

ROLE OF WOMEN IN SUSTAINABLE DEVELOPMENT AND NATION BUILDING

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Abstract:

This conceptual research paper highlights the important role women play in building a sustainable future and strengthening the nation. Women contribute not only to family and community well-being but also to areas like resource management, education, health, and economic growth. Their participation ensures more balanced and long-lasting development. The image uses the word "Boiling" to symbolize the rising energy, urgency, and active involvement of women in driving change. The study concludes that empowering women is essential for achieving sustainable development goals and national progress..

Key words : Women role , sustainable development, building the nation .

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Objective :

To analyze the contribution of women in sustainable development sectors and nation building (e.g., agriculture, education, and health) .

Introduction:

The pursuit of sustainable development and robust nation building represents two of the most pressing imperatives of the 21st century .This conceptual research paper critically examines the multifaceted role of women in shaping sustainable development and nation building When we talk about building a strong nation and achieving sustainable development meaning growth that meets today's needs without harming future generations one group is often the backbone of real progress: women. Yet, for too long, their contributions have been overlooked or undervalued.

This research paper will explore the real and powerful role of women in sustainable development and nation building. It will highlight examples of women driving change, discuss the challenges they face, and argue that empowering women is not just a matter of equality it is a smart strategy for any nation that wants a prosperous, peaceful, and sustainable future.

Role of women in sustainable development:

1. Women are key to family and community health

When women are educated and healthy, they teach their families about cleanliness, nutrition, and disease prevention. This creates a strong base for a healthy nation.

2. Women help in fighting poverty

Women work hard in farming, small businesses, and household management. When they earn money, they spend most of it on food, education, and medicine for their children. This reduces poverty in the long term.

3. Women protect the environment in many places, women collect water, firewood, and grow food. They know the importance of saving trees, water, and soil. When women lead in environment projects, nature is better protected.

Women as Organiser:

Women as organizers are the planners who make daily life smoother and more peaceful. They often take charge of managing homes, families, and workplaces, holding everything together through structure and care.

- **Plan Ahead:** They make schedules to ensure tasks get done they keep adding efforts from morning to night along with them self to every member of family .
- **Make "Homes" for Items:** They ensure everything has a specific place, keeping spaces tidy. hey understand how to juggle work and home, often encouraging flexible rules that help all workers have a better life.
- **Multitasker :** They manage many things at once like work, family, and budgeting with ease. teams with women leaders often work better together because they create a friendly and supportive environment.
- **Solve Problems:** They fix issues quickly and create routines to reduce stress. Women bring new and different ideas which leads to better solutions for society.
- **Supporter :** They use empathy to lead teams and take care of family needs .Women in leadership act as role models, inspiring young girls to dream big and follow their own careers.

Women as Manager :

Due to their roles as managers of households and caregivers, women tend to exhibit more sustainable consumption patterns. They contribute to reducing household waste and choosing eco-friendly options. Women often opt for organic or non-toxic products to protect their family's health, which naturally aligns with eco-friendly ways

Waste Management: Studies show women are more likely to engage in recycling and composting at the household level .

Preparation: Preparing for the next day's morning routine (clothes, lunches) the night before to reduce stress.

- **Self-Care:** Dedicating time for exercise, meditation, or hobbies to recharge, regardless of how busy the schedule is.
- **Involving Children:** she understand Assigning age-appropriate chores to children to teach responsibility and reduce the parent's workload.

Women as Educator

- **They are First Teacher:** A mother is a child's first teacher, laying the foundation for a child's character, manners, and future education.
- **They Shapes the Family:** When a woman is educated, she can properly educate her entire family, leading to better health, nutrition, and financial stability in the household.
- **In Professional Educators:** Women teachers bring empathy, discipline, and improved communication to classrooms, making them crucial for both boys and girls.

- **In Social Reforms:** Educated women act as advocates for change, fighting against social evils like child marriage and inequality
- **For Empowerment:** Education gives women the power to make their own choices, increasing their independence and self-worth.
- **For Economic Growth:** Educated women contribute to the economy, working as nurses, doctors, scientists, and leaders
- **For Better Health:** Educated women tend to have smaller, healthier families because they understand the importance of healthcare, nutrition, and hygiene

Role of women in nation building :

- **They Educate the Next Generation:** Women are the first teachers. As mothers and teachers, they teach children good values and educate them, which builds a smart future generation.
- **They give Strength to the Economy:** Women work in offices, farms, and start their own businesses. When more women work, the country makes more money (GDP). Women entrepreneurs start new businesses and create jobs, which helps local economies. Studies show that women often reinvest a large portion of their income back into their families on nutrition, healthcare, and education. This creates a healthier and more educated future .
- **Improving Health:** Women often manage family health and nutrition. They work as nurses and doctors, helping to keep the community healthy. Women promote healthy habits like washing hands, exercising, and eating nutritious meals, which prevent diseases.. Women use activities like yoga, meditation, and hobbies to manage stress, helping themselves and their families feel better mentally.
- **Community Health Workers :** Many women work as community health volunteers (like ASHAs in India). They visit homes to educate people about vaccines, nutrition, and safe motherhood. Expert womens or volunteers teach mothers how to feed children properly and ensure children get necessary vaccinations (injections to prevent diseases).Pregnancy Care: Women help pregnant women get checkups and reach clinics for safe deliveries.
- **Managing Medicines:** They help distribute basic medicines and tablets for anemia (weakness) to women and children.
- **They Spreading Awareness:** Women share information about preventing illnesses like malaria, dengue, and COVID-19.
- **They help in Managing Stress and Mental Health:** Women use activities like yoga, meditation, and hobbies to manage stress, helping themselves and their families feel better mentally.
- **They Lead in Politics and Decisions:** Many women are now leaders, mayors, and ministers. They make laws that protect families and support fairness in society.
- **They help in Building Communities:** Women often lead social projects, support peace, and help improve their neighborhoods.



- **They Manages Homes (Unpaid Work):** Even when not paid, women manage homes and take care of children and elders. This makes it possible for others to go to work and keep society running

Conclusion :

Women are not just helpers in development they are leaders. A nation cannot grow fully or sustainably if half its people (women) are left behind. Supporting women means building a stronger, healthier, and greener nation for all women are the backbone of both the family and the nation. They play a big role in keeping the environment clean, reducing poverty, educating children, and maintaining peace. When women are given equal opportunities in education, jobs, and decision-making, the whole country moves forward faster.

However, even today, many women face problems like less access to school, low wages, and no voice in important meetings. If we remove these barriers, we will see real and lasting development.

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