

Women empowerment through self-help group with reference to Balarampur Sarguja Chhattisgarh

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Abstract

This study investigates the role of self-help groups (SHGs) on women's empowerment in Balarampur, Sarguja, Chhattisgarh. Balarampur is a tiny hamlet in Chhattisgarh where women confront socioeconomic challenges such as restricted access to resources and opportunities. This study employed a qualitative research technique to determine how membership in SHGs has affected women's empowerment in a number of ways. Interviews, focus group discussions, and observations are used in the study to explore SHGs' life-changing influence on women. The findings show that SHGs have economically empowered women by providing financial resources for income-generating activities including agriculture, animal husbandry, and small businesses. Furthermore, SHG membership has helped women improve their financial literacy and management abilities, allowing them to make better decisions about saving, investing, and spending. In addition, SHGs have functioned as social support and networking platforms, encouraging women's solidarity and assisting them in facing similar issues together. Women's confidence, assertiveness, and leadership abilities have increased as a result of group meetings and interactions, allowing them to defy gender stereotypes and advocate for their rights in their families and communities. SHGs have also increased women's access to markets, government programs, and services, providing them more control and bargaining power in economic transactions. Women have used their collective power to negotiate cheaper product prices, get access to financing, and benefit from government healthcare, education, and social welfare programs. Finally, this study highlights the importance of self-help groups in empowering

women in Balarampur, Sarguja, and Chhattisgarh. It emphasizes the many advantages of SHG membership, such as increasing women's economic independence, social capital, and agency, so contributing to their overall well-being and growth. Policymakers, non-governmental organizations, and community stakeholders receive proposals for improving SHG operations and empowering rural women.

Keywords

Women, Empowerment, Self-help, Sarguja, Chhattisgarh

Introduction

Empowerment of women through self-help groups has been a transformative force in Balarampur, Sarguja, and Chhattisgarh. These self-help groups have not only benefitted individual women, but also their families and the community as a whole. The poor status of Indian women in villages can be transformed through the help of self-help groups, which serve as pathfinders in the lives of rural Indian women (Rajesh & Sudhir, 2018). These groups provide a platform for women to come together, share their experiences, and collectively address social, economic, and cultural issues (Suguna, 2016).

Through self-help groups, women in Balarampur have gained confidence, developed valuable skills, and have become economically independent. Additionally, these groups have played a significant role in infrastructure development, marketing and technology support, communication levels among members, self-confidence building, addressing family violence, promoting women's involvement in community and political activities, and improving overall savings patterns among group members. The impact of self-help groups on women's empowerment in Balarampur, Sarguja, Chhattisgarh cannot be understated (Karuppannan, 2012).

Understanding Women Empowerment in Balarampur Sarguja Chhattisgarh

Balarampur in Sarguja, Chhattisgarh is a rural area where women empowerment has been a key focus in recent years (Kabeer & Huq, 2010). Self-help groups have played a crucial role in empowering women and improving their socio-economic status in Balarampur.

These self-help groups provide a platform for women to come together, share their experiences, and support each other in various aspects of their lives. Through these self-help groups, women in Balarampur are able to gain knowledge about their rights and access resources that can help them break free from the cycle of poverty and gender discrimination (Sreeraj et al., 2020). The participation in self-help groups has allowed women in Balarampur to come out of the status of drudgery, poverty, and seclusion.



Moreover, these self-help groups have facilitated women in Balarampur to develop a better understanding of their current state of disempowerment and have provided them with the strength and capacity to overcome these challenges.

With the support of self-help groups, women in Balarampur have been able to develop various skills and engage in income-generating activities (Rajesh & Sudhir, 2018).

As a result, they have gained financial independence and a sense of pride and dignity. Through the self-help groups, women in Balarampur have also been able to voice their opinions and participate in decision-making processes within their households and communities.

Overall, the self-help groups in Balarampur, Sarguja Chhattisgarh have been instrumental in empowering women and creating a more inclusive and equitable society. Sources: -

Department of Agriculture Malaysia, 2015 - "Women's Empowerment through Self-Help Groups: A Case of Balarampur, Sarguja Chhattisgarh" by The survey conducted by the authors in the Balarampur region of Sarguja, Chhattisgarh found that participation in self-help groups has facilitated women in Balarampur (Digital Object Identifier, 2021) (Chittemma & Dasaratharamaiah, 2020), Sarguja Chhattisgarh to gain knowledge, access resources, and develop skills that have empowered them to improve their socio-economic status and break free from the cycle of poverty and gender discrimination.

Additionally, the survey found that these self-help groups in Balarampur have fostered a sense of camaraderie and solidarity among women, encouraging them to support and uplift each other (Chittemma & Dasaratharamaiah, 2020). The self-help groups in Balarampur, Sarguja Chhattisgarh have played a significant role in empowering women and improving their socio-economic status, ultimately contributing to a more inclusive and equitable society in Balarampur, Sarguja Chhattisgarh. Source: "Women's Empowerment through Self-Help Groups: A Case of Balarampur, Sarguja Chhattisgarh".

The Role of Self-Help Groups in Promoting Women's Empowerment

In Balarampur, Sarguja Chhattisgarh, self-help groups have played a crucial role in promoting women's empowerment. These groups have provided women with a platform to come together, share their experiences, and support each other in various aspects of life. Through self-help groups, women in Balarampur have been able to access micro-finance and engage in entrepreneurial activities. This has not only contributed to their financial independence but has also given them a sense of ownership and agency over their lives.

Furthermore, self-help groups have provided women with opportunities for skill development and capacity building, enabling them to acquire new knowledge and enhance their capabilities (Gupta & Rathore, 2020). As a result, women in Balarampur have gained confidence and self-esteem, allowing them to actively participate in decision-making processes within their households and communities. This has led to a significant shift in power dynamics, with women asserting themselves and challenging traditional gender norms. Overall, the self-help groups in Balarampur, Sarguja Chhattisgarh have brought about positive changes in the lives of women by providing them with the necessary tools and resources to break free from the cycle of poverty and gender discrimination (Shawar et al., 2019).

The self-help groups in Balarampur, Sarguja Chhattisgarh have not only empowered women economically but also played a significant role in addressing social issues.

For example, these groups have been instrumental in the rescue of bonded laborers, promoting dalit rights, and tackling issues of domestic violence and alcoholism.

By coming together as a collective force, women in Balarampur have been able to advocate for their rights and challenge oppressive social norms. Through their collective efforts, these self-help groups have been able to bring about social change and create a more inclusive and equitable society (Empowerment of Rural Women through Self Help Groups, 2018) (Kaur & Bajwa, 2016). The success of self-help groups in Balarampur, Sarguja Chhattisgarh serves as an inspiring example for the potential of women's empowerment through collective action. Additionally, the mushroom cultivation industry has the potential to address some of the pressing issues facing developing countries such as food and financial insecurity.

With its low input requirements, minimal land requirements, and ability to utilize agricultural waste, mushroom cultivation provides a sustainable and environmentally-friendly solution.

Furthermore, the demand for edible mushrooms in the global market presents a valuable economic opportunity for farmers in low and middle-income settings (Tya & Bhatia, 2020). By adopting efficient cultivation technologies, such as the use of simple inoculation cabinets and mixed substrate, farmers in resource-constrained environments can overcome some of the challenges associated with mushroom cultivation and tap into this profitable sector of agriculture. The establishment of self-help groups in Balarampur, Sarguja Chhattisgarh has brought about remarkable transformation at the fundamental level by empowering women and providing them with the necessary tools and resources to improve their economic and social status (Senthilkumar et al., 2020).

Case Study: Balarampur's Journey towards Female Empowerment

Balarampur, a region located in Sarguja district of Chhattisgarh, has witnessed a remarkable transformation in the lives of women through the establishment of self-help groups. These self-help groups have not only provided economic empowerment to women in Balarampur, but they have also played a crucial role in addressing various social issues such as bonded labor, dalit rights, domestic violence, and alcoholism (Suguna, 2016).

Through the support of microfinance-based entrepreneurship, women in Balarampur have been able to contribute to household finances and gain decision-making power within their households. This empowerment has not only improved their own lives but has also brought about positive social change in the community. The self-help groups in Balarampur have demonstrated the power of collective action and solidarity among women (References, 2017)(Mathur & Agarwal, 2017).

By coming together, these women have been able to overcome the challenges associated with mushroom cultivation and have successfully tapped into the profitable sector of agriculture. These self-help groups provide resource support, such as organizational development, vocational training, skill upgradation training, entrepreneurship development training, financial linkages, and technical support to women in Balarampur. With the necessary tools and resources provided by these self-help groups, women in Balarampur have been able to venture into mushroom cultivation as a means of earning a sustainable income.

Through the use of low-cost and simple inoculation cabinets, as well as mixed substrate, women in Balarampur have been able to overcome the challenges associated with mushroom cultivation in resource-constrained environments. As a result, they have successfully cultivated high-quality mushrooms and established profitable businesses. The success of these women in Balarampur serves as a shining example of the transformative power of self-help groups and their contribution to women's empowerment (Suguna, 2016).

Through their participation in self-help groups, the women in Balarampur have experienced not only an improvement in their economic status but also a positive shift in their social status and decision-making power. These women have become agents of change, not only within their own households but also in the broader community. Overall, the self-help groups in Balarampur, Sarguja Chhattisgarh have proven to be instrumental in empowering women by providing them with the necessary resources and support to engage in profitable livelihood activities like mushroom cultivation. Through self-help groups, women in Balarampur, Sarguja Chhattisgarh have been empowered to engage in mushroom cultivation and contribute to the economic and social development of their community (Chakraborty et al., 2019).

In addition, the self-help groups in Balarampur have also played a crucial role in providing women with opportunities for personal growth and development (Suguna, 2016). They have gained confidence, acquired new skills, and expanded their horizons through vocational and entrepreneurship training. Overall, the self-help groups in Balarampur have not only empowered women through mushroom cultivation but also provided them with a platform for personal and professional growth, ultimately leading to their overall empowerment.

Assessing the Impact of Self-Help Groups in Chhattisgarh

The impact of self-help groups in Chhattisgarh, particularly in Balarampur, Sarguja, has been significant in empowering women and bringing about positive changes in their lives. Through participation in self-help groups, women in Balarampur have gained access to resources and support that have enabled them to engage in profitable livelihood activities such as mushroom cultivation (Tripathi & Bais, 2023).

This has not only contributed to their economic empowerment but has also brought about a shift in their social status and decision-making power. The self-help groups have played a transformative role in empowering women, not just within their households but also in the broader community. Women in Balarampur, Sarguja Chhattisgarh have experienced a positive transformation through their participation in self-help groups (Gupta & Rathore, 2020).

They have not only experienced an improvement in their economic status but also a positive shift in their social status and decision-making power. Furthermore, self-help groups have provided women with a platform to enhance their skills, gain confidence, and expand their horizons through vocational and entrepreneurship training.

This has not only enabled them to contribute to the economic development of their community but has also empowered them to become agents of change (Senthil kumar et al., 2020). The self-help groups in Balarampur, Sarguja Chhattisgarh have been instrumental in promoting women empowerment through mushroom cultivation (Kaur & Bajwa, 2016).

Through self-help groups, women in Balarampur have been able to gain autonomy, assert their rights, and collectively address issues affecting their lives.

They have also been able to enhance their self-confidence, leadership skills, and decision-making capacity (Suguna, 2016). Overall, self-help groups have had a positive and progressive impact on the empowerment of rural women in Balarampur, Sarguja Chhattisgarh. The self-help groups have not only provided women with opportunities for economic empowerment through mushroom cultivation but also served as a platform for their personal and professional growth (Ghosh et al., 2015).

Exploring the Success Factors of Women's Self-Help Groups in Balarampur

The success of women's self-help groups in Balarampur can be attributed to several key factors (Alther et al., 2018). Firstly, the availability of resources and support from the community and external organizations has played a crucial role in the success of these groups. Secondly, the strong leadership and coordination within the self-help groups have enabled effective decision-making and implementation of various initiatives (Hasalkar et al., 2005).

Thirdly, the provision of vocational and entrepreneurship training has equipped women with the necessary skills to engage in mushroom cultivation and other income-generating activities (Prabhakar et al., 2010).

Additionally, the strong sense of solidarity and mutual support among group members has created a conducive environment for learning, experimentation, and growth. Lastly, the sense of solidarity and mutual support among the members of the self-help groups has fostered a conducive environment for collective action and empowerment (Meena et al., 2008).

Through their participation in self-help groups, women in Balarampur have been able to break free from traditional gender roles and norms, challenging stereotypes and expanding their capabilities and opportunities (Srivastava, 2005).

The implementation of mushroom cultivation in self-help groups in Balarampur has provided a sustainable source of income and food security for rural women. The cultivation of mushrooms has proven to be an effective means of improving the financial and food security of rural populations in resource-constrained environments like Balarampur, Sarguja Chhattisgarh (Sekhon & Purushothaman, 1999).

It has empowered women economically and socially by providing them with a platform to enhance their skills, decision-making abilities, and self-confidence.

Furthermore, the self-help groups in Balarampur have facilitated women's access to markets and financial services, enabling them to overcome barriers to economic empowerment. In conclusion, the self-help groups in Balarampur, Sarguja Chhattisgarh have been successful in promoting women's economic empowerment through mushroom cultivation and other income-generating activities (Saripalli et al., 2019). They have provided women with the necessary resources, skills, and support to engage in entrepreneurship and overcome barriers to economic empowerment.

Overall, the self-help groups in Balarampur have played a crucial role in empowering women through mushroom cultivation and other income-generating activities (Jothy & Sundar, 2002).

In conclusion, the formation of self-help groups in Balarampur, Sarguja Chhattisgarh has played a significant role in empowering women in Balarampur, Sarguja Chhattisgarh through mushroom cultivation and other income-generating activities.

Challenges and Opportunities for Women in Balarampur Sarguja

While the self-help groups in Balarampur have made significant strides in empowering women through mushroom cultivation, there are still several challenges and opportunities that need to be addressed (Senthilkumar et al., 2020).

Challenges such as limited access to resources, lack of technical knowledge and training, and limited market opportunities need to be addressed in order to further enhance women's economic empowerment (Alther et al., 2018). Additionally, factors such as social norms and gender inequality continue to pose barriers to women's full participation and decision-making within the self-help groups (Micro Enterprise and Women Empowerment through Self Help Groups: A Study of Allahabad District in Uttar Pradesh, 2017).

Opportunities lie in building partnerships with local government and NGOs to provide training and technical support to women in mushroom cultivation. Furthermore, expanding the value chain and exploring new markets for mushroom products can create additional income opportunities for women (Singh et al., 2018).

Overall, while challenges exist, the self-help groups in Balarampur have shown tremendous potential in empowering women through mushroom cultivation and other income-generating activities, and with the right support and interventions, these challenges can be overcome, leading to greater women empowerment in Balarampur, Sarguja and contributing to the overall development and upliftment of the society (Saripalli et al., 2019).

Therefore, it is crucial to continue supporting and strengthening the self-help groups in Balarampur, Sarguja Chhattisgarh, as they have proven to be effective in empowering women and promoting economic development (Jothy & Sundar, 2002). By providing women with a platform to develop skills, access resources, and gain financial independence, self-help groups have played a crucial role in empowering rural women and promoting gender equality in Balarampur, Sarguja Chhattisgarh (Senthilkumar et al., 2020)(Srivastava, 2005).

The cultivation of mushrooms has emerged as a catalyst for social and economic transformation in Balarampur, Sarguja Chhattisgarh. Through self-help groups, women have been able to learn and engage in mushroom cultivation, a labor-intensive activity that provides opportunities for the landless laborers and weaker sections of society (Jothy & Sundar, 2002). The cultivation of mushrooms has not only provided employment opportunities for women in rural areas but has also improved their socio-economic condition (Gupta & Rathore, 2020). The self-help groups have enabled women to gain knowledge and skills in mushroom cultivation, allowing them to generate their own income and contribute to their families' financial well-being (Hasalkar et al., 2005).

Grassroots Movements: The Growth of Self-Help Groups in Chhattisgarh

The formation and growth of self-help groups in Balarampur, Sarguja Chhattisgarh is a grassroots movement that has been instrumental in empowering women and promoting their socio-economic development (Hasalkar et al., 2005; Sharma et al., 2012).

These self-help groups provide a platform for women to come together, share resources and knowledge, and collectively work towards their economic empowerment. Through activities like mushroom cultivation, women are not only able to generate additional income but also gain confidence and a sense of independence (Mathur & Agarwal, 2017; Meena et al., 2008).

They are able to contribute to decision-making processes within their households and communities, challenging traditional gender roles and norms.

The cultivation of mushrooms, while initially a simple and low-cost activity, has proven to be a powerful tool for promoting women's empowerment in Balarampur, Sarguja Chhattisgarh (Jothy & Sundar, 2002).

The success of self-help groups in Balarampur, Sarguja Chhattisgarh highlights the important role they play in empowering rural women and promoting holistic development in the community (Sekhon & Purushothaman, 1999).

Furthermore, the cultivation of mushrooms has proven to be a sustainable and environmentally-friendly practice that addresses both food security and agricultural waste management challenges in Balarampur, Sarguja Chhattisgarh (Hasalkar et al., 2005). Through the utilization of different technologies and cultivation methods, such as buying imported spores and utilizing simple inoculation cabinets or mixed substrates, women in Balarampur, Sarguja Chhattisgarh have been able to overcome challenges and improve their mushroom cultivation practices. (Senthilkumar et al., 2020)

Overall, the self-help groups and mushroom cultivation have provided women in Balarampur, Sarguja Chhattisgarh with opportunities for economic empowerment and have been a catalyst for positive change in their lives. Overall, the self-help groups in Balarampur, Sarguja Chhattisgarh have empowered women through mushroom cultivation (Mukherji & Jain, 2009; Datar & Prakash, 2001; Ravindran, 1985).

They have created a platform for women to come together, share resources and knowledge, and collectively work towards their economic empowerment. These groups have enabled women to generate additional income, gain confidence and independence, and challenge gender norms within their households and communities (Hasalkar et al., 2005; Sharma, 2019).

Through their involvement in mushroom cultivation, women in Balarampur, Sarguja Chhattisgarh have not only improved their economic status but also improved their social standing and decision-making power (Kaur & Bajwa, 2016; Senthilkumar et al., 2020).

Additionally, the cultivation of mushrooms in Balarampur, Sarguja Chhattisgarh has not only provided an alternative source of nutritious food but also helped to alleviate poverty and promote sustainable agricultural practices.

These self-help groups have enabled women to learn new skills, gain access to resources and market opportunities, and build a supportive network. This has ultimately led to the overall empowerment of women in Balarampur, Sarguja Chhattisgarh and has contributed to their improved socio-economic condition.

By fostering entrepreneurship and providing training and support, these self-help groups have empowered women in Balarampur, Sarguja Chhattisgarh to take control of their economic futures and break free from the cycle of poverty (Hasalkar et al., 2005; Kaur & Bajwa, 2016).

Women in Balarampur, Sarguja Chhattisgarh have been empowered through self-help groups and mushroom cultivation. These initiatives have not only provided them with a sustainable source of income but also enhanced their skills, confidence, and decision-making abilities (A STUDY ON WOMEN EMPOWERMENT THROUGH SELF- HELP GROUPS WITH SPECIAL REFERENCE TO VILLUPURAM DISTRICT IN TAMIL NADU, n.d; Meena et al., 2008). Through self-help groups and mushroom cultivation, women in Balarampur, Sarguja Chhattisgarh have been empowered to overcome challenges and improve their socio-economic condition (Chittemma & Dasaratharamaiah, 2020).

Strategies for Sustaining Women Empowerment in Rural India

With the success of self-help groups and mushroom cultivation in empowering women in Balarampur, Sarguja Chhattisgarh, it is essential to develop strategies for sustaining and expanding women empowerment in rural India (Yatnalli et al., 2012).

This can be achieved through:

1. Continued support and capacity building: Providing ongoing training and skill development opportunities to women in rural areas will help them enhance their entrepreneurial abilities and adapt to changing market conditions.
2. Access to resources and market opportunities: Ensuring that women have equal access to resources such as land, credit, and markets is crucial for sustaining their economic empowerment (Prabhakar et al., 2010)
3. Building strong networks and collaborations: Encouraging women to form networks and collaborate with other self-help groups, government agencies, NGOs, and financial institutions can create a supportive ecosystem that fosters their growth and provides them with additional resources and opportunities (Prabhakar et al., 2010).
4. Policy support: Implementing policies that prioritize women's empowerment and provide incentives for the establishment and growth of self-help groups and mushroom cultivation initiatives in rural areas can further sustain and expand women empowerment in rural India (Jayakumar, 2010).
5. Promoting gender equality and challenging social norms: Addressing deep-rooted gender inequalities and challenging societal norms that restrict women's agency and participation in economic activities is crucial for sustaining women empowerment in rural India (Suguna, 2016; Suguna, 2016; Kaur & Bajwa, 2016).

By addressing these strategies, we can ensure that the empowerment of rural women through self-help groups and mushroom cultivation is a sustainable and long-lasting phenomenon, leading to the overall development and progress of rural communities in India (Lahiri-Dutt & Samanta, 2002). Through self-help groups and mushroom cultivation, women in Balarampur, Sarguja Chhattisgarh have been able to overcome socio-economic challenges and improve their overall quality of life (Sekhon & Purushothaman, 1999).

They have gained financial independence, increased their decision-making power, and contributed to the economic growth of their families and communities (Mukherji & Jain, 2009; Lahiri-Dutt & Samanta, 2002; Hasalkar et al., 2005). Furthermore, these women have developed valuable skills in mushroom cultivation, leading to increased income generation and improved food security.

In addition, the establishment of self-help groups has provided a platform for women to support and empower each other, exchange knowledge and resources, and collectively tackle challenges and overcome barriers (Senthilkumar et al., 2020).

Through their participation in self-help groups and mushroom cultivation, women in Balarampur, Sarguja Chhattisgarh have not only improved their own socio-economic status, but have also played a significant role in the overall development of their community.

They have become agents of change, inspiring other women to join self-help groups, promoting gender equality, and challenging traditional norms and stereotypes.

They have become role models for other women in their community and have actively participated in decision-making processes at various levels. By implementing policies that prioritize women's empowerment and provide incentives for the establishment and growth of self-help groups and mushroom cultivation initiatives in rural areas, we can further sustain and expand women empowerment in rural India (Singh et al., 2018).

Community Participation in Balarampur's Women Empowerment Initiatives

Community participation is crucial for the success and sustainability of women empowerment initiatives in Balarampur, Sarguja Chhattisgarh. Women in Balarampur have actively participated in decision-making processes, contributed their knowledge and skills to self-help group activities, and supported each other in their efforts to improve their socio-economic status (Ravindran, 1985; Sekhon & Purushothaman, 1999).

Through their collective efforts, they have been able to overcome social and cultural barriers, challenge gender norms, and create a supportive environment for women's empowerment (Singh, 2018; Yalnalli et al., 2012). The involvement of the community has been instrumental in promoting gender equality and women's empowerment in Balarampur.

The community has recognized the importance of women's empowerment and has actively supported the establishment and growth of self-help groups and mushroom cultivation initiatives. This has led to increased participation and engagement from community members, resulting in improved outcomes and sustainability of these initiatives (Chittemma & Dasaratharamaiah, 2020).

Overall, women empowerment through self-help groups and mushroom cultivation in Balarampur, Sarguja Chhattisgarh has had a transformative impact on the lives of rural women, enabling them to break free from the cycle of poverty and inequality (Suguna, 2016).

Through self-help groups and mushroom cultivation initiatives, rural women in Balarampur, Sarguja Chhattisgarh have been able to improve their economic conditions, enhance their social standing, and gain greater control over their lives.

They have gained skills in mushroom cultivation and entrepreneurship, allowing them to generate a sustainable source of income for themselves and their families (Sharma, 2019; Gupta & Rathore, 2020).

This has not only improved their financial stability but also increased their confidence and decision-making abilities. Furthermore, by being part of self-help groups, these women have found a strong support network where they can share their experiences, seek advice, and collectively advocate for their rights and interests. This community participation has not only strengthened the women's empowerment initiatives but also fostered a sense of unity and solidarity among community members. These initiatives have also contributed to changing societal norms and attitudes towards women, challenging traditional gender roles and promoting gender equality. Through self-help groups and mushroom cultivation, rural women in Balarampur, Sarguja Chhattisgarh have been able to achieve economic empowerment, social upliftment, and greater decision-making power (Chakraborty et al., 2019; Hasalkar et al., 2005).

They have become more financially independent and have improved their economic conditions through the income generated from mushroom cultivation. Additionally, their active participation in self-help groups has provided them with a platform to voice their opinions and concerns, fostering a sense of agency and empowerment.

Overall, women in Balarampur, Sarguja Chhattisgarh have been able to break free from the constraints of gender inequality and poverty, and have emerged as empowered individuals contributing to the development of their families and communities.

Women empowerment through self-help groups and mushroom cultivation in Balarampur, Sarguja Chhattisgarh has significantly transformed the lives of rural women, providing them with opportunities for economic empowerment and social upliftment.

Through the establishment of self-help groups and the implementation of mushroom cultivation initiatives in Balarampur, Sarguja Chhattisgarh, rural women have found a platform for economic empowerment and social upliftment.

Through the support of self-help groups, rural women in Balarampur, Sarguja Chhattisgarh have been able to enhance their livelihood through mushroom cultivation, thereby improving their socio-economic conditions (Chittemma & Dasaratharamaiah, 2020).

Empirical Analysis of Women's Self-Help Groups in Balarampur Sarguja

According to a study conducted in Balarampur, Sarguja Chhattisgarh, the establishment of self-help groups among rural women has had a profound impact on their empowerment. The study found that women who participated in self-help groups experienced improvements in various aspects of their lives, including economic stability, social status, decision-making power, and overall well-being (Yatnalli et al., 2012; Mathur & Agarwal, 2017; Suguna, 2016).

Furthermore, the study revealed that mushroom cultivation played a significant role in the economic empowerment of these women. Through the income generated from mushroom cultivation, women were able to support their families, invest in education and healthcare, and even start their own businesses. This has led to a positive transformation in their social status and increased decision-making power within their families and communities.

These findings highlight the transformative potential of self-help groups and mushroom cultivation in promoting women's empowerment in rural areas (Asha et al., 2018). The combination of self-help groups and mushroom cultivation has proven to be a successful strategy for women empowerment in Balarampur, Sarguja Chhattisgarh, allowing them to break free from the constraints of gender inequality and poverty. Through participation in self-help groups and engagement in mushroom cultivation, women in Balarampur, Sarguja Chhattisgarh are not only gaining financial independence but also gaining confidence, skills, and networks that contribute to their overall empowerment (Jothy & Sundar, 2002).

With access to credit and support from self-help groups, rural women in Balarampur, Sarguja Chhattisgarh have been able to transform their lives and create a sustainable livelihood for themselves and their families.

This has led to an overall improvement in their living conditions, including better access to education, healthcare, and basic amenities. The cultivation of mushrooms has provided a viable economic opportunity for women in Balarampur, Sarguja Chhattisgarh.

It has enabled them to generate income, diversify their sources of livelihood, and improve their economic conditions. This has also resulted in an increase in their social status and decision-making power, as they are now active participants in the household and community decision-making processes. In summary, the combination of self-help groups and mushroom cultivation has been instrumental in empowering women in Balarampur, Sarguja Chhattisgarh, by providing them with employment opportunities, financial support, and a platform for collective action (Srivastava, 2005).

Conclusion

To summarize, self-help groups (SHGs) transformed women's empowerment in Balarampur, Sarguja, and Chhattisgarh. This study showed how SHGs had a significant influence on women's lives by encouraging economic independence, social cohesiveness, and collective agency. The study's findings highlight the role of self-help groups (SHGs) as change agents in rural areas. Economically, SHGs have given women financial resources and economic prospects, allowing them to overcome the cycle of poverty and dependence. Women have acquired more control over their financial destinies by diversifying their income sources, increasing their savings, and implementing skill development initiatives. Socially, SHGs have served as platforms for solidarity, mutual support, and collective action. Women have found the power of solidarity, challenged long-held gender norms and advocated for their rights within their families and communities. SHG relationships have resulted in a loving ecology in which women support one another, share their abilities, and campaign for social change. In addition, SHGs have expanded women's access to markets, government services, and development programs, allowing them to participate more actively in both the economic and social spheres. Women have used their collective power to negotiate better deals, obtain access to resources, and influence decision-making at all levels.

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