

Empowerment of women through different training programmes

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Received: 07.10.2013; Revised: 16.10.2013; Accepted: 07.11.2013

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■ **ABSTRACT** : Women are the most neglected part of our society especially those who are residing in the rural areas. They have very passive role in the family decisions due to their low educational level. They work for 14-16 hours a day and have to perform all types of household, farm and allied activities. Their economic status is low because of unemployment in economic sector. Keeping in view the above facts, All India Coordinated Research Project on Home Science, FRM component under the objective "Empowerment of women through capacity building" was conducted intensive training programmes in three adopted villages of Ludhiana district to improve the knowledge of women for better living and to empower them for undertaking income generating projects so that they can contribute towards family income and improve the financial status of their families. Different training programmes were conducted to impart knowledge to total 105 participants (35 from each village). Further, impact analysis of the training programmes was done and the results showed that almost all the respondents gained full knowledge of all the aspects of training programmes. But most of them used the knowledge gained through different trainings for making articles to fulfill their household needs or to give these items to their friends and relatives. There were only few respondents who used the knowledge of candle making for earning money for their families.

■ **KEY WORDS** : Capacity building, Knowledge, Empowerment, Impact

■ **HOW TO CITE THIS PAPER** : Kaur, Sharanbir and Sharma, Shivani (2013). Empowerment of women through different training programmes. *Asian J. Home Sci.*, **8**(2): 671-675.