## **WOMEN IN OLYMPICS**

he participation of women in the Olympics has undergone a transformative journey from exclusion to prominence, reflecting broader societal changes in gender equality and sports. The Olympic Games, originating in ancient Greece, were initially male-only affairs. It wasn't until the modern era of the Olympics that women began to gain entry and prominence in this prestigious global event. Women's participation in the Olympics began modestly. At the first modern Olympic Games in 1896 in Athens, women were not allowed to compete. It wasn't until the 1900 Paris Olympics that women were first included, and even then, their participation was limited to just 22 athletes across five sports: tennis, sailing, croquet, golf, and equestrianism. This marked a significant, albeit limited, breakthrough in gender inclusivity in the Olympics. Over the decades, the inclusion of women in the Olympics gradually expanded. The 1928 Amsterdam Olympics were a notable milestone, featuring 800 women athletes competing in athletics for the first time. However, the number of sports available to women was still limited, and many disciplines remained exclusive to men. By the 1960 Rome Olympics, women's participation had grown substantially, with women competing in athletics, swimming, and gymnastics, among others. This period marked the beginning of more systematic integration of women's events into the Olympic program. The 1984 Los Angeles Olympics were a turning point as it featured women's participation in every event. This was further enhanced in subsequent games, with the introduction of more women's events and an increase in female athletes.

The 1996 Atlanta Olympics were particularly notable for the inclusion of women in sports that had previously been male-dominated. The Atlanta Games saw the debut of women's pole vault and the addition of women's soccer, which became a significant development in the evolution of women's sports. The 2012 London Olympics continued this trend, showcasing significant achievements by female athletes. The London Games were groundbreaking for women, as they included every sport with female competitors, from boxing to the pole vault. This was a substantial leap towards gender parity in the Olympic arena. The Games saw female athletes from various countries break records and achieve historic wins. Despite the progress, female athletes have faced numerous challenges, including disparities in funding, media coverage, and recognition compared to their male counterparts. These issues are gradually being addressed, but discrepancies remain. The fight for gender equality in sports extends beyond participation; it involves ensuring equal opportunities, support, and visibili-

One of the significant barriers has been the visibility and media coverage of women's sports. Historically, women's events have received less attention, and female athletes often struggle to achieve the same level of recognition as their male peers. However, there have been improvements, with increased media coverage and sponsorship opportunities for female athletes in recent years.

Several female athletes have made a mark in Olympic history through their exceptional performances and breaking barriers.

The future of women in the Olympics looks promising with ongo ing efforts to promote gender equality. The International Olympic Committee (IOC) has made strides in this direction, with initiatives aimed at ensuring equal opportunities and recognition for female athletes. The inclusion of more women's sports and events, alongside efforts to address disparities in funding and media coverage, represents a continued commitment to gender parity.

The participation of women in the Olympics is a testament to the evolving understanding of gender equality and the growing recognition of female athletes' contributions and achievements. As the Olympics continue to evolve, the aim is to ensure that all athletes. regardless of gender, have equal opportunities to compete, succeed, and be celebrated for their talents and achievements.

The success of Indian women in the Olympics reflects not just their individual talent and determination, but also the growing support for women in sports across India. As more opportunities and resources become available. Indian women athletes are expected to continue breaking new ground and achieving higher honors on the global stage. In summary, Indian women have made substantial contributions to the Olympics, with their achievements spanning various sports and marking significant milestones. Their success stories inspire future generations and underscore the growing prominence of women in Indian and global sports.

## Achieve Financial Goals with Freedom SIP



VINAY GUPTA

vorld achieving financial security and planning for future: goals can often seem daunting. However, with the innovative Freedom SIP offered by ICICI Prudential Mutual Fund, investors now have a versatile and

structured approach to building wealth systematically and:

#### ensuring regular income. What is Freedom SIP?

Freedom SIP is a combination of Systematic Investment Planning (SIP) and Systematic Withdrawal Plan (SWP). It allows investors to create wealth through regular investments (SIP) and later withdraw funds in a structured manner (SWP), making financial planning more seamless and stress-free.

The facility encourages disciplined investing by allowing investors to choose their SIP amount, tenure, and schemes. They can select both a Source Scheme for SIP and a Target Scheme for SWP. If schemes are the same, no switch occurs. After the SIP period ends, investments switch to the Target Scheme. Investors then specify an

SWP amount, or a default is provided based on the SIP

amount and tenure For instance, if an investor chooses a monthly SIP of \$10,000, the default SWP amount will vary according to the selected tenure, a 8-year SIP results in a default SWP of ?10,000, which rises to ?15,000 for a 10-year tenure. For 12, 15, and 20-year tenures, the default SWP amounts are ?20,000, ?30,000, and ?50,000, respectively. Extending the SIP to 25 years yields ?80,000, while a 30year SIP provides ?120,000. This illustrates that longer

#### investment periods enhance monthly withdrawal benefits. Benefits of Freedom SIP

- \* Goal-based investing: Aligns with financial goals for systematic wealth creation and income.
- Long-term investing habit: Encourages disciplined investing, crucial for wealth accumulation.
- \* Flexibility: Offers various schemes and tenures to match needs and risk appetite.
- \* Stress-free future: Provides regular SWP payouts for a stable post-investment income.

### Why Choose Freedom SIP?

Freedom SIP is a comprehensive tool for building wealth and ensuring a steady income stream. It caters to diverse financial needs, offering flexibility to tailor investments to personal goals. This empowers investors to achieve financial freedom, securing a stress-free future.

### Conclusion

Freedom SIP combines systematic investments with structured withdrawals, simplifying financial planning. It aligns with financial goals, promotes disciplined investing, offers flexibility, and ensures a stable income, helping investors achieve financial freedom.

(The writer is Mutual Fund Distributor, J&K)

# **Commemorating National Space Day**

O N KOUL

-ndia is all set to celebrate National Space Day today on 23rd August 2024.It was Lexactly on the same day on August 23rd that India created history as Chandrayaan 3 accomplished the safe and soft landing of Vikram Lander on the lunar surface. India became the fourth country in the world to land on the moon and the very first country to land near the southern polar region of the moon .The union government has declared 23rd August as "National Space Day" to celebrate the remarkable success of the Chandrayaan -3 Mission, which accomplished the significant space feat by safe and soft landing of the Vikram Lander and deployed the Pragyaan rover on the lunar surface near south pole.

This achievement is being celebrated across the country with the goal of engaging and inspiring the younger generation in the field of Space Science and Technology.

Thus to commemorate this historical achievement, the Department of Fisheries -DOF, Government of India -GOI, is organizing a series of seminars and demonstrations, to create awareness about the Application of Space Technologies in the Fisheries Sector.

The events are being organized in collaboration with various coastal States and Union Territories' JSRO and DOF field officers Earlier ,the notification issued by the Department of Space said India became the first country to land near south pole of the moon with success of the Chandrayaan -3 Mission ."With the success of the Chandryaan-3 Mission on August 23,2023 with the landing of the Vikram Lander and deployment of the Pragvaan Rover on the lunar surface, India joined an elite group of Space faring nations becoming the fourth country to land on the moon and the first nation to land near to South pole of the moon said the notification ."The outcome of this historic mission will benefit mankind in the years to come .This day marks an important milestone in the country's advancements in space missions and it will inspire

younger generation towards enhanced interest in pursuing STEM and will provide a major impetus to the space sector .The government of India has done right to have declared August 23 of every year as 'National Space Day 'to commemorate this historical moment .Thus the celebration of the National Space Day will actually become an annual celebration day revisiting the 23rd August and making resolution, introspection and reflection with the aim of encouraging young space scientists and technologists so that the country is able to further enhance and enrich space research and technology for the service of the humanity .It was Prime Minister Narendra Modiled central government which officially declared August 23 as the National Space Day ,honoring the success of the Chandryaan-3 mission .India is celebrating its first National Space Day on August 23, with multiple pan-India events as part of the month -long campaign .While recognizing significant achievements in space exploration ,this day highlights several advancements in space technology .National Space Day is dedicated to inspiring future generations by generating their interest in space science and technology Also ,it enhances public awareness regarding the importance and benefits of space exploration, while promoting national pride and unity .It is in the fitness of things to through light on how National Space Day is celebrated today that is 23rd August 2024. Now this day will be observed and celebrated annually to not only mark and commemorate and remember the day but on this occasion, we should make introspection , reflection and resolve to encourage the young generation to further explore and make research in the important field of space science and technology and see how the space science will benefit the mankind. To mark and celebrate the occasion ,the centre has announced a month-long campaign, highlighting the remarkable achieve-

same time inspiring the country's youth and encouraging them to further explore and undertake more productive research in space science and technology for the betterment of the mankind .The theme for the first National Space Day is 'Touching Lives while Touching the Moon ,India's Space Saga .It emphasizes the profound impact of space exploration on society and technology .To commemorate and celebrate the National Space Day a mega event is taking place at the Bharat Mandapam in the national capital to mark the occasion .As part of the celebrations, a series of high profile sessions, panel discussions as well as vibrant cultural programmes and significant announcements will be made. The Space Day -2024 event will commence with a VVIP tour of the space exhibits and demonstrations from various ministries ,industries ,startups ,academia ,and DOS .Also ,the winners of the ISRO Robotics challenge and Hackathon will be announced. The Space on Wheels event will be demonstrated and this event highlights the capabilities of ISRO in deploying rockets and satellites ,as well as their applications, demonstrating the country's commitment towards scientific development. The initiative travels to schools and various public places to engage a wide range of audiences across all age groups to educate them about space science and technology. It showcases detailed models of the first two launch pads ,showing the Chandrayaan -1 mission and the Indian Mars Orbiter Mission - Mangalyaan , among others. ISRO Space Tutors will also be organized to through light on the significance of the day .A total of 120 registered Space Tutors of the ISRO are organizing outreach events like talks ,quizzes ,and exhibitions at various places in the country to promote space education and raise awareness among the masses about space activities .Bharthiya Antariksh Hackathon is yet another one -of -a -kind initiative by ISRO ,the national level hackathon presents students with various problem statements and encourages them to develop creative solutions .The teams for the same are shortlisted depending on the responses to compete in the finale at selected centers. In the finale, the exceptional students will be provided internship at ISRO centres, while the top three hackathon winners will get a chance to showcase their applications during the National Space Day celebrations on 23 August .Apart from these ,the ISRO Robotics Challenge 2024 was launched in November last year, with an extended period for registration and proposal submissions .As part of it ,students were given a chance to get involved in space robotics The competition featured live demonstrations while 10 teams advanced to the Field Round .After an Operation Readiness Review ,the main competition was held on August 5 and 6, with the awards ceremony slated for August 23. National Space Day will be celebrated on August 23 in schools of MP .On this occasion ,programmes will be organized on a large scale in all the schools .On the instructions of CM Mohan Yadav ,conferences ,workshops ,and exhibitions centered on space science will be organized in schools and teaching-training institutes on 22 and 23 August in the state .Taking a cue from Madhya Pradesh, other states and UT's should also organize conferences ,seminars, workshops and exhibitions in schools and teacher training institutes so that science temper is developed among students in space science and tech-

Let us celebrate the National Space Day in a befitting manner to inspire and encourage youth to work in space exploration so that young space explorers will be developed who will focus on space research. This day should be celebrated with dedication towards the grooming young talent which in due course of time will give the nation space scientists and technologists.

(The author is a retired education officer

#### **Health of Women: Physical, Mental and Emotional**

DR. RAJKUMAR SINGH omen's health encompasses a wide range of physical, mental, and social well-being aspects that are distinct due to biological, cultural, and social factors. Women's health needs change across different life stages, from adolescence to reproductive years, menopause, and beyond. The key aspects of women's health care include: a. Reproductive Health: This includes menstrual health, contraception, pregnancy, childbirth, and menopause. Access to reproductive healthcare is crucial for preventing and managing conditions like polysyndrome (PCOS). cvstic ovary endometriosis. infertility.b. and Cardiovascular Health: Cardiovascular diseases are a leading cause of death among women. Factors such as hormonal changes, pregnancy, and menopause influence heart health, and women may experience different symptoms of heart attacks compared to men.c.Breast and Gynecological Health: Breast cancer is one of the most common cancers affecting women. Regular screenings, such as mammograms and Pap smears, are essential for early detection and prevention of breast and cervical cancers.d.Mental Health: Women are more likely to experience mental health issues such as depression, anxiety, and eating disorders. Hormonal fluctuations, societal pressures, and life events like childbirth can impact mental wellbeing.e.Bone Health: Women are at higher risk for osteoporosis, especially after menopause due to a decrease in estrogen levels. Adequate calcium and vitamin D intake, along with weight-bearing exercises, are important for maintaining bone density, f.Chronic Conditions: Conditions

like autoimmune diseases, thyroid disor-

ders, and diabetes disproportionately

affect women. Management of these condi-

tions requires a gender-sensitive approach

to healthcare. g. Social and Economic

Determinants: Access to healthcare, educa-

tion, and economic stability plays a signif-

icant role in women's health. Gender-based

violence, discrimination, and unequal

access to resources can negatively impact

health outcomes. In nutshell, women face

he lure of mountains has always

▲ In our country, the Himalayas have

always been associated with the lord shiva

and his divine consort Parvati. No wonder

then therefore that the Himalayas are

replete with places associated with Gods

and Goddesses. Manimahesh yatra is as such as arduous but enchanting pilgrimage

Nestled in the Himalayas, Manimahesh

has always attracted to pilgrims for ages

around the world. The sanctum sanctorum

lake of Manimahesh is situated at an eleva-

tion of 13500 feet from mean sea level

(MSL). Doubtlessly, a piece of heaven in

the greater Himalayan range. Though the

lake is of far greater size than kailash kund

atop Bhadarwah the abode of Sri Vasuki

sanctum sanctorum lake of Manimahesh.

One is on foot from bhaderwah town itself

which is arduous one and takes pretty long

time to transverse. And the second one is

Nag Devata of immersive importance.

to the abode of lord of mountains.

attracted man since time immoral.

G L KHAJURIA

unique health challenges, including hormonal fluctuations, pregnancy, and menopause, which require specific medical attention. Common health concerns include cardiovascular disease, breast cancer, osteoporosis, and mental health disorders like depression and anxiety. Access to regular healthcare, education on health practices, and a balanced lifestyle are essential for maintaining good health. Addressing these factors through public health initiatives and policy is vital for improving overall health and well-being for

ments of India's space missions and at the

Causes of poor health Poor health among women can be attributed to a combination of biological, social, economic, and cultural factors: a. Limited Access to Healthcare:Geographical Barriers: Women in rural or remote areas may lack access to healthcare facilities. leading to inadequate care. Economic Barriers: Poverty can limit access to necessary healthcare services, medications, and nutrition, affecting overall health.Lack of Insurance: Inadequate health insurance coverage can result in delayed or neglected medical Inequality:Discrimination: Gender-based discrimination in healthcare can lead to women receiving lower-quality care or being dismissed by healthcare providers.Domestic Violence: Genderbased violence, including domestic abuse, contributes to physical injuries, mental health issues, and long-term health problems.Reproductive Rights: In some regions, women may lack control over their reproductive health due to restrictive laws, cultural practices, or limited access to contraception and abortion serv-Nutritional Deficiencies: Malnutrition: Women, particularly in developing countries, often face nutritional deficiencies due to poverty, cultural practices, or food insecurity. Iron Deficiency Anemia: A common issue among women of reproductive age due to menstruation, poor diet, and lack of

access to healthcare. d. Cultural and

Societal Norms:Son Preference: In some

cultures, preference for male children can

lead to neglect of girls' health and nutrition. Early Marriage and Childbearing: Early marriage can result in young girls experiencing pregnancy and childbirth before their bodies are fully developed, leading to complications such as maternal mortality and poor health, e. Workload and Stress:Double Burden: Women often face the double burden of work and caregiving responsibilities, leading to chronic stress, fatigue, and associated health issues. Occupational Hazards: Women working in informal sectors or in low-paying jobs may face unsafe working conditions, contributing to poor health. f. Environmental Factors: Exposure to Pollutants: Women, especially in lowincome areas, may be exposed to environmental hazards such as air pollution, unsafe drinking water, and toxic substances, increasing the risk of respiratory other diseases.Poor Conditions: Overcrowded housing, lack of sanitation, and inadequate access to clean water contribute to the spread of infectious diseases. g. Mental Health Issues:Depression and Anxiety: Women are more prone to mental health issues due to hormonal changes, societal pressures, and gender-based violence. Stigma: Stigma surrounding mental health may prevent women from seeking help, leading to untreated conditions.

Schemes for improvement

There are several government and nongovernment schemes aimed at improving the physical and mental health of women which include: a. Pradhan Mantri Matru Vandana Yojana (PMMVY): Objective: To provide financial aid to pregnant and lactating women for their first live birth.Benefits: A cash incentive of ?5,000 is provided to women for their nutritional and health needs during pregnancy and after childbirth, to improve maternal and child health. b. Janani Suraksha Yojana (JSY): Objective: To reduce maternal and neonatal mortality by promoting institutional delivamong poor pregnant women.Benefits: Cash assistance is provided to pregnant women for giving birth in a health facility, and the scheme also includes provisions for antenatal and postnatal care.

c. Mission Indradhanush: Objective: To ensure full immunization coverage for children and pregnant women. Benefits: Provides vaccines for preventable diseases to pregnant women and children under two years, improving maternal and child health outcomes, d. Sakhi - One Stop Centres: Objective: To provide integrated services to women affected by violence, including medical, legal, psychological, and counselling support.Benefits:Centres offer 24/7 services to women facing physical, mental, and emotional trauma, ensuring they receive the necessary care and support. e. Rashtriya Mahila Kosh (RMK): Objective: To provide microfinance services to empower women economically, leading to improved mental and physical well-being. Benefits: Offers credit to women from disadvantaged sections to start small businesses, thereby reducing poverty and improving their health by increasing financial stability. f. Mental Health Care Act, 2017: Objective: To provide rights-based mental healthcare to every citizen, ensuring access to mental health services. Benefits: Ensures that women have access to mental health services without discrimination, with a focus on treating mental disorders and reducing stigma.

g. Ayushman Bharat - Pradhan Mantri Jan Arogya Yojana (PM-JAY): Objective: To provide health insurance coverage to economically disadvantaged individuals, including women.Benefits: Women can access secondary and tertiary healthcare services, including treatment for chronic and critical illnesses, which improves their overall health outcomes. h. Deendayal Antyodaya Yojana - National Urban Livelihoods Mission (DAY-NULM): Objective: To reduce poverty and vulnerability by enabling access to self-employment and skilled wage employment opportunities for women.Benefits: Enhances the socioeconomic status of women, indirectly improving their physical and mental health by providing financial security. These schemes collectively address various aspects of women's health, contributing to the overall well-being of women across the

(The writer is a youth motivator)

# Manimahesh Yatra



There are twin routes of yatra to the Jammu Bhadarwah Jammu (200 kms), Jammu-Pathankote (100kms), Pathankote to Chamba (H.P) (120 kms), Chamba -Bharmour (65 kms) and Bharmour -Hadsar (14kms). After Hadsar, there is on motorable covering around (499 kms) via foot track of around 15 kms to the last

reach of the sacred lake of Manimahesh. The lake is of commensive importance and is believed to be second to Lake Mansrovar in Hindu religious significance.

The natural beauty of the lake has an enchanting attraction. The wafting clouds

in their milky outlook kiss the azure skies and the sacred and most magnanimous reflections of the lake haunts the souls, minds and hearts of all in their entirety,

least leaving any shadow of ambiguity. 'Manimahesh Lake' is immensely spiritual splendor sanctorum surrounded by cliff, peaks and pinnacles reflecting over the most sacred and revered Shiva's lake over centuries past.

It is just like bejeweled crown amidst the greater Himalayas, an adobe of 'Shiv Shakti' the supreme, which gets every human wonderstruck, enthralled and enchanted by his benevolence.

Manimahesh beckons us to come and partake divine nector in the form of serene and crystal clear water of Kailash Kund. The peak of Manimahesh presents itself a huge Shivilingam whose reflection is reflected in the placid-waters of Kailash Kund. The yarta is of a symbol of devotion and faith that makes the pilgrims to travel over high valleys and mountains and have a Darshan of Manimahesh.

(The author is former Dy. Conservator

of Forests)