

The Need for Gender Uprising- Measures of Highlighting through Yoga

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Abstract

Gender refers to the social differences and relations between men and women which are learned, vary widely among societies and cultures, and change over time. The term gender does not replace the term sex, which refers exclusively to biological differences between men and women, The term gender is used to analyse the roles, responsibilities, constraints, opportunities and needs of women and men in all areas an in any given social context. Gender roles are learned behaviours in a given society, community or other social group. They condition activities, tasks and responsibilities are perceived as male or female. Gender roles are affected by age, class, race, ethnicity and religion, and by the geographical, economic and political environment.

Keywords: Yoga, Gender uprising, Women development.

Introduction

Gender *equality*, equality between men and women, entails the concept that all human beings, both men and women, are free to develop their personal abilities and make choices without the limitations set by stereotypes, rigid gender roles and prejudices. Gender equality means that the different behaviour, aspirations and needs of women and men are considered, valued and favoured equally. It does not mean that women and men have to become the same, but that their rights, responsibilities and opportunities will not depend on whether they are born male or female. Gender *equity* means fairness of treatment for women and men, according to their respective needs. This may include equal treatment or treatment that is different but which is considered equivalent in terms of rights, benefits, obligations and opportunities.

The focus from "Women in Development" to "Gender and Development"

The "gender and development" (GAD) paradigm, proposed in the process leading to the Beijing Conference, is perceived as an evolution from the hitherto dominant "women in Development" (WID) approach. As explained in the 1995 Commonwealth Plan of Action, *"the WID Approach focused on how women could be better integrated into the existing 'men/male made world' and corresponding development initiatives. Targeting women's productive work to the exclusion of their reproductive work, this approach was characterised by income-generating projects for women which failed to address the systemic causes of gender inequality"*.

Gender bias in society:

The nature of differentiation is the very nature of human society. The very existing sense of reality shows that every human being has masculine and feminine traits in them. The existence of this difference between males and females is only a matter of some glands. Every spiritual person needs to recognize the universal power that pervades our existence. Our spiritual longing is the same. There has never been an absolute standard definition of what is to be male or female. There are many cultures around the world which have evolved very rigid definitions of what is male and female, but in recent history these definitions have become more loose and less confusing, still, generally, men are thought to be more aggressive, intellectual, competitive while women are thought to be intuitive, passive and cooperative. Gender is social and consists of social expectation and assumptions about what behaviours and traits are appropriate for male and female individuals. For example it is commonly expected that males will relish confrontation while females will try to avoid it. It also consists of psychological traits, and the understanding of themselves, that individuals tend to develop under the influence of these social expectations. For instance, male often do come to relish confrontation than females. If one satisfies social expectations about what is appropriate for female (or male) individuals, than one is feminine (or masculine). So we can also say that gender consist of social ideas and expectation about what femininity and masculinity consist in or about what traits someone must display in order to count as feminine and masculine. These ideals about femininity and masculinity are organized by a higher level expectation that feminine and masculine behavior and traits are appropriate, respectively, for members of the female and male sex. There is a higher level expectation that females should be feminine makes masculine.

The above noted features lead to some questions. Gender differences are reflected in roles, responsibilities, access to resources, constraints, opportunities, needs, perceptive views etc held by both men and women gender bias refers to action against women or men based on the perception that the other is not equal and

does not have the same rights.

Women are brought up to feel that they are inferior to men. In the course of Indian history from prehistoric to modern and contemporary times there were distinct stages of the rise and fall in the status and role found in a certain period and in a particular place / province has expressed opposite views about the worth and importance of women. According to one school, a woman is the best gift of God to man. She brings prosperity and is respected. Even though these situations are existing the existence of "Ego" will destroy the very existence of a female from her partner.

Ideally, women were accepted as a living force in society, the embodiment and a symbol of purity, religiousness, spirituality and sacrifice. Mental slavery is more difficult to remedy than political slavery, which at the worst is an external appendage. Women must grow conscious of their own deserts and usefulness. Women with a mission in life should be given the opportunity to develop their particular abilities in their own way, and thus dedicate their lives in their own way. The most serious disease of the present sophisticated generation of the world is that they have forgotten to respect life and instead of loving its goodness, despite its weaknesses. The outcome of each mental attitude is its uninspired art and literature and its total lack of faith in the purpose of all life. India, which has scaled the heights of glory, and plumbed the depth of misery, must not let her women plunge into this pitfall of hopelessness. Those who are waking from sleep expect the daylight, not the darkness. The very existence of jealousy is another important disease which is emerging in the present century. If a woman is very active and good enough to do the activities and if she is beautiful also definitely she will get the blows from all parts of the counter partners. That will destroy the capacity of a woman to work and to go to the front smoothly.

Gender and Yoga

In the present context of women empowerment the mental strength of a woman is very important. Yoga is the good practice of such exercise. At the spiritual level, yoga incorporates the gender aspect in the form of 'masculine' [the yang] and 'feminine' [the yin] characters that everybody possesses, but not always in a balanced manner. On the materialistic dimensional plane, [male and female] employees demand varied yogic healings to cope with stress. The characteristics of yin are cold, passive, inside, solid, slow, right and dim. The yang qualities are light, hot, active, outside, hollow, rapid and bright. The energies of yin and yang need to be balanced, otherwise the transition can be devastating - a heart attack could be the balancing force applied to us. These imbalances are often referred to as either a 'deficiency' or an 'excess'. We can have an excess of yin or a yin deficiency; we can have an excess of yang or a yang deficiency. Yoga therefore has to offer assorted yoga facets applicable to males (enhancing yin in them) and females (strengthening yang in them) for proper emotional, physical, psychological, and mental well-being. This balance is also vital to comprehend the gender-based requirements at professional and personal levels, hence avoiding conflict-based stress with improved harmony-based understanding.

The results of the discussions show that the positive benefits outweigh the negative consequences of participating in Yoga. The fact that yoga can play an instrumental role in wellness as it contributes to decreased levels of health-related illnesses, promotes emotional well-being and develops enthusiasm required for enhanced productivity at the workplace. Yoga contributes to emotional strength. Srinivasan (2013) posits that emotions are the motivating factors of one's life. They can be productive, empowering and creative, or they can be addictive, negative and abusive. One can therefore deduce from the afore-mentioned that increased emotional and mental strength of employees, if properly directed, can result in positive outcomes for the organisation. Srinivasan (2008) opines that through yoga one is able to master one's emotional strength which will improve the ability to concentrate, focus and remove distractions. It may therefore be implied that more focussed employees in an organisation are likely to be more efficient and productive.

The practice of yoga will contribute to their lower levels of stress. This finding is consistent with findings of previous research. According to Kitamura (2013) yoga and meditation plays a significant role in reducing stress and stress-induced conditions such as hypertension and depression as well as the aging process. Campbell and Moore (2004) found that subjects in their study who were subjected to six weeks of yoga practice for stress had, on average, lower levels of depression, anxiety and stress symptoms than before the beginning of the study.

Table 1. Benefits of Yoga

No	Benefits of Yoga
1	Reduction of health-related illnesses,
2	Promotes emotional well-being and develops enthusiasm required for enhanced productivity
3	Increased emotional and mental strength
4	Able to master one's emotional strength which will improve the ability to concentrate, focus and remove distractions
5	Lower levels of stress.
6	Hypertension and depression as well as the aging process
7	Identified reduced absenteeism as a positive benefit of practicing yoga
8	Increase in will power
9	Tolerance increases it synthesizes itself with other qualities like patience (<i>titiksha</i>), forbearance (<i>sahana shakti</i>), peacefulness, calmness (<i>shanta guna</i>), forgiveness (<i>kshama</i>), knowing, determination, and compassion.

Yoga has the power of reducing absenteeism as a positive benefit of practicing yoga in the workplace. According to Hope (2013) stress was reported to be the leading cause of absenteeism in the workplace. Hence it stands to reason that if practicing yoga contributes to lower levels of stress then it is likely that absenteeism will be reduced.

Increased levels of tolerance were also identified as a positive benefit of practising yoga. This finding is consistent with the view of Zarhostimanesh (2014). According to Zarhostimanesh (2012) tolerance increases and becomes a virtue not if one tolerates more but if it synthesizes itself with other qualities like patience (*titiksha*), forbearance (*sahana shakti*), peacefulness, calmness (*shanta guna*), forgiveness (*kshama*), knowing, determination, and compassion. This implies that more tolerant employees are likely to have better relationships with others in the organisation thereby contributing to a more harmonious workplace.

Yoga is significant to widen focused approach with a team-spirit attitude required to create a harmonious working environment. The responses correspond with the empowerment approach emphasizing that both men and women deserve equal appreciation (Govender & Vyas-Doorgapersad, 2013). Yoga can be considered as a contributing factor under employee wellness programmes as it reduces levels of stress avoiding absenteeism, hence improving organizational productivity. The responses confirm the reasons to follow yogic path in order to bring balance between professional and personal aspects of life.

Power of Meditation in Empowering Women

Power of self acquisition is an important tool of empowerment. The space of the mind should develop in such a way as to acquire the ability to fight against the evils which we face from the society. More experiences of life will give more strength to face the criticisms in the society. In reality our true identity exists beyond our gender, our gender is only a fractional part of our psyche. Our true identity is not dependent on our biological gender, or our sexual orientation.

Meditation brings contentment in our life. To live in content is an art. The more skillfully we lead our lives through the shoals and shallows of life, the happier we shall be and the greater our contribution to the welfare of society. In order to effect wholesome change in our bad inclination and tainted thoughts psychological treatment is what is needed. This kind of treatment is given by yoga in spiritual terminology. By means of practicing meditation and being firmly established in our fundamental and eternal form of self luminous point, we remember the infinite and inexhaustible repository of love, peace, bliss and of all divine, virtues who is none other than the supreme soul.

Will power is most important power for empowering women and yoga meditation plays an important role in increasing will power of human being. He or she whose will power is weak and whose mind lacks determination cannot accomplish any great deed with adequate success. One might today have a good quality and tomorrow it may be lost. Early morning she takes a vow which she breaks before evening comes. She has the wish to be good, but she lacks the ability to fulfill his wish. So, for success in efforts, it is necessary that will power, i.e the quality of determination, should be improved. But, as she has not the power which she needs, she has to get it from someone. And, for one's own good will power can be got from the supreme power because that supreme power (supreme soul) is all powerful. The method of obtaining power from the supreme power is that of yoga which enables us to acquire will power.

When women cannot fulfill her promise she becomes sad and also loses the firm resolve of his thoughts. In this way of life, there resides the feeling of hopelessness besides complete loss of self-confidence. If instead, she devotes a little time in order firmly to face the strong current of life, she is successful may be to a small extent in the beginning and his earnestness, self confidence and will power will increase so as to enable to meet successfully huge difficulties severe criticism and storms of the mind. It is, therefore imperative for

women to remember that all the orders, therefore, that come his way are really stepping stones to success and are, therefore fleeing. By going through these or deals we develop in ourselves good qualities and recall greatness. It is universal experience that if the foundations of house are weak, the house will not stand for long similarly, if women's thoughts are not firm, her efforts will not continue long. Women should specially practice to firm their thoughts, through practice of yoga.

The UNESCO Agenda for Gender Equality

- Promote education for women's self-empowerment at all levels and in all fields;
- Encourage the equal access to knowledge in all fields, notably within science and technology;
- Support to women's human rights by implementing the *Convention on the Elimination of all Forms of Discrimination Against Women* (CEDAW) and other normative instruments, and through "legal literacy" for girls and women;
- Promote the attainment of gender parity, women's full citizenship and equal participation in policy-making, and the elimination of stereotyped roles and expectations;
- Foster partnership and dialogue, and develop a new gender contract, underlining the long-term gains from the social transformation towards gender-sensitive societies (e.g., in fighting poverty and exclusion);
- Mainstream a gender perspective in the conceptualisation, implementation and evaluation of policies relating to development, peace and security;
- Collect and analyse gender-specific statistical data and develop appropriate indicators and guidelines to assist Member-States in monitoring progress made towards more gender-sensitive societies;
- Encourage women's creativity and freedom of expression by supporting their cultural activities, research, training, capacity-building, networking, exchange of information and women's NGOs;
- Support a pluralistic and editorially independent media by favouring the broad and active participation of women in decision-making and by encouraging more diversified and non-discriminatory images of women;
- Assist in building a culture of peace in the minds of women and men by recognising women's capacity for leadership and non-violent conflict resolution.

Conclusion

In the present situation it is very difficult to lead a peaceful life in any matter. The existence of Ego and high competition from the surroundings will definitely provide a chaotic atmosphere for the people. In this juncture the life of women will definitely be in a trouble. If these are looked into critically and reflected upon, it will be found that body consciousness is at the root of them all. Yoga gives us a divine eye, which enable us to see the gem hidden in the body i.e the soul beneath the skin, which is neither male nor female. Hence every human being has the tendency to findout the innate strength of himself. Yoga will give a peaceful mind to face the difficulties of the nature.

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