
THE PRICE AND VOICE OF 'SELF' FOR WOMEN EMPOWERMENT

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Abstract: Women represent half the world's population, and gender inequality exists in every nation on the planet. Gender equality is a human right. A decisive mark of promoting gender equality is the empowerment of women, with a focus on identifying and redressing many a power imbalance and giving women more self-sufficiency to manage their own lives. Other large global humanitarian issues such as poverty, unemployment, population growth, medical condition and violence are all intertwined with the issue of gender equality. Women's empowerment is vital to sustainable development and the realization of human rights.

Introduction: The huge display of communication channels, supportive spokespeople, equality research, campaigns and corporate responsibility initiatives together mean that everyone can be an activist inspiring change for women's advancement. Women across the globe need to be celebrated for their extraordinary contributions to the world including space exploration and rocket science. It is indispensable for us to recognize and celebrate *she-roses* as we do of heroes.

This paper attempts to expose the productive dimension of the *price and voice of 'self'* for women empowerment that creates possibilities from an angle phrased as 'knowledge of power is as important as the power of knowledge in women's lives' which empowers women wherein a woman is entitled to live in dignity and in freedom from all shackles of life. It is essential for them to follow the footprints of successful women in different realms as their role models.

The International Women's Day is celebrated on March, 8 every year. Thousands of events occur to mark the economic, political and social achievements of women contribute to celebrate the day across the globe by many organisations, governments, charities, educational institutions, women's groups, corporations and the media and above all by the female cult of the world. But then, until societies, governments and non-governmental organizations around the world come together and make a concentrated effort to empower and grant equality to women, the world will be stuck in the past, and human well-being will never truly realize its full, vigorous potential.

There are several organisations and institutions advocating for women, promoting legal and policy reforms and gender-sensitive data collection, and supporting projects that improve women's health and expand their choices in life. Despite many international agreements affirming their human rights, women are discriminated and marginalized at every level of the society whether it is social participation, economic opportunity and economic participation, political participation, access to education or access to nutrition and reproductive health care. The reality is that their voice is louder and the tragedy is that no one listens to them.

Among the civilized nations of antiquity the Indians are distinguished by unusual respect for women. The life-

task of woman is a double one. First, as an individual woman has the high destiny obligatory upon every human being of acquiring moral perfection. Next, as a member of the human *race* woman is called in union with man to represent humanity and to develop it on all sides. In India, the most developed nation in the region, the voice against the atrocities on women is probably the loudest. One is sure that women in the west also undergo indignities but their advanced societies seem to have sophisticated ways to humiliate the female.

Brutal assaults on women grab regular headlines in the mass media. For instance, even as Malala Yousafzai, a 14-year-old activist who advocated girls' education, recovers from the bullet shots by Taliban at Swat in Pakistan, there is no let up in atrocities against women in the subcontinent. Policies and legal mechanisms alone cannot help in curbing the problems faced by women. The overall attitude and acceptance level of the people of needs to arrive for positive change. It is high time we focused on the stark reality that women suffer disproportionately. The discrimination against women is in a steamy state of affairs which requires the attention of the society.

As such, progressive and resourceful women in the society need to come forward to help their cult for creative and generative action in as many ways as possible to stimulate the individual self in each and every woman towards real women empowerment. Empowerment means to gain knowledge and understanding. Self-empowerment means to gain knowledge and understanding of the self. So self-empowerment means to gain knowledge over the Self. Women Empowerment refers to the increasing of the spiritual, social, political and economic strength of all women. Empowerment of women is conceivably the sum total of the points listed below or parallel capabilities:

- Having the power of making decisions for self.
- Having access to resources and information for proper decision making.
- Having numerous options to choose from (instead of yes/no, either/or).
- Ability of showing assertiveness while making decisions collectively.
- Ability to think positively to bring about a change.
- Ability of developing new skills for group power and self improvement
- Ability of using democratic means to change

- perceptions of others.
- Adopting changes and a growth process that are self initiated and never ending.
- Overcoming stigma and staying focused on increasing positive self-image.

If one implements the characteristics of empowerment in respect of women empowerment by hook or crook without any detriment to the day-to-day communication skills, one is sure to be blessed with heavenly qualities which pave way for the saga of leading life with freedom and dignity successfully.

A special focus should be on empowering girls and women, since it leads to a change in the society which would be sustainable and will be in effect for ages to come. A united approach must be followed while empowering women it is a social cause that requires stewardship and continuous attention from every individual. Society needs to enhance its efforts for women empowerment and to boost the progress being made by women. It is society's constitutional, moral and social responsibility to confirm women's progress by giving women equal opportunities and rights.

Experiential research shows that one is the architect of one's life. One has to improvise certain attitudinal tendencies to make both ends meet in this world of cut-throat competition to curb the problem of identity crisis and a respectful living with no compromise to the essence of life and its rewards. Opportunities for self development are denied to them. A quick look at the following measures for putting into practice proves useful to sustain the sanctity of genuine empowerment in a woman's life.

Self Knowledge: the ability to know thyself in all its facets and thereby know how others operate and then get exposed to the art of interacting with men and matters.

Self appreciation: It is essential to know what you are good at, to develop a sense of self-dignity. Know what unique it is that you can offer the world – and to know that the world wants you to deliver that, because *they need it from you and can't wait for you to do it.*

Vision: It guides us in the direction that we must move towards, it provides the path, but only when we know where we are going, we can continue step by step combating fear.

Power of purpose: If we have a power of purpose, it ignites confidence in us and gives us a sense of purpose. Although purpose is not a panacea, it makes living worthwhile. Life matters when you have a purpose.

Commitment: It is nothing but the "heartfelt promise to self" to see things through and it will not let you down.

Contribution: It is for those that live by the principle of contribution; reward follows service; getting follows giving and so forth.

Women all over the world are challenged by a number of obstacles that restrict their ability to play significant roles in their communities and the broader society. For a long time they have lagged far behind men in key socio-economic indicators that place them at a

huge disadvantage. Today there are lots of things that are happening in the name of women empowerment in India and lot of resources are spent in this direction. Keeping this in mind it is crucial to have a reality check on what is happening on paper and what exactly are the ground realities towards this direction. Empowered women and girls have a truly transformative role to play in their communities but they are rarely afforded the opportunities that will allow them to fulfill their enormous potential.

To initiate measurable actions at ground level, education of women should be given top priority and female literacy programmes need to be enforced across the country. Further to improve the socioeconomic conditions women need to be trained and better equipped for taking informed decisions. The real change will be only visible when social attitudes and norms change.

Unless we improve the ground level living standards of women, we might not be able to influence their empowerment in any other possible way. Various issues that need to be addressed for improving overall conditions of the women include making access to affordable cooking fuel for rural women, providing safe drinking water, sanitation, increasing decision making capacity among women, providing equal wages as that of men, ending their exploitation, improving the political participation of women, eradicating poverty among women, increasing the security of women who are engaged in agriculture as waged workers, providing affordable healthcare and nutrition and managing the risk of unwanted pregnancies, High Immune Virus infections and Sexually Transmitted Diseases and above all poverty at its worst heights.

Programmes involving the men are the need of the hour to establish genuine women empowerment. It will be helpful for working out adjustments and sharing of gender based specific performance or tasks which are currently overburdening the women to no end.

- What's empowering to one woman is not empowering to another.
- Women's ability to exercise voice and strategic forms of control over their lives is linked to being able to generate regular and independent sources of income.
- Relationships stretch out at the heart of women's empowerment.
- Sexuality is a vital but neglected dimension of women's empowerment.
- Understanding women's empowerment calls for rigorous and imaginative combinations of research methodologies and methods.
- Efforts to promote women's empowerment need to do more, than providing economic or political opportunities individual women. They need to tackle deeper-rooted structural constraints that perpetuate inequalities.
- Policies and laws that affirm women's rights and open up pathways for women's empowerment are critically important. But they are not in themselves

- sufficient to change women's lives.
- Women's role is vital for sustainable change.
 - Global institutions would benefit from listening to local women more and doing better to support existing local agendas for women's empowerment.
 - Fostering public engagement and debate is essential to making policies that work for women's empowerment and gender equality.
 - Recognizing and supporting those within the state who are responsible for the implementation of women's empowerment interventions is crucial.

- Changing attitudes and values is as important to bringing about women's empowerment as changing women's material circumstances and political opportunities.

When women move forward; the family moves, the village moves and the nation moves. It is essential that their thought and their value systems lead the development of a good family, good society and ultimately a good nation. Women's empowerment means a lot, but the ultimate goal of the equalization of man and woman would materialize, only when her complementary role is recognized by the society.

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