WOMEN'S RIGHTS & EMPOWERMENT

Women's Rights Guide

Progress, Legal Protections, Domestic Violence Safeguards, Workplace Safety (POSH), and the Road Ahead



> *Women's rights are human rights. A society can truly progress when every woman and girl has the freedom, safety and opportunities to live with dignity, make choices and reach her full potential.*

1. Progress Over the Years

India has made significant progress in advancing women's rights through education, legal reforms, increased representation and greater awareness. More women are pursuing education, joining the workforce, and taking leadership roles in politics, business and community development.

2. Key Legal Protections

Several laws in India protect the rights and dignity of women, including:

1. Protection of Women from Domestic Violence Act, 2005
2. Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013
3. Equal Remuneration Act, 1976
4. Maternity Benefit Act, 1961 (amended)

3. Ongoing Challenges

Despite progress, women still face challenges such as gender-based violence, unequal access to education and healthcare, financial dependence, and social discrimination. These issues require continuous efforts from government, communities and individuals to create lasting change.

4. Stories of Change

> *"Education gave me confidence to dream bigger. Today, I want to support other girls in my village to do the same."*
>
> **- Anjali (College Student)**

> *"With the support of our self-help group, I started my small business. Now I am financially independent and can support my family."*
>
> **- Sunita (Entrepreneur)**

5. What Can Be Done

1. Promote equal access to quality education for girls
2. Strengthen awareness about legal rights and support services
3. Encourage community participation and male allyship
4. Support women's economic empowerment through skill development

6. A More Equal Future

A safer, more equal future is possible when we work together - empowering women, challenging discrimination, and creating opportunities for every girl to thrive. Let's continue to support and stand for women's rights.

SUPPORT WOMEN'S EMPOWERMENT

Join our initiatives to create safer communities and equal opportunities for women and girls.

IMPORTANT HELPLINES & LEGAL AID CONTACTS

- **National Women Helpline: 181 (Toll-Free, 24x7)**
- **National Commission for Women (NCW): 7827170170**
- **Free Legal Aid for Women (NALSA): 15100 (24x7)**
- **National Emergency Helpline: 112**