

## Summary, conclusion, Limitation & Recommendation

hindi in selecting respondents, the difficulty mostly I came across while identifying respondents who are not members of any Self Help Group.

(4) Though women themselves admitted their journey from disempowerment to an empowered status was possible through the intervention i.e SHG, but the elaborate findings forced me to conclude that their level of empowerment is not solely influenced by SHG per se. Their location in the heart of an urban agglomeration like Mumbai might have played a part in making them economically better off and to some extent accentuated the empowerment process.

### **5.4 RECOMMENDATION**

*The beauty of empowering others is that your own power is not diminished in the process.* (Barbara Colorose). Rather in this process of translation it enriches one's functional capacity to make the empowerment more meaningful.

Empowerment in women are often solved by resorting to very simple and conspicuous solutions which are “there in front of us, around us and within us”. Success comes when those targeted are part and parcel of the solution mechanism because they are the ones who will work on it, make it grow and maintain it on their own. Thus empowerment is a process that can't be gifted to anybody but the conducive environment can be created so that they can maximize their potential by learning the best use of their resources and opportunities towards their advantage. The following recommendations emerged out of the study findings which expectedly would accelerate the process of empowerment of women.

1- The most enduring challenge would be to build a comprehensive strategic framework of the multidimensional facets of empowerment from preadolescence to adulthood ensuring empowerment of women as an ongoing process. There can be a synergistic convergence of inputs of nutrition education, reproductive health –it's importance and awareness of various physical and psychological changes it brings along and hygiene, thin line between complementing mother in domestic activities and domestic

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labour which is hazardous for the children below the age of 14 years. The NGOs, policy makers and Govt. should take this initiative to redefine the framework of empowerment programme to make the empowerment more sustainable.

2- Most of the women , those who are not members of SHG perceived household burden as insurmountable - the reason which keep them away from SHG. They have become the prisoners of their own thought. Women need a proper guidance in balancing between family and work responsibilities which can be incorporated in the frame work of the orientation programme of SHG to make women little more organised to come out of this barrier.

3- Many women, those who are not members of SHG have gradually wriggled out of the patriarchial shackles and are willing to join this movement but are victims of beginners syndrome. The apprehension about their inadequacy and hesitation to overcome their year long confinement have kept them away from SHGs. The SHG orientation workers have to adopt a little more strategic effort to bring this mass out of their hibernation and predisposition and making them part of this mainstream of empowerment. The value reorientation is the need of the hour for an inclusive journey towards empowerment of women.

4- There is no denial that by conducting financial and social programmes, the NGO Yuva has significant contribution in the area of evolutionary process of women empowerment. But with minor changes in the perspective with emphasis on girl children the empowerment process can be made enduring and sustainable. There is a need for more involvement at family level with emphasis on gender equality by strengthening the foundation of girl children, thus making the larger vision of empowerment possible.