

## Strategies for women empowerment

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### ABSTRACT

Today the women's concern in education, literacy, health and nutrition, training and income generating, legislative and judicial reforms have been flagged and the challenge lies in converting these concerns into reality for empowering women. To empower women, there is a need to formulate strategies which are very practical in nature, effective and result oriented. The foremost important is to recognize the problems and constraints for empowerment. Women should be involved in a development programmes as active participants. Capabilities of community based organizations and non-government organizations should be strengthened for designing and implementing the effective programme for women. There is a need to formulate women Self Help Groups. This initiative will help the women in improving their living conditions and economic independence. The region wise perspective need of women should be well integrated with macro policy directions for women empowerment. Societal reorientation and holistic approach should be incorporated for women. Educating the women for building positive self image, self confidence, critical thinking, ability to make the decisions and to secure the economic independence. Programmes should be organized for girl students in colleges and universities for legal education, capacity building and other life skills.

**KEY WORDS :** Strategies, Women empowerment, Literacy, Health and nutrition, Judicial reforms

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### INTRODUCTION

Empowerment is a process that makes a Woman understand her unique potentials and enables her to break barriers to make her realize that she has the capacity to utilize her full potential. It is a process by which the women will be willing to think independently, to live in her own way and to have the courage to make her own perceptions and judgments. An empowered women would live her own way and to have the courage to make her own perceptions and judgments. An empowered woman would live authentically to speak and act from her inner most convictions and feelings.

Empowerment enables a woman to be willing to know not only what she thinks, but also what she feels, what she wants, needs, desires, suffers over, gets frightened or angered by and to accept her right to experience such feelings. Through empowerment, a woman is committed to her right to exist. By empowerment, a woman starts respecting herself and understands the possibility of growth

and experiences joy in the process of exploring her distinct potential.

There is need to develop empowering strategies which make women more vocal assertive, outgoing, independent, equal and active partner, technology lover and bread earner. The empowered women will change her role in a work situation and instead of accepting assigned work she will create opportunities of work. She will meaningfully bargain at work. She will not adjust to uncongenial work environment. She will replace her emotional nature by a more rational and egalitarian existence.

### Strategies for women empowerment:

#### Motivation:

It is effectively thought or emotionally charged needs and desires.

Motives which appear relevant to empowerment of women are

- Achievement – accomplishment and excellence

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