

Nurturing Women Strength, Guidance and Counselling for Women

Abstract

For centuries Women in India are being suffering due to discrimination, exploitation and exposed to various levels. Women constitute nearly half of the total population of the country and therefore the development of the country is not possible without the development of the Women has been major concern for our planners and policy makers.

Keywords: Women, Nurturing, Self Awareness, Skills.

Introduction

Nurturing Women Strength means helping and encouraging developing women's strength.

Employment oriented education and diversified vocational training should receive special emphasis for nurturing self confidence among women. Job oriented condensed courses are most appropriate. Lifer skill education is very relevant in the contused.

Self awareness, Empathy, communication and interpersonal relationship skills for coping with stress will improve women's Efficiency self esteem and self confidence. Training and employment in agriculture and allied activities is proposed to be strength her confidence.

Participation of women is co-operation and other form of organization is necessary to provide them self confidence.

Living and working independently gave the women increased self confidence in their ability to survive without being married. Confidence is not a commodity to be transacted. It cannot be given as alms. It has to be acquired once acquired, it need to be exercised, sustained and preserved.

Self Reliance

Self reliance mean relying on one's own abilities and efforts, Self reliance self stem and a reality oriented approach to life must be goal of Indian Women. The sewing training program for village women are expected to build self reliance and increase family income by 50%-60% and eventually over income poverty. Vocational training and loan programs are designed to promote self reliance among unemployed women in slum areas and create small and medium enterprences. The Rural Women's organization is major institutions imparting to rural women the status, self reliance and sprit of confidence in socio-economic activities. Self help groups help them to gain generate and acquire self reliance and powers. Voluntary welfare programmers coexist with governmental programmers and provided a support base to them.

Creativity

Women are highly creative in preparing verity of handicrafts, fashionable dress, pot making, knitting and basket making. They also show their creativity in preparing variety of pickles, Sweets, cakes and chocolates. They are creative as film makers, musician, dancers, teacher, business women and engineers.

All these creativity be enhanced in a non-competitive nurturing atmosphere, the workshops helps the women to develop creative skills expanded since perception, innovation problem solving and new ways of looking at life. The creative programmers being conducted 1500 children, not only in literacy but in acquiring skill in agriculture and handicrafts.

Need for Nurturing Women Strength

The women represent the major competent of a nation population, Nurturing their strength is essential for the development of the country, standing on her own feet gives women more confidence, Security, liberty, identity and a status in society. Nurturing their strength is inevitable become women are mobilized to protest against domestic violence, legal discrimination, rape dower, child marriage, female infanticide, sexual abuse, domestic violence male alcoholism and soon.

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Women have multihull role as daughters, mothers, wives, home makers and Winners.

Now a day's women have more opportunities to move in more positive direction.

Measures for nurturing women strength to create awareness among women about their potentials fighter in families, Schools or collages. Rise funds to educate girls and women in vocational training.

To encourage self help groups. To encourage women to talk with other women individually and in groups and also neighborhood groups.

To acquire skills such as public speaking, legal awareness and economic intendance participation in self awareness programmers seminar, debates etc.

Guidance for Women

It is assistance made available by competent person to an individual to direct his own life to take his own decagons.

Type of Guidance

Personal Guidance

It is care of all types of guidance, it helped to know her what she is and what she is not. It helps the women to solve family's problems and thus helps in making adjustment.

It meant for bringing happy life to each women.

Helping each women to look at 5 herself in a right perspective.

Vocational Guidance

In this scientific and technological age one of the most important aspects of women's life is conation.

Vocational guidance helps the women to develop her potentialities to an optimum level.

To choose an occupation, to prepare for it and to place her against a suitable job, make adjustments in relation to her occupation or job to discover information about herself her abilities, interests, needs ambitions limitations and their cause.

Education Guidance

Help the women to choose the educational course best suited to her in understanding the objectives of higher of higher education. So that they decide the line of action for themselves to succeed in her educational program.

To assist it the process to development rather than direction of that development.

Nature of Guidance

Guidance honors each women guidance presumes that each women is unique human being. She is capable of doing something worthwhile in life. Guidance is a support system, all the women need for their healthy growth and development.

Guidance Develops Self

It aims to develop women and rely upon their self guidance decision making.

Help in higher level of personal planning, decision making and develop with the contact of social opportunities.

Conclusion

Counseling of women has become a specials area of concern on murder time, an important

area of counseling for women deals with the lack of confidence. The counselor must help; build self confidence not nearly at an intellectual level but also at the affective level. If counselor enough to express herself frilly and act accordingly.

Another problem commonly experienced by women is one of per. Self image they may be helped by employing the assertive technique to become aware of their potentialities and to... towards fulfilling them

Counseling on education assistance to the women in the process of development, the aim is to develop the capacity for self direction, self guidance and self important trough an increased understanding of her problems and her recourse as well as limitation to solve the problems.

In vocational counseling for women the problem such as selection of vocation, preparing for a vocation, and progress on vocation are handled Modern Women have increasingly come to realize the need for economic self efficiency and independence. The basic tenet of counseling and guidance as that for self actualization the individual needs to be free first by education, women in inbreeding members are pursuing several nontraditional occupations.

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