

## WOMEN EMPOWERMENT ITS ESSENCE AND IMPORTANCE

*by:*  
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It's been a decade of debate to give equal opportunities and chances for a woman to work, lead and stand with their own feet. Some countries see women as weak, unstable and no role in the society. In the 21st century women empowerment has emerged as one of the most pressing issues. It addresses various issues and concerns pertaining to women's capability, rights and status in the community that they belong. Women empowerment was designed to help women in the society by giving equal opportunities and chances to all women in confronting, resolving issues and being part of society by means of equal opportunities to be part of politics, education, and so on.

In the United Nations Population Fund's report from 2021, "Women Empowerment," women's political, social, economic, and health status are all considered to be essential ends in and of themselves. Furthermore, they are crucial for achieving sustainable development. In order to be fruitful and reproduce, both men and women must fully participate and work together. This includes sharing duties for the upkeep of the home and the raising of children. Due to their heavy workloads, lack of power, and influence, women over the world are threatened for their lives, health, and general well-being. There are power dynamics that keep women from enjoying healthy and fulfilling lives at every level of society, from the most private to the most obvious. Policies and programs that will increase women's access to stable employment and financial resources, lessen their heavy domestic responsibilities, remove any legal obstacles to their participation in public life, and raise social awareness through effective education and mass communication campaigns are needed to bring about change.

According to the article by Kollapudi and Mendam (2015) titled "Women Empowerment in India," women's empowerment is the growth of poor people's

assertiveness and capacity to engage in negotiations with and hold institutions that have an impact on their lives accountable. One of the key ways to equip women with the information, skills, and self-assurance they need to actively engage in development is through education. Better socioeconomic development is facilitated by it. In India, there was a strong relationship between caste, class, family background, and culture and how empowered women were. Age and geographic location might both be urban or country. Discrimination in society, economic difficulties, religious customs, social mores, and violence against women were obstacles to women's empowerment. They were unable to access health and educational services, lack decision-making power and face higher level of violence.

According to a 2013 World Health Organization article, women's equality and empowerment are fundamental human rights that are essential to achieving all development goals, particularly those related to health. For the promotion of sustainable development, women's increasing political engagement, ownership over resources, especially land, access to jobs, and education were essential. There are several ways that increased gender equality can benefit the health and standard of living of women and their families. Less children were born, more women had access to healthcare, more women had control over healthcare resources, and fewer women experienced domestic abuse.

In conclusion, we are all created equal and it is a must that we treat each other equal to despite the color of their skin, physical appearance, religion and gender.

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