

Women empowerment

World Bank says: “Empowerment is the process of increasing the capacity of individuals or groups to make choices and to transform those choices into desired actions and outcomes.”

- “Empowerment is the process of increasing the authority and responsibility of individuals or groups to make choices and to transform those choices into desired actions and outcomes”.
- Women Empowerment refers to increasing the spiritual, political, social, educational, gender, or economic strength of individuals and communities of women.

- **Women's empowerment has five components:**

- **Women's sense of self-worth;** ಸ್ವಯಂ ಮೌಲ್ಯ ಅಥವಾ ಅರ್ಹತೆ.
- **Their right to have and to determine choices;** ಆಯ್ಕೆ ನಿರ್ಧಾರ
- **Their right to have access to opportunities and resources;**
ಅವಕಾಶ ಮತ್ತು ಸಂಪನ್ಮೂಲ
- **Their right to have the power to control their own lives, both within and outside the home;** ಸ್ವಯಂ ನಿರ್ವಹಣೆ ಮತ್ತು ನಿಯಂತ್ರಣ.
- **Their ability to influence the direction of social change to create a more just social and economic order, nationally and internationally.**
ಸಾಮಾಜಿಕ ಸ್ವಿಡಲಾವಣೆಗೆ ಪ್ರೇರಕವಾಗುವುದು.

Indicators of Empowerment ; Education, Employment, Health, Uses of Resources, Social mobility, Participation in Politics, Economic independency, Freedom, Some can be develop.

NEED OF WOMEN EMPOWERMENT

- The main problems that were faced by women in past days (and still today up to some extent)
- Gender discrimination • Woman education • Female infanticide • Dowry
- Marriage in same caste and child marriage (still existing)
- Atrocities on Women: Raped, kicked, killed, subdued & humiliated almost daily.
- Decision Making Power • Freedom of Movement • Access to Education
- Access to Employment • Exposure to Media • Domestic Violence
- Holistic approach to Empowerment Health & Nut. Education Water & Skills Technology Credit Political Participation Marketing Asset base

ಸಬಲತೆ ಹೊಂದಿರುವ ಮಹಿಳೆಯರ ಲಕ್ಷಣಗಳು

- ದೈಹಿಕ & ಮಾನಸಿಕ ಆರೋಗ್ಯ.
- ವೈಜ್ಞಾನಿಕ ಮನೋಭಾವ, ಆತ್ಮಗೌರವ, ಆತ್ಮವಿಶ್ವಾಸ, ಸ್ವಾಭಿಮಾನಿ & ಸ್ವಾವಲಂಬನೆ.
- ಸ್ವತಂತ್ರ ಯೋಜನೆ & ಅಭಿವ್ಯಕ್ತಿ ಸಾಮರ್ಥ್ಯ.
- ಶಿಕ್ಷಣ & ಉದ್ಯೋಗದ ಅವಕಾಶ.
- ಆರ್ಥಿಕ ಸ್ವಾವಲಂಬನೆ & ಸಂಪನ್ಮೂಲಗಳ ಒಡೆತನ.
- ಸಾಮಾಜಿಕ ಚಲನೆ.
- ಸಂವಹನ ಕೌಶಲ & ನಾಯಕತ್ವದ ಗುಣ.
- ಆಡಳಿತ & ರಾಜಕೀಯ ವ್ಯವಹಾರದಲ್ಲಿ ಆತ್ಮವಿಶ್ವಾಸದಿಂದ ಪಾಲ್ಗೊಳ್ಳುವಿಕೆ.
- ಶೋಷಣೆಗೆ ಒಳಗಾದಾಗ ಪ್ರತಿಭಟಿಸುವ ಶಕ್ತಿ.
- ಹಕ್ಕು ಬಾಧ್ಯತೆ & ಕಾನೂನಿನ ತಿಳುವಳಿಕೆ.
- ಜೀವನ ಕೌಶಲ

▪ WAYS TO EMPOWER WOMEN:

- • Changes in women's mobility and social interaction; • Changes in women's labour patterns; • Changes in women's access to and control over resources; and • Changes in women's control over decision.
- Providing education • Self employment and Self help groups
- Providing minimum needs like nutrition, health, sanitation, housing
- Other than this, society should change the mentality towards the word "women".
- Encouraging women to develop in their fields they are good at and make a career.
- Non-governmental organizations are playing a significant role in the empowerment of disadvantaged women. Just a few years after Independence, the Government set up the Central Social Welfare Board, an apex body of the voluntary sector that aids more than 10,000 NGOs across the country, helping women stand on their own through such programme as socio-economic programme, vocational training and other similar programmes.