

## How to Overcome Barriers

**Jenny C.M.**

Assistant Administrative Officer, CMFRI, Kochi

Email: jennyvelayudhan@gmail.com

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Women are not born, but made. What better than India to exemplify this statement by Simone de Beauvoir. This lecture intends to discuss the issues women folk face in present scenario. The trainees aged between 18-35 can share their ideas about life and their ambitions. They can recollect the hindrances they face in day today life. They can make a self-analysis and reach a conclusion on problems they face. Then they can reach new horizons by remolding themselves if needed. Through interaction with fellow trainees they might have understood the common difficulties they face. They can offer helping hand to others who really need help.



### Key Concepts

Acquiring knowledge-When we talk about empowerment, primarily we talk about education to women. Only education is needed for empowerment?

### What is empowerment?

Empowerment is the process of enabling or authorizing individual to think, take action and control work in an autonomous way. It is the process by which one can gain control over one's destiny and the circumstances of one's lives. Empowerment includes control over resources (physical, human, intellectual and financial) and over ideology (beliefs, values and attitudes). It is not merely a feel of greater extrinsic control, but also grows intrinsic capacity, greater self-confidence and an internal transformation of one's consciousness that enables one to overcome external barriers to accessing resources or changing traditional ideology.

### What is education?

Vaguely speaking Education is an effort of the senior people to transfer their knowledge to the younger members of society. It is thus an institution, which plays a vital role in integrating an individual with his society and in maintaining the perpetuation of culture.

There was a time when people thought that it was not necessary to educate girls. Now we have begun to realize that girls' education is essential. The modern age is the age of awakening of girls. They are trying to compete with men in all spheres of life. There are many people who oppose girls' education. They say that the proper sphere of girls is the home. So, they argue that the money spent on girl's education is wasted. This view is wrong, because girl's education can bring about a silent resolution in the society.

## **What is Self Confidence?**

Self-confidence is the belief in oneself and abilities, it describes an internal state made up of what we think and feel about ourselves. This state is changeable according to the situation we are currently in and our responses to events going on around us. It is not unusual to feel quite confident in some circumstances and less confident in others. It is also influenced by past events and how we remember them; recalling a former success has a very different outcome in terms of our confidence levels than thinking about an occasion when we failed.

## **Whether the present social systems develop self confidence in women?**

Even though efforts are made by law makers and executive to empower women, the attitude of the society is not changed. Without change in the basic attitude of the society women empowerment and developing self-confidence is not possible. For e.g. The Indian constitution Art.19 gives freedom of movement in anywhere in India. Generally Women never exercise this rights and majority avoid travel during night. The basic freedom allotted to Indian citizen is not enjoyed by women.

## **How to overcome these barriers?**

Only through education and developing self-confidence women empowerment is possible.

## **Introduction**

Indian women are completely devoted to their families. They're preached in the names of Goddess Saraswati, Goddess Durga, Parvati & Goddess Kali. In the modern time, women in India were given freedom & right such as freedom of expression & equality as well as the right to be educated. Various prestigious positions at this period were held by women. They're enjoying the 'ladies first' facility in different fields. However, some problems such as dowry, domestic violence, sex selective abortion, female infanticide are still prevalent.

Most women are given a chance of finishing their education to the degree level. They are discouraged from getting married and raising a family when they are young. Because women empowerment will lead to an improvement of the socio-economic conditions of the society in a number of ways. The women empowerment programmes of the Department of Social Justice cover welfare and support services, training for employment and income generation, awareness generation and gender sensitization. All these efforts are directed to ensure that women are empowered both economically, socially and thus became equal partners in the development of the state along with men. There are number of women education grants that offer help to women from poor background in order to give them a chance to be educated.

There're various scholarships that benefits women in India to achieve their career by going back to school or various training institutions where they can further their education.(eg: Single Girl Child scheme of GOI) Also, many NGO's in India offer support to women in order to benefit them in education. The government of India is

also setting aside funds that are used to empower women & other initiatives that will empower them.

Women who have the desire to improve their lives are allowed to take these grants from the government and NGO's to empower themselves with the help of their spouses or without for single mothers to get education to the degree level, post graduates, PHD just to mention a few. These grants for women get most supports from different companies after realizing that women can perform better than men if they are well educated and equipped .Eg: Kudumba Shree SHGs

## **EMPOWERING WOMEN IN BUSINESS**

The government of India set aside some reasonable amount of money which women who have business ideas can borrow in order to start businesses. Women are encouraged to start small business in order to have their own source of income thus they become independent. Various non-governmental organizations also offer financial support to women in India and encourage and teach them how they can be making their own money by starting various business activities.

The status of the women in India has greatly improved and there are many women who are holding high position in the government offices. This has proved that women can be even better than men if they are given an opportunity. Women are given equal opportunity like their male counterparts by the government.

It is impossible to think about the welfare of the world unless the condition of women is improved. It is impossible for a bird to fly on only one wing.” – Swami Vivekananda.

## **Mother and Child Tracking System (MCTS)**

The Mother and Child Tracking System, launched in 2009, helps monitor the health care system to ensure that all mothers and their children have access to a range of services, including pregnancy care, medical care during delivery, and immunizations. The system consists of a database of all pregnancies registered at health care facilities since 1 December 2009, and all births since 1 December 2009.

The Ministry of Women and Child Development is implementing various schemes for women's economic empowerment namely, Rashtriya Mahila Kosh (RMK), Support to Training & Employment Programme for Women (STEP), Priyadarshini besides National Mission for Empowerment of Women (NMEW) and Indira Gandhi Matritva Sahyog Yojana (IGMSY).

### **Women Related Schemes / Programmes - CENTRAL**

- \* AnganwadiKaryakatriBimaYojana
- \* Udisha TrainingProgramme
- \* Ujjawala

## **Women Related Schemes / Programmes- STATE**

- \* “Mangalya” - Scheme for Widow Remarriage
- \* Flagship Programme for Gender Awareness
- \* Flagship Programme on Finishing School for Women
- \* Educational Assistance to Children of Women Prisoners
- \* Implementation of Domestic Violence Act
- \* Implementation of Dowry Prohibition Act
- \* Vocational training to Inmates of Women Welfare Institution through STED
- \* Nutrition Supplement to HIV Affected Women and Children
- \* Benefits to Anganwadi Workers and Helpers through Welfare Fund
- \* Financial Support to Pregnant & Lactating Mothers for Ensuring Better Childcare during Pregnancy and After Delivery.