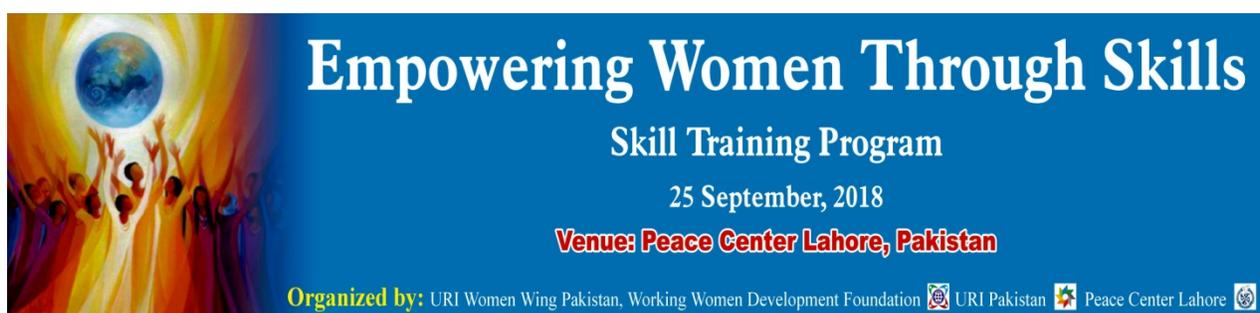


Empowering Women through Skills by URI Women Wing Pakistan

URI Women Wing Pakistan organized a training program with the theme of **empowering women through skills** with the partnership of URI Pakistan, Peace Center Lahore and Working Women Development Foundation on 25th September, 2018 at Peace Center Lahore. It was a National training program for unskilled and illiterate girls and women belonging to the poorest families. For daily food, they have to work with their family members at brick factories, and in the fields and houses of rich people.



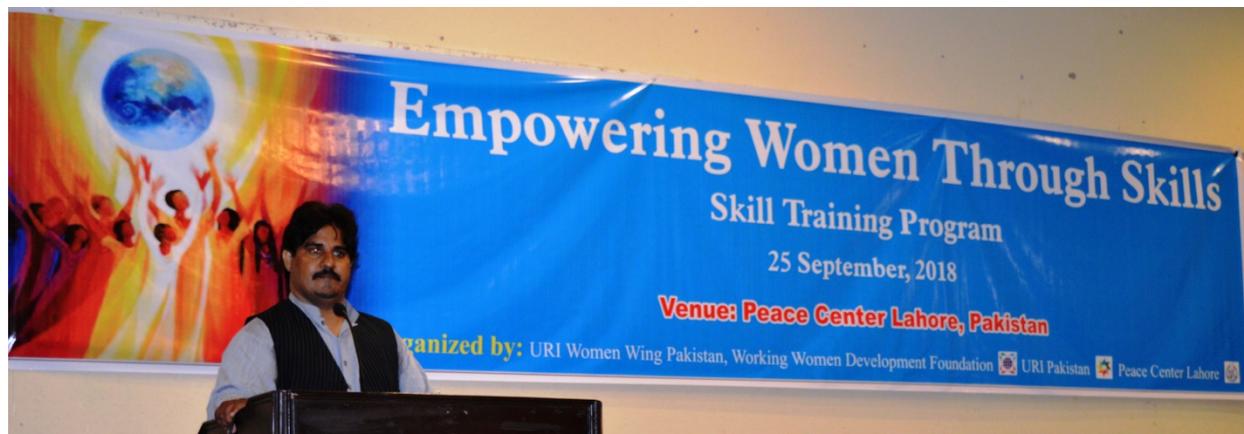
Mr. Asher Nazir, Executive Secretary URI Pakistan, welcomed all participants and shared that today in this training many girls and women came from different cities of Pakistan. 86 girls and women came from different faiths and communities. They were getting skills from different beauty parlors and sewing centers. This training program was presided over by Fr. James Channan, OP, Regional Coordinator of URI Pakistan and Director of the Peace Center Lahore. Asher Nazir warmly welcomed Fr. James Channan OP because he came back to Pakistan from Europe for this program. Mr. Iqbal Sani, Program Manager of Working Women Development Foundation, gave a brief introduction of the honorable guest and speakers, and with it he shared some important activities of Working Women Development Foundation.



Sr. Sabina Rifat, Coordinator Women Wing URI Pakistan, shared the objective of the training. She said, "I am working with marginalized women and girls from different religions in Pakistan. My strong belief is that together woman can change everything through their talent and skills."



The word 'empower' denotes that it is not an internal phenomenon rather the external factors have to endow one with the specific power. Empowerment, in other words, is "the result of the process which enables an individual to know about herself, what she wants, express it, try to get it and fulfill their needs, enhance confidence, awareness, mobility, choices, control over resources and decision making power. The process which enables an individual to gain all the above qualities is called empowerment" The



phenomenon of empowering someone implicitly comments on the powerlessness of the individual before. In other words, the process of empowerment in the social context involves that power is endowed to the powerless from the powerful entities in the society by "allowing the weak and the marginalized to have access to the tools and the materials they need to forge their own destinies"

Men and women are substantial part of any society but in male dominated societies, female population is deprived and marginalized group of society. If men and women were created equal, the phenomenon of empowerment of women illustrates that initially they have been disempowered and as a relapse, they are encouraged to hold some power in their hands for the



well being of the family or the society but above all, for themselves.

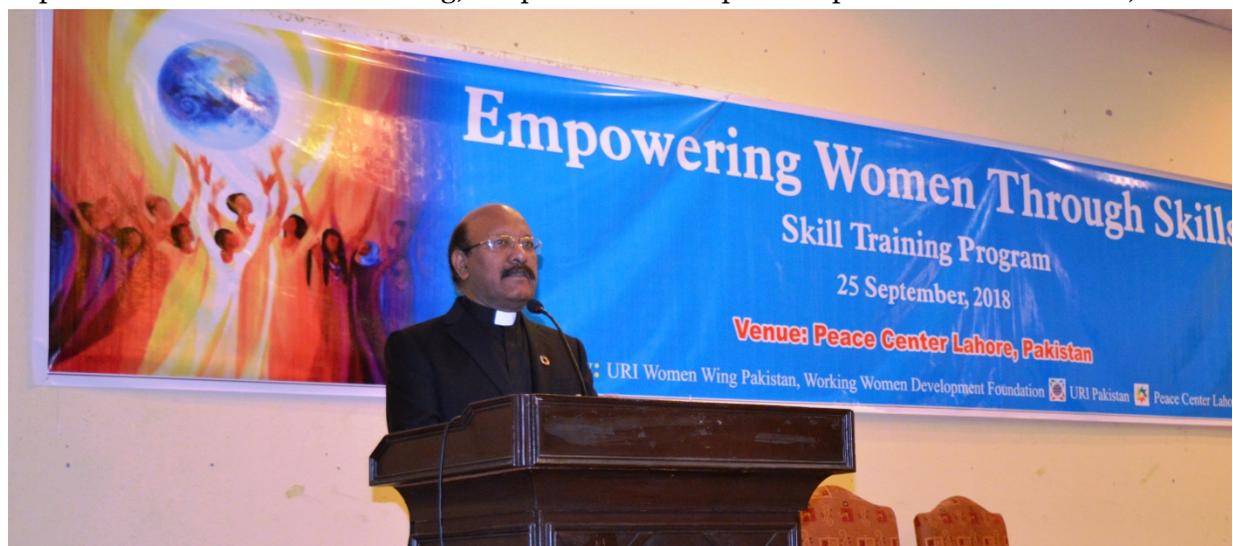
Empowerment of women is generally seen in relation to men. The status of men is the measuring tool for scaling how much empowerment is required on the part of women. On the other hand, the empowerment of women is also seen as a threat to the singular rule of men but it needs to be clarified that empowering women does not imply disempowering men; they can both remain in power simultaneously. Such an empowerment is based, not only restricted to the physical or

material aspects of life but it also reflects their intellectual and emotional

development, and this relationship is reciprocal in nature. For instance, for a woman to be economically independent and socially active, her self-esteem and confidence need to be raised



First, then she needs to be sensitized to her status in the society and its implications for herself and those around her; only then can she rise to achieve the physical scales of empowerment. Fr. James Channan OP said that today I am very happy that all these girls and women are getting different skills. URI Women Wing Pakistan is working with uneducated and unskilled girls and women and making them empowered through skills. Sr. Sabina Rifat is uniting the women and giving awareness about their rights that how they can play a positive role in the society. There are seven components regarding the empowerment of women: awareness of their rights; improved standards of living, equal ownership of productive resources, better



health care for herself and her children, higher literacy level and education, increased partnership in economic and commercial sectors, and achievement of self-reliance, self confidence and self – respect.



Furthermore, education, employment, contact with outside world, personality development, economic independence, institutional and legal support, promotion of women wings and

activists are the prerequisites for the empowerment of women. These are the social measures that need to be taken to give sustainable power to women. If we trained women in professional



skill, it will be possible for them to earn their bread with dignity and to give better formation to their children and families thus bringing a positive change in an intolerant society. He gave diplomas to those girls who have stitching completed course with Sr. Sabina, Mr. Asher Nazir and Mr. Iqbal Sani.



In last of the program Mr. Asher Nazir thanked to all participants and partners organizations for their time and contribution.

Report Prepared by:

Asher Nazir
Executive Secretary URI Pakistan.