



WOMEN EMPOWERMENT: WHAT CAN BE DONE?

CASE STUDY/INSIGHT

WOMEN EMPOWERMENT: WHAT CAN BE DONE?

An empowered woman is one who is educated, self-confident, strong, and able to take decisions and able to lead people. Women empowerment refers to improving social, economic, political, legal and health statuses of women by giving equal opportunities to women in all fields without any discrimination. A woman should be given the right to take own decisions regarding education, profession and personal life. Women empowerment is also essential for sustainable development. Be it the household work or professional work, participation and partnership of both men and women will make it more productive and efficient.

Education is the most important key for empowering women with knowledge, skills, confidence and decision making ability. Many of the barriers to women lie in superstitious beliefs and cultural norms. The first step for empowering women starts at home. Parents should treat and provide equal opportunities to their sons and daughters. Educated women who are aware of their rights should try to empower other women who are deprived of basic rights.



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There was a period when women were not allowed to participate in decision making processes and were pressurised with so many discrimination. Even today such things happen in remote places where women are deprived of basic rights. But the rate of deprivation of basic rights to women like education has come down considerably. Today, many women have come out of their homes, got educated and are into almost every field in the world. There are women entrepreneurs, pilots, doctors, army officials, presidents/prime minister, writers, sports person, engineers, consultants and what not? Women are achieving in all fields, inspiring people. Gone are the days when men were called the bread winners of the family and women were allowed to do only household chores and raising up of children.

Today every field we talk about has woman professional. Almost 24 women around the world are in power either as president or as prime minister in different countries. Currently, Estonia is the only country that has women as both the president and the prime minister.



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Dr. Muthulakshmi Reddy, Indra Nooyi, Kamala Harris, Jacinda Ardern, Mother Teresa, J.K .Rowling, Kiran Mazumdar Shaw, V.Shanta, Rukmini Devi Arundale, Malala Yousafzai, P.T .Usha, Sania Mirza, Saina Nehwal, Karnam Malleswari, Mary Kom, Shiny Abraham, Dipa Karmakar, Aishwarya Pissay, Mithali Raj, are some of the examples of women who have achieved greater heights in their own way and keep inspiring other women.

By empowering women, we empower the whole family and thereby the whole country. Empowering women also contribute to the social and economic development of the country. Let us all pledge to empower women around us.