

Empowering Women through Capacity Building The Role of National Commission for Women in India

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Introduction

Gender equality and the empowerment of women are fundamental principles that underpin the holistic development of any nation. The recognition of women's rights and their equal participation in various spheres of life are essential for achieving social justice and sustainable progress. In the Indian context, where the diversity of cultures, traditions, and socio-economic realities coexists, addressing the challenges faced by women requires a comprehensive and concerted effort. At the forefront of this effort is the National Commission for Women (NCW), a pivotal institution established to champion the cause of women's rights and empower them in the Indian societal framework. The NCW, instituted in 1992 under the National Commission for Women Act, 1990, is tasked with the monumental responsibility of ensuring the well-being, dignity, and equitable treatment of women across the country. As a nation, India has made significant strides in various fields, yet the journey towards achieving gender equality is an ongoing process. The complexities and nuances of gender dynamics are deeply ingrained in societal structures, often manifesting in discrimination, violence, and limited access to opportunities for women. In this context, the NCW emerges as a crucial entity that endeavors

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to dismantle barriers and cultivate an environment where women can thrive.

This article aims to explore into the multifaceted role of the NCW, shedding light on its origins, the spectrum of interventions it has undertaken, the proactive capacity-building initiatives it champions, and the policy recommendations it puts forth. By examining these aspects, we can gain a comprehensive understanding of the NCW's endeavors to reshape the narrative of women's empowerment in India.

Background of the NCW

In India's journey towards social justice and equality, the establishment of the National Commission for Women (NCW) in the early 1990s emerged as a pivotal chapter. The need for a dedicated institution to champion the cause of women's rights gained momentum as the intricacies and

