Journal of Women Empowerment and Studies
ISSN: 2799-1253
Vol: 04, No. 02, Feb–March 2024
http://journal.hmjournals.com/index.php/JWES
DOI: https://doi.org/10.55529/jwes.42.1.9

Women Empowerment through Non-Governmental Organization: A Study of Pithoragarh District of Uttarakhand

Kalpana Rawat[1], Dinesh Rawat[2*]

[1,2]Assistant Professor, Laxman Singh Mahar Government Post Graduate College, Pithoragarh, Uttarakhand, India.*

Corresponding Email: [2]dineshrawat2788@gmail.com*

Received: 28 September 2023 **Accepted:** 17 December 2023 **Published:** 01 February 2024

Abstract: ***The aim of this study is to examine the role of non-governmental organizations (NGOs) towards women empowerment in Pithoragarh district of Uttarakhand. The study is carried out to accomplish three objectives. First, to explore the cases of women empowerment through NGOs in context to dairy products, second is to explore the cases of women empowerment through NGOs in context to traditional products, and the last one is to analyse the experience of women after getting associated with the NGOs. The study has used both quantitative and qualitative research with descriptive research design. The study has used survey data collection technique for objective 1 & 2 and conversation data collection technique for objective 3. Convenience sampling method is used in this study. Sample size for objective 1 and 2 is 20 women each from different villages and for objective 3, sample size of 5 women associated with the NGOs is taken. The data collected through survey method was analysed with univariate analysis and the data collected through conversation was analysed through content analysis method. The analysis concluded 11 cases of women empowerment in context to dairy products and 11 cases of women empowerment in context to traditional products. In analysing the experience of women after getting associated with the NGOs, it was observed that with the help of NGO some women were motivating other women to empower themselves and to complete their education and some of the women were able to earn good amount of money. The findings of this study would help other NGOs working in other districts of Uttarakhand and other states of India in designing their training activities in a new way so that those training activities could be more effective in empowering women.***

Keywords: ***Dairy Products, NGO, Pithoragarh, Traditional Products, Uttarakhand, Women Empowerment.***

Copyright The Author(s) 2024.This is an Open Access Article distributed under the CC BY license. (http://creativecommons.org/licenses/by/4.0/)

Journal of Women Empowerment and Studies
ISSN: 2799-1253
Vol: 04, No. 02, Feb–March 2024
http://journal.hmjournals.com/index.php/JWES
DOI: https://doi.org/10.55529/jwes.42.1.9

1. INTRODUCTION

Empowering women and encouraging women entrepreneurship in rural areas are some of the effective ways of fighting poverty (Chatterjee et al., 2018). Training to women has a significant impact on many aspects of empowerment and members of the trained group are more likely to be employed as well as empowered (Banerjee and Ghosh, 2012). Women empowerment is the process where women participate in collective decision-making (Gupta, 2021). Women empowerment is the process of accepting and including women who are out of the decision-making process into it. Women empowerment is the most crucial point to be noted for the overall development of a country. Women empowerment emphasises on improving the social, economic, political, and legal strength of the women. It focusses on giving equal opportunity to women in every field. Women empowerment signifies power in the hands of women. Women empowerment make women confident enough so that they can claim their rights. Uttarakhand is one of the few states in India where women participation is overwhelming. The government of Uttarakhand has recently launched many schemes for women empowerment. Some of them are Uttarakhand Women Integrated Development Scheme, Swayam Siddha Pariyojana, Ajivika (women livelihood scheme), and Women Dairy Development Scheme**.** The women of Uttarakhand are considered as the backbone of hill agriculture. Despite having so many women empowerment schemes for their education, welfare and economic development, women are still deprived of facilities necessary for quality life. Lack of empowerment of women is the major cause of backwardness of women in India (Kalva et al., 2014). Despite of all this, there has been a continuous decline in the empowerment of women in Uttarakhand (Verma, 2016). The situation of women in Uttarakhand is even worse. They face problems like discriminatory social norms, limited access to credit, lack of education and lack of health care facilities. Due to migration of man to the plains area, the workload of women has increased. Women are not equal to men in many terms and are excluded from decision making processes many times. Thus, the women of Uttarakhand need to have more method for income generation if they have to be freed from dependence on men. NGOs along with the government can play a constructive role in resolving this problem and promoting women empowerment. Many NGOs are working in the field of women empowerment apart from various government and private organizations. A non-governmental organization (NGO) is a non-profit group which operates independently of any government. NGOs are organized on community, national and international levels to serve social causes. NGOs are formed to lighten the burden of government in any field of society. NGOs play an imminent role in supporting women's entrepreneurial cause (Lenka and Agarwal, 2017). Both public and private NGOs are playing an important role in encouraging and promoting women empowerment in different parts of India (Gupta, 2021). Thus, this study aims to measure the role of NGOs in promoting women empowerment in Pithoragarh district of Uttarakhand. The rest of the paper is designed as follows: section 2 and 3 talks about literature review and the objectives of the study respectively. Sections 4 deals with research methodology used for the study and section 5 presents the analysis part. Section 6 include the conclusion, limitation and future scope.

Copyright The Author(s) 2024.This is an Open Access Article distributed under the CC BY license. (http://creativecommons.org/licenses/by/4.0/)

Journal of Women Empowerment and Studies
ISSN: 2799-1253
Vol: 04, No. 02, Feb–March 2024
http://journal.hmjournals.com/index.php/JWES
DOI: https://doi.org/10.55529/jwes.42.1.9

2. RELATED WORKS

Lenka and Agarwal (2017) conducted research on identification of the factors which promote women entrepreneurship in Uttarakhand. Their study used qualitative research where data was collected through personal interviews of women entrepreneurs. Case study method was used for this study. The study used snowball sampling. Six cases were considered for the study and were interviewed through open ended questions. The research was conducted in north-eastern region of Uttarakhand – Dehradun, Haridwar, Rishikesh. The study concluded that NGOs play an important role in promoting women entrepreneurship in Uttarakhand by providing training. The study suggested that there is a need to change the mind set of society towards women as will help in development of family, society, and nation. Gupta (2021) conducted research to identify the role of NGOs in women employment. Their study used qualitative research where data was collected through in-depth interview. The data collection was done in Kashipur district of Uttarakhand. The language used in the interview was Hindi as the respondents were more comfortable with it. Sample size of 120 was chosen for the study and the respond was recorded using audio. Only 5 main case study were taken into consideration. The study concluded that these trainees had need for achievement and power in their life which motivated them to earn their livelihood by getting themselves skilled and empowered. Singh (2015) studied work participation of women in different fields like operation and agriculture operating in Kumoun region of Uttarakhand. The study area of this research was in Khul Gad Watershed in Almora district. Researcher has used Women in Development (WID) approach to examine women contribution to everyday activity. The questionnaire was given to 505 household women. Women in Uttarakhand plays many roles in managing household and agricultural activities. They are considered as the backbone of hill agriculture. Due to migration of man to the plains area the workload of women have increased. Thus, this research analyses the work participation of women in different fields of Kumoun Himalaya. The study found that women contribute to both agriculture & household activities. This research revealed that migration of male in the past was due to lack of farm activities and it was mainly in seasonal month. At present, male migration to Almora, Haldwani, and Nainital is for regular employment since most of the families send their male children to towns for better education. On an average woman in hill area work for 15-16 hours a day in harvesting, weeding, home gardening etc. however these activities are not considered as economic activities. The population of the Watershed is 2,572 in which males are 1238 whereas females are 1334. It is witnessed that on an average these hilly women worked for more hours compare to male. It is stated that women make important contribution in agriculture and rural economies of all regions of world. The conclusion that has been adopted with WID approach is that women are more involved in unpaid activities rather than males. Verma (2016) studied the situation of women in Uttarakhand. The study suggested that women in village of India leads a tough, torturous and disconcerted life. They are the victims of all the domestic violence, molestation, forced marriage & dowry death. Government of India have launched many schemes for these women but there is no sign that they are benefiting from these schemes. They are still kicked, killed & humiliated every day. The situation of women in Uttarakhand region is deteriorated. They work very hard in every field, but man dominate her in ever stage. The mind-set of rural people has created a vicious circle around women which causes child marriage, Sati, Jawhar. From the

Copyright The Author(s) 2024.This is an Open Access Article distributed under the CC BY license. (http://creativecommons.org/licenses/by/4.0/)

Journal of Women Empowerment and Studies
ISSN: 2799-1253
Vol: 04, No. 02, Feb–March 2024
http://journal.hmjournals.com/index.php/JWES
DOI: https://doi.org/10.55529/jwes.42.1.9

birth women are considered as a burden in Indian village. In this research it has been found that women constitute almost 50% of world's population but India has shown disproportionate. The sex ratio of female is less as comparatively to man. In the present Scenario women in India have shown their potentialities in every field. In this 21st century girl's education is pathetic in rural India. So, the government of India and Uttarakhand government has launched many schemes for all the women to empower herself.

3. RESEARCH METHODOLOGY

This study is carried out to achieve the following objectives.

- To explore the cases of women empowerment through NGOs in context to dairy products.
- To explore the cases of women empowerment through NGOs in context to traditional products.
- To analyze the experience of women after getting associated with the NGOs

The study is carried out to accomplish three objectives. First, to explore the cases of women empowerment through NGOs in context to dairy products (Milk), second is to explore the cases of women empowerment through NGOs in context to traditional products (Bhatt, Maduwa), and the last one is to analyse the experience of women after getting associated with the NGOs. The study covers two NGOs i.e. Aanchal Dairy and Swati Gramodhyog Sansthan in Pithoragarh district of Uttarakhand. The study has used both quantitative and qualitative research with descriptive research design. Data collection was done in Pithoragarh district of Uttarakhand state of India.

For objective 1 and 2: Survey method was used for data collection. Data was collected from women living in various villages of Pithoragarh district of Uttarakhand. A survey is a measurement process used to collect information during a highly structured interview where questions are carefully chosen and precisely asked of each participant.

For objective 3: Conversation was done with all those participants who were associated with the two NGOs and participated in the different camps and daily activities of these two NGOs. Holding conversations in qualitative research is an informal data gathering approach. In conversation approach the researcher engages a respondent in a discussion on relevant subject matter. The ultimate purpose is to extract meaning from dialogues with respondents about their experiences. The time taken for each conversation was 30 minutes to 1 hour. The language used during the conversation was Hindi because women were comfortable with this and the conversation was recorded so that it was easy to analyse every single point which was highlighted by the respondent. For the purpose of the report and analysis the questions of conversation were changed in English language. The study has used convenience sampling method for achieving the objective of the research. Sample size for objective 1 and 2 was 20 women each from different villages. For objective 3, sample size of 5 women associated with the NGOs was taken. The data collected through survey method was analysed with univariate analysis and the data collected through conversation was analysed through content analysis. Content analysis is an appropriate method when the phenomenon to be observed is communication (Malhotra and Birks, 2006). Content analysis is one of the classical procedures

Copyright The Author(s) 2024.This is an Open Access Article distributed under the CC BY license. (http://creativecommons.org/licenses/by/4.0/)

Journal of Women Empowerment and Studies
ISSN: 2799-1253
Vol: 04, No. 02, Feb–March 2024
http://journal.hmjournals.com/index.php/JWES
DOI: https://doi.org/10.55529/jwes.42.1.9

for analysing textual material in qualitative research where the unit of analysis may be words, characters or themes.

4. RESULTS AND DISCUSSION

For Objective 1: To explore the cases of women empowerment in villages in context to dairy products. To achieve this objective, a survey was conducted in various villages. In the survey, several women were asked about the milk quantity which they can supply to the NGOs. Table 1 shows the results of the survey.

Table 1: List of Women Who Can Provide Milk to NGO

Sr. No	Number of Cow at Home	Milk Produced (Litres)	Milk Consume (Litres)	Milk Available for Supply
1	1	10L	1/2L	9 1/2
2	2	15L	3L	12L
3	1	6L	3 L	3 L
4	2	8L	2L	6L
5	2	20 L	2L	18 L
6	1	5 L	1L	4 L
7	1	3 L	½	2 1/2
8	2	6 L	3L	3L
9	1	5L	2L	3L
10	1	7L	2L	5L
11	1	10 L	1L	9L

The above table shows that there were 11 cases of women empowerment. This suggest that 11 women can empower themselves by providing dairy product i.e. milk to the NGOs. The details were given to NGO for contacting them and converting them into potential suppliers.

For Objective 2: To explore the cases of women empowerment in villages in context to traditional products. To achieve this objective, a survey was conducted in various villages. In the survey, several women were asked about the traditional products (Bhatt, Maduwa) quantity which they can supply to the NGOs. Table 2 shows the results of the survey.

Table 2: List of Women Who Are Ready To Supply Traditional Products to NGO

Sr. No	Traditional Product Available for Supply	Amount of Traditional Product Available (Kg)	Price for Traditional Product(Rs)
1	Bhatt, maduwa	30 kg	45
2	Bhatt	20 kg	45
3	Bhatt, maduwa	20 kg	50
4	Bhatt	5 kg	50
5	Bhatt	2kg	50

Copyright The Author(s) 2024.This is an Open Access Article distributed under the CC BY license. (http://creativecommons.org/licenses/by/4.0/)

Journal of Women Empowerment and Studies
ISSN: 2799-1253
Vol: 04, No. 02, Feb–March 2024
http://journal.hmjournals.com/index.php/JWES
DOI: https://doi.org/10.55529/jwes.42.1.9

6	Bhatt	2kg	50
7	Bhatt	2kg	50
8	Bhatt	2 kg	50
9	Bhatt	5kg	50
10	Bhatt	5kg	50
11	Bhatt	5 kg	50

The above table shows that there were 11 cases of women empowerment. The study suggest that 11 women can empower themselves by providing traditional products to the NGOs. The details were given to NGO for contacting them and converting them into potential suppliers.

For Objective 3: To analyse the experience of women after getting associated with the NGOs. To achieve this objective, conversation with 5 women associated with the NGOs was carried out. The demographic details of the respondents was captured first and then analysis of conversation was done. Table 3 shows the demographic details 5 women.

Table 3: Summary of Demographic Details of Respondents

Name	Age	Education	Place	Training Period	Sector	Earning per Month
Reena	40	Class 12	Kundar	1month	Field supervisor	30000
Hema bhatt	38	Class 12	Kundar	1month	Superviser	Not disclosed
Yashoda devi	39	Graduation	Kasni	1month	Sachiv	Not disclosed
Kanchan	41	Class 12	Chandak	1month	Sachiv	Not disclosed
Hema devi	48	8	Rai	1month	Worker	10000

Cases of all five respondents are discussed below.
Profile 1- The 1st case is about Reena who started her work in the year 1996 when she was only 18 year. She was from kundar village, pithoragarh Uttarakhand. In 1996 after her 12th seeing her family condition she decided to go for work. She joined a society which was formed by Anchal in kundar village. Reena was selected as a sachiv in Anchal dairy as her qualification was 12th pass which was better than other women in the village. At the age of 18 she was appointed for field work due to which she was faced problems to understand what all work to do and how to do. Now with the help of Anchal she is motivating other women to empower them self and motivates them to complete their education in villages of uttarakhand.

Profile 2 - Hema bhatt was a house wife but she wanted to do job. She got to know that anchal dairy has formed a society in her Village. She joined the society and worked as a sachiv in anchal for 2 years then she attended training in anchal dehradun, she got training in how to check quality and quantity of milk, how to deal with people. After her training she applied for supervisor and was selected. At first when she started to work in anchal her pay was very less. Now as a supervisor she is able to earn good amount of money which she can easily spend on her and her family.

Copyright The Author(s) 2024.This is an Open Access Article distributed under the CC BY license. (http://creativecommons.org/licenses/by/4.0/)

Journal of Women Empowerment and Studies
ISSN: 2799-1253
Vol: 04, No. 02, Feb–March 2024
http://journal.hmjournals.com/index.php/JWES
DOI: https://doi.org/10.55529/jwes.42.1.9

Profile 3- Yashoda Devi after her graduation applied in anchal and was selected. The work for which she was appointed was field work where she use to go in regular basis to the villages to provide training and motivating people of the village. The main aim was to motivate women as women are a better manager then men. Yashoda motivated several women and girls to complete their education and can sell milk to anchal.
Profile 4- Kanchan after 12th she wanted to do job as her friend was working in Anchal dairy so with the help of her friend she joined anchal dairy. After her 12th she started field work without experience. So at first she was facing problem.
Profile 5- Heema devi was not well educated but after facing financial crisis she decided to do work. She was not well educated so she lacked confidence. She started working in swati gramodhyog sansthan as a dairy product seller at first and faced different problem in managing all the work. She worked alone and use to handle different costumers at a time. She received training about quality of milk, how to see lactometer reading in the NGO.

5. CONCLUSION

Empowering women is the process of enabling them to gain influence in decision-making, whether it pertains to domestic matters or national issues. Women empowerment signifies power in the hands of women. Sometime it is difficult for the government to find out the problems of the society that's why NGOs are formed to lighten the burden of government regarding any field of society. Various NGOs are working towards women empowerment in order to meet the demands and brought necessary change in the field of women empowerment. This study aims to study the initiatives by two NGOs i.e. Aanchal Dairy and Swati Gramodhyog Sansthan towards women empowerment in Pithoragarh district of Uttarakhand. The study tries to achieve three objectives. First, to explore the cases of women empowerment through NGOs in context to dairy products (Milk), second is to explore the cases of women empowerment through NGOs in context to traditional products (Bhatt, Maduwa), and last is to analyse the experience of women after getting associated with the NGOs. The findings of the study concluded 11 cases of women empowerment in context to dairy products and 11 cases of women empowerment in context to traditional products. In analysing the experience of women after getting associated with the NGOs, women stated that "Now with the help of Anchal NGO, they are motivating other women to empower themselves and to complete their education in villages of Uttarakhand". In context to the benefits, one woman stressed that "Now as a supervisor she is able to earn good amount of money which she can easily spend on her and her family" and other woman stated that "She received training about quality of milk, how to see lactometer reading in the NGO". Thus, this study supports the fact that participation in NGOs is a ray of hope for rural women in Pithoragarh district of Uttarakhand. The outcome of this study elaborates the role of NGOs in promoting women empowerment. The findings of this study would be beneficial for policy makers, NGOs, and society. Through the findings of this study policy makers can frame their new policies in such a way that there can be an effective networking between with self-help groups (SHGs) and NGOs since SHGs has the capacity to empower women, facilitate entrepreneurial endeavors, boost self-assurance and trust, impart technical skills, and grant access to markets (Al-Kubati and Selvaratnam, 2023). Through this network SHGs and NGOs can cooperate with the government institutions easily

Copyright The Author(s) 2024.This is an Open Access Article distributed under the CC BY license. (http://creativecommons.org/licenses/by/4.0/)

Journal of Women Empowerment and Studies
ISSN: 2799-1253
Vol: 04, No. 02, Feb–March 2024
http://journal.hmjournals.com/index.php/JWES
DOI: https://doi.org/10.55529/jwes.42.1.9

and promote women empowerment. The findings would also help other NGOs in designing their trainings in a new way so that these trainings could be more effective and empower more women. Lastly, the findings would help NGOs in creating more awareness in the society about women empowerment. The study has taken a small sample size which is one of its limitations. The future research can include a larger sample size and a greater number of NGOs can be covered so that a better picture can be depicted. Since empowerment is a multi-dimensional concept which involve various dimensions like economic, political, social, external communication, and network (Chatterjee et al., 2018), thus it is necessary to consider such dimensions in future work.

6. REFERENCES

1. Al-Kubati, N. A. A., & Selvaratnam, D. P. (2023). Empowering women through the Self-Help Group Bank Linkage Programme as a tool for sustainable development: lessons from India. Community Development Journal, 58(2), 283-308.
2. Banerjee, T., & Ghosh, C. (2012). What factors play a role in empowering women? A study of SHG members from India. Gender, Technology and Development, 16(3), 329-355.
3. Chatterjee, S., Gupta, S. D., & Upadhyay, P. (2018). Empowering women and stimulating development at bottom of pyramid through micro-entrepreneurship. Management Decision, 56(1), 160-174.
4. Gupta, M. (2021). Role of NGOs in women empowerment: case studies from Uttarakhand, India. Journal of Enterprising Communities: People and Places in the Global Economy.
5. Kalva, U.K., Sowmyya, T. and Kumar, A.A. (2014), "Women empowerment in rural India with the help of various programmes", Zenith International Journal of Multidisciplinary Research, Vol. 4 No. 7, pp. 91-98.
6. Lenka, U., & Agarwal, S. (2017). Role of women entrepreneurs and NGOs in promoting entrepreneurship: case studies from Uttarakhand, India. Journal of Asia Business Studies, 4, 451-45.
7. Malhotra, N.K. and Birks, D.F. (2006) Marketing Research: an Applied Approach, Pearson Publication, UK.
8. Singh, S. (2015). Increased burden on women and male out-migration: an analysis of Khul Gad Micro watershed of the Kumoun Himalaya. International Journal of Social Work and Human Services Practice, 3(3), 118-123.
9. Verma, K. K. (2016). Women empowerment in India: A study of Uttarakhand. Motherhood International Journal of Multidisciplinary Research & Development, 1(2), 8-23.
10. https://www.worldbank.org/en/news/speech/2018/03/17/women-indias-economic growth#:~:text=At%2017%25%20of%20GDP%2C%20the,could%20join%20the%20work%20force.
11. https://www.business-standard.com/article/economy-policy/india-s-income-will-go-up-by-27-with-women-participation-imf-116111500123_1.html

Copyright The Author(s) 2024.This is an Open Access Article distributed under the CC BY license. (http://creativecommons.org/licenses/by/4.0/)

Journal of Women Empowerment and Studies
ISSN: 2799-1253
Vol: 04, No. 02, Feb–March 2024
http://journal.hmjournals.com/index.php/JWES
DOI: https://doi.org/10.55529/jwes.42.1.9

12. https://www.researchgate.net/publication/337495263_Role_of_government_on_women_empowerment_in_India
13. https://www.motherhooduniversity.edu.in/pdf/Publications/2016/2..Research%20Paper.pdf
14. https://shodhganga.inflibnet.ac.in/bitstream/10603/21198/1/thesis.pdf
15. https://www.hindustantimes.com/dehradun/u-khand-formulates-policy-to-empower-women/story-dsZx9hYFQFvQz7Sh6jH5ZP.html
16. hhttps://vakilsearch.com/advice/what-is-an-ngo-and-how-does
17. whttps://www.worldbank.org/en/news/speech/2018/03/17/women-indias-economic
18. https://onlinepithoragarh.in/listings/swati-gramodhyog-sansthan-pithoragarh/
19. https://www.scribbr.com/methodology/qualitative-research/
20. https://www.yourarticlelibrary.com/marketing/research-design-introduction-contents-and-types/48714

Copyright The Author(s) 2024.This is an Open Access Article distributed under the CC BY license. (http://creativecommons.org/licenses/by/4.0/)