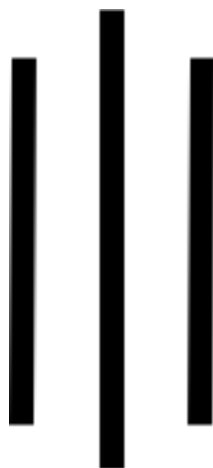


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Submitted By

Bikash Saud [Roll No.: 25]

Women Empowerment

Introduction

Women Empowerment is made up of two words: women and empowerment. Empowerment means to give power or authority to someone. So, Women Empowerment means power in the hands of women. It signifies that women should be given equal opportunity in every field, irrespective of any discrimination. In this essay on Women Empowerment, we will discuss the need for women empowerment and the ways through which it can be achieved.

Women empowerment refers to making women powerful to make them capable of deciding for themselves. Women have suffered a lot through the years at the hands of men. In earlier centuries, they were treated as almost non-existent. As if all the rights belonged to men, even something as basic as voting. As the times evolved, women realized their power. There began the revolution for women empowerment. As women were not allowed to make decisions for them, women empowerment came in like a breath of fresh air. It made them aware of their rights and how they must make their own place in society rather than depending on a man. It recognized the fact that things cannot simply work in someone's favor because of their gender. However, we still have a long way to go when we talk about the reasons why we need it. The situation of women on the economic front is no better, and men still enjoy a larger share of the cake. The work burden on women is extreme. Women work for more hours a week while men do compared to men. Hence, women's contribution to national development is crucial, and their emancipation is essential for the Nation's economic development and social progress.

There is hardly any chance for the welfare of society unless the condition of women is improved. Swami Vivekananda has rightly remarked that a bird cannot fly on one wing. Women must be recognized as a power in the developmental process and actively involved in it. Thus, there is a strong need for women's empowerment to attain gender equality, justice, and liberty. In 1995 Beijing platform for action provided an agenda for women's empowerment. It proved the following action plan:

- Equitable sharing of family

- Promote the most entire access of girl children
- Eliminate all form of violence against women

Women's empowerment is a global issue in determining the status of women, and discussion on women's rights is at the forefront of formal and informal campaigns worldwide. Empowerment is a multidimensional process, which enables them to realize their full identity, power and potentialities, capabilities and competencies of their rights and opportunities for development in all spheres of life. It consists of greater access to knowledge and resources and greater autonomy in decision making to enable them to have greater control over the circumstances that influence their lives and deliver them from shackles imposed on them by customs, beliefs, and practices. It implies processes by which women's power of self-organization is promoted and reinforced. It encompasses making choices, controlling resources, and enjoying participatory relationships within the family and community.

Need for Women Empowerment

Almost every country, no matter how progressive has a history of ill-treating women. In other words, women from all over the world have been rebellious to reach the status they have today. While the western countries are still making progress, third world countries like India still lack behind in Women Empowerment. In Nepal, even in India and many other developing countries, women empowerment is needed more than ever. Amongst these countries which are not safe for women. There are various reasons for this. Firstly, women in India are in danger of honor killings. Their family thinks it's right to take their lives if they bring shame to the reputation of their legacy. Moreover, the education and freedom scenario is very regressive here. Women are not allowed to pursue higher education, they are married off early. The men are still dominating women in some regions like it's the woman's duty to work for him endlessly. They do not let them go out or have freedom of any kind. In addition, domestic violence is a major problem in Nepal and India too. The men beat up their wife and abuse them as they think women are their property. Women are afraid to speak up. Similarly, the women who do actually work get paid less than their male counterparts. It is downright unfair and sexist to pay someone less for the same work because of their gender. Thus, we see how women empowerment is the need of the women. We need to empower these women to speak up for themselves and never be a victim of injustice.

How to Empower Women?

There are various ways in how one can empower women. The individuals and government must both come together to make it happen. Education for girls must be made compulsory so that women can become illiterate to make a life for themselves. Women must be given equal opportunities in every field, irrespective of gender. Moreover, they must also be given equal pay. We can empower women by abolishing child marriage. Various programs must be held where they can be taught skills to fend for themselves in case they face a financial crisis. Most importantly, the shame of divorce and abuse must be thrown out of the window. Many women stay in abusive relationships because of the fear of society. Parents must teach their daughters it is okay to come home divorced rather than in a coffin. Mentoring is an effective and increasingly popular way for private sector companies to advance Principle 4 to “Promote women’s training and professional development”. Well-designed and managed mentoring programs can have a dramatic impact on the corporate culture while engaging talent. Companies establish mentoring programs to provide women employees with an informal opportunity to learn and acquire leadership and management skills. Mentoring tends to lead to higher financial compensation, greater number of promotions and career success. The empowerment of women is vital for increasing the prosperity and standard of living in local communities, regions and Nepal as a whole. The Women’s Empowerment Program builds upon the initiatives and work of the Nepalese government and NGOs at a local level, addressing the problems and meeting the needs of communities.

Conclusion

Finally, **Women Empowerment** creates power in women to live a happy and respectable life in a society. Women are empowered when they are able to access opportunities in a variety of fields such as in education, profession, lifestyle, etc., without any limitations and restrictions. It includes raising their status through education, awareness, literacy and training. It also includes the authority to make decisions. When a woman makes a crucial decision, she feels empowered