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Essay outline: Backwardness of women leads to Backwardness of the Nation.

1. **Introduction:** Titlism of women in ~~all~~ ^{and other} political, economic and educational spheres, boosts sustainable development. However, the primary cause of the backwardness of any nation, including Pakistan, is ~~its~~ its gender disparity ~~rate~~ that hinders the development. Thus, by adopting strategies from ~~successfully~~ developed nations, ~~we~~ can also achieve exemplary status worldwide.

2. **Historical Perspective of women backwardness and successful feminist movements that bring brought social change.**

(Book Review: Betty Friedan's 'Feminine Mystique')

3. **How Backwardness of women leads to Backwardness of the Nation:**

3a) **Unequal representation in legal positions.**

(As per law and Justice Commission of Pakistan, out of 126 Judges in the upper tier of ~~the~~ ~~Judicial~~ only 7 are women)

3b) **Impediments of Inclusion of women in the Labour Force.**

(As per Gender Gap Index Report, women make only 6% of senior officials and senior managers in Pakistan today)

3c) **Misinterpretation of Religion and neglecting the role of education in promoting women empowerment.**

(Book Review: 'Islam, the misunderstood religion' by Muhammad Qutb)

3d) Women's Health Status decides the future of a nation.

(Pakistan last ^{National} Nutritional Survey (NNS) in 2018 revealed that 43% of women of reproductive age and 57.4% of adolescent girls (10-19 years) in the country were suffering from Iron deficiency, an anemia; every second female)

3e) Cultural and Societal Constraints

Women Working a Silent Factor

for nation's backwardness.

(Book Review: "Taboo" by Fauzia Saeed)

3f) Infringement of constitutional rights, a primary reason for nation's backwardness.

(Article 27 and 37 ensures full participation of women)

3g) Lack of Media coverage for women and promotion of Patriarchal mindset

(Book Review: "Manufacturing Consent" by Noam Chomsky)

3h) Digital discrimination of women hinders national growth.

(As per Amnesty International Report on Gender Inequality and Human Rights in a Digital Age)

Tech-facilitated gender discrimination is likely to worsen gendered poverty worldwide.

3i) Gender Based Violence & Pending cases; Fuels Injustice and cause

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harming the National Prestige

(As per Report of Law and Justice Commission titled "Unveiling Shadows: An Overview of Gender based Violence cases, 2023", there is a drastic rise of GBV, 81% in the backlog of unsettled Gender based violence litigations)

③ Adopting Strategies of successful countries having women inclusive approach; boosting their prosperity worldwide.

- Case Studies of Finland and Bangladesh.

4- Strategies to achieve prosperity having gendered inclusive approach including,

4a) Promoting women's inclusion in sports, economy & politics, health and education for leading a nation towards sustainable development.

(Quaid's Quote: No nation can rise —)

4b) Breaking the social taboos by arranging educational campaigns and using mainstream media including dramas etc.

5- Conclusion.

In Greek mythology,

1 Spartan women had more female warriors. They had more rights and enjoyed greater autonomy than women in any other Greek city-state of the classical period. Women could inherit property, own lands, make business transactions and were better educated than Athens, where women were considered second-

class citizens. Spartan women well ~~said to~~
~~rule their men~~. The Greek philosopher, Aristotle,
 however, who had spent his time in Athens,
 criticized this notion that women's inclusion
 in politics could be responsible for its decline.
 Conversely, this did not happen and Spartan
 women's inclusion in all spheres ~~boosted~~
 their sustainable development more than Athens did.

They had broken the notion of Aristotle
 that men, by nature, had intended to
 rule over women. Sparta's women actually
 made the city state stronger and more efficiently
 run than others. This example had proven
 that inclusion of women in all spheres of
 life could change the future of their nation.
 Unfortunately, many nations, including
 Pakistan had neglected women's role and
 had faced backwardness till today.

Despite having religious prohibitions to women,
 still there are cultural and societal taboos
 and constraints that are impeding the
 women's progress and its national development.

1. Similarly, Pakistan's lowest rank in recent Gender
 Development Index proves that women
 still faces disparity in socio-economic,
 politics, education, health and unequal
 justice which hinders its sustainable progress.
 Unlike many developing nations including
 Finland and Bangladesh which ensured
 the importance of women's participation
 in their national development, Pakistan still

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faces a lot of backwardness that needs to be learned and adopted from these nations. Hence, the inclusion of women in all socio-economic, politics, legal and educational sphere and others will boost its sustainable development. However, the primary cause of ^{the} backwardness of any nation, including Pakistan, is their gender disparity roles which impedes their progress. Thus, by adopting lessons from successfully developed nations, one can also achieve an exemplary status across the globe.