

# UNENDING LIFE OF WOMEN

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**Abstract:** It is said by the great author Brigham Young “You educate a man, you will educate only a man. You educate a woman, you educated a generation”. Though everyone knows the status of the women but still she has been ignored by the society in participation of decision-making because women continue to have fewer rights, lower education and health status and less access to resources. There are many gender roles socially constructed that are oppressive and need social transformation and it is important for both genders to participate in the gender development interventions and initiatives, more interventions are required for women to bring balance in the gender relations and power equations.

**Key words:** Women empowerment, Ways of empowering, Schemes available for women empowerment in India.

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 such as in education, profession and lifestyle. 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.

Women's empowerment and achieving gender equality is essential for our society to ensure the sustainable development of the country. Many world leaders and scholars have argued that sustainable development is impossible without gender equality and women's empowerment. Sustainable development accepts environmental protection, social and economic development, and without women's empowerment, women wouldn't feel equally important to the process of development as men. It is widely believed that, the full participation of both men and women is critical for development.

So women are to be developed and empowered, where empowerment must include more choices for women to make on their own. Without gender equality and empowerment, the country could not be just, and social change wouldn't occur. Therefore, scholars agree that women's empowerment plays a huge role in development and is one of the significant contributions of development.

## **Ways of women empowerment:**

- 1. Provide education:** Education is crucial for empowering women, one of the best ways you can empower young women is by supporting their education. When we're armed with knowledge, we can make a difference. To that make a contribution to an organization by educating girls, or find out what

supplies a local school near you needs, and make a donation especially for benefits of girl's education.

2. **Boost Self-Esteem of women:** Empowered women empower women—so encourage the women around you, and make them feel special and strong. Encourage your friends to speak up, make sure they know the value of their opinions so that they're never scared to use their voice.
3. **Lead by Example:** This is one of the most important ways you can empower women. Young women are deeply influenced by their role models, so make sure you're a good one. Admire strong women, celebrate different types of beauty, empower women with kindness, and encourage women to make their aspirations a reality.
4. **Encourage women to be a Mentor:** Whether you find a mentorship program in your community or focus on inspiring your friends and sisters, being a mentor is a great way to inspire young women. Gather a group of gals and encourage them to participate in an empowerment activity.
5. **Support Women-Run Businesses:** Show your support for women in your community by investing in businesses run by women. Consider investing, making a donation for inspiring to run her own establishment.
6. **Fight Against Injustice:** Stand up for women's rights, and be part of the process. Invite the inspiring men and women you know to rally together at your local women's march, take your knowledge to the polls, write your representatives, and encourage other women to join the fight for women's rights. Throw on your favourite pointed toe flats, craft a witty sign, and get ready to take down injustice with an empowered group of ladies by your side.
7. **Help a New Mom Adjust:** Whether it's offering maximum maternity or paternity leave at your company, or offering to donate babysitting services to a mom you know, helping a new mom adjust is a great way to empower moms and their little ones. Encouraging a mom to recharge by giving her some time to take care of herself helps her be a better mom - and moms inspire and empower all of us.
8. **Show Your Appreciation to the Women in Your Life:** Say thank you, give and accept compliments, and help out the women around you. Show the women in your life how much you appreciate them by sending a thank you card, giving them a compliment, or simply telling them what they mean to you.
9. **Support Organizations That Empower Women:** Do what you can to support organizations that are committed to empowering women. Whether you make a donation, give your time, or refer a friend to a business or organization that makes empowering women a priority—your support matters.
10. **Build Networks:** By building social networks, women have more support and greater opportunities to effect change in their communities. Women say that once this network is in place, they are emboldened by the knowledge that they are not alone in facing issues like domestic violence, reproductive health or family planning, and that they are inspired to help other women in their community by sharing the knowledge they have learned about these topics.

## **21 Women Empowerment Schemes in India**

### **1. BetiPadhao, BetiBachao Scheme**

**Aim:** To generate awareness and improve the efficiency of welfare services meant for girls

**Launched:** 22 January 2015

#### **Objectives:**

- To prevent sex-selective abortion
- To ensure survival and protection of a girl child
- To ensure education of the girl child

### **2. One Stop Centre Scheme**

**Aim:** To provide support and assistance to women affected by violence both in private and public spaces.

**Launched:** 01 April 2015

#### **Objectives:**

- To provide integrated support and assistance to women affected by violence, both in private and public spaces under one roof.
- To facilitate immediate emergency and nonemergency access to a range of services including medical, legal, psychological and counselling support to fight against any forms of violence against women.

### **3. Women helpline scheme**

**Aim:** Scheme for Universalization of Women Helpline is meant to provide 24 hours immediate and emergency response to women affected by violence.

**Launched:** 01 April 2015

#### **Objectives:**

- To provide toll-free 24-hours telecom service to women affected by violence seeking support and information.
- To help crisis and non-crisis intervention through referral to the appropriate agencies such as police/Hospitals/Ambulance services/District Legal Service Authority (DLSA)/Protection Officer (PO).
- To provide information about the appropriate support services, government schemes available to the woman affected by violence

### **4. Working Women's Hostel (WWH)**

**Aim:** Scheme envisages provision of safe and affordable hostel for women.

**Launched:** 06 April, 2017

#### **Objective:**

- The main objective of the scheme is to promote availability of safe and conveniently located accommodation for working women with day care facility for their children wherever possible in urban, semi urban or even rural areas where employment opportunity for women exist.

### **5. Support to Training and Employment Programme (STEP) for Women**

**Aim:** To make a significant impact on women by upgrading skills. The target group includes the marginalised asset less rural women and urban poor. This also includes wage labourers, unpaid daily

workers, women headed households and families below poverty line.

**Launched:** since 1986-87 as a 'Central Sector Scheme'

### Objectives

- To mobilise women in small viable groups and make facilities available through training and access to credits
- To provide training for skill upgrading
- To enable groups of women to take up employment-cum-income generation programs.
- To provide support for further improving training and employment conditions of women.

### 6. SWADHAR Greh Scheme

**Aim:** To provide temporary accommodation, maintenance and rehabilitative services to women and girls rendered homeless due to family discord, crime, violence, mental stress, social ostracism. Another scheme with similar objectives is Short Stay Home (SSH).

**Launched:** 2001

### Objectives:

- To cater to the primary need of shelter, food, clothing, medical treatment and care of the women in distress and who are without any social and economic support.
- To enable them to regain their emotional strength that is affected due to their encounter with unfortunate circumstances.
- To provide them with legal aid and guidance to take steps for their readjustment in family or society. To rehabilitate them economically and emotionally.

- To enable them to start their life as fresh with dignity and conviction.

### 7. Rajiv Gandhi National Creche Scheme

**Aim:** This scheme is for the children of working mothers to take care of the children.

**Launched:** launched in 2012

### Objectives:

- It was revamped in 2016.
- The present scheme will provide assistance to NGOs for running crèches.
- Objectives:
- To providing a nursery where babies and young children are cared for during the working day. Employment of women has resulted in increased opportunities for their employment and more women are now working within or outside their homes.
- Thus the children of these women, who were earlier getting support from relatives and friends while their mothers were working now in need of day care services which provide quality care and protection for the children.

### 8.

#### PradhanMantriMantruVandanaYojana

**Aim:** Scheme ensures safe delivery and good nutrition for mothers having their first child.

**Launched:** The scheme was launched in 2010 as Indira Gandhi Matritva Sahyog Yojana (IGMSY). It was renamed as Matritva Sahyog Yojana in 2014 and again

as PradhanMantriMatruVandanaYojana (PMMVY) in 2017.

#### Objective:

- Providing partial compensation for the wage loss in terms of cash incentives so that the woman can take adequate rest before and after delivery of the first living child.
- The cash incentive provided would lead to improved health seeking behaviour amongst the Pregnant Women and Lactating Mothers (PW & LM).

#### 9. Mahila e-Haat

**Aim:** To strengthen financial inclusion of Women Entrepreneurs in the economy by providing continuous sustenance and support to their creativity.

**Launched:** 07 March 2016

#### Objectives:

- Mahila E-Haat is an initiative for meeting needs of women entrepreneurs.
- This startup Rashtriya Mahila Kosh website leverages technology for showcasing products made/manufactured/sold by women entrepreneurs.
- They can even show their services of their creative potential. This unique e-platform will strengthen the socioeconomic empowerment of women.
- To act as a catalyst by providing a web-based marketing platform to the women entrepreneurs to directly sell their products.
- To support 'Make in India' through online marketing platform.

#### 10. Mahila police volunteers

**Aim:** The Role of Police is pivotal in ensuring the safety and security of citizens in general and women in particular.

**Launched:** Jointly by the WCD Ministry and Haryana government in 2016

#### Objectives:

- To increase the number of women in the police force.
- Objectives:
- An MPV will serve as a public-police interface in order to fight crime against women.
- The broad mandate of MPVs is to report incidences of violence against women such as domestic violence, child marriage, dowry and violence faced by women in public spaces.
- She will act as a role model for the community.

#### 11. National Mission for Empowerment of Women (NMEW)

**Aim:** It is an initiative of the Government of India for empowering women holistically.

**Launched:** 15 August 2011

#### Objective:

- To strengthen the conceptual and programmatic basis of women-centric schemes implemented. Training & Capacity Building to enhance and strengthen understanding of gender issues, build a Resource Pool (trainers) at the National and State level to bridge gaps between knowledge

and practice will be the other focus area of NMEW

## 12. PradhanMantriMahila Shakti Kendra scheme

**Aim:** To promote community participation through involvement of Student Volunteers for empowerment of rural women.

**Launched:** 2017

### Objective:

- The main purpose of this scheme is to enhance women's quality of life. Starting from saving and surviving of girl child, their primary as well as secondary education and overall quality of life will be improved through the implementation of this scheme.

## 13. RastriyaMahilaKosh (RMK)

**Aim:** To provide micro-credit to poor women for various livelihood support and income generating activities at concessional terms in a client-friendly procedure to bring about their socio-economic development.

**Launched:** In March 1993

### Objective:

- To demonstrate and replicate participatory approaches in the organization of women's groups for effective utilization of credit resources leading to self-reliance.
- To promote and support the expansion of entrepreneurship skills among women.

- To do all such lawful acts & things as may be necessary or conducive for furthering the objects of the Kosh.

## 14. NAND-GHAR YOJANA

**Aim:** To enhance the learning environment through an e-learning module and skill enhancement programme for women.

**Launched:** 24th June 2015

### Objective:

- To make Anganwadis as a community center for children and mothers.
- To provide solar-power system to make them stand-alone and television for teaching purpose.
- To provide supplementary nutrition to children in the age group of 0-6 years and to pregnant/lactating mothers with main objective to fight the problem of malnutrition.

## 15. PradhanMantriUjjwalaYojana

**Aim:** To provide clean fuel to women who are below poverty line who generally use unclean cooking fuels that does more harm than good and replace the same with LPG.

**Launched:** In March 2016

### Objective:

- Protecting the health of women and empowering them
- Curbing health issues that result from using fossil fuels and other fuels for cooking
- Reducing casualties that occur as a result of unclean fuels used for cooking
- Controlling respiratory issues that occur due to indoor pollution

as a result of using fossil fuel that does not burn cleanly.

### 16. Maternity Benefit Program

**Aim:** To provide partial compensation for wage loss to women during their pregnancy and offers a cash incentive of Rs 6,000 to mothers for the birth of their first child, has so far reached 4.8 million beneficiaries.

**Launched:** 2017

**Objective:**

- Promoting appropriate practice, care and institutional service utilization during pregnancy, delivery and lactation
- Encouraging the women to follow (optimal) nutrition and feeding practices, including early and Exclusive breastfeeding for the first six months
- Providing cash incentives for improved health and nutrition to pregnant and lactating mothers.

### 17. SukanyaSamridhiYojana

**Aim:** To encourage parents of a girl child order to create a fund for the future education and marriage expenses for their child.

**Launched:** In January 2015

**Objective:**

- To ensure the financial independence of women by encouraging them to invest in a savings scheme that would enable them to fulfil their long-term life goals and dreams like higher education, marriage, etc. and ensure financial stability.

### 18. eSamvad portal

**Aim:** To provide a platform for NGOs and civil society to interact with the Ministry on relevant subjects.

**Launched:** 2018

**Objective:**

- It acts as an interactive portal allowing NGOs to contact the Union Ministry of Women and Child Development and share their feedback, suggestions, grievances and their best practices.

### 19. Nari Web Portal

**Aim:** The portal aims to spread information about schemes and benefits provided by the Government to women.

**Launched:** 2018

**Objective:**

- To access information on different programmes offered by various state governments as well as the Centre
- The portal carries details on 350 different schemes for women and will be updated from time to time.

### 20. She-Box Portal

**Aim:** It aims to provide speedier remedy to women facing sexual harassment at workplace

**Launched:** 2018

**Objective:**

- To report complaints of Sexual Harassment at Workplace
- For prompt disposal of complaints on SHe-Box, each case goes directly to the central/state authority concerned having

jurisdiction to take action in the matter.

## 21. New Draft National Policy

**Aim:** This Policy aims to make women able to participate as equal partners in all spheres of life.

**Launched:** 2019

**Objective:** The draft policy addresses the diverse needs of women through identified priority areas:

- Health including food security and nutrition,
- Education,
- Economy (including agriculture industry, labour, employment, NRI women, soft power, service sector, science and technology), Violence against women,
- Governance and decision making
- Violence Against Women
- Enabling environment (including housing, shelter and infrastructure, drinking water and sanitation, media and culture, sports and social security)
- Environment and climate change.

**Conclusion:** Male children are given special attention. More opportunities are provided to boys compared to girls in all the areas. Constantly female children are ignored and neglected. But evidence shows that putting economic resources in women's hands is the best way to accelerate development and sustainably reduce poverty.

Women typically invest in their families and communities significantly more than men – spreading wealth and increasing the quality of life for themselves and their families. So Empowering women must start in every area. We have to show our

support for the women around you, show them they matter and remind them they're strong. Changing the narrative for women and seeing real change is a team effort, so we have to share this list with the women in our life, and encourage them to take action. Because "the fastest way to change society is to mobilise the women of the world".

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