

AWARENESS PROGRAMME FOR WOMEN ON VIOLENCE
AGAINST WOMEN AND WOMEN EMPOWERMENT

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Highlights:

Introduction:

An Awareness Programme on Violence Against Women and Women Empowerment was organized by State Resource Centre for Women (SRCW) in collaboration with Myllem ICDS Project for women on 29th April, 2014 at Baniun Village.

Awareness of violence against women and their empowerment is of paramount importance as law plays a crucial role in everybody's day to day life, particularly women.

AWARENESS PROGRAMME FOR WOMEN ON VIOLENCE AGAINST WOMEN
AND WOMEN EMPOWERMENT

Date: 29th April, 2014

Venue: Anganwadi Centre, Baniun

Anchor	Ms. M. Kharkongor Asst. Coordinator SRCW
Welcome Speech	Ms. M. Kharkongor Asst. Coordinator SRCW
Speech	Smt. T. Kharkongor Lady Surpervisor Myllem ICDS
Speech	Smt. D. Marbaniang State Coordinator SRCW
Speech	Ms. E. F. Slong Research Officer SRCW
Speech	Smt. I. Rapphap Asst. Coordinator SRCW
Vote of thanks	Ms. M. Kharkongor Asst. Coordinator SRCW

Welcome Speech:

Ms. Metilda Kharkongor

Asst. Coordinator

State Resource Centre for Women



On behalf of the State Resource Centre for Women (SRCW), I heartily welcome each and everyone present here in this morning. I extend my welcome to Smt. T. Kharkongor, Lady Supervisor, Myliem ICDS, all the anganwadi workers and helpers and especially to all women who inspite of all your busy schedule you spared your time to be present here on this awareness programme.

I hope that through this programme, all women will gain knowledge and be aware about the different Laws and Act implemented by the Government to safeguard and protect them from violence and to empower them and also to spread and aware other women's who cannot be present at the programme.

Speech:

Smt. T. Kharkongor
Lady Supervisor
Mylliem ICDS



Integrated Child Development Scheme (ICDS) projects are being implemented in 8 blocks of this District. The target group under this programme consists of children in the age group of 0 – 6 years, expectant and nursing mother in the age group of 15 – 45 years belonging to families below the poverty line. The schemes provides a package of services covering supplementary nutrition, immunization, pre – school education, health check – up, referral services and health education for adolescent girls

The objectives of ICDS scheme broadly are:

1. To improve the nutritional and health status of children in the age group of 0 – 6 years
2. To lay the foundations for proper psychological, physical and social development of the child
3. To reduce the incidence of mortality, morbidity, malnutrition and school drop – out
4. To achieve effective coordinated policy and its implementation amongst the various departments to promote child development
5. To enhance the capability of the mother to look after the normal health and nutritional needs of the child through proper nutrition and health education.

The delivery system of ICDS

The following package of services is delivered in ICDS in coordination with other Departments:

1. Supplementary Nutrition
2. Immunisation
3. Health check – up
4. Referral Services
5. Nutrition and health education
6. Non – formal pre – school education

Beneficiaries

1. Children below 3 years:
 - a) Supplementary nutrition
 - b) Immunisation
 - c) Health check – up
 - d) Referral Services

2. Children 3 – 6 years:
 - a) Supplementary nutrition
 - b) Immunisation
 - c) Health check – up
 - d) Referral Services
 - e) Non – formal pre – school education

3. Pregnant women and Nursing mothers:
 - a) Supplementary nutrition
 - b) Immunisation
 - c) Health check – up ante natal and post natal services
 - d) Health and nutrition education
 - e) Non – formal pre – school education.

4. Other women and Nursing mothers:
 - a) Health and Nutrition education
 - b) Supplementary education

Integrated Child Development Services scheme serves the community through a network Anganwadis. An Anganwadi worker (AWW) is the focal point for delivery of Integrated Child Development Services scheme package of services. The anganwadi worker who is supported by a helper in the delivery of services, builds up linkages with the health system, empowers mothers with knowledge of related issues concerning child survival and development and thus enhances the capacity of the communities to rendered themselves through the development of the children.

Speech:

Smt. Daffily Marbaniang
State Coordinator
State Resource Centre for Women



Smt. D. Marbaniang gave a brief introduction about the function of State Resource Centre for Women (SRCW), its aims and objectives and about Mission Purna Shakti. She stated that National Mission for Empowerment of Women (NMEW) was launched on the 8th of March with an aim to empower women socially, politically and economically. She also informed that State Resource Centre for Women function at the State Level and is a centrally funded project by NMEW, Government of India. Further she stated that SRCW will facilitate Government and other stake holders involved in women empowerment issues to implement Gender Sensitive Programmes, Laws and Schemes through

effective coordination. She also highlighted that SRCW work for the convergence of women centric Schemes/Programmes of various Central and State Government. She further added that the office of District Convergence and Facilitation Centre (DCFC)/Block Convergence and Facilitation Centre (BCFC)/Village Convergence and Facilitation Centre (VCFC) function like a help desk in providing information about the various schemes and services accordingly help the women in getting the assistance through application process. Then gave a brief introduction about the institutional structure of the MPS whereby at the District Level the office called District Convergence and Facilitation Centre (DCFC) is functioning at Jowai, at the Block Level the office is called Block Convergence and Facilitation Centre (BCFC) and is situated at Laskein Block and at the Village Level there is Village Convergence and Facilitation Centre (VCFC) which are functioning from the Anganwadi Centres and also 10 villages have been selected for implementing the project.

She ended her speech with a note requesting the participants and other present in the programme to come forward and avail services and assistance which the SRCW, DCFC, BCFC, VCFC have put forward.

Speech:

Ms. E. F. Slong
Research Officer
State Resource Centre for Women



Smt. E. F. Slong stated that, most of our women are not aware of their rights therefore women faced numerous problems like exploitation, discrimination, abuse of all kinds which affect her socially, politically and economically adversely.

Further she explain that Violence Against Women is gender based violence that results in physical, sexual or mental harm or suffering to women which affect society as a whole. Violence Against Women is one of the crucial social mechanisms by which women are forced into a subordinate position compared with men.

There are different features and types of domestic violence. They are:

1. Physical Violence

2. Sexual Violence
3. Verbal & Emotional abuse
4. Economic Violence

Another form of sexual violence that is on the rise these days and that hampers the society is sexual exploitation, trafficking. Sexual exploitation is the recruitment, transportation, transfer, harboring a receipt of a person by means of threat or use of force or another forms of coercion, of abduction, of fraud, of deception or of the abuse of power.

Preventive Measures

- Be aware of any person who makes false promise of bright life.
- Avoid anyone who gives money as an initial advance in favour of any job.
- Be aware of any person who quickly befriended showering them with gifts and any displays of affection, particularly recruiters who will later face the victim into prostitution.
- Do not make decision under the influence of any substance and do not be in the company of people you do not fully know and trust while intoxicated.
- If someone, whether stranger or acquaintance promises something that seems too good in return for sex or free work, wait! Listen, understand the situation and check with friends and family for advice.
- Do internet searches or background checks on the person wanting you to go with them. Say 'No' and see how they react.
- Look out for signs of abusive or possessive behaviours. Is the person trying to isolate or turn you against family and friends? If so, avoid that person.

- If coming from a life of poverty the lure of a better income or education is hard to resist. Check and double check if the agency or recruiters are reputable.
- Make sure all the contracts/document signed are in your local language to understand all the detail information.
- Be aware of your child's online friends. Traffickers have been documented using social media like facebook in addition to others.
- Sometimes awful problems exist between parents and kids; seek help through counseling and rehab if necessary. Traffickers prey on runaways and throwaways.
- Protect yourself and family.
- Someone looking for a legitimate employee or student will honour the questions, knowing that you would be a valuable employee or student.
- Ask for pictures or housing and name of people, companies or schools that can be contacted. Human traffickers will typically avoid those who are asking too much, they want easy target.
- Recognize the signs – of a trafficked person in danger or a person being groomed for trafficking.
- React in the right way.
- Report your suspicion to the correct authorities – to quickly safe – guard victims and help catch the traffickers.
- Act responsibly – because you remain ignorant about human trafficking
- it will continue to escalate, claiming more victims.

Speech:

Smt. I. Rapphap

Asst. Coordinator

State Resource Centre for Women



Smt. I.Rapthap Asst. Coordinator, SRCW, thanks the women participants from Baniun village for their generosity and co-operation in the programme in spite of their busy work at home with their families. Women population is 50% of the total population in the country. They are the backbone of the society as a whole. They also contributed to the development of the country. So, there should be an understanding and cooperation between men and women towards the over all development of the nation. Violence against women is not a new phenomenon in India so also in Meghalaya. Crimes against women is an ever-increasing problem. This problem has been growing complicated in recent years. Crimes against women include rape, molestation, dowry death, wife-battering, kidnapping, female infanticide, cheating women with a promise to

marry them or fetch them a job and various types of sexual harassment and abuse of women include eve-teasing etc. in order to retain their dignity and respect, first we should know their problems and how to solve them so as to bring a holistic development or in other term, 'Women Empowerment'. Women Empowerment can be obtain through the cooperation with the National Commission of Women / State Commission for Women / Civil Society / NGO's /Groups/ Panchayati Raj/Durbar Shnong in every field of life.

By cooperating with them, at the end of the day, we will move forward to development and empowerment so that to bring a change in the dignity and status of women whether in the society and in the country as a whole.

Women Empowerment means to bring a change and to raise the dignity and status of women socially, economically, politically and legally. It can be termed as a way to treat both men and women equally whether in job opportunities, education etc without any partiality. Women Empowerment can also be understand as to empower women to be independent free from the control of other in her life.

Women Empowerment can be discussed in the following terms:-

1. Social Empowerment- women are the present and future of the country. Though we see and witness the great transformation in our everyday life yet, the educational, economic, political and social backwardness of women hinders the progress of the nation. We still hear and see the continuous crimes against women in different form as mention before.

So there is a need to empower women sociality and to fight back the ill-treatment of the society towards them. Access to education is one of the means to empower them. They should be treated equally in the society including their rights to share their views relating to the rules and regulation putting by the society and to decides whether to accept it or not. They have their own rights to choose and to decide their own life

without the control and influence of other in the family. For example- to marry a person or not and also to decides how many children she want after getting married referring to the health status of her. Women can take decision in regards to the family matters as well. They can sit together in the Durbar Shnong/Panchayati Raj along with the male members of the society with regards to the welfare of the community as a whole.

2. Economic Empowerment- Human being is surrounded with different wants in life like food, shelter, clothes, education etc. And to meet these kinds of wants which are the necessary or the basic needs of life, to sustain our living we need the purchasing power. But purchasing power is inadequate when there is lack of money income in the hands of the people. There are two thing women can become empowered economically:-

- I) Through self efforts- improvement of dietary habits, health and hygiene, kitchen-gardening, sanitation etc
- II) Through group efforts- by forming SHGs to be financially independent. But they should know how to save money and banking etc.

There are two schemes initiated by the Govt. which every one are familiar with it, that is MREGS and NRLM which are formed with the intention of bringing out the equality between men and women in terms of wages without any partiality at all and also to eradicate poverty among the people.

Training for women in embroidery, knitting etc were also mention for example -Support to Training cum Employment for women(STEP).

3. Political Empowerment- if women's voice is to carry more weight, they should be given political power. They must be free to take part and to make decision in the administrative process. Or example- if a woman in

the village gets elected as member in any political party or panchayati Raj, she will be become automatically powerful whether in the family, and the society as a whole. She can bring development in the village like school building, safe drinking water and sanitation etc.

4. Legal empowerment:-

- i) Domestic Violence act, 2005
- ii) National Empowerment of Women,2011
- iii) Fundamental Rights of the Indian Constitution
- iv) And many more.

Vote of thanks:

Ms. Metilda Kharkongor
Asst. Coordinator
State Resource Centre for Women



Women are the backbone of the society. All the years women are still beset with numerous problems of discrimination, exploitation, indifferent attitudes etc. which has hindered the progress of women. Violence against women are increasing both in the rural and urban areas where women are subjected to violence and crimes. Society cannot progress without empowering 50% of its population i.e, women. Women are essential and integral part of the development process including planning, decision making and implementation. Ms. M. Kharkongor on behalf of SRCW convey a special thanks to the Lady Supervisor of Myllem ICDS and also thank the anganwadi workers and helpers for their helps and support and especially to the participants for their enormous cooperation.