

Unfolding the Awareness for Women and Children in Vidarbha Region

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Abstract

The concept of “Roots and Wings” as a pathway to empower women and children in Vidarbha region, focusing on the need for both a strong foundation and the freedom to thrive. “Roots” symbolize support systems like education, cultural identity, and community care, while “wings” represent opportunities for growth, self-expression, and independence. Women in Vidarbha often face deep-rooted challenges, including gender inequality, domestic violence, menstrual health, abuse and a lack of awareness about critical health issues like breast cancer. The children, on the other hand, struggle with bullying, child labour, neglect, lack of access to quality education and intense peer pressure. We have visited 21 Villages of Vidarbha region and find out the problems faced by women and children through questionnaires and face to face communication. Through rigorous study we have provided proper solution and create awareness among the women’s and children’s of Vidarbha region villages. This research highlights the importance of creating safe environments, spreading awareness, and building resources to support mental and physical well-being. By addressing these issues, we can foster resilience, self-awareness, and confidence, helping women and children in Vidarbha region. The outcomes of this initiative demonstrate that true empowerment emerges when education, empathy, and equality work together at the grassroots level. By nurturing both cultural values and progressive thought, the “Roots and Wings” framework creates a balanced approach to growth. Continued community engagement, health awareness programs, and skill development workshops can further strengthen the confidence of women and children, ensuring sustainable transformation and long-term social development in the Vidarbha region.

Keywords: Women empowerment, child welfare, vidarbha community development, gender equality social transformation

INTRODUCTION

Women and children awareness in the Vidarbha region is to improve the socio-economic and health conditions of women and children by providing them with the knowledge, tools, and support they need to lead empowered, safe, and productive lives. In this region, awareness efforts focus on educating

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Received Date: May 22, 2025

Accepted Date: November 10, 2025

Published Date: November 20, 2025

Citation: Mangesh S. Dhore, Gungun Holani. Unfolding the Awareness for Women and Children in Vidarbha Region. Journal of Trends in Humanities. 2025; 2(2): 39-45p.

women about their legal rights, access to education, healthcare, and protection from violence, as well as promoting gender equality. For children, the goal is to raise awareness about child rights, the importance of education, proper nutrition, and protection from exploitation or abuse. Furthermore, the objective is to address specific regional challenges such as child labour, malnutrition, early marriage, and limited access to healthcare and education. By raising awareness, the aim is to foster a more informed and supportive environment, reduce gender-based discrimination, and create sustainable social change for women and children in Vidarbha. There is a need to raise awareness about maternal and child health,

addressing issues like prenatal care, safe delivery practices, immunizations, and the importance of a healthy diet for mothers and young children. The region also faces challenges related to malnutrition, which awareness programs aim to combat by educating families about better nutrition practices. By addressing these critical issues, the objective is to create a more supportive environment where women and children in Vidarbha can thrive, ensuring their rights are upheld, their needs are met, and they can contribute to the development of their communities and region. This includes not only awareness but also advocacy for policy changes and community-based programs to improve living standards and quality of life.

Psychiatric disorders and psychological problems are the causes of domestic violence. They can drive individuals to hurt others and also increase the chances of an individual being hurt. There are some treatments for domestic violence that are now available, such as methods like Seeking Safety and Child-Parent Psychotherapy. Few mental health professionals are trained to employ these techniques. To confront criminals is an intricate problem, distinct from the legal actions necessitated. Nonetheless, these prevention and treatment programs, like those of the Melissa Institute for Violence Prevention and Treatment, are just starting to surface [1]. Childhood bullying is a public health problem with serious effects on health, social relationships, and education in childhood and adolescence. These consequences affect all parties—bullies, victims, and both—along with their parents and families. They can be long-lasting and persist well into adulthood. Other than the old-fashioned physical, verbal, and indirect bullying, cyber bullying has become a newer variant. Children, being seen as "different," particularly because of the way they look, are at greater risk of being bullied. Health workers generally have no specific guidelines and referral pathways for the management of child bullying in primary and secondary care. Special services, however, exist locally and on the internet to offer support.[2] Parents are critical in determining the education of their children based on how valuable they perceive education. If parents know that education matters for the future of their children, then they will easily embrace higher studies. This benefits not only the children but also their communities and the generations yet to come. The decision on education relies on both government sponsorship and family commitment. Thus, the government and parents must act in unison to provide proper education and training to children.[3].

Commissioned by the Amsterdam Institute for Social Science Research of the University of Amsterdam. Child marriage is an issue affecting millions of children, particularly girls, in both the developing and developed world. Girls Not Brides was engaged, specifically to help fill gaps in research and to find out what ignited the movement to end child marriage. One of the representatives from Girls Not Brides provided other resources, like yearly reports and videos, and provided elaborate answers to the raised questions.[4] Violence against women is a complex and serious issue that requires much effort to resolve. Society, schools, healthcare, and the legal system need to cooperate to stop it. The objective is to eliminate unjust social norms and protect victims. Ensuring that children witnessing or being exposed to violence early in life receive assistance is vital but not provided enough. Men's violence against women is not "normal" or inevitable. Attitudes have to shift, and women's standing in society has to be bettered. Everyone has to realize that violence in any relationship is never acceptable.[5]The innovation of new contraceptives, particularly those used to space births, has provided individuals with greater options to plan their families in a better manner. The population of India has not been able to fully utilize the advances in contraceptive technology. To better the scenario, there is a requirement of more robust awareness campaigns (IEC) for family planning, encouraging use and advantages of spacing methods, and reinforcing national family welfare programs. Extended outreach services can also assist in achieving better outcomes and planned families for the country.[6] In India, 65.46% of women were able to read and write as per the 2011 census, but nothing is known about their financial literacy. A survey in Nagpur tested women's knowledge of money and finance. It revealed that women know about interest rates but little about inflation. They prefer net banking and mobile wallets over credit cards and are most confident about bank deposits for saving money. The survey indicates that Nagpur women require improved financial education.[7] The problem of tobacco

and alcohol consumption among school-going tribal children is large. A study was conducted in residential schools of Nagpur District (July-September 2009) to identify how many children consume tobacco and alcohol and what they perceive about it. The data was collected by means of surveys and group discussions. It was found that 2.86% students smoked, 41.74% used smokeless tobacco, and 4.07% drank alcohol. The group discussions showed a lack of awareness regarding the ill effects of these habits. The research indicates that there should be improved education regarding the ill effects of tobacco and alcohol.[8]

Women and LGBTQI+ personnel working in organizations have to be secured against sexual harassment with solid lawful terminologies, employers' sensitization schemes, and health provider support along with trained personnel. Internal Committee (IC) and Local Committee (LC) audits and their work have to be reviewed frequently from time to time. Strong conducive atmosphere to a productive and efficient organization is brought through intensive training, sessions, adequate remedy mechanisms, and maintaining freedom in the context of expression.[9] Menstrual onset is a significant event in a girl's life, causing numerous changes. A study conducted in Assam, India with 185 girls aged between 10 and 19 years revealed that the majority of them were unaware of menstruation prior to the onset of their first period, rendering the experience frightening. The absence of assistance during or after their first period caused additional stress. The culture norms, myths, and shame exacerbated the situation. The research indicates the necessity of proper guidance and a conducive environment to assist girls in coping with these issues. It recommends creating awareness and offering support to enable girls to cope with menstruation more effectively.[10] This piece discusses why most educated Indian women experience career disruptions following marriage even though they have superior degrees than men. It discovered that married women usually lack control over occupational choices and depend much on patronage from husbands and in-laws in order to stay at work. Social conditioning is a big factor, as women tend to adopt old gender roles as wives and mothers and therefore set work aside for family.[11] Women's issues are distinctive in that they are subjected to concurrent oppression on the basis of gender, caste, and class. This research, which interviewed 210 participants from Delhi and other regions, examines the determinants of sexual violence against Dalit women. Employing statistical techniques such as factor loading, Pearson correlation, and regression analysis, the research investigates the nexus between caste, class, and gender. The results show that caste plays a far more significant role than class in shaping the sexual violence Dalit women experience, pointing to the inter sectionality of caste, class, and gender in the construction of their vulnerability.[12] This review examines the role played by health policies in supporting early childhood development (ECD). It is focused on ensuring that children grow well during their early years by emphasizing the combination of health, education, and social services. Maternal and child health care, proper nutrition, early learning, and parent support are areas of importance. The review reiterates that policies need to link these services and rely on research in informing decisions. The review also underlines the contributions of laws towards safeguarding the rights of children. In general, investment in ECD policies benefits children and society by improving health and future success.[13]

Menstrual hygiene is essential for women's health, and it is critical to understand young adults' awareness and behavior in order to address public health. This research interviews and conducts surveys among West Bengal college students to understand their practices, perceptions of social norms, and menstrual hygiene knowledge. The findings reveal that there exist varying levels of awareness and practice among the students. The research also identifies shared myths and cultural factors that influence menstrual health. The aim is to develop improved education and policies to enhance menstrual hygiene for university students, which will assist in empowering young women and sustaining their health.[14] This research targets 50 women entrepreneurs in Nagpur and explores challenges they encounter. The primary issues experienced were financial challenges and a lack of support from their families, which complicated business start-ups and operations. It also examined the role played by society in their entrepreneurial journey, both positively through support and negatively through criticism. The research identified what drives women to establish businesses and the challenges they encounter in sustaining them.[15] The present study examined menstrual hygiene and knowledge in 100

adolescent girls of an urban slum. The majority of girls (72%) were in the age group of 15–19 years, 47% were educated up to high school, but 76% were unaware of menstruation before onset of their first period. Mothers were the primary source of information (84%), but only 16% were aware of bleeding beginning in the uterus. Whereas 60% employed the use of sanitary pads, the others used cloth, and 22% used no soap to wash their hands. Most of the girls also had restrictions placed on them when menstruating. The research discovered that menstrual hygiene was poor, and there is a need to teach girls the proper practices and menstrual health.[16]

The scope of women and children awareness in the Vidarbha region encompasses a broad range of initiatives aimed at addressing the unique challenges faced by women and children in this area. These challenges include poverty, illiteracy, gender inequality, poor healthcare access, and limited resources for child protection and education. Scope of Women and Children Awareness in Vidarbha: Promote education for women and children, especially girls. Improve maternal and child health, including safe childbirth and vaccinations. Protect children from exploitation, child labour, and early marriage. Raise awareness of legal rights for women and children. Promote gender equality and challenge discriminatory norms. Provide economic opportunities for women and support rural livelihoods. Increase awareness of mental health issues and available support and address environmental impacts, particularly climate change, on women and children.

METHODOLOGY AND DISCUSSION

We have visited 21 villages namely:

Table 1. Name of villages and methods by which awareness done

S.N.	Name of village	Taluka	District	Aware through the process of
1.	Anjangaon bari	Amravati	Amravati	Communication at government school
2.	Malkhed	Amravati	Amravati	Communication with some women's
3.	Timtala	Amravati	Amravati	Communication with some women's
4.	Chandur	Amravati	Amravati	Through questionaries
5.	Daryapur	Amravati	Amravati	Helped a child by providing proper knowledge regarding education
6.	Anji	Wardha	Wardha	Communication with a girl who is facing menstrual problems and using cotton cloths
7.	Wardha	Wardha	Wardha	Visit a girl's school and educate them about menstrual cycle
8.	Sindi	Wardha	Wardha	conversation with some parents about peer pressure
9.	Borgaon	Wardha	Wardha	Gives the knowledge of importance of education to parents who are not allowing their child to do studies
10.	Katol	Nagpur	Katol	Aware about child marriage
11.	Umred	Nagpur	Umred	Communicate with women's and educate them regarding their financial problems
12.	Ramtek	Nagpur	Ramtek	Talked with some students and solved their queries with the help of spreading knowledge
13.	Nandangaon peth	Amravati	Amravati	Talked with some women's
14.	Rajura	Chandrapur	Rajura	Aware about health conditions like breast cancer
15.	Wani	Chandrapur	Rajura	Helping a girl who is facing health issues like PCOD
16.	Washim	Washim	Washim	Communicate about domestic violence
17.	Yavatmal	Yavatmal	Yavatmal	Educate children about bullying
18.	Gadchiroli	Gadchiroli	Gadchiroli	Communicate with women's and inspire them to take stand for themselves
19.	Digrus	Digrus	Yavatmal	Communicate with children's at school
20.	Pimpalgaon	Rajura	Rajura	Educate women about child marriage and punishments for child marriage
21.	Sewagram	Wardha	Wardha	Communicate about domestic violence



Figure 1. Awaring about menstrual cycle



Figure 2. Awareness program at government school



Figure 3. Awareness about PCOD



Figure 4. Awareness program at high school



Figure 5. Talking to students about problems like bullying and peer pressure.

Where we asked the several questions regarding women and child development. Hence, we found some people facing the problem also the share their issues:

- Que. One child complains about how some children's is bullying him about his physical appearance
- Que. A girl name Seema complains how his parents are forcing her for a marriage at the age of 16 but she wants to have further studies
- Que. A boy named Rahul wished to have a good education but because of due to his worst financial condition he is not able to attend the school
- Que. A married women name Geeta Bai has been suffering from unpaid labour problems
- Que. Geeta Bai along with her sister-in-law is highly facing issue due to their menstrual cycle
- Que., we found nearly almost newly married women who wished to have a good carrier. Alas! They failed to do so
- Que. A girl told me that there is huge gap between her menstrual cycles?

We aware women about their rights and also to take stand onto the actions that are harmful to them. Majorly problems we came across about women's menstruation, child marriage, violence and abuse. Regarding menstruation we came across that the women are not using sanitary products in their menstrual phase we told them about useful phase of sanitary products and harmful phase of sanitary products. We humbly requested them to use sanitary products and not to use cotton clothes, napkins.

We visited a school where we found that the principal of that school is doing household work at her office and avoiding students who came with their parents for problem regarding documents. Regarding the child marriage we found a young girl where she dreamed of a good and successful career in her education. But she cannot due to her Forceful marriage. we asked her to stood up for her regarding her education purpose. We visited a school near by a village and we came across children's complaining about bullying, child labour, child marriage, peer pressure and neglection. We aware them about importance of education, not to get affected for a child labour for a sake of some money also not to agree for a child marriage until and unless they wish to have. We told them to resolve their problems with the once who are there for them. I have studied various research paper and found several problems faced by women and children in Vidarbha region and our group visited 21 villages (as given in table 01). We saw several problems faced by women and children in that village and We aware women about their rights and also to take stand onto the actions that are harmful to them. We aware children about child marriage and bullying they are facing specially because of their physical appearance. Here are some pictures of the interaction of village peoples regarding awareness and mentioned in Figure 1 to 5.

CONCLUSION

The empowerment of women and children in Vidarbha is vital for the region's socio-economic progress. Despite various government and NGO initiatives, issues like illiteracy, poor healthcare, gender discrimination, and socio-economic inequality persist. Awareness programs in villages have played a crucial role in educating women and children about pressing issues such as menstrual hygiene, child marriage, and bullying, helping them make informed choices. Sessions held in government schools have further raised awareness about students' rights, the value of education, and the importance of a safe school environment. Government schemes like Beti Bachao Beti Padhao have contributed to improving the status of girls by promoting education and protecting them from harmful practices. However, for sustainable development, it is essential to move beyond awareness and ensure real action that creates equal opportunities for all women and children.

Declaration of Interest

The authors declare that there is no conflict of interest regarding the publication of this manuscript.

Acknowledgement

We would like to express my heartfelt gratitude to everyone who contributed to the successful completion of this project. We also wish to thank G.H Rasoni University, Amravati and the Department of Forensic Science for providing the necessary resources and support for this project.

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