

LIFE SKILLS FOR WOMEN EMPOWERMENT: AN OVERVIEW

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ABSTRACTS

The participation of women in work and social life has put heavy demands upon them to make adjustment between her traditional role in her family and outside her home. Empowerment of women is one of the central issues in the process of development of country. In order to fillip to empowerment of women and appropriate mechanisms, interventions have been built for the betterment and prosperity of women. This article brief about the concept of empowerment of women, goals of women empowerment, dimensions of empowerment, life skills for women empowerment, the components and process of empowerment, women empowering activities and indicators of women's empowerment etc., also suggest the importance of participation of women in different activities is essential for socio- economic development of our country.

KEYWORDS: The Plight, Home Depends, Maintaining Household



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