

## Chapter 1

# INTRODUCTION

The establishment of an information imparting club for women, aimed at fostering their engagement in social and economic issues, marks a pivotal stride towards inclusive empowerment and community development. By creating a platform dedicated to knowledge dissemination and skill enhancement, such a club serves as a beacon of opportunity for women from diverse backgrounds.

This club provides a nurturing environment where women can access valuable resources, exchange ideas, and cultivate their talents. At the heart of this initiative lies the recognition of women's potential as catalysts for positive change. Through workshops, seminars, and interactive sessions, participants gain insights into various spheres of social and economic significance, ranging from entrepreneurship and financial literacy to healthcare and civic engagement.

By equipping women with pertinent information and practical skills, the club empowers them to navigate complex challenges and seize opportunities for personal and collective advancement. Moreover, beyond the acquisition of knowledge, the club fosters a sense of solidarity and camaraderie among its members.

Through networking events and collaborative projects, women forge meaningful connections and amplify their impact within their communities. By harnessing the collective intelligence and diverse perspectives of its members, the club becomes a potent force for driving sustainable development and fostering inclusive growth.

In essence, the information imparting club for women transcends traditional boundaries, offering a transformative journey towards empowerment, enlightenment, and equitable participation in shaping a better future for all.

Furthermore, the information imparting club for women serves as a hub for advocacy and activism, amplifying the voices of women on issues of social and economic significance. Through awareness campaigns, outreach initiatives, and collaborative partnerships, members of the club leverage their newfound knowledge and skills to advocate for policy changes, promote gender equality, and address pressing societal concerns.

## Chapter 2

### NECESSITY OF THE AICTE ACTIVITY POINTS

AICTE Council has mandated all the 4-year Technical Degree Enrolled students to earn 100/75/50/25 Activity Points as per the Instructions.

Apart from technical knowledge and skills, to be successful as professionals, students should have excellent soft skills, leadership qualities and team spirit. They should have entrepreneurial capabilities and societal commitment. In order to match these multifarious requirements, AICTE has created a unique mechanism of awarding minimum 100 Activity Points over and above the academic grades.

The objectives of AICTE student activity are to expose students to the real time life challenges, to provide opportunity to gather data, analyse data, propose solutions, and implement solutions, provide an opportunity for personal development, to create engineers who are proud volunteers having a sense of achievement and ready to take up projects having social impact and to create digital awareness.

Following suggestive activities may be carried out by students in teams as per AICTE Norms to acquire points:

- Prepare and implement plan to create local job opportunities.
- Prepare and implement plan to improve education quality in village.
- Prepare an actionable DPR for Doubling the village Income.
- Developing Sustainable Water Management system.
- Prepare and improve a plan to improve health parameters of villagers.
- Developing and implementing of Low-Cost Sanitation facilities.
- Prepare and implement plan to promote Local Tourism through Innovative Approaches.
- Implement/Develop Technology solutions which will improve quality of life.
- Prepare and implement solution for energy conservation.
- Prepare and implement plan to develop skills of village youth and provide employment.
- Develop localized techniques for reduction in construction Cost.
- Prepare and implement plan of sustainable growth of village.
- Setting of Information imparting club for women leading to contribution in social and economic issues.

- Developing and managing Efficient garbage disposable system.
- Contribution to any national level initiative of Government of India.

Today, India has seen the enormous development in Urban Infrastructure. Except the pollution and increased expenses for lifestyle, the Urban India has all basic infrastructures such as Education, Health, Transport, Employment, Food and Special Services at the reachable levels.

At the same time, Rural India has not seen any development in the accessibility of the basic infrastructures. They have to travel long distances to access even a small basic infrastructure. Though pollution and expenses for lifestyle is very less in Rural Areas, people are migrating to the Urban areas as they need Basic Infrastructures than the other facilities available in Rural India

As per the experts, if at all Urban India has seen enormous development it is due to the

- Engineering Solutions
- Engineering Implementations
- Engineering Employments

Though engineering contribution is more in the development there are other segments that contributed to the sustainable Urban Infrastructure such as

- Health
- Education
- Transport
- Dwelling Places
- Government Policies

In comparison, Engineering Solution is seen in less than 10% in the following segments of Rural India:

- Rural Development
  - Agriculture
  - Animal Husbandry
  - Agriculture Marketing
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- Rural Employment
- Promoting Local Tourism
- Women Empowerment
- Reducing Malnutrition
- Solid Waste Management

If an Engineer can bring automation to the non-living environment in urban areas, he can bring such solutions to the unexplored segments. Experts say, the Engineering Solution occupies 50% in the development of any segment.

If we look back from 1970's, Engineers have not contributed much to the Rural Development. After Rajiv Gandhi's scheme of introducing computer in India, people started learning Engineering but concentrated much on Urban Solutions. The probable reasons are:

- Lack of Revenue in Rural India
- Unorganized Rural India
- Failure to foresee the potential of Rural India
- Failure to reach Engineering Solution due to more illiterates in Rural India

As a result, today India has given better scientists and entrepreneurs to the world. Today at least one CEO of top 10 companies in world is from India. But India itself is struggling to solve the social problems.

People interested to solve Rural Problems are:

- Lacking the technology knowledge
- Lacking the Implementation Strategy
- Lacking the introduction of Sustainability to the Projects
- Lacking the public involvement
- Lacking the professionalism in the projects

People with expertise in above segments are not interested to solve Rural Problems as:

- They prefer commercialization than Service
  - Implementation has to start from elementary stage
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- Lack of Public support in Rural Areas
- Lack of Infrastructures in Rural Areas
- Decreasing population in Rural Areas
- Unorganized segments are seen in Rural Areas

Hence AICTE, a Technical Education Monitoring Council has come up with a plan of AICTE Activity Points that needs.

- Identifying the Problem in Indian Society particularly in Rural India
- Explore the available Solution for the Problems
- Analyze the effectiveness of such solutions in the practical India
- Identify the reasons for the failure of solution
- Propose an engineering solution to such problem
- Conduct activities regarding such solutions if the project is considered for 80 Hours
- If same project is considered for more than 300 Hours, a prototype of such solution has to be implemented

This is a motivational concept by AICTE to bring Social Innovation in Engineers at their education level to

- Address the Social Challenges of India
- Propose a practical solution to such challenges
- Bring more Social Innovations and Research
- Blend the available technology for effective solutions

AICTE Activity Points is very essential in shaping India for the sustainable life style.

## Chapter 3

### CREATING AWARENESS AND IMPORTANCE

AICTE listed 15 categories of project for AICTE activity points. Out of them I have considered the project under Setting of the information imparting club for women leading to contribution in social and economic issues. Following is the Summary.

<b>Project Name:</b>	Women Empowerment
<b>Project Category as per AICTE Activity Points:</b>	Setting of the information imparting club for women leading to contribution in social and economic issues
<b>Total Hours of Involvement:</b>	80 Hours
<b>Total Activity Point Earned By this Project:</b>	20 Points

#### Aim of the project

The primary aim is to empower women by providing them with access to information, resources, and skills necessary to make informed decisions, pursue opportunities, and assert their rights in various spheres of life. By promoting women's active participation in social and economic issues, the project aims to contribute to the advancement of gender equality and the dismantling of systemic barriers that hinder women's progress. Through awareness-raising activities and advocacy efforts, the project aims to amplify the voices of women, advocate for their rights, and effect positive social change on issues of significance to women and society at large.

#### Vision of the project

1. **Empowerment and Self-Actualization:** The project envisions women empowered to achieve their aspirations despite societal constraints or gender norms.

2. **Inclusive Development:** The vision is for women to have equal access to education, employment, and leadership for holistic community development.
3. **Collective Action and Solidarity:** The vision involves uniting women from diverse backgrounds to advocate for their rights and address systemic issues.
4. **Community Engagement and Impact:** The project aims for women's active involvement in community development, leveraging expertise and leadership for positive change.
5. **Global Collaboration and Influence:** The project envisions women as global leaders collaborating for women's rights and a peaceful, prosperous, sustainable world.

## Chapter 4

### PROBLEM STATEMENT

In many communities worldwide, women continue to face significant barriers to accessing education, economic opportunities, and participation in decision-making processes, perpetuating cycles of inequality and hindering overall social and economic development. These barriers stem from deep-rooted societal norms, discriminatory practices, and lack of access to resources and information.

As a result, women often lack the knowledge, skills, and support necessary to actively engage in addressing pressing social and economic issues affecting themselves and their communities.

This project seeks to address these challenges by establishing an information imparting club for women, aimed at empowering them with relevant knowledge, skills, and resources to overcome barriers, advocate for their rights, and contribute meaningfully to social and economic development.

Consequently, women frequently find themselves without the necessary expertise, training, and backing to effectively tackle the critical social and economic challenges impacting both themselves and their communities.

By tackling these systemic barriers and fostering women's empowerment, the project aims to create a more equitable and inclusive society where women are active agents of change and contributors to sustainable development.

#### Challenges Faced:

1. **Societal Norms and Cultural Barriers:** Deep-rooted societal norms and cultural attitudes may hinder women's participation in educational and empowerment initiatives. Resistance from conservative elements within communities may pose a significant challenge to the acceptance and effectiveness of the club.
2. **Access to Resources:** Limited access to resources such as funding, facilities, and educational materials may impede the club's ability to effectively deliver its programs



and reach a wide audience of women, particularly those from marginalized backgrounds.

3. **Lack of Awareness and Participation:** Challenges include skepticism, unawareness of opportunities, and practical barriers like time constraints and childcare responsibilities.
4. **Digital Divide:** In regions with limited access to technology or internet connectivity, reaching women with online educational resources or virtual events may be challenging.
5. **Language and Literacy:** In areas with linguistic diversity or low literacy rates, ensuring that educational materials are accessible and understandable to all participants may require additional efforts such as translation services or literacy programs.
6. **Sustainability:** Ensuring long-term sustainability involves securing funding, stakeholder support, and community capacity building for continued success.
7. **Gender-Based Discrimination:** Resistance or opposition from patriarchal structures or individuals who seek to maintain gender-based inequalities may pose a challenge to the club's objectives.

Addressing these challenges requires a comprehensive approach that involves collaboration with stakeholders, adaptation to local contexts, and ongoing efforts to build awareness, trust, and participation among women in the community.

### **General Requirements to Impart a Club:**

1. Conducting a thorough needs assessment to understand the specific challenges, priorities, and aspirations of the target audience (women in the community).
2. Embracing inclusivity and diversity by ensuring that the club welcomes women from all backgrounds, regardless of age, ethnicity, socioeconomic status, or educational level.

3. Creating a safe and supportive environment where women feel respected and valued is essential.
4. Engaging with the community and stakeholders (local leaders, NGOs, government agencies, etc.) to build support, gather input, and foster collaboration.
5. Community involvement ensures that the club's activities are aligned with local priorities and complement existing initiatives.
6. Adopting a participatory approach that involves women in decision-making processes, program planning, and implementation.
7. Empowering women to take ownership of the club fosters a sense of ownership, commitment, and accountability.
8. Providing opportunities for capacity building and skill development through training workshops, mentorship programs, and educational resources.
9. Equipping women with the knowledge and skills they need to advocate for themselves, and their communities is crucial for empowerment.
10. Developing strategies for sustainability by establishing partnerships, mobilizing resources, and building local capacity.
11. Creating a sustainable model for the club ensures its long-term viability and impact beyond the initial phase.
12. Implementing robust monitoring and evaluation mechanisms to assess the effectiveness of the club's programs, track progress towards goals, and identify areas for improvement.

13. Regular feedback from participants and stakeholders helps in refining strategies and enhancing impact.



**Fig 4.1: Social Women Empowerment**

## Chapter 5

### ACTIVITIES CONDUCTED

- Science and Technology
- Housing and Shelter
- Drinking Water and Sanitation
- Nutrition and Health Improvement
- Proper Education

#### Science and Technology

##### 1. Education and Training:

• **Providing access to STEM education:** Encouraging girls' interest and participation in science, technology, engineering, and mathematics (STEM) education from a young age is essential for building a future workforce that reflects the diversity of society.

• **Developing online learning platforms:** Online learning platforms can provide flexible and accessible educational opportunities for women, especially those in remote areas or facing other challenges.

• **Promoting digital literacy:** Equipping women with digital literacy skills empowers them to access information, communicate effectively, and participate in the digital economy.

##### 2. Economic empowerment:

• **Supporting women-led businesses:** S&T can provide women with the tools and resources needed to start and grow their own businesses, such as access to technology, training in business management, and financial support.

• **Creating job opportunities in S&T fields:** Encouraging women to pursue careers in S&T fields can open up new and lucrative job opportunities for them.

##### 3. Agriculture and food security:

• **Developing climate-resilient agricultural technologies:** S&T can help women farmers adapt to climate change and improve their agricultural productivity.

- **Promoting access to information and markets:** S&T-based solutions can provide women farmers with access to information on best practices, market prices, and weather forecasts.
- **Reducing drudgery and improving livelihoods:** Technologies such as solar-powered irrigation systems and mechanization can help reduce the drudgery of agricultural work for women and improve their livelihoods.

#### **4. Environment and sustainability:**

- **Empowering women as environmental leaders:** Women play a crucial role in managing natural resources and addressing environmental challenges. S&T can support women's leadership in environmental initiatives.
- **Developing sustainable technologies:** S&T can be used to develop sustainable technologies that can help address environmental challenges such as climate change and pollution.
- **Raising awareness about environmental issues:** S&T can be used to raise awareness about environmental issues and promote sustainable practices among women and girls.

## **Housing and Shelter**

### **1. Security and safety:**

- **Safe haven:** Secure and adequate housing provides a safe haven from violence, abuse, and exploitation, fostering a sense of security and well-being.
- **Freedom from displacement:** Stable housing reduces the risk of eviction and homelessness, promoting stability and enabling women to focus on other aspects of their lives.

### **2. Economic empowerment:**

- **Reduced financial burden:** Affordable housing frees up resources for women to invest in education, healthcare, and other needs, contributing to financial independence.
- **Property ownership:** Owning property enhances women's economic security and bargaining power, empowering them to participate in the economy and make financial decisions.

- **Access to opportunities:** Stable housing allows women to reside closer to job opportunities, training programs, and essential services, facilitating economic participation.

### 3. Social and political empowerment:

- **Community involvement:** Secure housing can facilitate women's engagement in community activities and decision-making processes, strengthening their social networks and voice.
- **Leadership opportunities:** Participating in housing initiatives and advocacy efforts can equip women with skills and experience, fostering leadership qualities.
- **Increased political participation:** Stable housing can enable women to register to vote and participate in political processes, contributing to broader societal change.

### 4. Examples of initiatives:

- **Women-led housing cooperatives:** Empowering women to collectively manage and maintain safe and affordable housing.
- **Microfinance for housing:** Providing small loans to women for home construction or improvement, promoting ownership and economic opportunities.
- **Transitional housing for survivors of violence:** Offering safe and supportive housing for women fleeing abuse, facilitating healing and empowerment.
- **Shelter with integrated services:** Providing housing alongside childcare, job training, and other supportive services to address women's holistic needs.

## Drinking water and Sanitation

### 1. Increased Safety:

- **Reduced risk of violence:** Open defecation practices often force women to venture into secluded areas at night, increasing their risk of violence and harassment. Access to safe sanitation facilities within the household reduces this vulnerability.

- **Improved personal safety:** Lack of safe water sources often requires women, especially girls, to travel long distances, exposing them to potential dangers. Having closer access to water sources enhances their safety and security.

### 2. Greater Opportunities:

- **Time saved for other activities:** Gathering water and managing sanitation takes a significant amount of women's time in rural areas. Improved access frees up this time for education, income generation, childcare, and participation in community activities, leading to overall empowerment.
- **Reduced economic burden:** Time saved due to improved water and sanitation facilities can be used for income-generating activities, improving household income and contributing to economic empowerment.
- **Increased education opportunities:** Girls can attend school more regularly if they don't have to miss classes due to menstrual hygiene issues or long walks to access water. This fosters educational attainment and opens up future opportunities.

### 3. Successful Strategies:

- **Community-led initiatives:** Engaging women in identifying needs, designing solutions, and managing water and sanitation systems empowers them and ensures sustainability.
- **Microfinance schemes:** Providing financial support to women can enable them to construct household toilets or participate in water user committees, promoting ownership and participation.
- **Hygiene education:** Raising awareness about hygiene practices like handwashing and proper sanitation use further amplifies the benefits of improved water and sanitation facilities.

## Nutrition and Health Improvement

### 1. Improved Health:

- **Reduced malnutrition:** Adequate nutrition safeguards women from deficiencies in essential vitamins and minerals, leading to better immune function, reduced risk of chronic diseases, and improved overall health.

- **Increased energy levels:** Proper nutrition provides the energy needed for women to manage various household chores, participate in income-generating activities, and engage in community life.
- **Enhanced maternal and child health:** Good nutrition during pregnancy and lactation is crucial for the health of mothers and their children, reducing risks of complications and promoting healthy growth and development.

### 2. Increased Productivity:

- **Improved cognitive function:** Adequate nutrition fuels brain function, leading to better focus, memory, and decision-making abilities, which enhances women's productivity in their work and personal lives.
- **Reduced absenteeism:** Improved health due to good nutrition reduces illness and absenteeism from work, leading to increased income-earning potential and greater economic participation.
- **Empowerment through knowledge:** Education on nutrition empowers women to make informed choices about food and feeding practices for themselves and their families, leading to better health outcomes.

### 3. Strategies for Empowering Women through Nutrition:

- **Nutrition education workshops:** Provide women with knowledge about healthy eating habits, locally available sources of nutrients, and cooking techniques to maximize nutritional value.
- **Home gardens and small-scale agriculture:** Encourage women to cultivate their own vegetables and fruits, increasing access to fresh and diverse foods rich in vitamins and minerals.
- **Microfinance support for income generation:** Empower women to invest in nutritious foods and diversify their diets through income-generating activities like livestock rearing or vegetable selling.
- **Community kitchens and food banks:** Provide access to affordable and nutritious meals, especially for pregnant and lactating women and vulnerable households.
- **Integration with other initiatives:** Combine nutrition efforts with education programs, healthcare services, and economic empowerment initiatives for a holistic approach.



#### 4. Additional factors to consider:

- **Addressing cultural beliefs and practices:** Tailor nutrition interventions to existing cultural contexts and food preferences, ensuring sensitivity and sustainability.
- **Empowering women in decision-making:** Involve women in planning and implementing nutrition programs, fostering ownership and ensuring their needs are met.
- **Promoting gender equality:** Address underlying gender inequalities that limit women's access to resources and decision-making power regarding food and nutrition.

### Proper Education

#### 1. Benefits of proper education:

- **Increased Knowledge and Skills:** Education equips women with knowledge, critical thinking skills, and problem-solving abilities, essential for navigating life's challenges, making informed decisions, and participating actively in society.
- **Economic Empowerment:** Education opens doors to better employment opportunities, increased earning potential, and financial independence, allowing women to contribute to household income and break free from economic dependence.
- **Improved Health:** Educated women are more likely to understand and access healthcare services, adopt healthy practices, and make informed choices about their own health and that of their families.
- **Social and Political Participation:** Education empowers women to engage in community issues, advocate for their rights, and participate in decision-making processes, contributing to more just and equitable societies.
- **Reduced Gender Disparity:** By closing the education gap between girls and boys, we contribute to greater gender equality and create a more level playing field for all.

#### 2. Challenges and considerations:

- **Access:** Lack of infrastructure, transportation, and financial resources often impede girls' access to education, particularly at higher levels.
- **Social Norms:** Traditional gender roles may discourage girls' education, prioritizing housework or early marriage.
- **Quality of education:** Rural schools often lack qualified teachers, adequate resources, and relevant curriculum, impacting the quality of education received.

- **Relevance and skills development:** Education may not always equip women with the specific skills needed for local job markets or income generation.

### 3. Strategies for promoting proper education:

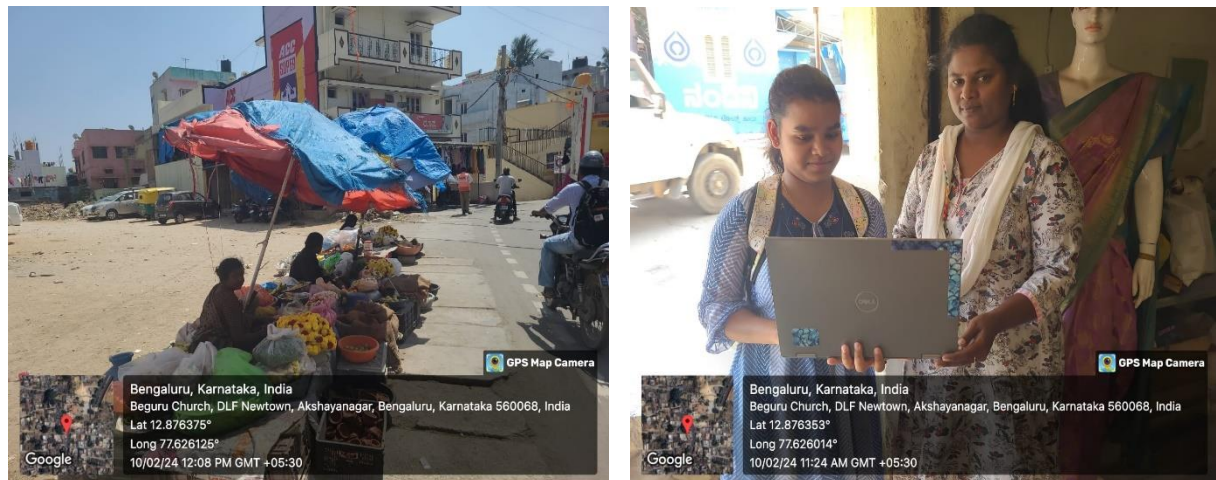
- **Community awareness campaigns:** Raising awareness about the benefits of girls' education and challenging harmful stereotypes.
- **Scholarships and financial aid:** Providing financial support to remove barriers to girls' access to education.
- **Improving school infrastructure:** Investing in rural schools, classrooms, and teacher training to ensure quality education.
- **Culturally relevant curriculum:** Developing curriculum that addresses local needs, incorporates the voices and experiences of women, and promotes critical thinking.
- **Vocational training and skills development:** Offering programs that equip women with marketable skills relevant to local economic opportunities.
- **Mentorship and role models:** Connecting girls with educated women as mentors and role models to provide inspiration and support.
- **Addressing gender-based violence:** Ensuring safe learning environments free from harassment and violence.

### 4. Additional aspects to consider:

- **Importance of early childhood education:** Investing in high-quality early childhood education lays the foundation for future learning and empowerment.
- **Involving men and boys:** Engaging men and boys as allies in promoting girls' education and challenging traditional gender norms.
- **Sustainable approaches:** Implementing programs with long-term commitment and community involvement for lasting impact.

## Chapter 6

### COLLAGE OF PHOTOS DURING AICTE ACTIVITY



**Fig 6.1: Snapshot of explaining about education**



**Fig 6.2: Snapshot of Explaining about health and nutrition**



**Fig 6.3: Snapshot of women in interest to enhance their skills**

## Chapter 7

# CONCLUSION

Empowering village women is not a destination but a journey. While there's no finish line for women's empowerment, significant progress has been made. When women thrive, families, communities, and nations benefit through improved health, education, and economic participation. Removing discriminatory practices and ensuring access to rights and opportunities creates an environment for women to flourish. Equipped women become leaders, entrepreneurs, and changemakers, driving progress across various sectors. Persistent issues like gender-based violence and limited resources require ongoing efforts. Strategies need to adapt to specific community needs and individuals. Government, NGOs, communities, and individuals must work together for lasting impact.