

A Minor Research Project on

**Women Empowerment through Self Help Groups-  
A Case Study of Self Help Groups in Urva Region of Mangalore City**



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## **WOMEN EMPOWERMENT THROUGH SELF HELP GROUPS-**

### **A CASE STUDY OF SELF HELP GROUPS IN URVA REGION OF MANGALORE CITY**

Women participation in self-help groups have obviously created tremendous impact upon the life pattern and style of poor women and have empowered them at various levels not only as individuals but also as members of the community and the society as whole. They come together for the purpose of solving their common problems through self-help and mutual help.

The emergence and rapid multiplication of Self Help Groups (SHGs) based on microcredit is a phenomenon that is gaining increasing importance in the development scenario. Today, there are seven million Self Help groups that exist in the country; of that nearly 90 percent are the women only groups.

Self Help Groups are being viewed today, by the state as a strategy for both women's empowerment as well as poverty eradication. NGOs have increasingly been adopting SHGs as a strategy to bring women together, at a faster pace and larger scale than the collective building process adopted by them earlier. In addition to the State, NGOs, Banks, donors and corporations are some other powerful players, all of whom have a significant and growing interest in the SHG phenomenon, which centres on poor women.

The present piece of work aims to study the impact of SHGs on women empowerment. The study highlights how far Self-help groups have been successful in the social and economic upliftment of the women in a growing city like Mangalore.

Self Help Groups often in the form of credit as micro credit schemes and savings have succeeded in changing the lives of poor women by making way for enhanced income and increased self-esteem. Mangalore city is rapidly growing and with this urban poverty is also on the rise. To combat this Self Help Groups are a necessity.

### **Objectives of the Study:**

The main objectives of the study are:

- To study the socio-economic profile of SHG women in Urva region of Mangalore.
- To analyse the reasons for joining SHG
- To study the structure, conduct and performance of Self Help Groups.
- To measure the impact of SHGs on women empowerment in the region.

### **Methodology:**

The proposed research project is largely based on the primary data collected directly from the respondents through structured questionnaire. Secondary data are also made use of from various Books and Journals.