Paper -women Education
Paper code-303
Semester-3<sup>rd</sup>

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# Topic: - Women Empowerment through Five year plan in India

# Introduction

Women's inclusion in the planning of development in India preceded Independence. In 1939, a sub-committee of women was set up to outline Women's Role in Planned economy (WRPE), as part of the structure of the National Planning Committee, which in turn was to chart the course of future planning in India. The sub-committee was to" deal with the place of woman in the planned economy..." ranging from family life, employment, education and social customs that prevent women's participation in the economy.

The chairperson of the Committee was Rani Lakshmibai Rajwade, and the members were influential leaders such as Sarla Devi, Vijayalakshmi Pandit, Begum Zarina Currimbhoy, Sarojini Naidu, Durgabai Joshi and Dr.(smt.)Muthulakshmi Reddy. The ideas and suggestions that the sub-committee proposed in their report covered areas such as civic rights, economic rights, property rights, education, marriage, family and issues like widowhood, caste, prostitution etc.

The Planning Commission was constituted in March, 1950 by a Resolution of the Government of India, and it works under the overall guidance of the National Development Council. The Planning Commission consults the Central Ministries and the State Governments while formulating Five Year Plans and Annual Plans. It functions as an advisory Planning body at the apex level. In the early years of planning, it was assumes that women would automatically benefit from the overall measures for national development.

The present study discusses the various efforts taken by the Government of India through Five Year Plans to develop women through various policies, Programs, commissions and schemes etc., the plan wise description of Five Year Plans are as follows:

#### First five- year plan (1951-1956)

The First Plan (1951-1956) envisaged a number of welfare measures for women. The Central Social Welfare Board (CSWB) was set up in 1953 to act as an apex body at nation level and to promote action organizations at various levels, especially at the grassroots; to take up welfare related activities for women. In 1954, the State Social Welfare Advisory Boards (SSWAB) were established in the state Government, as the limb of the CSWB. The CSWB acts as an umbrella organization networking through SSWABs and through them thousands of Voluntary Organizations [3] . Sought to 'promote the welfare of women' by helping them to play their legitimate role in the family and the community and stressed that

"the major burden of organizing activities for the benefit of vast female population has to be borne by the private.

#### Second five year- plan (1956-1961)

The Second Plan (1956-1961) retained the welfare approach to women's issues, taking cognizance of the plight of women workers on account of the social prejudices, and the need to provide and implement maternity benefits, protection from injurious work, crèches, and equal pay for equal work policies. The plan efforts were geared to organize 'Mahila Mandals' (women's groups) at the grass root levels to ensure better implementation of welfare schemes.

# Third five-year plan(1961-1966)

The Third Plan (1961-1966) envisaged female education as a major strategy of welfare. Under 'social welfare' the emphasis was on the provision of rural welfare services and condensed educational courses. Health services were geared to maternal and child welfare and also health education, nutrition and family planning.

### Forth five-year plan(1966—1969)

The Fourth Five-Year Plan (1969-74) gave emphasis on women's education. The basic policy of this Plan was to promote women's welfare within the family as the base of operation. High priority was accorded to immunization of preschool children and supplementary feeding for children, expectant and nursing mothers. During this period, Central Social Welfare Board adopted the following programmes for welfare of women.

- 1. Considered courses of education for adult women;
- 2. Socio-economic programmes

## Fifth five-year plan(1974-1979)

The Fifth Five-Year Plan (1974-79), saw a shift in the approach for women's development from 'welfare' to 'development' to cope up with several problems of the family and the role of women. The new approach aimed at an integration of welfare with development services. This plan emphasized the need to train women in need of income and protection. It also recommended a programme of functional literacy to equip women with skills and knowledge to reform the functions of housewife under the health programmes, the primary objective was to provide minimum public health facilities integrated with family planning and nutrition for vulnerable groups, children, pregnant and lactating mothers [9]. This plan coincided with the International Women's Decade and the submission of the Report of the Committee on the Status of Women in India (CSWI), "Towards Equality". The overall task of the CSWI was to undertake a comprehensive examination of all the questions relating to the rights and status of women in the context of changing social and economic conditions in the country and problems relating to the advancement of women. The report stressed that the dynamics of social change and development had adversely affected a large section of women and had created new imbalances and disparities such as:

- i) The declining sex ratio;
- ii) Lower expectancy of life;
- iii) Higher infant and maternal mortality;

- iv) Declining work participation; and
- v) Illiteracy