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# A 21<sup>st</sup> Century Checklist for Empowerment



**A woman's sense of self, self-actualization and solidarity**

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President, Shanti Ashram



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# Goals of this Presentation



- How do we view the idea of **self**?
- What is the ground experience of women in India
- Explore deeper what the evidence tells us?
- Is **self actualization** a possibility for a 21<sup>st</sup> century woman in India?
- **Solidarity** : values, vision and varied action in alignment
- A check-list for women's empowerment built on a co-invested narrative

# How do we view the idea of **self**?



- Self is defined as the total being of a person, awareness of the individual or qualities of the individual.
- 

An example of a self is one person.

An example of self is the individuality of a person.

An example of self is a quality that one person has that the others don't have



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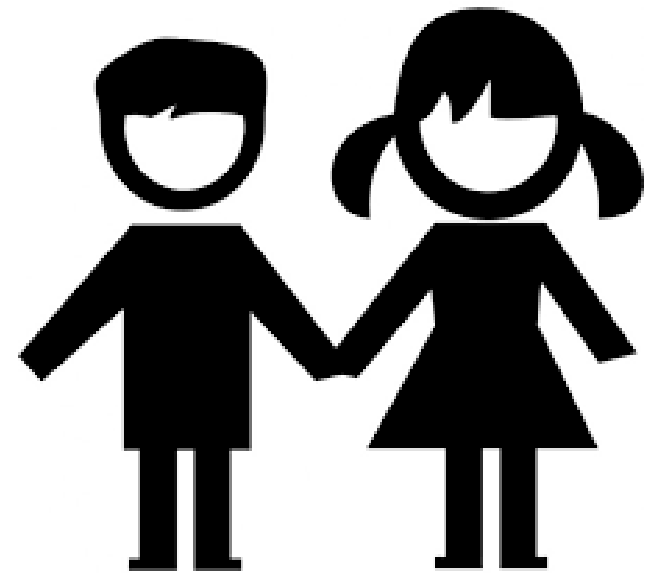


# So, how is 'SELF' understood today ?

The totality of the individual, consisting of all characteristic attributes,  
**conscious and unconscious,**  
mental and physical.

Apart from its basic reference to personal identity, being, and experience,  
the term's use is wide-ranging.

The 'self' is an individual person  
as the object of its own reflective consciousness.



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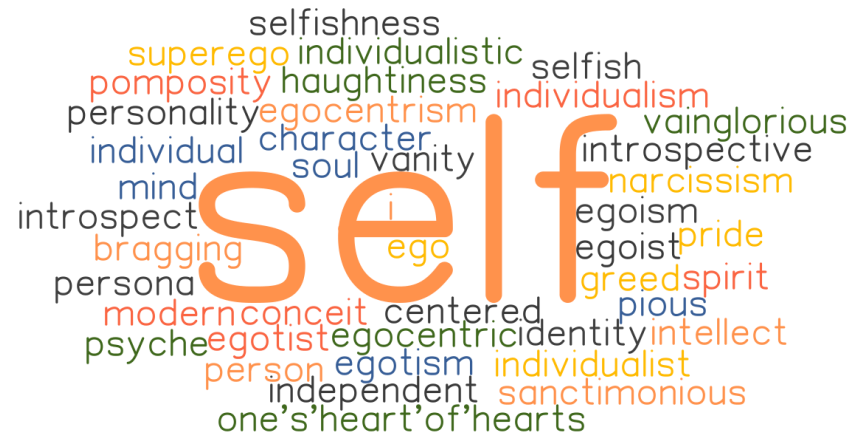
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- Since the self is a reference by a subject to the same subject, this reference is necessarily subjective.
- The sense of having a self—or selfhood—should, however, not be confused with subjectivity itself.



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# Ecosystem in which our children grow



**Data that helps us visualize the Ecosystem**



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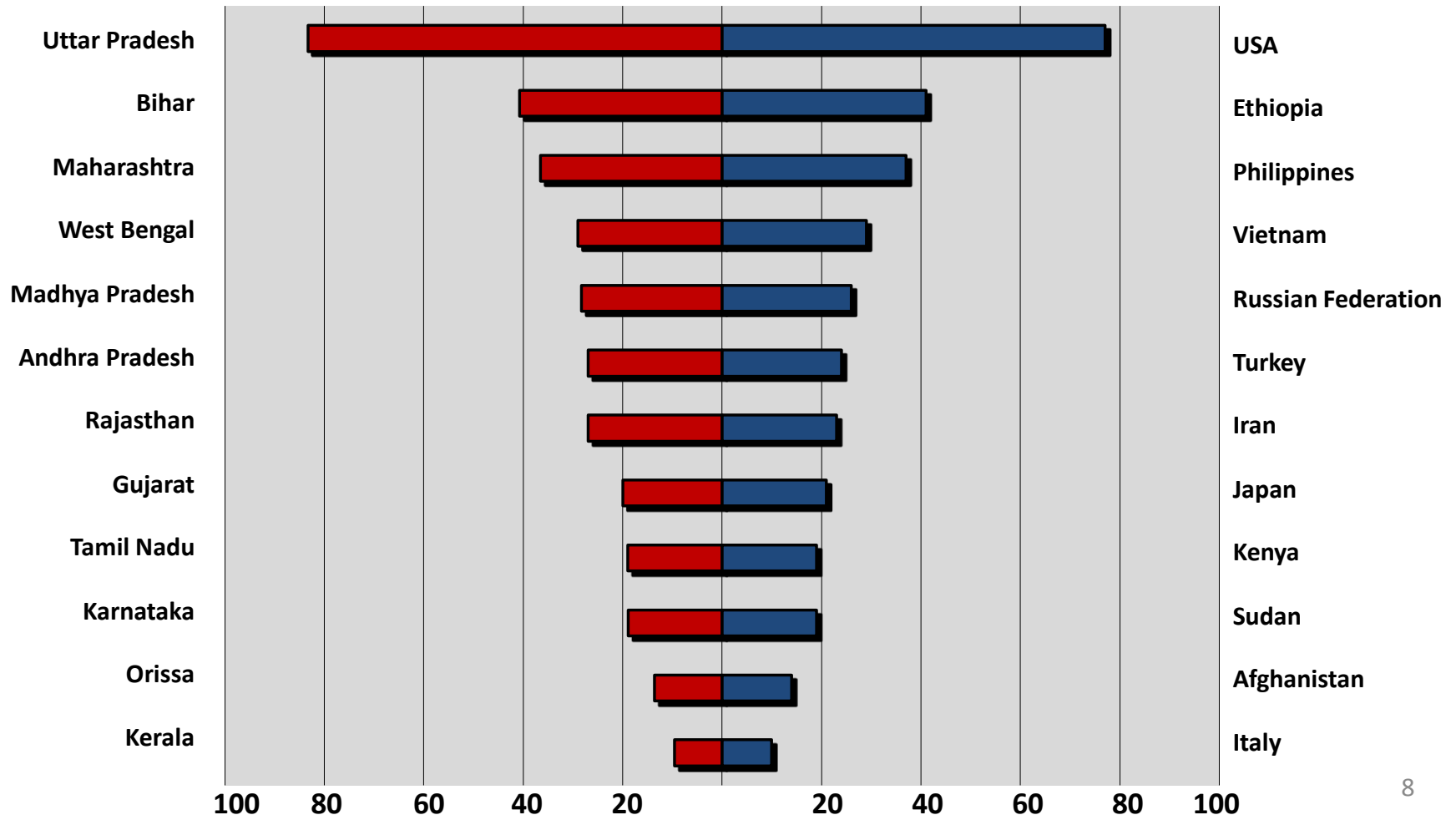
# India: The scale of things

Population: 1,156 million (under 18 years): 424 million (37%)

Population: 1210 million (census 2011 P)

2008 (SOWC)

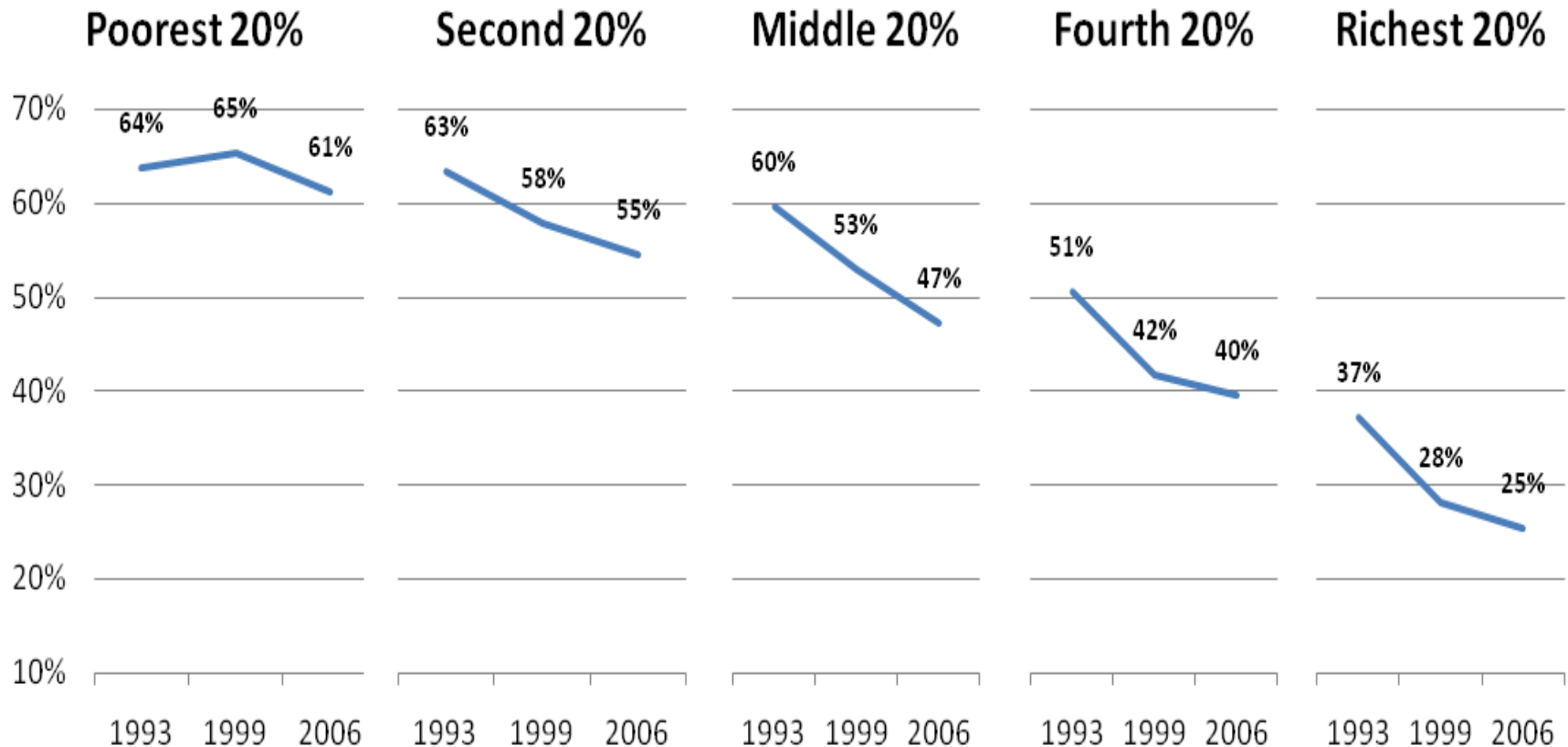
Many states have child populations similar to the  
child population of large countries





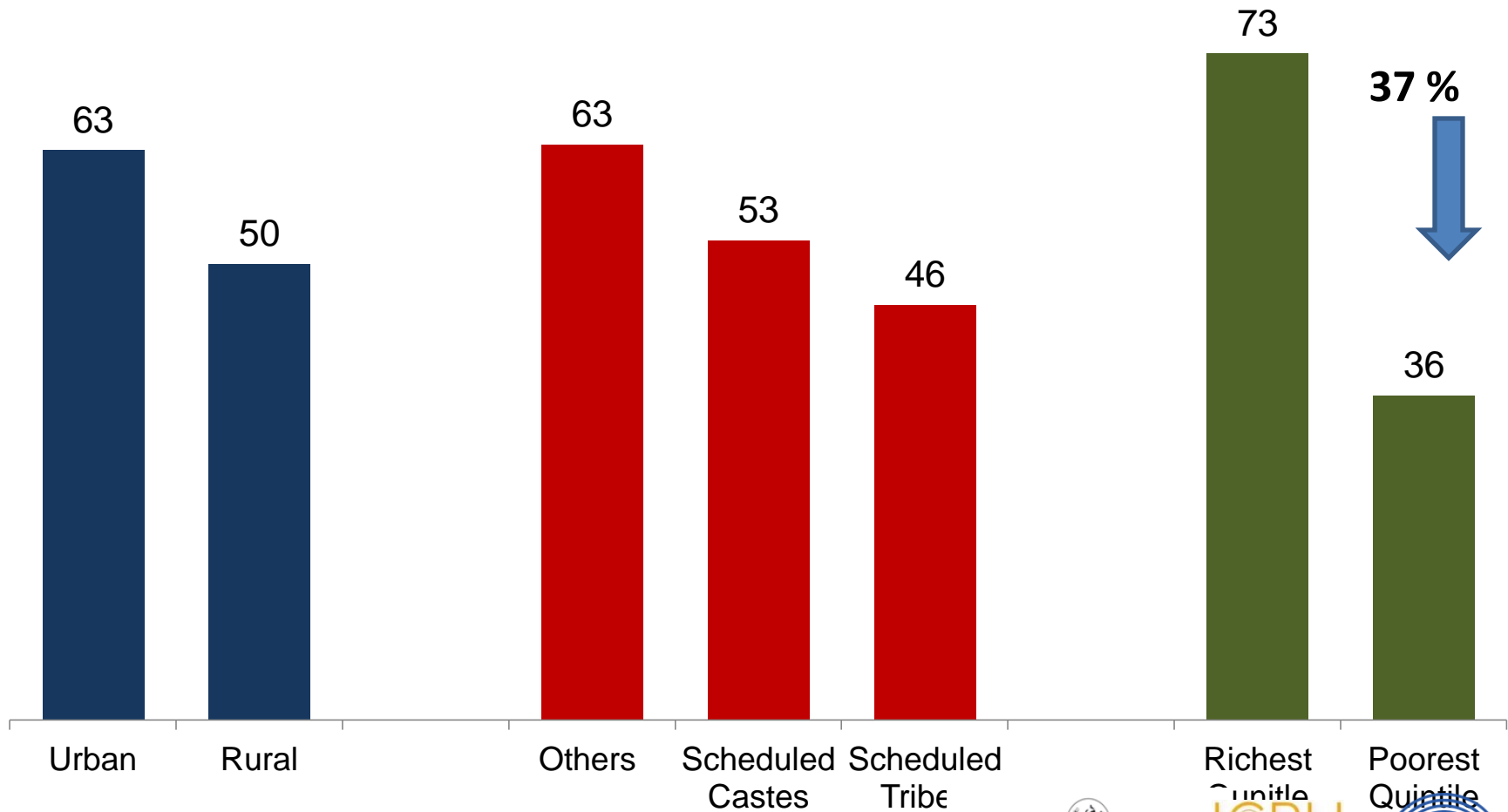
# Level of under-nutrition in children belonging to the poorest households has remained stagnant in more than a decade

Proportion of children under 5 years who are underweight, by household wealth quintile



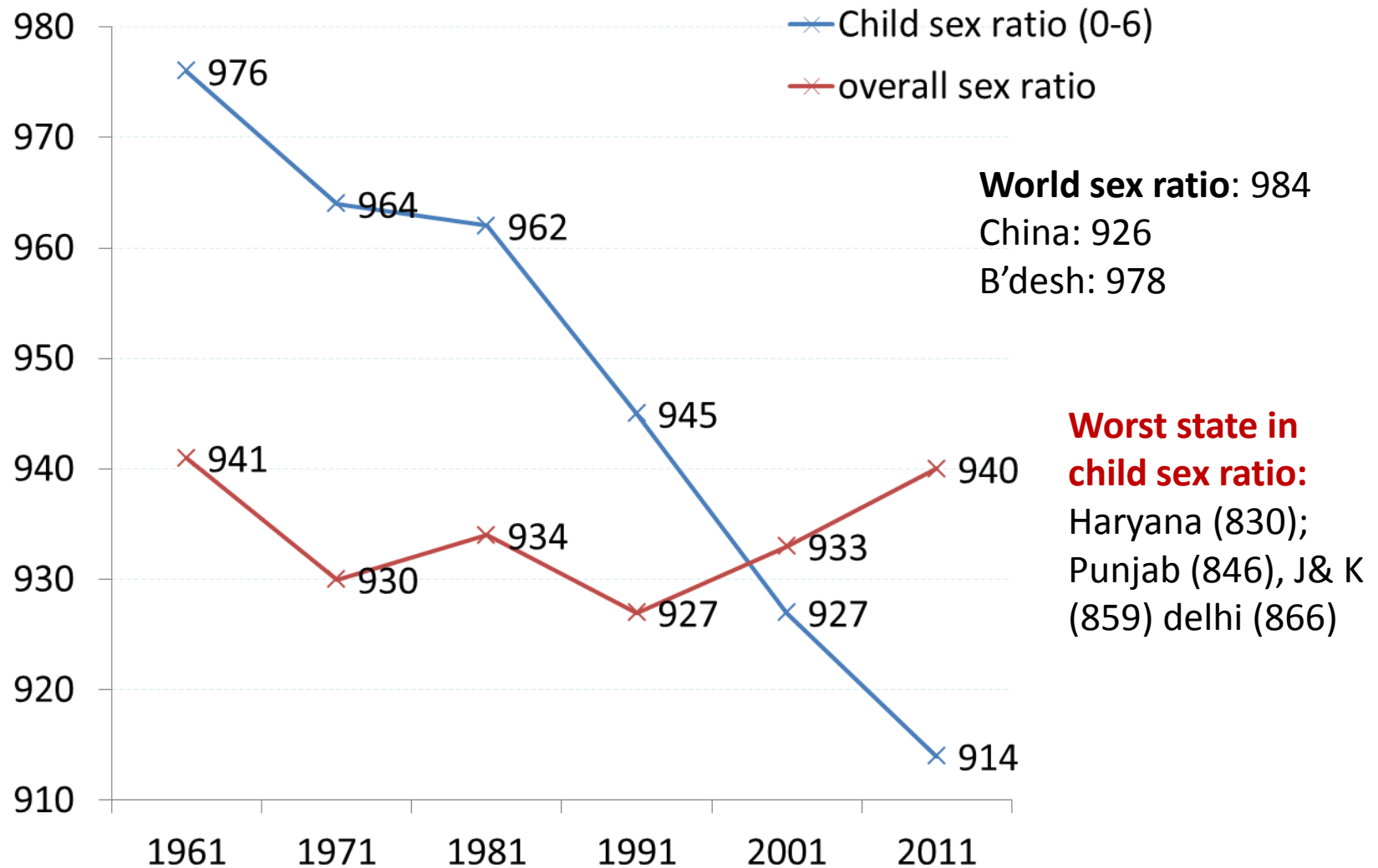
# Immunization coverage varies significantly among different population categories

Percentage of children age 12-23 fully immunized : 54 %



District Level Household Survey 2007-2008

## Alarming declining trend in Child Sex Ratio – Gender imbalance



Source: Census of India 2011, paper 1 of 2011

# Does COVID -19 offer us a window?



**42,975,883** People have tested COVID -19 positive in India

**449, 744,184** People have tested COVID -19 positive in worldwide

9<sup>th</sup> March 2022

John Hopkins Global Dashboard



The burden of disease, deprivation and powerlessness is placed disproportionately on our girls

**We must reimagine public health to impact the future of our girls together**



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# Defining Health



## Understanding the Dimensions of Health



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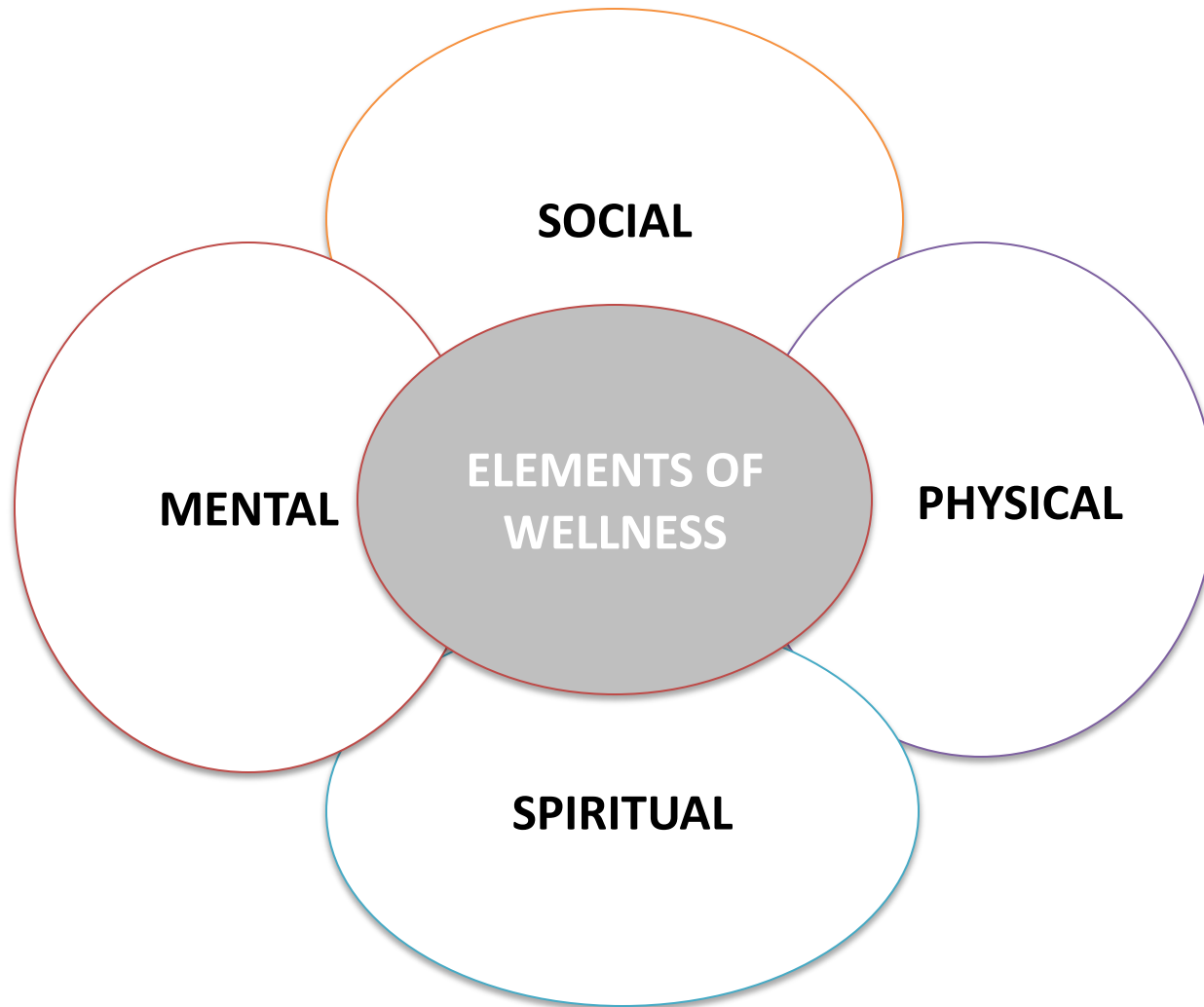
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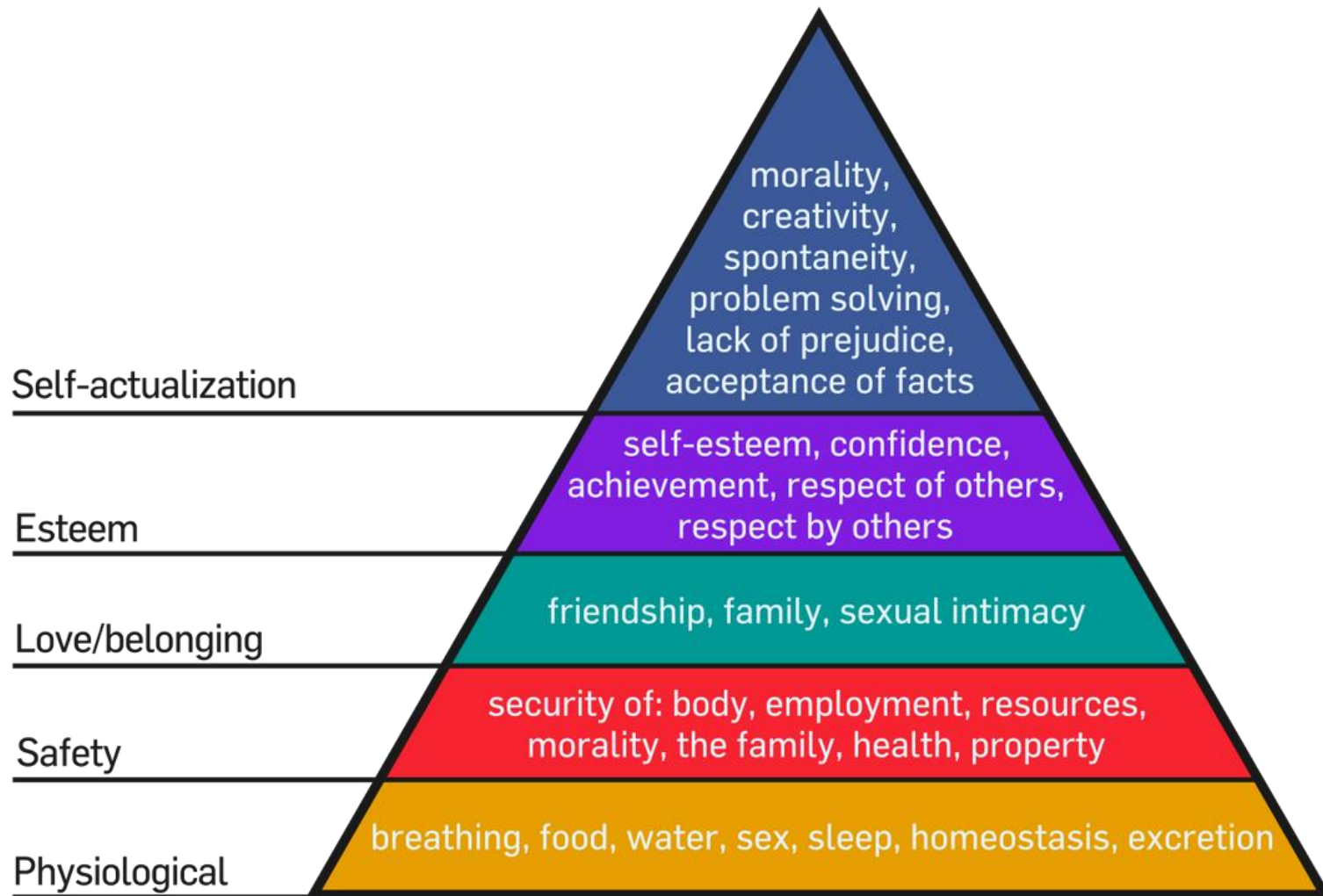
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# WHAT IS HEALTH?



According to WHO health is “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”.

# Self Actualization



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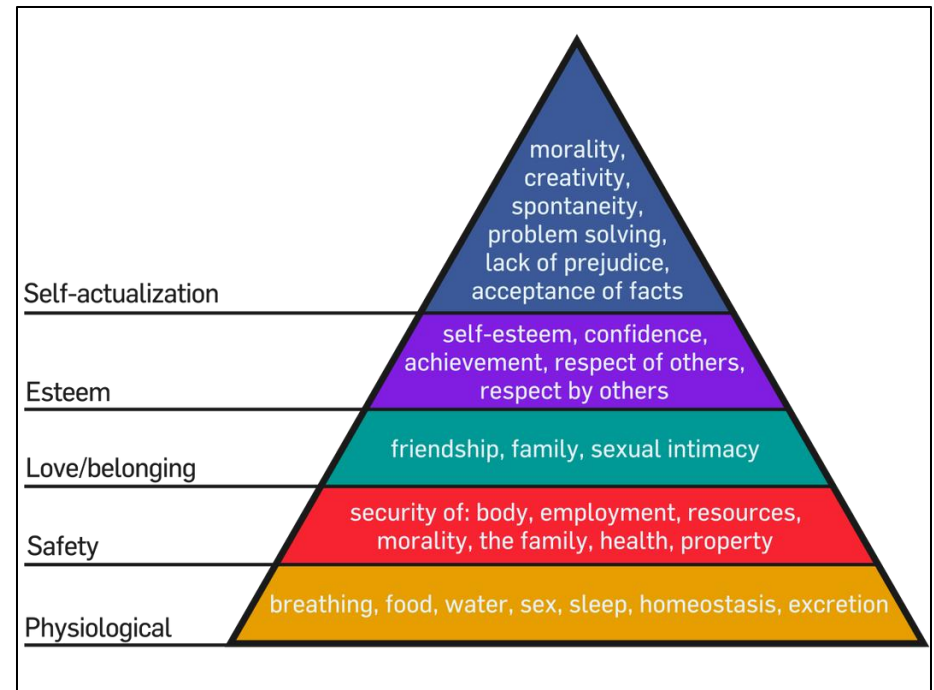
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# Self Actualization

**Self-actualization** was a term made popular by psychologist Abraham Maslow in his landmark paper “A Theory of Human Motivation”.

This perspective differed from the traditional thinking of psychologists and psychiatrists who saw people’s minds from a deficient or pathologized perspective rather than from a perspective of a potential for high self-fulfillment.

His theory came to be a big part of what is now known **as humanistic psychology** which helps inform my own personal philosophy of therapy and counseling.



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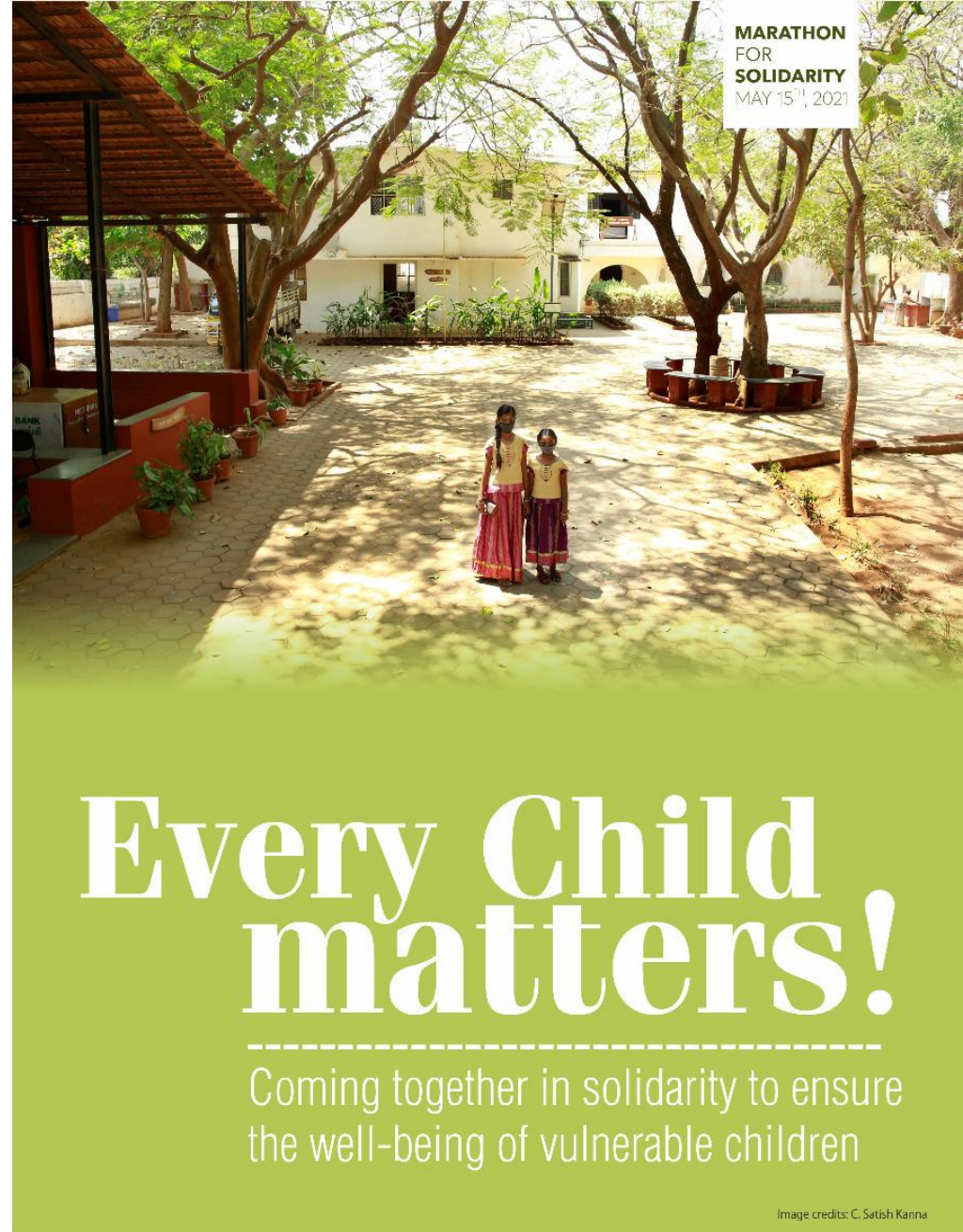
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# Solidarity

values,  
vision and  
varied action  
in alignment



MARATHON  
FOR  
SOLIDARITY  
MAY 15th, 2021

## Every Child matters!

Coming together in solidarity to ensure  
the well-being of vulnerable children

Image credits: C. Satish Kanna



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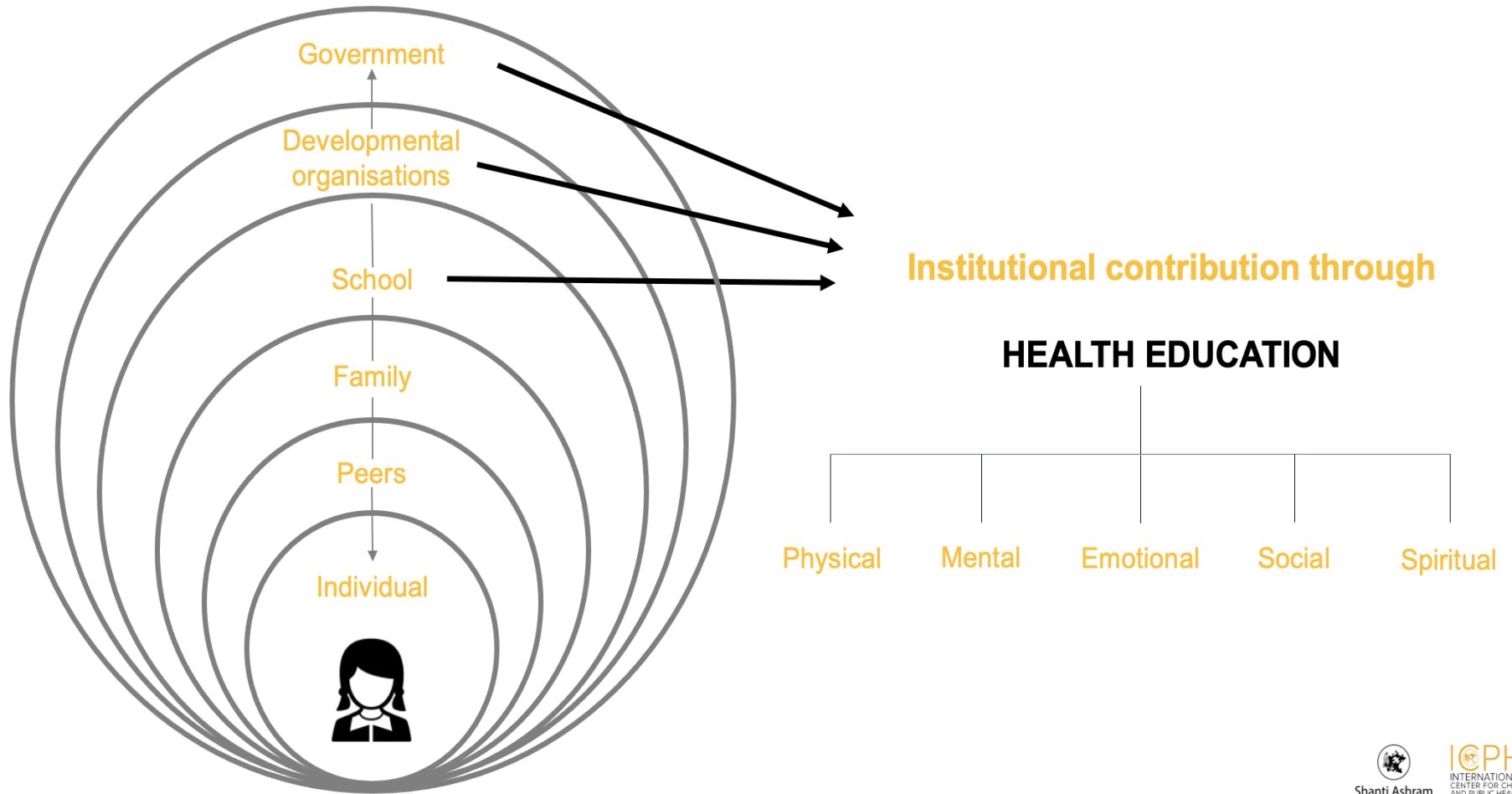
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# How can we contribute to advancing child health?





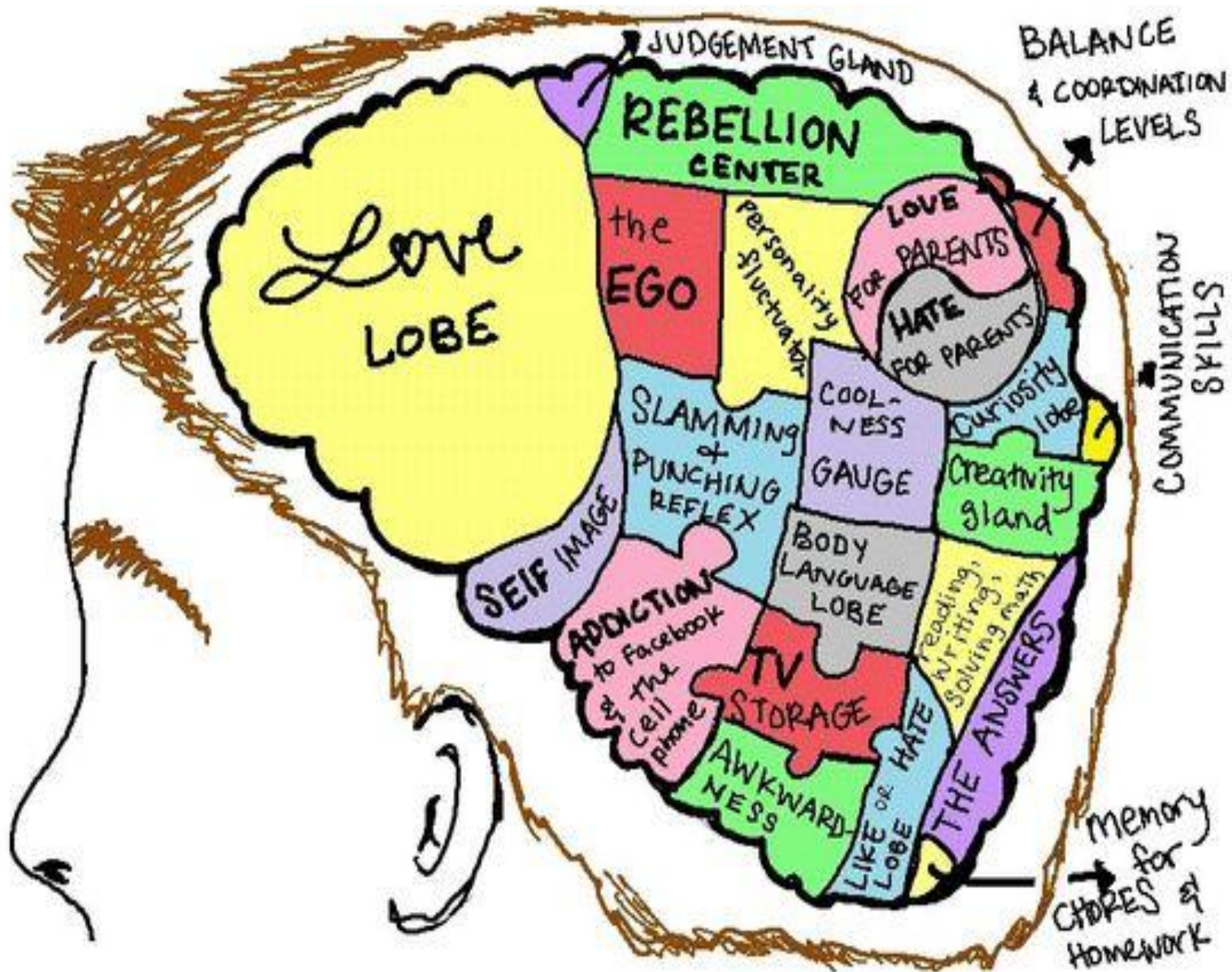
# Causality Analysis





# Problem Analysis

1. Lifecycle approach as per three age groups
  - Under fives & mothers
  - Young child
  - Adolescents
2. Four drivers of inequity
3. Lenses
  - Social inclusion & gender
  - Urbanization
  - Poverty



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**Every child is a promise, a sacred gift, a living sign of the future.**

Source: Learning to Live Together Manual



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**All work is half done when women are not involved**

*M.K. Gandhi*



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