

Women's economic empowerment is a need-based programTiwari, Ajay Krishna¹ and Tiwari, Ayushi²¹Academician & Economist and Ph.D. Guide²MBBS & BNYS**Abstract**

The presented research paper focuses on the women of rural community, what is the contribution of technological progress in the lives of women. In the research paper, an attempt has been made to know the changing role of women in the society. How does the use of electrical appliances affect the overall economy of the family? How aware are women about the use of these devices? In the 20th century, women are moving forward on the path of progress in every field. Women are contributing to the economic progress of the country. She is discharging her responsibilities well at home and work. At the same time, they are providing financial support to the men of the house, as a result, women are moving towards empowerment, women-oriented modern technologies are also playing an important role in women empowerment. With their use, women take help in household work and save their time and labor to do employment related work. All the above facts will be examined to see what positive and negative effects the use of technology is having on women's health.

Keywords: Women-oriented modern domestic technologies, women's health and empowerment, effects the use of technology





Women-oriented modern
domestic technologies



women's health and
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Preface

When life began on Earth, the pace of development was very slow. When industrialization started in the 18th century, the pace of development accelerated.¹ Man invented technologies in many fields, as a result the use of modern technology left the older generation behind and modernization began. Modernization is completely related to the social process when the society moves from tradition to modernity.² Modernization is a broad concept. Due to modernization, changes in society are found in both positive and negative forms. Modernization means change for improvement without ignoring traditional values and social and cultural heritage. As a result of modernization, very important changes have been reflected in social life. There has been a change not only in the way of dressing in the society but also in their lifestyle and lifestyle. According to Amartya Sen, modern technological global economy has been successful in bringing prosperity to many countries of the world.³ Modernization is the specialty of modern society. Due to the effect of modernization, man has developed many technologies, and through technological development man has become the master of nature. Modern technologies have been discovered to solve problems in every sphere of life. Human beings produce and manufacture things according to their needs. Modernization has also affected women's domestic technologies. In the nineteenth century, the way of life of women has started changing.⁴ Women are familiar with technology and people

every day.5 As a result of modernization, Indian women have got a fair path, power, prosperity and progress. Due to which the elite class emerged in India.



Introduction to field of study

There are 13 districts in Uttarakhand, under which Tehri district and the district headquarters is New Tehri. Under Tehri district, there are 9 development blocks Chambal, Nondrainage, Bhilainagar, Jaipur, Karimnagar, Jaghirdar, Pratap agar, Chaudhary, Devarajan. Development blocks Chambal and Nondrainage have been selected for the research paper.

Research methodology

Primary and secondary sources have been used to collect facts. Under primary sources, research methods like observation, participant observation, non-participant observation, interview, questionnaire, group interview, schedule etc. have been used as per requirement, under secondary sources, magazines, research papers, published and unpublished documents etc. have been used. And conclusions have been drawn by tabulating and analyzing the collected facts. 400 women have been selected for the study, in which a comparative study of backward rural and urban rural women has been done.

Women-oriented modern and traditional household technologies

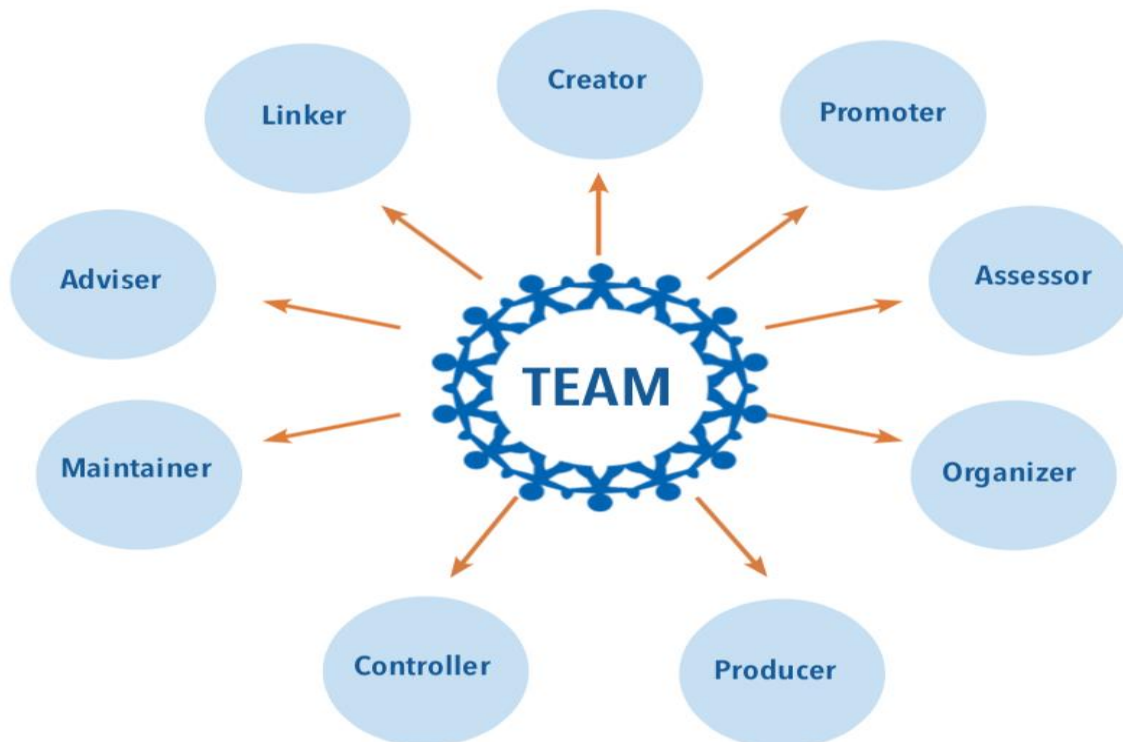
The backward rural women of the study area still use the traditional household techniques used in the 70s. Silva made of stone is used for grinding coriander, turmeric, chilly, hot spices etc. Akhara and Gunwale are used for threshing paddy, due to which pure and nutritious grains are obtained.

Complete synthesis is obtained. Traditional technical mill used for grinding wheat flour which runs on water. To make ghee and butter from curd, a wooden mortar is used, which is shaped like a flower at the front end. Apart from the Gharial, a hand mill is used which is called Kandra in the local language. It is also used for grinding wheat and pulses, which is stirred by hand." Aashaadha Devi, a 70-year-old resident of Baingan, says that she uses Kandra for agriculture.

When the work load was more, she used to work in the house. If the distance from the village was more, she used to work during the day and when there was no flour in the house, she would grind wheat as per requirement using hand mill Jandra throughout the night to supply food to the family, from which they would get flour. Was. It is also used to grind pulses due to which thick pulses like Rajma take less time to cook.

Women perform better in less time by using different technical devices

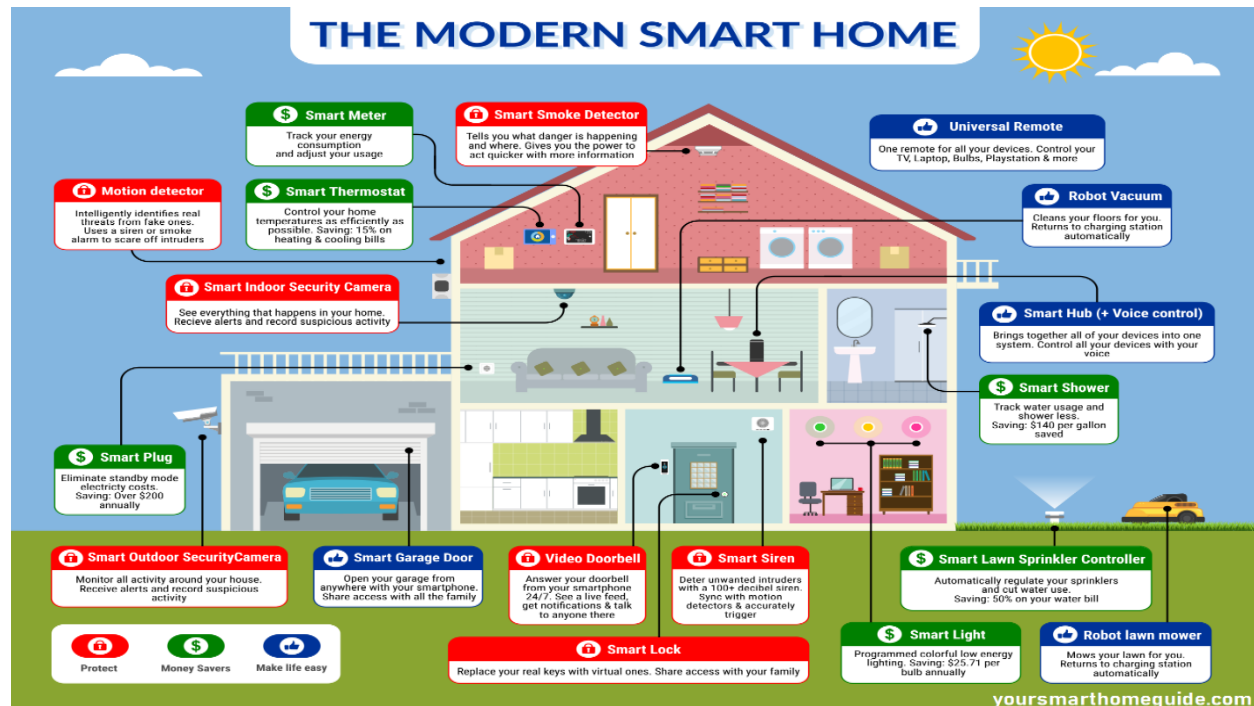
All the technologies used by hand have been replaced by modern technologies powered by electricity. Women perform better in less time by using different technical devices at home. By saving time and labor, they make good use of their time and do other things like social participation, teaching children at home and helping them in economic partnership with their husbands. 6 The modern technological mill running on electricity has taken the place of the house. Mixer, microwave, refrigerator, washing machine, gas, pressure cooker, whey making machine, water purifier, geyser etc. have taken over the use of traditional household technologies where women would wake up early in the morning to cook food on the stove, threshing paddy in Akhara. Used to spend hours grinding spices in solvate, making buttermilk from rice grains, washing clothes by hand in far-flung ditches, whereas in the present times, with the use of modern technologies, this work is done in minutes. There is an abundance of modern women-oriented technologies in the markets, where special discounts are available on them during festivals and women take advantage of them. Apart from this, due to availability of toilets in their homes, women do not have to go out of the house to defecate. In the absence of which women had to face many inconveniences. There are toilets in every house. These are being availed by the rural people under the Swachh Bharat Mission.



Impact of modern household technologies on women's health

Development is a fundamental process of change. Which includes the economic, social cultural, political, physical structure of the entire society, value system and the way of life of the people.⁷ Modern domestic technologies have simplified the lifestyle of women but they also have adverse health consequences. Among the side effects on health, AC dries the skin and is also the cause of skin itching. It absorbs water from the epidermis. Which is very necessary for blood flow in our body? Every human body has the ability to tolerate hot climate. But use of AC destroys this capability. Which is the cause of physical and mental stress. ⁹ Using a washing machine does not exercise the muscles of the hands. The nature of cooking has changed with the use of electrical appliances in the home kitchen. According to (Smm1989) heating milk in microwave destroys the activity of amino acids. According to (1986) it causes harm to the nervous system and kidneys. ¹⁰ Water purifiers is a very reliable modern technology for water purification, which not only removes harmful metals like lead, arsenic, mercury from water but also some essential minerals like calcium and magnesium. ¹¹ Women from backward rural areas, who are still using traditional household techniques, require more time and labor, but many pure and nutritious food items are

available, and due to more physical labor, they currently have less time and labor. Diseases like diabetes, depression, obesity, blood pressure etc. have not been found. On the contrary, urban rural women use modern household technologies more. Due to lack of physical labor, more diseases like depression, obesity, diabetes, blood pressure etc. have been found in urban and rural women.



Women-oriented modern domestic technology and economics

The use of technologies is related to economics. The use of ultra-modern technologies at home depends on the economic and geographical status of women and their awareness. Most of the modern technologies available in the house are powered by electricity, which is also based on the availability of electricity in rural areas and due to high consumption of electricity, the electricity bill also becomes high. That is why they are used less by women. Even though technologies are available in the homes of older women, they do not use them due to lack of awareness. In the study area, women have maximum availability of gas, which is available to women under Pradhan Mantri Ujjwal a Yojana, but it is expensive and due to the long distance of the village from the road, it is not available to them on time, hence the rural women do not use it much. Reduces.



Conclusion

Women use wood stove more. Wood is brought from forests many kilometers away from home. Nearly half of the world's population uses solid fuel for cooking due to low incomes, and smoke from solid fuels causes serious health problems.¹² According to the World Health Organization, 4.3 million premature infants die outside homes. What are the causes of smoke? ¹³ Modern household technologies like water purifier, AC, fridge, microwave, washing machine etc. are owned by women of economically prosperous urban rural families.

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