

## WOMEN EMPOWERMENT

*Women are representing the half population of the world. Women empowerment is a prerequisite for creating a good nation. If a woman empowered her competencies towards decision – making will need to promote women empowerment among the rural women. Empowerment includes higher literacy level and education for women, better health care for women and children equal ownership of productive resources, their rights and responsibilities, improved standards of living and acquiring empowerment include, economic empowerment social empowerment and gender justice that is to eliminate all types of discrimination against women and the girl child.*

**Sahyog's few efforts on the same lines are:**

### 1. Women Literacy Programme

Sahyog care for you is working for education of underprivileged women. Many women were illiterate in slums and due to illiteracy they faced many hurdles even in small-small things in their life. This cause inspired the organization and started work in slums for women who are not literate. Sahyog wanted to literate all of them so that they will not face difficulties in their life.

There is a need to improve the scenario of women of slum communities. They have generally been found to be the weakest group when compared with others on the matter of elementary literacy. There is need to provide education throughout some innovative way to this particular group; therefore Sahyog introduced the program "**Saksharta through Digitalization**" in the slum areas of Delhi. By this program all women can get elementary education and to take opportunities to learn computers and also a positive attitude as well.

“The women were enrolled from slums in program with the aims to enhance the literacy through computers”.

The main objective of this Program is to aware about computers as well as to literate them. The project offered training sessions for adult women, catering for about 30 participants in each batches. During the twelve-week program women come for classes all six working days in a week for one hour.

In beginning, the program was started with only one centre, that times it was very difficult to motivate women to reach and start classes. Volunteer started to take small group meetings to talk on the importance of education in life but no one wants to talk on this matter. After some time organization was able to give some overview about the advantages of literacy. After these efforts, some women were ready to join course. Sahyog started one hour daily to teach them from the Hindi alphabets with the help of desktop computers. Computer helped me to learn effective teaching techniques. After some time many hands joint us to teach women as volunteer.

In initial most of the women looked nervous but excited about coming to the classes where all the sessions will take through computers. It seems that their anxiety about using and



learning in classes through computers was simply because they did not want to “break” them. However, after 2-3 weeks of hands-on practice, their fears dissipated as they learned that computers are not so easily broken. They also felt more confident and more comfortable to learn their lessons and also participate where their children talked about computers.

At present, we are teaching approx 5000 women in 102 canters. But it's still on edge because we still feel the need to increase this number to 20,000 women within next 5 years. To achieve our goal, I am functioning with women of slums for their consciousness about virtues of literacy so that they can come few steps forward and make their own contribution in this mission.

## **2. Environmental Hygiene and Sanitation Programme (Menstrual Hygiene Practice)**

To ensure that girls and women's everyday life is not interrupted by menstruation, Sahyog started different kind of awareness campaigns to educate girls and women on hygiene and use of hygienic sanitary napkins so that girls and women can continue with their daily routine such as going to school, going to work or doing household chores.

Sahyog care for you, intervene into develop and produce low cost standard sanitary napkins which is providing in a very low rates into the communities. The impact of the program is that the users of napkins are increased and people are very aware and sensitize about their health and hygiene. This cause will help us to reduce RTI among the girls and women around 1500 girls and women benefitted from this program.