

J&K BUDGET

The newly announced budget for Jammu and Kashmir has been widely welcomed as a progressive and inclusive financial plan aimed at boosting economic growth, infrastructure development, and social welfare. With a special focus on employment, women's empowerment, and public welfare, the budget promises to open new avenues for prosperity in the region.

The J&K budget has allocated substantial funds for infrastructure projects, including ring roads, tunnels, and better connectivity in remote areas. The government has announced subsidized chopper services for regions like Chenab Valley, Poonch, and Rajouri, ensuring better accessibility and development in these areas. These projects will not only enhance connectivity but also create job opportunities for the local youth.

The budget also emphasizes the need for accountability and transparency, promising to hold elections for Urban Local Bodies and Panchayats soon. This move will strengthen grassroots governance and empower local representatives to address community issues effectively.

One of the most appreciated aspects of the budget is its focus on employment generation. Several job openings have been referred to the Jammu and Kashmir Services Selection Board (JKSSB), ensuring that deserving candidates get government employment opportunities. In addition, various schemes have been introduced to support vocational training, cluster resource coordinators, and daily wage workers.

In a remarkable step towards women's empowerment, the government has announced free travel for women in government and e-buses. This initiative will provide a much-needed economic relief to women, making transportation more affordable and accessible. Additionally, the budget has increased pension allocations for old-age beneficiaries and women, ensuring better financial support for vulnerable sections of society.

The budget has earmarked significant funds for improving government medical colleges, hospitals, and healthcare facilities across Jammu and Kashmir. Strengthening the healthcare system will ensure better medical care for residents and address the challenges faced by the sector.

The education sector has received due attention, with special provisions for improving schools, colleges, and vocational training centers. The government aims to provide quality education and skill development opportunities to the youth, enabling them to contribute effectively to the region's progress.

Strengthening Women Empowerment and Gender Equality

DR. BANARSI LAL

Every year 8th of March is celebrated as the International Women Day across the globe to recognize the extraordinary contribution of women in the development of the society. India is the home of fourth largest agricultural sector in the world. It has been observed that 84 per cent of the Indian rural women livelihood depends on agriculture. The contribution of women to the society has been contemplated over the years. Women play a vital role at the grass root level for social development. Education is the prime tool for upliftment of society particularly for a girl child who in turn educates the family. The man without woman is like an eye without vision. In our country mythology, the status of women has always adjudged with high honour so much so that women were even worshipped. Even in the Vedic Age, the women were much respected. Women of the Rigvedic period were asked to compose some of the hymns and have risen to the rank of seers like Visvavara, Apala and Ghosha. The women were performing the social duties with full responsibility and were considered an integral part of the family. We have the evidence that women led a free life in the Vedic period and education was not denied to them. Many Madrasas were set up by the kings especially for girls in Mughals era. Although there were some atrocities took place against women in Mughals era but they promoted the women's status. Remarkable participation of women in India's freedom struggle throws much light on the potential and strength of women. Nobody can deny the significant role played by the women during the Indian National Movement. Vijayalakshmi Pandit, Sarojini Naidu, Madam Bhikaji Cama, Sucheta Kriplani are to name a few of the women who devoted their whole life for the freedom of the country. Captain Lakshmi Sehgal headed the Rani Jhansi Regiment of

the Indian National Army. Sarojini Naidu is said to be the "Nightingale of India", was elected as the Congress President. Our freedom struggle would have been an arduous task without the key contribution of women. There were many undisclosed faces of Indian women who provided moral support for national building.

The International Labour Organization report says that women constitute 50% of the population make up, 30% of the labour force, receives 10% percent of the world's income and own less than 1% of the world's property. According to 2011 Census, female literacy level in our country is 65.46% against the male literacy level of 82.14%. During 2001-2011 decadal period, the growth in female literacy rate (11.8%) was substantially faster than male literacy rate (6.9%). This is a tremendous growth when compared to the ratio in 1951. During the decade 2001-2011, there is a tremendous progress in the field of female literacy in our country. Women are contributing a lot in the Indian economy growth. We made a bold step in respect of the political empowerment of women at the grass root level. 64TH Constitutional Amendment Bill for reservation of women in Panchayats was introduced. Though it failed in Rajya Sabha, it was reintroduced during Narasimha Rao's regime. In December 1992, Parliament passed the 73rd and 74th Constitutional Amendments providing for 33% reservation for women in the Panchayats Raj elections. In the last decade, the women have played a significant role in local bodies. Women's Reservation Bill is still being debated.

The presence of women in the national politics has grown significantly. Women have proved that if any opportunity is given to them could be completed successfully in any field. Smt. Indira Gandhi was the world's 2nd Woman Prime Minister and Ms. Vijayalakshmi Pandit was the first woman

President of the UN General Assembly. India had many examples of umpteen women in respect of Governors, Chief Ministers, Judges, and Civil Servants etc. In the entertainment industry also Indian women have proved their talent. In the World Beauty Pageant contests, India is the only country to have won the Miss World context more than twice. In sports also the Indian women namely P.T. Usha, Sania Mirza, Anju Bobby George, Mithali Raj, Mary Com etc. have gained prestigious position. Kalpana Chawla and Sunita Williams have proved that they are not lesser than anybody even in the field of Space Technology. Although we are proud of the Indian women in the global arena but we should also look into the atrocities against them in the name of female foeticide, gender inequality, sexual harassment, dowry system and many more evils. The atrocities against women start even before they are born and get manifested in the environment with a new face. The evils against them are man-made that shackles the women's growth from keeping the pace with the development. The plethora of atrocities and denial of basic rights to women, have led the society to contemplate over it. The sexual harassment cases are observed everyday. A report of World Health Organization reveals that a woman is being raped after 54 minutes. After every four minutes, a woman or minor girl becomes the victim a sexual harassment. Gang rape and murder case of 23 year medical girl in Delhi demands the strict law to prevent this heinous crime against women. Prostitution is a shame which is spoiling the rich culture and traditional history.

Women Recognition by World Organizations and India:

8th of March is celebrated as "International Women Day" every year with great importance. In 1998, Food and Agricultural

Organization observed the World Food Day and the theme was "Women Feed the World".

The year 2001 was declared as "Women Empowerment Year". Every year, 25th of November has been earmarked as the "International Day against Violence to Women".

The decade 1991-2001 was declared as "SAARC Decade for Girl Child".

Landmark legislation for the protection of Girl Child in Goa.

The Gujarat Government declared 2002-03 as the "Year of Girl Child".

The policy makers and political leaders have clearly defined the code of conduct for the peaceful and prosperous society, while making the Constitution. Till 1947, the violence against women was considered as a social problem but now that is considered as an individual problem for women. Now many organizations are realizing the emerging scenario of women discrimination. It is really a serious concern and it needs a consistent approach to counter it. Man and woman are interdependent on each other and they cannot live individually. It is the responsibility of every male to create a peaceful and conducive atmosphere for the females, who are the emerging stalwarts of the society. Mere slogans, public meetings and wayward announcements are not sufficient. Active participation and the sense of belonging articulated by every Indian are very important. We should think that women are the social base of the country and through their tutelage we can build a strong nation. We should give more emphasis on gender equality. Each of us should think that men and women are equal and men should treat women as their equal partners with dignity and humanity. Men are born from the womb of women and they should respect them in every sphere of life.

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SAMRIDDI SHARMA

In a world that often demands conformity it's crucial to embrace every part of womanhood with pride, self-compassion, and authenticity, still I can't imagine myself not living in a woman's body.

My mother once told me that she was not very happy about the fact that I am born as a girl I felt little bad about it that time but now I know it was not that she wanted a son she already had three but only she knows the struggles of being a woman, Whether it's menstruation, pregnancy, or menopause, each phase in a woman's life is

significant and difficult.

Somehow, physical experience of our body is often the first thing that is noticed and discussed. Whether it's the changes during puberty, menstruation, pregnancy, or aging, Our body undergoes numerous transformations over lifetime. These changes are challenging and empowering at the same time.

Feel empowered by not to be ashamed of showing it off while your body is undergoing changes. It's all about confidence, freedom, and respecting your choice as well. Believe in your worth and abilities, regardless of what others might say.

It is just a body and needs to be taken care as our soul resides here We should not forget that most essential aspect is mental

well being, yet it is frequently overshadowed by societal pressures, career expectations, and traditional roles.

Self confidence is the key to all Today's woman juggle multiple roles-career, family, relationships, and personal development, in many societies, women are expected to think and behave in certain ways. This is time when we should start rejecting the rigid stereotypes and norms that limit our potential, rather educate yourself, expand your perspectives, and learn to think critically about the world around you In this process don't forget to balance between ambition and the pursuit of joy, success and self-acceptance, without letting external definitions of success dictate your worth.

While walking on the path of success emotional vulnerability often considered a distraction our emotional landscape is rich and complex at the same time, and we have been instructed to hide it from others.

Own your emotions, acknowledge and validate your own feelings. Whether you are experiencing joy, sadness, anger, or love, it is vital to recognize that your emotions are valid and deserve attention.

Embracing womanhood physically, mentally, and emotionally requires a journey of self-love, self-acceptance, and courage. It means challenging societal standards, celebrating the uniqueness of our experiences, and recognizing that there is no one way to be a woman. Each woman's journey is different, and that's the beauty of it.

Breaking Barriers, Building Futures: Ensuring Rights, Equality, and Empowerment for All Women and Girls

DR. KANIKA GUPTA

Despite progress in gender equality, millions of women and girls worldwide still face discrimination, violence, and limited opportunities. Achieving a just and inclusive society requires ensuring their fundamental rights, equal opportunities, and true empowerment.

The Right to Live with

Dignity: Every woman and girl has the right to a life free from discrimination, violence, and inequality. Yet, gender-based violence, wage gaps, and restricted access to education and healthcare continue to hinder their progress. Addressing these challenges is not just a matter of justice-it is essential for building a fair and progressive society.

Equality: A Shared Responsibility: Gender equality is not about favoring one group over another but ensuring that everyone has the same opportunities to succeed. When women are given equal access to education, leadership roles, and financial independence, entire societies benefit. Economies grow, social well-being improves, and govern-

nance becomes more effective.

Empowerment: Enabling Women to Lead: Empowerment means equipping women and girls with the skills, resources, and confidence to shape their own destinies. This includes access to education, fair wages, political representation, and financial independence. Governments, busi-

nesses, and communities must work together to eliminate the barriers that limit women's potential.

Achieving gender equality requires a sustained effort from all sectors of society. Legal reforms must be enforced, cultural biases must be challenged, and women must have a voice in policymaking. Education and awareness campaigns are

crucial to shifting mindsets and ensuring long-term change.

When women rise, societies rise with them. Ensuring the rights, equality, and empowerment of all women and girls is not just a moral duty-it is the foundation of a stronger, more just world.

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Int'l Women's Day & its Celebration through the prism of Rights, Equality & Empowerment

BAIRAJ CHAWLGAMI

Man and women are the two faces of the same coin and they are the two wheels of the human life. A man is definitely incomplete without women and every successful man has a woman behind him. The role of women in the social, economic, technological, scientific, cultural and moral development of the society is pivotal and cannot be exaggerated. In Sthanat scriptures, the place of women is very high as women have been accorded an enviable position in our religious texts. Rig Veda declares - Yater Sithristo Samanata, Tatra Ramanteva Deva meaning where women are present, gods travel there. Therefore women deserve to be revered and respected. The names of Hindu deities precede with the names of their consorts. Thus we say Laxmi Narayan, Gouri Shanker, Sita Ram, Radhey shyam and so on and so forth. Today women are working side by side with men and they are excelling in all most all spheres of life. The contribution of women in the development of the society is next to none and international women's Day celebrates the contributions of women in the socio-economic development of the society. International Women's Day - IWD is a day to celebrate the achievements of women and to advocate for gender equality

It is celebrated on March 8th every year. The first IWD was held in Austria, Denmark, Germany and Switzerland. The UNO began celebrating IWD in 1975. This day is celebrated by millions of people around the world. International Women's Day provides the people an opportunity to reflect and commemorate the progress and commit to positive actions. The UN has worked to secure gender equality worldwide. The UN's Beijing Declaration and platform for Action is a roadmap that focuses on 12 critical areas of concern. The 2030

Agenda for sustainable Development includes Goal 5, which is to achieve gender equality and empower all women and girls. The UN holds an official commemoration event on IWD. Charities and organizations also hold events to mark IWD. In India, International Women's Day is celebrated at the government level and various NGO's, women's organizations, National women commission and educational institutions organize functions and various programmes to celebrate IWD with gaiety and enthusiasm. In our country centre and state government's sincerely make efforts for the gender equality and participation of women in governance is given top priority. For the proper representation of women in the legislature and government, 33% reservation bill has been passed in the parliament. It was Vladimir Lenin who had declared March 8 as IWD in 1922 to honor the women's role in 1917 Russian Revolution. It was subsequently celebrated on that date by the socialist movement and communist countries.

The UNO started celebrating IWD in 1977. It is a day when women are recognized for their achievements without regard to divisions, whether national, ethnic, linguistic, cultural, economic or political. The history of why Women's Day is celebrated goes back to 109 years. IWD gives focus to issues such as gender equality, reproductive rights, and violence and abuse against women. This year's theme of IWD is "For all women and girls - Equality, Rights, Empowerment". This year's commemoration celebrates the leadership and creativity of the young people in advancing sustainable and inclusive development, with a focus on the green and digital economies. IWD is a day to call for action to end gender inequality and discrimination, which affects women and girls in many ways. IWD is a day to raise awareness of

the gender pay gap, domestic violence and other inequalities that women face even today. On this occasion emphasizes should be given to both women's development and to women led development and in the latter women are becoming leaders and are leading organizations and governmental institutions and they are becoming our role models to be emulated. Women today are assuming the roles and responsibility of leadership and they are contributing to societal, cultural, scientific, political as well as economic development. On the occasion of IWD, we should make people aware about the women led development and their leadership roles in the society. We should recognize and appreciate the leadership roles of women.

People should resolve and ensure that domestic, as well as workplace discrimination and their sexual exploitation is discouraged and in fact put to end. Women safety, security, dignity, equality and development should be our aim and motto and for this we should play our role so that women empowerment is implemented in letter and spirit. Women are no longer the object of playing sex but they have an important and enviable place in modern society. We in India worship women as Shakti as in Navratras we worship little girls believing them as the personification of shakti, but on the other side we heap all discrimination, abuses and gender disparity on them and even subject them to abuse and exploitation. All these negative things should end in the society and girls and women should be allowed to grow and develop for the good of the society as it is the women who are the first teachers and teach morality and cultural and ethical values to children as family is rightly called the first school of citizenship and mother the first teacher. On March 8, 2025 let us join to celebrate international Women's Day

under the theme- "For all women and girls - Rights, Equality Empowerment."

This year's theme calls action that can unlock equal rights, power and opportunities for all and a feminist future where no one is left behind. Central to this vision is empowering the next generation - youth, particularly young women and adolescent girls-as catalysts for lasting change. Besides year 2025 is a pivotal moment as it marks the 30th anniversary of the Beijing Declaration and Platform for Action. This document is the most progressive and widely endorsed blueprint for women's and girls' rights worldwide that transformed the women rights agenda in terms of legal protection, access to services, youth engagement and change in social norms, stereotypes and ideas stuck in past. It is appropriate to engage media, corporate leaders, governments, community leaders, civil society, youth and others with influence to take action in your communities. It is needed to ask leaders to take action and invest in promoting women's rights and gender equality. The Venus female symbol - a circle with a cross handle is the most used symbol of international Women's Day. The history of IWD stretches back to more than 100 years when the day was first observed across Europe and America. But according to NPR, it was not until March 8, 1946 that feminists in Italy chose the mimosa flower as a symbol of strength, sensibility and sensitivity for Women's Day. Happy International Women's Day and let us all respect, revere and secure women and ensure gender equality and end to all forms of discrimination and exploitations of girls and women and give fairer sex their due, rights and respect and dignity. May the dream and vision of Viksit Nari-Viksit Bharat come true and be realized and for this let us all make our contribution towards this pious goal.

WOMEN'S DAY

POOJA GUPTA



Today, we have got a golden opportunity to express our views on Women's Day. A woman means that a woman is the link of life, after which the links are added.

Relationships and relationships are formed. Social and moral values are vested. If seen from a subtle vision, then the woman is the basis of life. Woman is the flow of life.

And women are salvation of life. But it is also true that Karma Nari-dominated society has been distracted and made male head. The example of this is that in the Vedic period, the name of the family was done by associating with the mother, then this clever man slowly started snatching the rights of the woman and her exploitation started. The woman was considered to be a child-producing machine.

In the 1970s, the world woke up around the world and many attempts to end the discrimination against women. Reformatory felt that it is very important to think about the identity of women and discrimination being done to them.

Therefore, the base of Women's Day was laid so that her rights were reserved again.

The woman is the basis of the world. Mother is the first word of vocabulary, only then the relationship was named. Today, the woman is not unable to Abha. He gets reservation in almost every field. Today the woman has reached the moon and other satellites. Generally men are considered enemies of women. History is witness to it.

Women should get equal place in society. The woman is closed in every form. If we want to celebrate Women's Day in the true meaning, then we have to change the negative attitude of society towards women. The condition of the woman in the society has to be improved. Women themselves have to recognize their culture and values, only then their condition in the society can improve. We have to give women the place in the society, which they are authority.

If we talk about today's time, then our civilized society is feeling that women are making a huge contribution in making the progress and economic situation of the country prosperous. The biggest example in front of the country is that Droupadi Murmu is the President of the country. If we see in the field of politics, then our country have a woman Finance Minister Nirmala Sitharaman. When we talk about Delhi, the capital of the country, then the Chief Minister Rekha Gupta is also a woman. When we turn to the sports world, Sheetal Devi who is the first international para archer, was recently varied with the Arjuna Award for her good performance and when we see the contribution of women in the agriculture sector, a woman named Bua Rani is also a woman entrepreneur.

Mushroom cultivation, Spinach and beetroot flour proved to be a successful female entrepreneur and was also equated with many awards. There are many women in our country, who have been bigger in every field by doing good work in every field.

Pooja Gupta's Words on women: Pooja Gupta is a successful female entrepreneur and is also the chairperson of the Saveshwar Smiles Foundation. If we talk about her contribution, she has been awarded so many times.

Today, she has made a separate place for herself in a civilized society. Through her foundation, many sewing centres also started in different districts for women, where they gave 45 days training to women and also kept a trainer in every sewing centre who can teach women in a good way. Apart from this, a lot of health camps also be organized so that the woman can stay healthy and run their work well and earn income for themselves. Along with this, Pooja Gupta is also making full contribution in promoting organic farming, the biggest example of this is "Nimbark Organic (Himalayan Bio Organic Foods Ltd.)"

Finally, on the occasion of Women's Day, she gave the message that the government has a lot of schemes for women, as the other women of the country are becoming aware and illuminating the name of their country, you too come forward, aware yourself and become successful entrepreneurs and make a successful entrepreneur so that they can also create a means of income for themselves.