

Guidelines for Self Care of Farm Women during Lockdown

It is our social practice, the Indian women perform the household activities including care for the children, old and domestic animals, family nutrition, collection of fuel and water, utilization of homestead, etc. All these are treated as unpaid or unseen or unrecognized work, but, very tiresome, monotonous and repetitive work. In course of caring other members, most of the women neglect themselves and suffer a lot. Therefore, here are some guidelines for farm women to follow during lockdown period for maintaining a quality life.

Health:

- Develop immunity power by daily consumption of available leaves like: tulsi, neem, bel, etc. and spices like: turmeric, ginger, garlic, etc.
- Consume home made nutritious and balanced food.
- Practise Yoga, Pranayam and Exercise for both mental and physical fitness.
- Take sufficient rest and sleep for at least 7-8 hours per day.
- Wash hands with soaps and keep household items clean.

Recreation:

- Entertain by watching TV serials having moral values which gives message for reconstruction of family as well as society.
- Use leisure time for playing ludo / cards.
- Develop hobbies in cooking new items, reading Bhagabat / Gita, doing arts, etc.

Income Generation:

- Concentrate on family occupation for income generation.

Care and Service:

- Devote time with family members and enjoy.
- Take care of the domestic animals / pets.
- Educate the children when school is off.
- Take special care for the sick as well as old persons in family.
- Manage the household resources properly by cleaning, washing, decorating, etc.

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