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Topic of seminar presentation

Importance of Women empowerment in National Progress:-

Women's empowerment may be defined in several ways, including accepting women's viewpoints or making an effort to seek them, raising the status of women through education, awareness, literacy, and training.

Women's empowerment equips and allows women to make life-determining decisions through the different problems in society. They may have the opportunity to redefine gender roles or other such roles, which in turn may allow them more freedom to pursue desired goals.

Women's empowerment has become a significant topic of discussion in development and economics. Economic empowerment allows women to control and benefit from resources, assets, and income. It also aids the ability to manage risk and improve women's well-being. It can result in approaches to support trivialized genders in a particular political or social context. While often interchangeably used, the more comprehensive concept of gender empowerment concerns people of any gender, stressing the distinction between biological and gender as a role. Women empowerment helps in boosting the status of women through literacy, education,

training and awareness creation. Furthermore, women's empowerment refers to women's ability to make strategic life choices which had been previously denied them.

Nations, businesses, communities and groups may benefit from the implementation of programs and policies that adopt the notion of female empowerment. Empowerment of women enhances the quality and the quantity of human resources available for development. Empowerment is one of the main procedural concerns when addressing human rights and development.

Women's Empowerment Principles in Brief

1. Establish high-level corporate leadership for gender equality.
2. Treat all women and men fairly at work – **respect and support** human rights and nondiscrimination.
3. Ensure the health, safety and well-being of all women and men workers.
4. Promote education, training and professional development for women.
5. Implement enterprise development, supply chain and marketing practices that empower women.
6. Promote equality through community initiatives and advocacy.
7. Measure and publicly report on progress to achieve gender

equality.

The limits to empowerment through paid work. On the other hand, most of these studies also highlight the exploitative conditions of work in which women are generally found. The greatest attention has been paid to women who work in the agro and manufacturing industries, which seek to compete internationally through the promotion of flexible labour practices. Export-oriented manufacturing is associated with extremely long hours of work during busy seasons, often combined with lay-offs in the slack season, and poor conditions. In China, most women from the localities in which these industries are based shunned such work if they could find employment with higher status or that was less tedious. There are also health hazards. Maquila workers in Honduras, for example, were more likely to report a health problem in the previous month than those who had been working elsewhere, and they had less leisure. Studies from Vietnam and Bangladesh both found long hours of work in the same position to be the major source of complaint among women workers in the export sector, together with various ailments associated with this. Moreover, not all studies report positive findings concerning women's capacity to have greater control over their lives. Many women who leave rural areas to take up jobs in towns, in order to make new friends and build a life for themselves, do not have time to take up such opportunities. The division of labour in domestic chores and child care is rarely renegotiated between the sexes. Despite their increased labour input into paid work, women (particularly married women) either continue to bear the main burden of domestic work, or share it with other female members of the household, often their daughters. By and large, gender inequalities in work burdens appear to be intensified. Despite the collective nature of their work, women workers in these sectors are either forbidden to unionise or find it difficult to do so. Women empowerment is a debatable subject. At earlier time they were getting equal status with men. But they had faced some difficulties during post-Vedic and epic ages. Many a time they were treated as slave. From early

twenty century (national movement) their statuses have been changed slowly and gradually. In this regard, we may mention the name of the British people.

After then, independence of India, the constitutional makers and national leaders strongly demand equal social position of women with men. Today we have seen the women occupied the respectable positions in all walks of the fields. Yet, they have not absolutely free from some discrimination and harassment of the society. A few number of women have been able to establish their potentialities. Therefore, each and every should be careful to promote the women statuses.

Reasons for the empowerment of women

Today we have noticed different Acts and Schemes of the central government as well as state government to empower the women of India. But in India women are discriminated and marginalized at every level of the society whether it is social participation, political participation, economic participation, access to education, and also reproductive healthcare. Women are found to be economically very poor all over the India. A few women are engaged in services and other activities. So, they need economic power to stand on their own legs on par with men. Other hand, it has been observed that women are found to be less literate than men. According to 2001 census, rate of literacy among men in India is found to be 76% whereas it is only 54% among women. Thus, increasing education among women is of very important in empowering them. It has also noticed that some of women are too weak to work. They consume less food but work more. Therefore, from the health point of view, women folk who are to be weaker are to be made stronger. Another problems is that workplace harassment of women. There are so many cases of rape, kidnapping of girl, dowry harassment, and so on. For these reasons, they require empowerment of all kinds in order to protect themselves and to secure their purity and dignity. To sum up, women empowerment can not be possible unless women come with and help to self-empower themselves. There is a need to formulate

reducing feminized poverty, promoting education of women, and prevention and elimination of violence against women. Empowering women for sustainable development.

Women's empowerment is a process and Sustainable development encompasses socio-cultural, economic and environmental aspects and thus covers an enormously wide domain. So far gender issues have been primarily dealt with as a social issue. This is reflected in the areas of poverty reduction, education and health care in the Millennium Development Goals. UNDP coordinates global and national efforts to integrate gender equality and women's empowerment into poverty reduction, democratic governance, crisis prevention and recovery, and environment and sustainable development. The Sustainable Development Goals (SDGs), otherwise known as the Global Goals, are a universal call to action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity. UNDP focuses on gender equality and women's empowerment not only as human rights, but also because they are a pathway to achieving the Millennium Development Goals and sustainable development. Women's empowerment is the process in which women elaborate and recreate what it is that they can be, do, and accomplish in a circumstance that they previously were denied.

Empowerment can be defined in many ways, however, when talking about women's empowerment, empowerment means accepting and allowing people (women) who are on the outside of the decision-making process into it. "This puts a strong emphasis on participation in political structures and formal decision-making and in the economic sphere, on the ability to obtain an income that enables participation in economic decision-making." Empowerment is the process that creates power in individuals over their own lives, society, and in their communities. People are empowered when they are able to access the opportunities available to them without limitations and restrictions. Feeling entitled to make your own decisions creates a sense of empowerment. Empowerment includes the action of raising the status of women through education, raising awareness, literacy, and training.

Women's empowerment is all about equipping and allowing women to make life-determining decisions through the different problems in society.

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