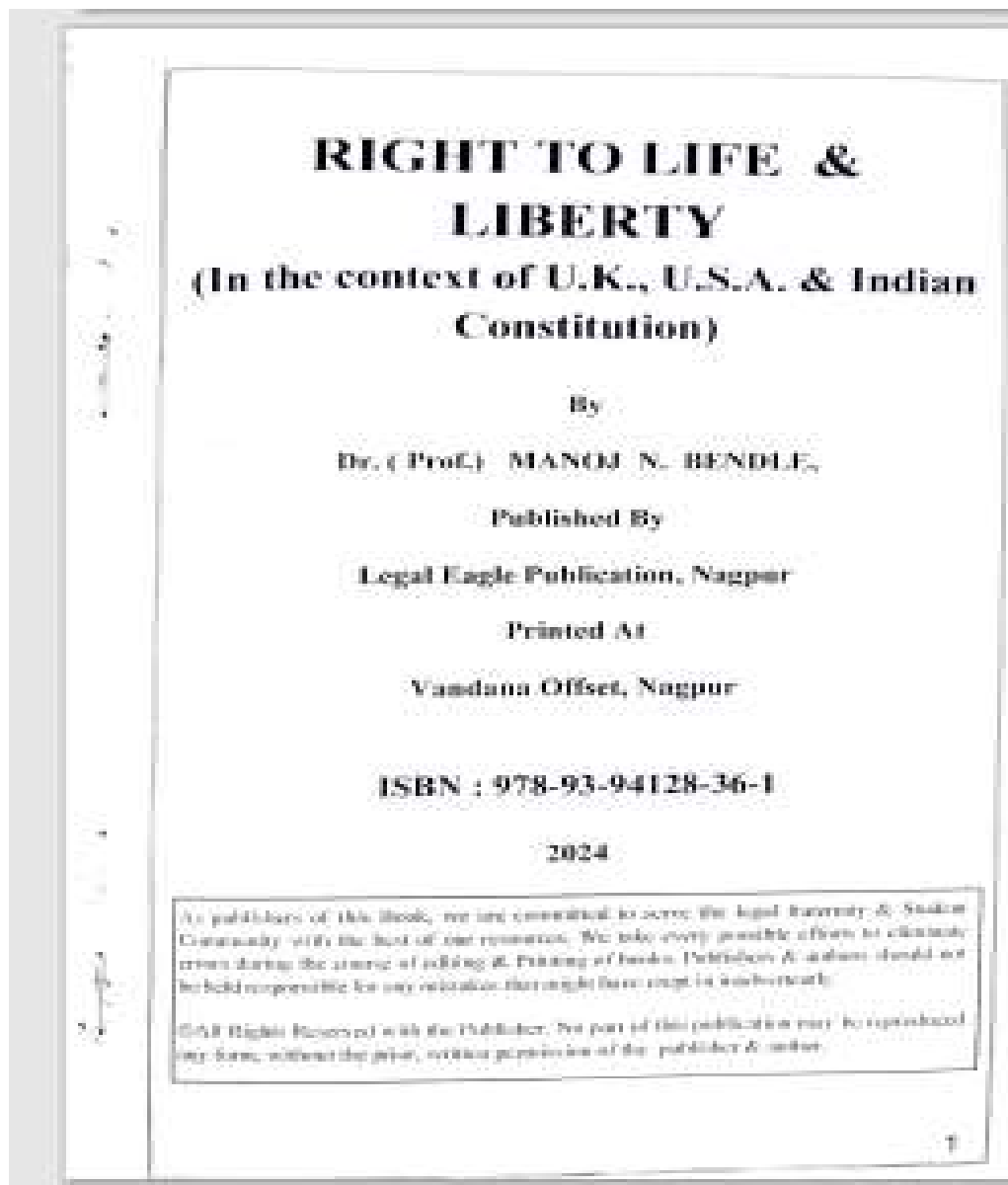
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(Article 21 of the Constitution of India)

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RIGHT TO LIFE & LIBERTY
(In the context of U.K., U.S.A. & Indian
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Voices of Marginalized Gender

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2. Review on Health disparities and Research priorities in LGBT community

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Introduction

Nowadays, Lesbian, gay, bisexual, and transgender (LGBT) individuals are an increasingly open, acknowledged, and visible part of society. The transgender population is diverse in gender identity, expression, and sexual orientation. Some transgender individuals have undergone medical interventions to alter their sexual anatomy and physiology, others wish to have such procedures in the future, and still others do not. This research paper addresses research on the issues and barriers in front of LGBT people. Specifically, it reviews the major challenges associated with LGBT populations and addresses solutions to create positive attitudes among homosexuals.

The phrase "lesbian, gay, bisexual, and transgender community" (or "LGBT community") refers to a broad group that are diverse with respect to gender, sexual orientation, race/ethnicity, and socioeconomic status. Homosexuality is defined as individuals who form sexual relationships with members of their own sex. It is sexual attraction, romantic attraction or sexual behavior between people of the same sex or gender [1]. It is perceived as abnormal and unacceptable by many people. Some homosexuals are ignored by their families due to social pressure, are fired from their new jobs, and are exposed to hostile behavior from society. Some of them even feel fear when they know they are homosexual. Negative attitudes and fear among homosexuals are because of might be they are not thinking about the human spirit, romance and love but they only focus on strict norms of sexual intercourse and not sharing their views about their lives [2]. Suicidal ideation and behavior along with substance abuse is clearly higher in



homosexuals, for some unknown reason, one of them might be due to high-risk behavior and practices.

Psychosocial Implications

Anxiety, depression, and substance addiction are among the mental issues that sexual minorities are more likely to experience, the unfavorable views held by society, which contribute to social exclusion and a rise in psychological difficulties. There is an increased risk of STIs among members of the LGBT community. Pre-exposure prophylaxis (PrEP), one of the key prevention techniques, is emphasized in light of the prevalence of HIV/AIDS [3], HPV, and other STIs. Notable issues include hate crimes, sexual racism, and acts of violence directed towards the LGBT community. Members of the LGBT community who do not finish school or who live in poorer neighborhoods may experience more barriers in access to care and more negative health outcomes. Those in rural areas or areas with fewer LGBT people may feel less comfortable coming out, have less support from families and friends, and lack access to an LGBT community.

The review calls attention to the rising rates of violence, which are frequently caused by extreme religious beliefs, and it promotes a change in society that leads to acceptance and understanding. In order to address the issues experienced by sexual minorities, greater awareness, education, and public acceptance are necessary [4].

Social acceptance level

There have been significant global shifts in the dynamics of cultural attitudes regarding homosexuality and gay rights. The study includes a wide range of metrics by utilizing 2,000 data points from national and international surveys, such as the World Values Survey (WVS), Ipsos, Pew Global Attitudes Surveys, and the International Social Survey Program (ISSP). The information covers a wide range of subjects, such as opinions regarding same-gender sexual behavior, acceptance of gay rights in various contexts, and feelings of discrimination against the LGBTQA (lesbian, gay, bisexual, transgender, queer/questioning, asexual.) community. Notable results include the observation that 87% of countries worldwide are showing a trend toward greater acceptance of gay activity. Regional assessments, however, show more complex trends, with different acceptance rate trajectories seen in Europe and Latin America. While Southern European and former Communist



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republics show more varying views, Northwest European countries regularly rank highly in acceptance. It is essential to look at regional differences in views on homosexuality and gay rights in order to comprehend the complex forces at work. Regional variations might be a reflection of sociopolitical, cultural, and historical influences. The data highlights unique trends in European nations, indicating different degrees of acceptability. The split of Europe into those that were once communist and those that were not. Study shows that states that were once communists generally have less acceptance of LGBT rights, as seen by their lower acceptance scores and rankings. Attitudes are influenced by one's religious orientation. Muslim nations typically show lesser support for homosexuality and gay rights, whereas data from Roman Catholic and Orthodox nations are in consistent, with some showing less support than others. This emphasizes how religious customs affect the attitudes of society. The Gross National Product (GNP) per capita and the Human Development Index (HDI) are reliable indicators of acceptability. Developed European nations are generally more tolerant, highlighting the link between prosperity and progressive religious orientation. Muslim nations typically show lesser support for homosexuality and gay rights, whereas data from Roman Catholic and Orthodox nations are inconsistent, with some showing less support than others. This emphasizes how religious customs affect the attitudes of society. One important aspect affecting public opinion is the legal status of gay marriage [5]. The acceptance of homosexual marriage is often higher in countries that permit it. There are causation problems that need to be investigated further due of the reciprocal relationship between legal recognition and societal opinions. An additional layer of analysis is added to the intercontinental datasets by including non-European categories. Economic metrics like GNP per capita show how economic development plays a key role in promoting progressive views on homosexuality and remain powerful predictors of acceptance. Divergent views are influenced by geopolitical divisions, specifically the separation between European and non-European nations. The acceptance rate is generally lower in non-European nations, highlighting the significance of the geopolitical backdrop in influencing public perspectives.

It is consistently the case that younger generations have more welcoming views on homosexuality and LGBT rights. The generational divide highlights how gradually shifting social norms have an impact. A



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higher level of education is associated with a higher level of acceptance. Although the pattern is constant, the size of the variations differs between nations, suggesting that education interacts with contextual and cultural factors. Women typically possess views that are a little more welcoming than those of males. Nonetheless, disparities in gender are slight and fluctuate between nations. Aging effects are less likely to be the cause of adjustments in views than cohort effects, according to the analysis of within-cohort changes. Positive improvements among cohorts across nations point to changing social norms as opposed to perspective alterations that come naturally with aging. The examination of geographic and demographic differences offers a thorough grasp of the variables impacting perceptions of homosexuality and gay rights. Although younger, better-educated generations in economically developed regions are generally more accepting, subtle variations in patterns among nations are shaped by the interaction of geopolitics, religion, and legal recognition. Cohort impacts highlight how opinions in society are still changing and highlight how dynamic this cultural revolution is. The multidimensional analysis provides insightful information that politicians, scholars, and activists may use to promote inclusive societies and the opinions toward same-gender sex are influenced by individual-level factors such as age, gender, political beliefs, and educational attainment. Higher-educated people, women, and younger people typically have more optimistic attitudes. A nation's legal acknowledgment of LGBT rights, economic progress, and religious beliefs are all important variables. The regression analysis's findings shed light on the intricate interactions between contextual and individual factors that influence how society perceives homosexuality and gay rights.

According to the study, there may be more global acceptance of homosexuality as cultures advance and experience generational changes. The study examines how stressful childhood experiences affect sexual minorities and psychosocial factors that influence mental health issues within the LGBT population. Racial and ethnic disparities in mental health outcomes.

Efforts to overcome the situation

The decriminalization of Section 377 by the Supreme Court marks progress, but the LGBTQ community still faces challenges in achieving full societal acceptance. Attention is directed towards crucial



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issues encompassing awareness, rights, and the authentic validation of LGBTQ individuals. Emphasizing normalcy, the LGBTQ community primarily differs in how their bodies function, underscoring the importance of social acceptance that acknowledges each person's self-awareness. Key areas of focus include sociocultural obstacles, genuine affirmation, and variations in LGBTQ functioning. Respecting LGBTQ rights becomes pivotal for fostering equality and dignity. Statistical data in India provides insightful perspectives into the LGBTQ community, while research findings shed light on social, medical, and financial challenges [6]. Recommendations aim to address these issues and advance the overall well-being of the community. The abstract underscores the significance of every individual living with dignity. Examining the historical background of homosexuality emphasizes societal shifts, and the impact of Section 377, enacted in 1862, has been detrimental to the LGBTQ community, leading to rights denial and instances of brutality. Notable opposition to decriminalization in 2003 and 2013 was eventually overcome by a landmark ruling in 2017, safeguarding the right to openly express sexual orientation. CJ Dipak Mishra emphasizes the core idea of equality without discrimination. The justification for LGBTQ inclusion lies in its necessity for India's social and economic progress. Challenges encompass physical, health, socioeconomic, and emotional aspects, as detailed in Chatterjee Subhrajit's research on marginalization and exclusion. Recommendations extend to tackling violence and providing assistance to oppressed LGBTQ communities, with workshops proposed for educators, policymakers, and private companies. International human rights law underscores obligations to protect LGBTQ rights. The goal is to raise consciousness, stress genuine affirmation, and encourage decency. A comprehensive literature review covers economic development, admissions experiences, and homelessness. The LGBTQ abbreviation is explained, and the community, founded on principles of solidarity, diversity, and individualism, is recognized for its contributions to civil rights movements. Addressing real-life issues faced by the LGBTQ community requires confronting social norms, discrimination, ignorance, and psychological perceptions [7]. A range of ideas, including family support, educational reform, and awareness campaigns, is proposed to foster a more inclusive and understanding society.

In the context of the issues outlined above, the IOM was asked by the National Institutes of Health (NIH) to convene a Committee



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on Lesbian, Gay, Bisexual, and Transgender Health Issues and Research Gaps and Opportunities. The 17-member committee included experts from the fields of mental health, biostatistics, clinical medicine, adolescent health and development, aging, parenting, behavioral sciences, HIV research, demography, racial and ethnic disparities, and health services research. The study was supported entirely by NIH.

Conclusion

In conclusion, the topic "Problem and challenges of LGBT: Social Work Perspective" was selected with the intention of keeping it simple and understandable for readers. This topic was chosen because it's time to end making fun of and passing judgment on LGBT people while discussing the issues and struggles they face in real life encounter. LGBT people are excluded from all social events and functions, including events or sessions with an emphasis on societal development. As social workers, we have to be proactive in encouraging these individuals to take the lead and participate equally in all societal activities, since this will not only provide them more self-assurance but also enable them to feel more at ease interacting with others compared to their community members.

As social workers, we can lead workshops in which participants actively participate of LGBT, where we may speak with them directly about their problems and get suggestions for how to support them help in establishing a secure and welcoming atmosphere for them, as they are more knowledgeable about regardless or not we are able to grasp the fundamentals, they will always be greater than us.

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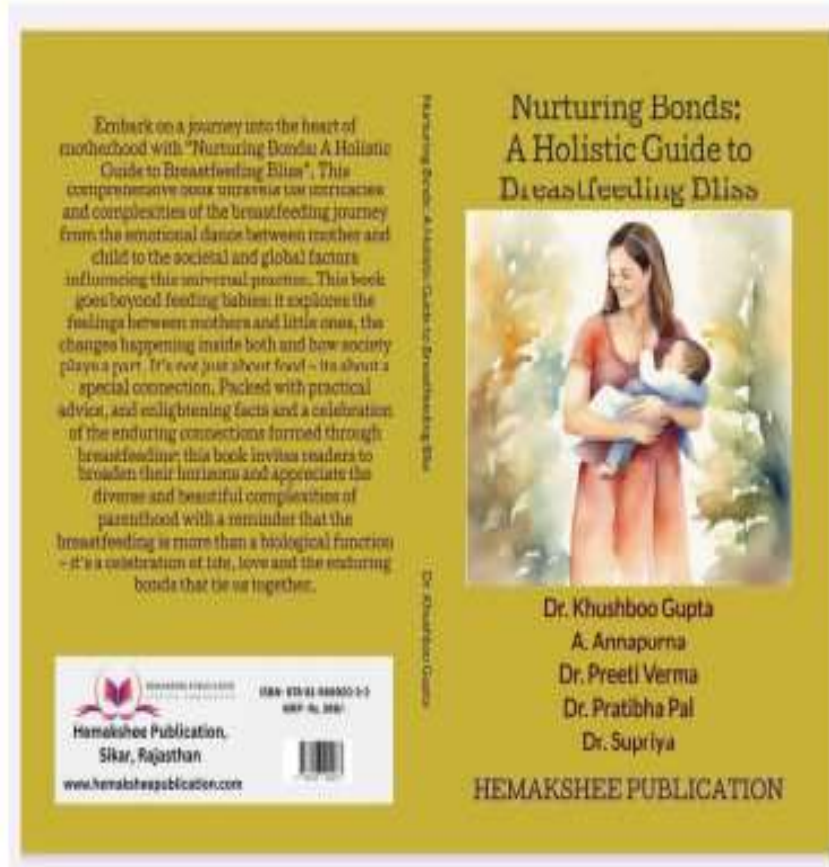
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**Nurturing Bonds: A Holistic Guide to
Breastfeeding Bliss**

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15.

**Enrichment in Women's
Health through Nutrients:
Nourishment, Healthiness
and Breastfeeding**

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Abstract

Nutrition is an important part of wellness and healing. Better nutrition has been identified as improving infant, youth and maternal well-being, a more grounded and safer environment, safer pregnancy and childbirth, lower risk of contracting non-communicable infections (such as diabetes and cardiovascular disease) and longer life expectancy. The issue of coping for women in agricultural countries is usually compared to the mother's diet, emphasizing the effect of the mother's health status on birth weight and during breastfeeding. The effect of maternal well-being and



nutrition on performance has not been much considered in friendly and financial exercises. The cultural situation of India changed rapidly in terms of female education, and the financial commitment to the family became even stronger. Women take many parts that can affect their well-being because they are parental figures and today the family structure is changing to a more nuclear one. The work status of women is directly related to their social status. The well-being of a woman is an important consequence of the well-being of her offspring. Many women do not get enough time for self-care and also for young people, while they have more independence from the rat race than unemployed women due to forgetfulness, work stress or moving both at home and at work, and absenteeism, time [Monga S et al., 2008]. These lifestyles pushed by the general public have shifted more towards convenient food sources that are high in energy and fat.

Keywords: Women, health, food, nutrients, well-being, Breastfeeding.

Introduction

Healthy children learn better. People who get enough food are helpful and can slowly open doors to destroy needs and appetites. Lack of healthy nutrition in any structure is a huge threat to human well-being. Today, the world faces the double burden of hunger, which includes both malnutrition and obesity, especially in low- and middle-income countries. WHO provides sound advice and dynamic tools to help countries fight all forms of hunger to promote well-being and



prosperity at all ages. This real-life documentary explores the dangers and reactions of all kinds of diseases starting at very specific stages of development, which the welfare framework can directly and indirectly influence in various areas, especially the food framework. The Importance of Women's and Girls' Participation in Public Efforts to Increase Nutrition As evidence has long shown, gender differences can play a role, as can the effects of appetite and hunger. Of course, greater differentiation between the sexes is associated with an increase in both acute and chronic malnutrition.³ Gender and livelihood are not independent issues for some experts who believe that women are the spheres of nutrition, well-being and nutrition.

Women nutrition

A solid, adjusted eating regimen is the foundation of driving a sound way of life for all kinds of people. As youngsters, young men and young ladies by and large need exactly the same things from their eating routine. However, as adolescence starts, carrying with it changes to the body and chemicals, ladies have diverse wholesome requirements from men.

Calorie utilization

The NHS suggests that the normal man and lady of sound weight ought to burn-through around 2,500kcal every day for men, and 2,000kcal per day for ladies. These qualities can, obviously, fluctuate contingent upon age, digestion and levels of active work, among other things. While everybody is unique and the quantity of calories you need will rely upon a few



variables, as a general rule, ladies should devour less calories. In case you're hoping to acquire or get more fit, addressing your GP as well as a nourishment expert can assist you with seeing the number of calories you ought to be burning-through.

Dietary necessities for women

Just as requiring less calories than men, ladies have some unique dietary necessities from men. This is predominantly a result of the chemicals ladies produce.

The accompanying nutrients and minerals are especially critical to include:

Iron

At the point when ladies arrive at childbearing age, blood misfortune through feminine cycle can prompt iron lack or sickness. Therefore, ladies will generally require more iron than men. Iron can be found in a scope of food sources, including meat, fish and poultry and non-creature items like spinach, lentils and strengthened grains. Nutrient C will assist your body with retaining more iron, so you ought to likewise hope to incorporate food sources that are plentiful in this nutrient, like broccoli, tomatoes and citrus natural products. Just as increasing your admission of iron-rich food sources and wellsprings of nutrient C, think about your present eating regimen and what could be diminished. Healthful advisor Claire Hargreaves (BSc Hons) examines what your every day tea or espresso could be meaning for your degrees of iron.



Calcium

Each individual requirements least 2 liters of water ordinary. Having diet rich food isn't adequate. Likewise having the food at the ideal opportunity matters a great deal. Skipping breakfast or lunch is anything but a smart thought. For grown-ups ideal time for supper ought to be 7 pm. Yet, working ladies might think that it is troublesome. So they can have light food varieties like plates of mixed greens or soups for supper. They can select weighty breakfast toward the beginning of the day. Food with a lot of salt or sugar ought to be kept away from to forestall hazard of hypertension and diabetes. It is smarter to remember 2 servings of natural products for a day. However, it isn't prudent to eat the two organic products together. Its is a great idea to have 3 major dinners and 5 little suppers for solid digestion and keeping up with weight.

Vegan working Women

Vegan diets can be sound. However, having a fair eating regimen requires some additional consideration. By eating an assortment of food sources including natural products, vegetables, vegetables, nuts and seeds, soy items, and entire grains, vegans can get sufficient supplements from non-meat sources.

- Vegetarians ought to make certain to eat an assortment of entire grains like entire wheat bread, pasta and tortillas, earthy colored rice, oats, bulgur, and quinoa.
- For the solid body, fats are likewise required. Solid fats incorporate nuts or nut margarines, oils, and avocados



- Nuts, nut spreads, soy food varieties, beans, peas, dairy food sources like milk, yogurt, and cheddar and eggs all give great protein.
- Include figs and apricots in your morning meal and bites to keep away from iron lack. Green leaves like spinach additionally helps for this,

Nutrition during and after childbirth (this is the type of food women should eat before and after childbirth) your body's health needs increase during pregnancy. Most pregnant women can meet these broader nutritional needs by choosing a nutritional routine that includes a variety of high-quality foods. Cereals are a good source of energy. Foods grown from the ground are full of cancer-preventing agents, fiber, and water- and fat-soluble nutrients. Foods that include meat, nuts and vegetables provide your body with protein, folate and iron. Dairy products are the best source of calcium and dietary D. There should be at least 3 months of vacation. In a perfect world, you would need half a year off to fully recover. It is basically for baby. During these six months, the child needs the mother the most. Also, if the mother stops breastfeeding after 3 months, the child may develop contamination such as ear diseases due to low sensitivity.

Fitness through physical activities

The participation of women in sports increased in the second half of the 20th century, and on July 23, 1972, another March 8 dawned, this time in sports. US President Nixon signed the famous Title IX (Education Amendment Act), which states that No one in the



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United States shall be excluded, hindered or discriminated against on the basis of sex in any educational program or publicly funded activity. (Michel) and Ennis, 2007). The number of scholarships awarded since the signing of Title IX through the 1980s, and thus the proportion of active sportswomen increased by 700% and another 50% in the 90s. At the beginning of the new millennium, every third American high school student was actively involved in sports, in 1972 every 27 (Irimaa and Ott, 200). London 2012 saw another record with a record number of participants, 6% of the more than 10,000 participants, compared to a male ratio of 53:1 in 1908. Sports offer advantages to men over women. Girls who play sports do better in school, have fewer unwanted teenage pregnancies, have higher self-esteem and confidence, get into colleges and universities more easily and more often, and have fewer problems with substance abuse and addiction disorders. Bodyweight training has immeasurable benefits for developing and maintaining bone mass in women of all ages (Hagen, 2005). Nature, however, did not sign the declaration on gender equality in sport. When it comes to physical activity, it has long been said that women are the "weaker sex". Not only can all sports be played in the name of gender equality, it results in women developing many of the developmental characteristics characteristic of men. According to Nikola Grujic, biology has already distinguished between the sexes during development, especially according to their reproductive roles, so that "messaging up in



their affairs" has unpredictable consequences, the price of which is in any case very expensive.

Importance of breastfeeding for better health

Breastfeeding has health benefits for both babies and mothers. Breast milk provides a baby with ideal nutrition and supports growth and development. Breastfeeding can also help protect baby and mom against certain illnesses and diseases.

Five great benefits of breastfeeding

- 1. Breast milk is the best source of nutrition for most babies:** As the baby grows, the mother's breast milk will change to meet the baby's nutritional needs.
- 2. Breastfeeding can help protect babies against some short- and long-term illnesses and diseases:** Breastfed babies have a lower risk of asthma, obesity, type 1 diabetes, and sudden infant death syndrome (SIDS). Breastfed babies are also less likely to have ear infections and stomach bugs.
- 3. Breast milk shares antibodies from the mother with her baby:** These antibodies help babies develop a strong immune system and protect them from illnesses.
- 4. Mothers can breastfeed anytime and anywhere:** Mothers can feed their babies on the go without worrying about having to mix formula or prepare bottles.



When travelling breastfeeding can also provide a source of comfort for babies whose normal routine is disrupted.

5. **Breastfeeding can reduce the mother's risk of breast and ovarian cancer, type 2 diabetes, and high blood pressure:** Breastfeeding has health benefits for the mother too! Some cancers, type 2 diabetes, and high blood pressure are less common among women who breastfeed.

Conclusions

There are many variables to think about while keeping a solid eating regimen. Our bodies are continually changing for the duration of our lives, so we can't anticipate following a similar eating routine arrangement all through our lifetime - as we've investigated, our nourishing requirements change. That, however our food inclinations change as well. To appreciate food, suppers should be fluctuated and fascinating. Thinking about these components, it tends to be hard to concoct a solid eating routine arrangement ourselves.

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