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**Dr. Archana Falke Dahane**  
Director of Physical Education,  
Yeshwant Mahavidyalaya,  
Seloo, Maharashtra, India

## Policies and human rights for women in sports

**Archana Falke Dahane**

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### Abstract

The present paper tries to analyze the reputation of women empowerment in India using several symptoms and symptoms based totally mostly on data from secondary sources. The look at well-known that women of India are particularly disempowered and they revel in distinctly lower reputation than that of men irrespective of many efforts undertaken thru manner of manner of government. The Women in Sport Movement is becoming a worldwide phenomenon; and rightly so as ladies encompass half of of the global population. Change has been slow, but, and lots of long-repute traditions remain. There are numerous constraints that take a look at the technique of women empowerment in India. Social norms and own circle of relatives systems in growing nations like India, manifests and perpetuate the subordinate reputation of girls. One of such norms is the persevering with desire for a son over the start of a female infant, that's found in nearly all societies and communities. The maintain of this desire has bolstered in preference to weakened and its maximum evident proof is withinside the falling intercourse ratio (Seth, 2001). Women's exposure to media is also a whole lot much less relative to guys. Rural women are greater liable to domestic violence than that of metropolis women.

**Keywords:** Women empowerment, gender disparity, social norms, family systems, son preference

### Introduction

The National Commission for Women was created by a law passed by parliament in 1990 to protect the rights of girls and prison rights. The Seventy 3rd and 70th th Amendments to the Constitution of India (1993) provided for reservation of seats for girls in Panchayats and Local Governments, laying a strong foundation for their participation on a priority basis. by levels. In maximalist societies, participation in sports activities was mostly male. Supporters of girls' sports activities have confirmed in recent years that girls are also ready for this and that they have their place in the world of sports. Since 1866, when the mainstay of women's baseball moved to Vassar College, athletes have taken their sports history to heart (Sandoz & Winans, 1999) <sup>[5]</sup>. Even without strong achievements, the girls had to show that they are ready for sports activities. Today we see a remarkable number of girls who now participate not in minor sports played in the best way, but also in sports that require high quality professionalism and skill. The slow but steady growth of girls among elite Olympians can be exploited to improve the quality of girls' athletic performance (Bennette, Howell, & Simri, 1983) <sup>[6]</sup>. But when the girls started knocking on the door of the sports world, they faced a lot of opposition. Since the popularity of girls in the game no longer shows a uniform, upward trend in record times, it has gone through several peaks and valleys for a long time-for example, there are more famous heroines in women's sports and cases where girls are considered. unworthy mothers (Lutter & Jaffee, 1996) <sup>[7]</sup>. Over the years, maximum goals for girls' participation in sports activities have been subjective in nature, often based on the sentimental thesis that girls are naturally delicate and delicate in appearance (Klafs & Lyon, 1978) <sup>[8]</sup>.

Despite India, the Gender Equality Directive is enshrined in the Constitution and the preamble reveals the scope, fundamental rights, fundamental obligations and directive principles. The Constitution no longer deals with women's equality, but also authorizes states to take great measures for women. Historically, the image of Indian women has been fueled by the resources of their past. There is evidence that women were given the most prestigious positions in society during the Vedic era (Seth, 2001) <sup>[9]</sup>.

**Corresponding Author:**  
**Dr. Archana Falke Dahane**  
Director of Physical Education,  
Yeshwant Mahavidyalaya,  
Seloo, Maharashtra, India

They had the right to practice and were free to remain celibate and devote their entire existence to the search for understanding and self-realization. A married woman did all the work and sacrifices just like her husband. They were well versed in various fields of understanding, astrology, geography, veterinary medicine or even martial arts. There were times when women participated in wars and battles. They were surprisingly reputable both at home and abroad. Gradually, as a result of many socio-political changes, especially at some point in the Middle Ages, the glorious reputation of the woman declined. The need for equality among some Indian women began to gain momentum at some point during the colonial period. Eminent social reformers and national leaders like Raja Ram Mohan Roy, Annie Besant, Sorojini Naidu and Ishwar Chandra Vidyasagar made selfless efforts to attract attention among women equal to their fame and succeeded in averting many social evils with the help of sati pratha or baby marriage and polygamy. In addition, they supported widow remarriage and women's education. The reformers succeeded in raising the ground for the improvement of women and their equality. Over time, Indian society changed from traditional to modern. As a result, woman became illiberal and aware of many ways of being. Because they are quite capable of breaking the conventional boundaries currently imposed by the means of society, there is a hard patriarchal apparatus, albeit on a limited scale.

### Human Rights for Women

The Articles under Part III of the constitution of India, identifying with the Fundamental Rights which attempt to improve the status of ladies and give equivalent occasions to them are expressed as follows: (Chapter III, n.d.). As indicated by Article 14 of the Constitution of India-All people, incorporating ladies are equivalent according to the law and they are additionally qualified for appreciate equivalent insurance of laws inside the regional ward of India. It means that all people regardless of sexual orientation, should be dealt with similarly in comparable conditions. The State ought not make any separation between one individual and another, and the law should be directed equally. Article 15 of the Constitution of India manages restriction against segregation-It forbids the state to make any kinds of oppression any resident remembering ladies for grounds of race, standing, sex, nationality, religion, spot of birth and financial foundation. It expresses that all residents are qualified for appreciate equivalent rights with respect to admittance to shops, lodgings, eateries, banks, framework, public spots and so forth Yet, the state has the option to make any uncommon arrangements for ladies and youngsters and furthermore for, booked standings, planned clans and other in reverse classes.

As indicated by Article 16 of the Constitution of India-All residents including, ladies will appreciate balance of chance in issues of public business, regardless of their sexual orientation, races, ranks, nationality, religions and financial foundations. There are sure exemptions, for example Parliament may endorse by law that habitation inside the state is needed for a specific work. The State is engaged to hold certain posts for in reverse classes and furthermore for the booked standings and planned clans and arrangement in association with a strict association might be held for people having a place with that religion.

According to Article 17 of the Constitution of India-The System of unapproachability is killed and Untouchability (offense) Act of 1955 was authorized by the parliament. This

Act was altered by Untouchability (offense) Amendment Act 1976, to make the law more tough to eliminate distance from the general public. As per Article 19 of the Constitution of India, each resident including ladies reserve the option to the right to speak freely of discourse and articulation, to gather calmly and without arms, to frame associations or relationship, to move uninhibitedly all through the nation, to live or settle down in any piece of the nation and to rehearse any calling or to continue any legitimate exchange or business in understanding to one's own desires.

According to Article 21 of the Constitution of India-No individual will be denied of life or individual freedom, besides as indicated by the methodology set up by law. This privilege to life, incorporates option to live with nobility, right to protection and so forth Abusive behavior at home against ladies is additionally disdainful to Article 21 of the Indian Constitution, since it debilitates the sense of pride and poise of ladies, who are casualties.

As per Article 21A of the Constitution of India-The State will give free also, obligatory schooling to all youngsters, who are between the ages of six to fourteen years in a way, as the state may decide by law. To give office to the ladies blamed-according to Article 20 for the Constitution of India, no individual including ladies will be sentenced for any offense aside from infringement of a law and any individual will not be indicted and rebuffed for a similar offense more than once. Any individual ought not be blamed for any offense, the person in question will be constrained to be an observer against oneself. To forestall shameless dealing with ladies and young lady kid.

### National policies

The National Policy on Empowerment of Women followed in 2001 states that " All sorts of violence in opposition to ladies, bodily and mental, whether or not at home or societal levels, together with the ones bobbing up from customs, traditions or widely wide-spread practices will be treated efficaciously on the way to cast off its incidence. Institutions and mechanisms/schemes for help may be created and reinforced for prevention of such violence, together with sexual harassment at paintings region and customs like dowry; for the rehabilitation of the sufferers of violence and for taking powerful motion in opposition to the perpetrators of such violence. A unique emphasis can also be laid on programmes and measures to address trafficking in ladies and girls." Under the Operational Strategies, the Policy presents:

- a) Strict enforcement of applicable felony provisions and rapid redressal of grievances with unique awareness on violence and gender associated atrocities;
- b) Measures to save you and punish sexual harassment at paintings region and safety of ladies people withinside the organised/unorganized sector
- c) Crime in opposition to ladies-their incidence, prevention, investigation, detection and prosecution to be reviewed often in any respect Crime Review fora on the Central, State and District levels.
- d) Women's Cells in Police Stations, Women Police Stations, Family Courts, Mahila Courts, Family Counseling Centres, Legal Aid and Nayaya Panchayats to be reinforced and improved to cast off VAW and atrocities in opposition to ladies.

### Conclusion

The society is extra biased in desire of male infant in recognize of training, vitamins and different opportunities.

The root motive of this kind of mind-set lies within the notion that male infant inherits the extended family in India with an exception in Meghalaya. Women frequently internalize the conventional idea in their function as natural, for this reason causing an injustice upon them. There are numerous constraints that take a look at the technique of women empowerment in India. Social norms and own circle of relatives systems in growing nations like India, manifests and perpetuate the subordinate reputation of girls. One of such norms is the persevering with desire for a son over the start of a female infant, that's found in nearly all societies and communities. The maintain of this desire has bolstered in preference to weakened and its maximum evident proof is within the falling intercourse ratio (Seth, 2001) <sup>[1]</sup>.

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