

Women Empowerment: A Catalyst for Sustainable Development, Social Justice, and Economic Growth

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Abstract: *Women empowerment is a multidimensional process that enables women to gain control over their lives, access opportunities, participate in decision-making, and realize their full potential in social, economic, political, and cultural spheres. Despite significant progress in education, healthcare, and workforce participation, women worldwide continue to face gender-based discrimination, unequal access to resources, violence, and systemic barriers that limit their development. Empowering women is not only a matter of human rights but also a prerequisite for sustainable development and economic prosperity. This chapter explores the concept, dimensions, determinants, challenges, and outcomes of women empowerment. It highlights global and Indian perspectives, examines policy interventions and legal frameworks, and discusses the role of education, technology, healthcare, and entrepreneurship in advancing gender equality. The chapter concludes with strategic recommendations for achieving inclusive and sustainable women empowerment in the twenty-first century.*

Keywords: Women empowerment, gender equality, education, economic empowerment, sustainable development, leadership, entrepreneurship, social justice