

Women Empowerment

"Woman is no more the name of frailty" is a very famous proverb that describes women's empowerment of 21st century exemplified as an epitome of strength, resilience and innovation. Women empowerment literally means a process of enabling women to participate in all spheres of life with full confidence, support, and freedom of choice to make independent decisions. For centuries, women have been subjugated to a second-citizen treatment and have been denied to even basic human rights. Historically, women were not allowed to participate in activities outside home; they were not able to give votes, take part in jobs, and make independent choices for their life. Eventually, after years of patriarchal violence, women decided to dismantle this process and stood for their rights. Several revolutions, notably French Revolution, then ensured their rights and thus women were able to express themselves. Now, women have already broken all stereotypes and are shaping the world around them. Be it medical field, engineering, IT sector, science, armed

forces, judiciary, parliament, or executive positions, women are having strong presence everywhere. They are successfully presenting themselves in both household-related matters as well as societal matters. But, despite all these advancements, women, all along the world, are still facing obstacles in their growth. These include gender stereotypes, conflict of roles, gender discrimination, unequal opportunities, gender-based violence and injustices. To overcome these challenges, individuals, communities, and governments need collaborative efforts to create an enabling environment where they may feel safe and secure to exercise their talents.