

# **Download Women Empowerment Self Help Group**

The term empowerment refers to measures designed to increase the degree of autonomy and self-determination in people and in communities in order to enable them to represent their interests in a responsible and self-determined way, acting on their own authority. Read this article to learn about the meaning, need and objectives of Self-Help Group (SHG) of India. Meaning of Self-Help Group (SHG): SHG is a holistic programme of micro-enterprises covering all aspects of self-employment, organization of the rural poor into self Help groups and their capacity building, planning of activity clusters ...Empowerment self-defense is a combination of awareness, assertiveness, and verbal confrontation skills, combined with safety strategies, and physical techniques. This is the group discussion on "Women Empowerment - A Cause for Increasing Divorce Rate in India".