

Empowerment Through Perspective Capacity Building Skills Among Female Students In Bharathiar University

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ABSTRACT

The study entitled on "Empowerment through perspective capacity building skills among female students in Bharathiar University" was funded and organised by RUSA 2.0 BEICH under skill development centre, Bharathiar University, Coimbatore-46. It consists of 20 sessions including theories and practical (visual) / demonstration videos and lectures by various subject experts. This course is specially designed for female students of Bharathiar University & its affiliated colleges to incorporate and empower them through capacity building skills which are a need of an hour. For this course, 68 participants from various age group student teachers (I & II Year B.Ed.,) M.Sc., & Ph.D research scholars were registered. An average of 35 students were participated in the course and also benefitted too. Every session had question and answer session; participants were open to clarify their doubts. They are also interacted with the resource person and the resource person cleared their doubts then and there. The participants were satisfied with the course and also with the mode of presentation and duration of the course. The participants were enjoyed the session which was so lively ,interactive and assure that they were interested to attend future course of this genre

INTRODUCTION

The Capacity Building in Higher Education (CBHE) action supports international cooperation projects based on multilateral partnerships between organisations active in the field of higher education. It supports the relevance, quality, modernisation and responsiveness of higher education for socio-economic recovery, growth and prosperity and reacting to recent trends, in particular economic globalisation, recent decline in human development, fragility, and rising social, economic and environmental inequalities exacerbated by the COVID-19 pandemic.

Skill development not only creates employment opportunities but also empowers them. The aim of skill development, in case of women, is not just simply preparing them for jobs; but also to boost their performance by improving the quality of work in which they are involved. Skill development is a key to success which improves productivity, employability and earning opportunities and bridge between job and workforce. Today, it is considered as a vital and essential tool for women empowerment. Indian women face the majority of barriers to accessing skills and productive employment. A large effort is needed to create a skilled workforce for creating an economic prosperity.

The aim of skill development, in case of women, is not just simply preparing them for jobs; but also to involve . Empowerment of women is a necessity for the development of a society, since it enhances both quality and quantity of human resources available for development. The government of India has passed the national policy for 'women empowerment' – which aims to ensure overall development of women within the country. They seek to impart skills to women so that they can stand & support for themselves and gain status within society. The study incorporate certain capacity building skills which are needed in the societies to empower the female students imparted through educational programmes and requirement of additional specific courses.

Need and significance of the study

Empowerment of women is a necessity for the very development of a society, since it enhances both the quality and the quantity of human resources available for national development. Empowerment is one of the main procedural concerns when addressing human rights and development. Women's empowerment and achieving gender equality is essential for our society to ensure the

sustainable development of the country. Many world leaders and scholars have argued that sustainable development is impossible without women's empowerment. Without the equal inclusion of women in development, women would not be able to benefit or contribute to the development of the country. The fifth Sustainable Development Goal is bold, broad and important. It challenges the world to: "Achieve Gender Equality and Empower All Women and Girls."

This study will bring out/develop the psychological characters such as tolerance, co-operation, adjustment, emotional stability and maturity which are need for the life. This is also a platform to perform and develop self -confidence and practice all the skills at some extend. Skills incorporate in the programme will definitely empower the female students Hence, the study highlighted the needs, challenges and scope of the skill development programmes. This also focused on learning skills and building capacities, self-esteem, increasing access to information and resources, and promoting collective action and community organizing. This combination of economic and social empowerment positions them as leaders and decision-makers in their households and communities.

Objectives

The main objectives of the proposal are:

- ❖ To incorporate and develop perspective capacity building skill to empower female students in Bharathiar Univesrity.
- ❖ To incorporate and assess the all dimensions of the study
- ❖ To suggest possible solutions for future development
- ❖ To incorporate certain capacity building skills to empower the girls through various activities, hands –on experience, oral and written tests, conducting competitions assessed by the experts.

METHODOLOGY

The Webinar was scheduled for thirty sessions covering various topics. It was conducted online mode through Google meet. The brochure for the webinar was shared through WhatsApp and E-Mail to various students and student teachers in and Coimbatore, Erode , Tirupur and The Nilgris districts. The registration was made through online mode and total of 68 female participants were registered out of them 35 were participated throughout the programme. The result of any scientific investigation depends upon the tools used in the study. To arrive at logical conclusions, reliable and valid tools play a vital role. There are many standardized tools available which may vary in design, administration and interpretations. Depending on the nature of the study, a researcher can make use of standardized tools or they can develop their own tools. Considering the nature and purpose of the study, the investigator decided to incorporate certain capacity building skills which are needed in the societies to empower the female students imparted through educational programmes and requirement of additional specific courses for the present study. All the session had Questions & Answers session for the participants to clarify their opinions and doubts with the resource persons. The resource person answered their queries.

- ❖ Skills will be taught by the expert through various innovative methods.
- ❖ Each session will be hands on experience, evaluation and recorded.
- ❖ All the remarks in the form of marks will be recorded.
- ❖ Based upon the marks grade will be given in the certificate.
- ❖ e-Certificate were issued to participate on the successful completion of the course with the filling up of feedback form.

Incorporating skills

- ▶ Communication skills
- ▶ Team work and co-operative learning
- ▶ Environmental issues
- ▶ Basic laws and act with special reference to pocso act
- ▶ Self-defence/protection
- ▶ Yoga& balanced diet
- ▶ Physical and health education
- ▶ Culture and value education
- ▶ Stress management

DISCUSSION OF THE STUDY

The first Session of the Programme was started with entitled "Rejuvenation of health through Exercise yoga" insisted yoga and its importance, the concept of health and fitness, wellness, affect our health, factors / component of wellness, nutrition, physical and fitness and safety education. Also about various system of body, chronic diseases, factors related to health

exercises, yoga, asanas and its importance. How it works and functions of organs, through yoga how will improve our system, benefits and so on in a lively manner which helped and to make everyone to practice yoga in a day to day life.

In the second session shared the views about self - defence / protection. How to protect women in the society, problems faced by women and how to come out of their problems were discussed. Then impact of technology among school girls - female, sexual harassment and sex abuse with a vivid illustrations and examples. What are the ways to promote themselves in a brief way is also discussed. Most of the participants were interacted and discussed with the problems and got solution from the resource person.

The third session of the programme was on stress - a psycho somatic problem (mind and body related problems). He discussed under four stages to share on stress, assessment about participant's stress, explanation on stress and prescription at the end. He also instructed the participants to do the activities. With so many illustrations and examples, he pointed out about stress and how to manage stress. Tools / questionnaire were given to the participants; they themselves assess their level of stress too.

Fourth session was about on Balanced diet, nutrition, food and its function, beneficial of nutrition and non-nutrition and also narrated about grouping of foods namely carbohydrates, proteins, fats, cholesterol, vitamins, calcium, magnesium, zinc, iodine, iron, potassium, phosphorus, sodium and selenium and their types, sources and deficiency with apt pictures and explanations. It also described about the importance of diet during different stages of life, requirements of essential nutrients vary with age, gender, physiological status, adolescent nutrition/ food choices with the help of food pyramid/my plate for the day which will hide hunger & protection from diverse, in addition to women centric health issues. Next it was covered about global warming and dealt with energy balance, determining factors of the surface temperature of the earth, radiation balance. Every participant was eagerly participated and answered the questions. The composition of the atmosphere and ozone depletion was discussed in the first session and about the impact of climate change on biodiversity and conservation, biodiversity & its importance, factors determining degree of diversity, important role, and causes of biodiversity with reference to India. Ozone depletion, endangered species and preventive measures were mentioned by the resource person in later.

The sixth session dealt with intellectual development through physical activities & physical fitness, a most important key to a healthy body which is a basis of dynamic and creative intellectual activity which included as three categories of health status, body awareness with special reference to physical activities & importance of health education. The Seventh session of the programme was on team work later about collaborative learning in an elaborative manner under a brief introduction, meaning, characteristics, various process of team work, secrets to be a good team, qualities, training to improve team work and its benefit and drawback. The Eighth session was about basic laws and acts towards feminism, women exploitation, their status during ancient period, sex discrimination and property rights, child adoption, sex abuse in comparison with eastern -western countries. Participants were cleared their doubts then and there. The ninth session covered salient features of Indian culture preservation through education with a conclusion the best way to do it is value education which is a solid basis of better human being, society and world. Finally the session was concluded with communicative English under major categories, sounds, signs and script of English language and also insisted the hurdles of communication, importance of LSRW and about fluency in English in 90 days. The participants were enjoyed the session which was so lively and interactive.

Based on the feedback from the participants following are observed

- Participants were satisfied with the course and useful for them in future teaching-learning process.
- Majority of the participants were satisfied with the mode of the presentation, resource person, and quality of ppt, duration and timings of the course.

All the Participants are interested to attend future course of this genre by the same investigator.

CONCLUSION

The twenty sessions of the course "Empowerment through perspective capacity building skills among female students in Bharathiar University" through RUSA 2.0, Bharathiar University, Coimbatore gave an opportunity to empower the female students through educational programmes. The main objective of this course is to incorporate capacity skills (which also give them an opportunity to explore) for better yet being mentored on the essential aspects. Education is the key to women's empowerment. Through it, women have better access and opportunities in the work force, leading to increased income and less isolation at home or exclusion from financial decisions. With an education, women are able to live their dreams by pursuing their own goals and values which were given by the Bharathiar University under SDC, RUSA 2.0.



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