



## Women Empowerment

*Ms. Bindi Patel*

**M. Sc. Nursing (Community Health Nursing), Assistant Professor, C. M Patel College of Nursing, Gandhinagar, Gujarat.**

“To awaken the people, it is the women who must be awakened. Once she is on the move, the family moves, the village moves, the nation moves.”

– Pandit Jawaharlal Nehru

“A woman with a voice is, by definition, a strong woman.”

- Melinda Gates

Quotes as above, by the famous figures establishes the fact, that empowerment of women leads to the better society. Nowadays, all the people believe in empowerment of women and are being intolerant to the women oppression in to the society.

During Vedic era, women had equal stake in to the society; but the stake diluted and the existence of women worsened significantly over the period of time. Old traditions like, “Sati Pratha”, and “Dudh Piti” are the proofs to prove that. Such and many more barriers to empowerment of women had been inculcated in to the society by the means of cultural norms; and it led women to be treated/ considered inferior to men.

Empowerment of women is the tool to restore the status of women and give them the equal stake as they deserved. The Indian government is also committed to empower women. To boost the empowerment of women, Reservation of 1/3<sup>rd</sup> share of all seats in the lower house of Parliament of India, i.e. the Lok Sabha, and in all state legislative assemblies for women has been provisioned. It increases participation of women in decision making bodies with the intrinsic motive of encouraging and empowering women of our country. Empowerment of women not only enhances the existing Human resources but it may improve the quality of the Human resources.

The government has launched many schemes like “Beti Bachao, Beti Padhao”, which aims to prevent the abortion of fetus of girl child, and promote the birth of girl child as well as education of girl child. Government supports women entrepreneurship by offering easy loans to them. United Nations also talks about empowerment of women through Millennium Development goals and sustainable development goals.

As said above, “Beti Bachao, Beti Padhao”, aims not only to prevent the abortion of fetus of girl child, but it promotes the birth of girl child along with her education; Swadhar GrehYojna offers safe shelter for the women in need. Thus, this scheme provides space to women to flourish by her own and helps in bringing financial independence of women; and Nari Shakti Puruskar- an annual award, given by the Ministry of Women and Child Development of the Government of India to individual women or to institution(s) that work towards the cause of women empowerment, thus it constantly motivates women and institution(s) which work in the field of Women Empowerment in order to bring awareness in the society about the value of women in the development of the nation.

Still there is a need to change the mindset of the society which still considers women are inferior to men. Civic society and people will have to come forward to spread awareness about the benefits of women empowerment to fulfil the dream of shining India. Social media may be used as a tool to encourage and spread awareness among women by means of campaigning.

Independence of women and providing equal opportunities refers to the women empowerment. They can take decisions concerning their well being independently and thus contribute to uplift the society. Female foeticide, Female infanticide, sexual harassment, domestic violence, dowry killing, illegal trafficking, prostitution etc suppresses the women in general and is the social stigmas that have been the major hurdle of women empowerment movement. It is worth noting that Self Help Groups and NGOs, working all over the country towards empowering women and spreading awareness about their rights, are increasing by leaps and bounds.

Extraordinary achievements of Ms.Kalpna Chawla, Ms.Kiran Bedi, Ms.Medha Patekar & Ms.Arundhati Bhattacharya are best examples depicting women breaking societal barriers and proving their excellence in patriarchal world.

The families with empowered women leave behind ripple effect on the neighbourhood and upcoming generations too. The need of the hour is to instil this belief in every section of the society through awareness programmes, constitutional & legal provisions as stated above.

---

### Schemes For Women Empowerment

The schemes and programmes implemented by the Ministry of Women and Child Development for empowerment of women in the country during the last three years are as under:

- 
1. POSHAN Abhiyaan
  2. Anganwadi Services Scheme
  3. Pradhan Mantri Matru Vandana Yojana (PMMVY)
  4. Beti Bachao Beti Padhao (BBBP) Scheme
  5. One Stop Centre (OSC) and Universalisation of Women Helpline
  6. Child Protection Services Scheme
  7. Scheme for Adolescent Girls (SAG)
  8. SwadharGreh Scheme
  9. Ujjawala Scheme
  10. Working Women Hostel

**References**

---

National Policy for Women Empowerment

Schemes For Women Empowerment