

## **Workshop on “WOMEN EMPOWERMENT”**

### **Objectives:**

In a world where Democracy finds itself besieged, the question of women’s empowerment acquires crucial significance. Today, as the world progresses in technology and economic welfare, it sadly appears to retrogress in culture. Women, across the world, appear seriously affected by this anomaly. We, in India, are especially saddened in the wake of recent attacks on women. Addressing the urgent need of women to empower themselves, CMS Business School, Jain University, will conduct a training and awareness workshop for women and all interested, in women’s empowerment. The sessions will address all important issues of women developing and nurturing self confidence; positive imaging, move on to acquiring work-life balance, managing relationships and conflicts; effective parenting, and crisis management and progress to the acquisition of financial and technological skills for everyday success. The sessions will also address significant issues of physical fitness, self-defense and concerns in gynecology.

**Empowerment** refers to increasing the spiritual, political, social, educational, gender, or economic strength of individuals and communities. “**WOMEN EMPOWERMENT**”, also called gender empowerment, has become a significant topic of discussion in development and economics forums worldwide. Entire nations, businesses, communities, and groups can benefit from the implementation of programs and policies that adopt the notion of women empowerment. Empowerment is one of the main procedural concerns when addressing human rights and development.

As we know, women normally have to work harder than men. They guarantee domestic stability, taking on any work they can get to secure the family income, more often than not in the informal sector and without the benefit of social security. But despite the important role they play for family and society, in all essential areas of life women are generally at a significant disadvantage as compared with men, whether in terms of

education, income, partner choice, inheritance laws, property rights, decision-making processes, community organization, or access to leadership positions in education, business, or politics. The goal of gender equality is far from being achieved both in the public mind as well as in reality. Work with and for women in the interest of **“women’s empowerment”** will continue to be one of the main tasks of adult education for a long time to come.

### **ME & Myself**

**Dr. Ushy Mohandas** is a doctor by profession, an educator by passion, a crusader against corruption in dental education, a spirited motivational speaker, writer, and academic. Dr Ushy Mohandas is driven by the objective to bring social change in every possible way. A behavioral therapist trained in hypnosis, and a certified Neuro-Linguistic Programming practitioner working with organizations dedicated to healing abuse, addictions and neglect.

### **Feed Back by Ms. Sneha Jain**

Dr. Ushy gave us insightful thoughts about “WOMEN’S EMPOWERMENT” which made women to realize their power as well as their importance in family life. She said “Though men are powerful than women, do not allow men to help you, do your own work which portrays your confidence and independence”. Her words instilled confidence and made all the women present in the session to realize their strength.

### **Image Building**

We also had a session from **Ms. Manjiri Jawadekar** who is a Chief consultant at Reivent Image Consulting is a trained image professional. She was trained by Image Consulting Business Institute under the curriculum of Judith Rasband, who is one of the only 8 certified Image Masters of the world.

### **Feed Back by Ms.Vigneshwari**

In her session, we learnt that we should dress to express and not to impress. We should not judge people based on their appearance. We should dress according to occasions. We were glad to learn about grooming, image building etc.

After attending her session we understood how powerful personal appearance can be. We realized that intelligence, skill, knowledge and hard work cannot be replaced but it surely needs to be showcased to the world in the best possible manner. It is also due to appearance and behavior that one gains personal/ professional presence in any situation. Every one of us leaves an impression, consciously or unconsciously in other's mind.

### **Self Defence**

**Franklin Joseph** can be called as "**DR.SAFETY**" as he is a Women Safety Empowerment Specialist and a Social Entrepreneur conducting **Power to Women** Workshop on Women Safety Awareness and Women Psychological Empowerment / Preparation against Crime, Violence, Sexual Abuse and Sexual Harassment for school, college and corporate.

### **Feed Back by Ms. Priyanka Karning**

Franklin Joseph is a self-defence trainer for women. Nowadays as we know, its difficult for women to come out of their homes as there is lack of safety in this world. By attending Franklin's session, we discovered that it is not mandatory to be physically strong to protect ourselves but we must be mentally strong. He taught us few self defence techniques by which women can protect themselves to an extent without anyone's help. He trained us to escape from the hand grab threat easily using reflex action scientific tactics. We are really thankful to Franklin for enlightening us with few easy self defence techniques and for bringing in us, a confidence to take a stroll without any fear, even at midnight.