



SABLA : Human development through women empowerment

■ Miksha Ranga

Integrated Child Development Services Scheme Cell, AMBALA (HARYANA) INDIA

ARTICLE INFO :

Received : 01.05.2015
Accepted : 28.05.2015

KEY WORDS :

Women empowerment, Sabla, Kishori Diwas, Adolescent girls

HOW TO CITE THIS ARTICLE :

Ranga, Miksha (2015). SABLA : Human development through women empowerment. *Adv. Res. J. Soc. Sci.*, 6 (1) : 102-105.

ABSTRACT

In this paper an effort has been made to find out the effectiveness of Sabla scheme of the Government of India implemented for the empowerment of girls in the age group of 11 to 18 years. The SABLA Scheme was launched on 19.11.2010 in the 200 districts selected all over India. Integrated Child Development Scheme Cell (ICDS) of the Government are implementing this scheme in various states. This scheme covers both school girls and out of school going girls. Out of school going girls are assembled at the Anganwadi Centers as per the schedules fixed by the states and UTs concerned. The scheme is based on modern concept of human resource development and will surely be helpful in promoting the women empowerment in India.

INTRODUCTION

Women play an important role in the society. We cannot imagine the existence of this world without women. Any economy which neglects the concept of women empowerment cannot achieve social, economic, and industrial growth. Women empowerment includes capability of women regarding:

- Easy access to all the basic minimum requirements of the life.
- Employment opportunities to make them economically independent and self-reliant.
- Removal of all types of gender discrimination.
- Right of representation in the political, social, economic, civil, industrial, educational and cultural sectors.

Women empowerment can be obtained through the process of creating awareness of the concept, appraisal of skill and capacity of the women for the development of efficiency in all respects, participation in decision making and promoting women empowerment policies at

centre level.

Dr. A.P.J. Abdul Kalam has stated that the women empowerment is a precondition for creating a good country. He has emphasized that when women are empowered, society with stability is assured. According to him the empowerment of women is necessary as their value systems lead to the progress of a good family, good society and ultimately good nation. Hence, women empowerment is necessary for the existence of any country.

Need of women empowerment :

In our country it is need of the hour to make the women empowered in all respects in this age of globalization where American women are 10 times more potential to take care of their home and family. In India many women are not competent in decision making and self-sufficiency at home and workplace. However, alteration has started in Indian corporate and army sector these days where many women are proving their excel. Women feticide has become a big problem in the country.

It is estimated that 290000 girls are becoming the victims of feticide every year in India. Violence is touching its high against Indian women. Girl child abuse is the main concern these days. Mostly women are facing discrimination pertaining to livelihood, education and security. Census of 2001 reported below 30 per cent literacy rate in 47 districts. India's rank is 113 in case of women empowerment all over the world. We cannot imagine development without women empowerment.

Sabla :

Sabla is the scheme implemented by the ministry of Women and Child Development, Government of India for the overall development of adolescent girls. This comprehensive meaning of this scheme is Rajiv Gandhi Scheme for Empowerment of Adolescent Girls (RGSEAG). The SABLA Scheme was launched on 19.11.2010 in the 200 districts selected all over India. Adolescence means the age of attaining the puberty of the child. There are different approaches regarding the meaning of adolescence in western countries and India. Indian children achieve the age of adolescent earlier than the children of western countries do. The main reason of this difference is geographic, climatic and cultural environment of different countries. In India girls attain the age of adolescence generally from 13 years and remains in this category till the age of 21 years. This scheme covers the girls in the age group of 11 to 18 years. This age group has been further subdivided in two groups. First group includes the girls in the age group of 11 to 14 years and second group includes the girls in the age group of 14 to 18 years. Integrated Child Development Scheme Cells (ICDS) of the Government are implementing this scheme in various states.

Before the implementation of Sabla scheme the Government was promoting the development of girls under the two scheme *viz.*, Kishori Shakti Yojana (KSY) and Nutrition Programme for Adolescent Girls (NPAG). These schemes have not depicted effective and targeted results. So to strengthen the growth process of the girls the Government merged these two schemes into Sabla scheme. But in those districts in which Sabla is not being implemented, the old schemes are being continued.

This scheme covers both school going girls and out of school going girls. Out of school going girls are assembled at the Anganwadi Centers as per the schedules fixed by the states and UTs concerned.

Objective of the study :

This study aims at the facilities provided to the adolescent girls in our country for the development and empowerment of women. This study is general discussion based on the introduction and various practices imitated by the government. Results and discussion includes the overall summary of the outcomes of the implementation of this scheme. In conclusion the researcher tried to find out that the sabla scheme is an effective step of the government towards women empowerment.

MATERIAL AND METHODS

This study is based on secondary data. The information and data have been collected through published reports and internet media. The main limitation of this study is that it does not include any primary data. It is not recommended to apply the conclusion drawn in the study on any particular case.

Aim of Sabla :

Sabla scheme is development oriented campaign. It has been implemented for ensuring self development and empowerment of adolescent girls in terms of improvement in nutrition, better health, creating awareness of hygienic traits, adolescent reproductive and sexual health, family and child care, life and vocational skills, public services like primary health centers, post offices, banks, and police stations etc. Hence, the main aim of this scheme is to empower the women in every aspect.

Practice under the scheme of Sabla :

This scheme is sponsored by Government of India. Ministry of Women and Child Development is implementing this scheme all over the country. The infrastructure of ICDS is used for implementing this scheme. District Programme Officer (DPO) is the incharge of the scheme at district level and Women and Child Development Project Officer (WCDPO) is the incharge of the scheme at block level. Under this scheme groups of targeted girls are formed comprising 15 to 25 members. This group is called Kishori Samooh. The purpose of this group is to develop leadership qualities, motivational traits, and team work amongst the girls in the group. A training kit is provided in the Anganwadi centre for providing training to these groups regarding hygienic issues, health, nutritional matter and other promotional concepts. Kishori Diwas is celebrated on

quarterly basis for the purpose. A Kishori card is maintained at Anganwadi center of each girl for proper recording of the various informations. In 2013-14 Central Government has made the provision of Rs. 11456.85 lakh in the 12 states for the second quarter towards its fifty per cent share for the scheme.

Government provided financial assistance of Rs. 2419.30 lakh to Bihar which is the highest amongst all the states and Goa is receiving lowest share all over the country. Government is spending large amount for the implementation of this scheme for making the girls empowered. The concept of empowerment of Indian women through this scheme has attained greater popularity in the country.

OBSERVATIONS AND ANALYSIS

Sabla is the promotional and suitable scheme for the Indian scenario. This scheme is contributing to the development of girl children beautifully by facilitating the various measures for the growth. This campaign is assisting the women empowerment as following:

This scheme covers the girls in the age group of 14 to 18 years which is the important part of the life span of women. This age needs great care in all respects. Hence, this scheme is helping the growth of girl child in the systematic manner.

The data depicts that the rank of India in respect of women empowerment is at 113 at world level. The Sabla scheme is very effective improve this rank. The implementation of this scheme has created awareness in the country about women empowerment.

In the modern era of globalization, it has become essential to be competitive in case of women resources at world level. In developed countries like in America, England and Britain where the women have attained the level of importance, our reputation can be high with high level of women empowerment. This scheme is very helpful to attain this aim.

Women development can help the growth of the economy by its high performance in the various sectors like in agriculture, IT, education, Sports, banking, Insurance, health, Entertainment and in even Defence sector. The National policy for the empowerment of Women, 2001 has described the meaning of women empowerment in terms of economic and social transformation of women's life. No doubt the Sabla is contributing towards the human development through its progressive approach for attaining the aim of National policy.

Conclusion :

Indian culture is known for the women worthy all over the world. Government of India is promoting the empowerment of girls through the Sabla by emphasizing the very innovative practices in the country. This scheme is properly managed under the department of women and child development. A vast amount is being incurred on the scheme for attaining the objective of empowerment of adolescent girls. Various promotional programme for the growth of girls are being implemented in the systematic manner through the ICDS cell all over India. The scheme is based on modern concept of human resource

Sr. No.	States	Provision (Rs. In Lakh)
1.	Andhra Pradesh	764.67
2.	Bihar	2419.30
3.	Chhattisgarh	916.31
4.	Goa	105.94
5.	Haryana	127.11
6.	Himachal Pradesh	128.68
7.	Karnataka	513.40
8.	Kerala	727.50
9.	Madhya Pradesh	1365.78
10.	Odisha	808.59
11.	Tamil Nadu	547.66
12.	Uttar Pradesh	3031.91
	Total	11456.85

Source: F. No. 6-13/2013-RGSRAG, Government of India, Ministry of Women and Child Development

development and will surely be helpful in promoting the women empowerment in India.

REFERENCES

- Ahuja, Shagun and Sharma, R.K. (2013). *Human resource management*. Regal Publications, NEW DELHI, INDIA.
- Awasthi, Manjri (2009). Bhartiya krishak parivaro ki mahilao ki Samasayaen. Research link— *An Internat. J.*, **7**(12) : 83.
- Brownson, Beth (2010). Women's empowerment on a full stomach. *Span*, **51**(4) : 19.
- Chowdhry, Prem (2010). Women in the Army. *Economic & Political Weekly*, **45**(31) : 31.
- Doval, Nikita (2011). The centenary of the women's day. *The Week*, **29**(16) : 21.
- Gulati, Sangeeta (2011). Who's the Boss?. *India Today, Aspire*, **5**(6) : 48.
- Kelkar, Govind (2011). Gender and productive assets: Implications for women's economic security and productivity. *Econ. & Political Weekly*, **46**(23) : 59.
- Kumar, S. Deepa (2009). Gender inequality, The Global Menace. Research Link— *An Internat. J.*, **8**(7) : 37.
- Kumari, Hridaya (2005). The empowerment of women-An assessment. Roshni, All India Women's Conference, October-December, pp. 23.
- Malhotra, Varner Jane (2011). Looking for leading ladies. *Span*,

52(1) : 52-53.

- Mangal, S.K. (2007). *Essential of education psychology*, PHI Learning Private Limited, NEW DELHI, INDIA.
- Mateen, Bushra (2015). Women empowerment through SHGs of PAHAL. *Res. Link*, **13**(11) : 144.
- Report of Ministry of Women and Child Development (2010). *Rajiv Gandhi Scheme for Empowerment of Adolescent Girls –Sabla*. Government of India, NEW DELHI, INDIA.
- Sarojani, K. Baby (2006). *Women empowerment : Self help group*. The Associated Publishers, Ambala, HARYANA (INDIA).
- Shah, Shalini (2012). On gender, Wives and pativratas. *Soc. Scientist*, **40**(5-6) : 77.
- Shukla, Bharti and Singh, Sudha (2009). *Balikao Ka Ghathta Anupat: Ek Adhayan*. Research Link— *An Internat. J.*, **11** : 44.
- Tanwar, Reicha (2007). *Women's studies in India: A Review*, Nirmal Book Agency, Kurukshetra, HARYANA (INDIA).
- Yadava, Promila (2009). Literacy and women's empowerment. *Yojana*, **53** : 48.

WEBLIOGRAPHY

- <http://dfpd.nic.in>
- <http://wcd.nic.in>
- <http://www.cdpo.myewebsite.com>

★ ★ ★ ★ ★ ⁶th Year of Excellence ★ ★ ★ ★ ★