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A Sociological Perspective of Women Empowerment in India

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Abstract: *India is a diverse country women empowerment is a vital aspect of social progress in India. The idea of empowerment of women seems to be the culmination of many criticism and discussions that are significant, especially by the feminists from the third world and by the Women's movement across the globe. They had the same standing as earlier. But during the post-vedic and heroic periods they encounter some difficulties. They have been regarded as slaves several times. Women in India have long face various social economic and cultural barriers that hindered their progress and development but now over the years Indian Women have broken barriers, shattered stereotype and demonstrates their immense potential in various fields of prove themselves and to show the nation their capabilities by accepting the challenges which Indian society put before them. This research journal explores the Indian Perspectives on Women empowerment. Highlighting the role, challenges and factors affecting empowerment of women in India.*

Keywords: *Women, Empowerment, Demonstrated, Factor, Role, Challenges.*

Introduction: In simple terms, empowerment means giving power or authority to an individual. The empowerment of women has been extensively. The empowerment of women has been extensively debated and written about all over the world. Empowerment of women includes growing the individuals and culture of women cultural, democratic, social, professional, gender and economic power. The empowerment in India depends heavily on a variety of variables that involve social status (caste and class) and the age of geographic location (urban / rural). Women empowerment initiatives occur in several fields, such as health care, schooling, employment development, sex based abuse and political engagement, global state and local (panchayat) level. There is still a considerable difference in legislative change and real collective implementation.

Women, comprise around 50% in India are freed can employ their free will and are permitted to carve out their lives the way they want. But there is a considerable division of the women in the nation who require optimistic support in most Indian villages and semi urban cities, women are still denied fundamental education and are never authorized to continue higher education despite amassing the under-Standing required.

Women are known for delivering multiple roles effortlessly per-day and thus they are considered the backbone of every society. Living in male dominating societies, women play a wide range of roles, such as caring mothers, loving daughters and capable colleagues. The best part is that they fit the bill perfectly in every role. Nonetheless, they have also stood as a neglected bunch of society in different parts of the world. In turn it has resulted in women surviving the brunt of unevenness, financial trust worthiness, oppression and distinct social evils. Women have been residing under the shackles of enslavement for centuries now that

impedes them from attaining professional as well as personal highs. Being an NGO for women empowerment in India, Hindrise foundation has designed out dynamic and transformation oriented programmes in such a manner that the grooming of impoverished young girl will uplift the condition of the nation.

Objective of the Study: he Research Journal is intended to study the factors affecting the empowerment of women in India and to highlights its role, challenges and importance and maintaining the status of women in India.

Research Methodology: The research Journal is basically descriptive in nature. In this paper an attempt has been made to analyze the factors, role, challenges and importance of women empowerment in India. This International journal is based on the secondary data collected from various books, research papers, newspapers, website etc.

Factors' Affecting Women's Empowerment in India: The Problem of gender discrimination has affected the place of women empowerment in India. Gender discrimination in all realms of action must be checked. Women must be furnished with a resort to take an active part in decision making at every level and direction procedures to attain the motive of empowering women. They need to get due admiration and promine1nce, which they rightfully earns or merit basis in society to accomplish their fate.

Educational Factor: Education is the most vibrant factor of advancement and growth. It is the only significant tool of anticipating women empowerment in India & human resource development. It gives light to the possibilities for access to employment and making a livelihood, which in twins revivify economic empowerment to women. In order to join the community develops countries. People should understand the value and importance of women education and thereby, put combined efforts to make India on the progressive track. Education makes the individual conscientious, enabling them to comprehend, interpret, criticize and eventually transform their atmosphere. It results in the accessions of abundances of skills that heighten. a person enthusiasm and her proficiency to shape Life in better form.

Education is the initial line of defense for women who withstand life-imperiling circumstances that traditional lifestyle perpetuates. It motivates a sense of Supervision over personal fortune. In addition to this, it unlocks the door to preferences that are not confirmed by tradition. With a meaningful education, the women's status strides beyond the restriction & motherliness. Advancement of education of women and girls allot to the post potrement of their marriage timing and the ensuing construction in the volume of their families.

Priority should be plopped on enrolment along with retention of the girl in basic formal Schooling and non-formal education via incentive methods like a supply of textbooks free of cost, midday meals, School bags, science kits, uniforms, scholarship, residential and hostel facilities as well as the expulsion genders discrimination in the curriculum. Education will go an extended way in making women familiar with their legal and personal rights and make them battle for their privileges, which will direct to protecting their rights mentioned in the Constitution for playing a significant function to project and propagate associated issues, most specifically about women empowerment in India.

Step Regarding Implementation of Women Development Programme along with Numerous Acts: Training programme based on action at the village or ritual parts of India along with the vocational Programmes and the growth oriented entrepreneurship development programmes must be organized to make women self-reliant after becoming self employed by enhancing their efficiency and capacities in making prompt decisions. It's extremely important to check case related to female feticide and infanticide by prohibiting the sex determination of child that is yet to take birth via Regulation and Prevention of Misuse Act 1994 as well as PNT Act (Pre-natal Diagnostic Techniques Act) Other ruling correlating to marriage,

successions, divorce, adoption, dowry and moral safety or protection against sexual harassment need to be implemented for serving the goal of women empowerment in India.

Changes in Women's Attitude: Women should empower: Women should empower themselves by becoming to be aware of their oppression, indicating initiative and confiscating chances to bring a shift in their Status, Empowerment must come from within the soul. Women need to empower themselves by bringing a major change in their attitude.

Women must know that opportunities will not reach their laps. They should have to determine way to create them. They should fight back to rebuild their prominent position in Indian Communities and societies. They must flourish hand to carry out their rights and maintain Justice & equality in society. They need to work vigorously for the entire elimination of poverty, dowry-ills, illiteracy and productive implementation of all programmes and laws related to women.

Women's empowerment is valuable for the development and advancement of the family, community as well as the nation. Hence it must be a leading concern of the Indian Govt. to bring women into the fore of the developing strategy by empowering them via numerous development oriented schemes.

Organization for Awareness Programmes: State and National Level Commissions for women, Non Govt. Organizations, ICDS Programmes, must undertake en awareness, the Taskforce for women & Children Development DWACRA (Concerning Development of Women & Child in Rural Areas), Women's rights, human rights, a campaign about legal rights, education about saving schemes, population education, environmental education, rehabilitation programmes with all integrity and solemnity.

Creating critical success factor a supportive environment as a critical success factor: Public policy has a defending role to play in building up a country's human capital and knowledge endowments through promoting quality education, lifelong learning, and innovations and creativity in its workforce. In order to promote women's full participation and involvement with ICTs, national and sector policies need to be consolidated to support women's contribution to economic growth as agent of change without careful planning and the development of appropriate policy measures. ICTs may exacerbate differences between the rich and the poor and men and women.

In the absence of deliberative policy the diffusion and the use of ICTs and their intended benefits tend to follow the existing contours of income and economic divides with the poor being further marginalized excluded. Due to Socio-cultural norms, there are persistent gender inequalities in men and women's access to ICTs. For example women mobility may limit their access to Internet Centers or ICT training courses may not advertiser in places that women frequent.

The Role of women Empowerment in India: Women's Liberation generally means that they can get more Jobs. The core activity of the women's empowerment committee in India focuses on social growth in India. In general according to human rights, men and women should be granted same position, but culture does not recognize this and discriminates against them in Community.

When we research human growth it is found that women eventually filled to secondary and began abusing across different problems.

The women's committee set up by Govt. to avoid and eliminate these issues in India. Following equality and different activities, preparations for women's growth in India have been launched. We may definitely argue that India has strengthened women's social, economic and political position over again the government of India has to vigorously execute and make policies and schemes.

The idea of dominance is powered by electricity. It is coated where it is insufficiently present or does not occur. Empowering women involves supplying women with an economically stable and autonomous

capability creating a healthy attitude that, help them to meet any tough circumstances and participations. Registered women should be allowed to take part in the decision making process. In India progress has been ongoing to secure the dignity and civil status of women, the Ministry of Human Resource Development (MHRD 1985) and the National Women's Commission (New). Seventy-three and the Seventy-Fourth amendment (1993) changes to the constitution of India have given women unique powers in reserving seats (33%) while the HRD survey as of March 2002 indicates that Sweden is the largest female legislator of 42.7% Denmark 3.8%, Finland 36% and Iceland 34.9%. "The Modern Panchayati Raj" is a part of India's attempts to encourage women in the village at least.

Women's emerging presence in Panchayat Raj institution has been the most promising trend in recent years. At the village council stages, there are several elected women. There are currently around the world in India a total of 20,56,882 Panchayat village dam, out of which 8,38,244 are members (40.48%) and 1,09,324 are members of Anchalik Panchayat, 47,456 are of these women (40.41%), 11,708 are members of the Zilla Parishad (42.06%). Women are, increasingly shifting at the federal and state levels too. Today we saw women Chief Minister, women chairman, numerous Political party heads, businessmen etc.

Reason for the Empowerment of Women: Women empowerment is essential for building fair, healthy and prosperous societies. There are a few reasons which "describe below.

1) Promotes Gender Equality

It breaks down systematic discrimination and ensures that women receive the same fundamental rights, respect and social status as men.

2) Drives Economic Growth

Allowing women to enter the workforce, start business and manage financial asset significantly increases national productivity and Gross Domestic Product (GDP).

3) Reduces poverty

Studies show that women reinvest a large percentage of their income back into their families and Communities-Improving nutrition, housing and living standards.

4) Encourages Education and Literacy

Empowered women prioritize schooling for themselves and their children, which helps break multi-generational cycles of poverty and illiteracy.

5) Improves family health and Child Survival

Women with access to education and resources make better-informed decisions regarding health, sanitations, family planning and nutrition, leading to lower infant and maternal mortality Mates.

6) Boosts Innovation and Productivity

Diverse teams and workforces bring unique experiences and problem Solving perspectives, during greater Creativity and innovation across industries.

7) Strengthens Political Governance and Leadership

Women's active participation in politics and Public Policy lead to more balanced, indusive, and Community-faceres focused legislation.

8) Decrease Domestic violence and exploitation

Financial Independence, legal literacy and Social Confidence give women tead the tools to resist abuse, report crimes and protect their physical Safety.

9) Fosters Sustainable Community Development

Involvement by women in local projects and grass root initiatives result is more practical, resilient, and Long Lasting Community solutions.

10) Builds Peace and security:

Inclusion of Women Conflict resolution and peace building processes leads to more stable, cooperative, and enduring post conflict societies.

Challenges face by Indian women: Indian women face a wide range of social, economic, and safety challenges tooted particular, norms and systemic gaps.

1. Violence and Personal Safety

Domestic Abuse: widespread physical, emotional, and economics abuse occurs across tut and urban households.

- Sexual Harassment and Assault : Spaces Public Spaces, work places and educational institutions continue to present Safety risks, including work place misconduct and cyber-harassment.
- Harmful Culture Practices: The illegal dowry system often lead to harassment, extortion or violence, while Child marriage persists in certain regions.

2. Discrimination and son Preference

- Female feticide and Infanticide: Deepseated Son preference has historically skewed the Child sex ratio, driven by illegal Sex ratio driven by illegal sex determination practices.
- Social Restrictions: Girls and women often face strict limitations on personal freedom, clothing, carter choices and mobility compared to men.

3. Education and Healthcare Disparities

- Educational Gap : Traditional mindsets financial constraints have historically prioritized male education, leaving lingering gaps in female literacy and higher education completion.
- Health care and nutrition : Rural and marginalized women's frequently suffer from the maternal mortality, anemia, reproductive health stigma, and geld neglected medical care.

4. Workplace and Economic in-equality

- Wage gap and underrepresentation: Women face unequal pay, limited promotional growth and a heavy concentration in the informal or agricultural sector with minimal social security.
- Work-life imbalance: A double burden of unpaid domestic labor and professional responsibilities restricts long-term career advancement.
- Entrepreneurial Hurdles: Women business owners often encounter barriers related to market networking, venture, funding and social assertiveness expectations.

Importance of Women Empowerment: In recent times, everyone is pointing on the empowerment of women. Its right to say that women's empowerment has become the necessity of the time. Women should possess liberty, faith and Self worth to opt for their needs and demands. Discrimination based on gender is useless and is having retro Worth by looking at the growth of women 14 the last few decades. Women are paid less and treated as a cook and slave in families, and their real potential fails to get highlighted women empowerment in India is required to overcome situations of such types and to provide them with their independent role in Indian society. Empowering women is a necessary right of women. They are approved to gain higher education and receive a similar treatment as men are receiving.

Ensure Holistic Development of Society: Women empowerment in India is one of the Principal terms of society's overall development there is nothing erroneous in participating the development went of Society. In the world of corporate, women are playing numerous roles in meadows such as medical, engineering, and so on. Apart from taking part in the sphere of technology, they are energetically partaking in security such as police, navy, military etc. All these before mentioned services are taking the community to another level.

Determine their Intelligence level: Over the preceding decades, there has been uniform increase in Women's empowerment. A woman must possess Self-worth, confidence and freedom to choose their needs and requirements. Classifying the people based on gender is unreasonable, and it has worth. Still women are paid less expected to cook and restricted by their family members. To overcome this situation and to have an independent role in society, women empowerment is needed.

Able to solve, unemployment: Unemployment is one of the common problems that can be seen in the developing society. The research says that half of the population consists of women. The re-employment women and unequal opportunities in workplace can be eradicated with the help of women empowerment in India. Whenever women are facing unemployment, their true potential is left without any use. To make use of the strength and potential of the women, they must be provided with equal opportunities. You can motivate them by providing any special gifts. The best time to honor women is women's day. You can honor them with women's day gift.

Know about their intelligence: It is unthinkable to understand and any analyze the way of living of women by peering at them you can for see their level of intelligence by way of moving towards the problems and in the solution findings. In the contemporary end, women are nicely verse in unraveling technical troubles. Women's empowerment plays a vital role in these cases. Without women empowerment is India, you won't be able to determine and understand the intelligence of women. Therefore, making existence in work is ventegeous one. You can present and gift to give recognition to their work.

Capable Enough to solve the issue of unemployment: Unemployment is one of the widespread problems that can be glimpsed in societies in the developing stage. The study says that around half of the population comprises women. The unemployment of women and unbalanced opportunities in the working place can be eliminated with the assistance of women empowerment in India. Whenever women are confronting unemployment Issues, their those capability is left without any intention. To make use of courage and capacity of the wormers, they should be empowered with an equal number of opportunities.

Conclusion: By challenging stereotypes, promoting education, implementing supportive policies and changing mindsets, India can pave the way for more inclusive and equitable society. Empowered women have the potential to transform societies, have the ability to build a better future for upcoming generation we can create a world where gender does not define one's worth or potential. Let us work to unlock the power of women, do not hold them to work as housewife, instead of them fly, let them achieves everything, let them make her brother proud, let them make her proud, let them make her children proved, let them be only themselves.

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