

SOCIAL INCLUSION OF WOMEN AND THEIR EMPOWERMENT
(A case study of Runtigadhi Rural Municipality of Rolpa District, Nepal)

A Thesis

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By

Berjang Pun

Exam Roll No. 281372

T.U. Reg. No. 6-1-54-34-2004

University Campus

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RECOMMENDATION

This is to certify that **Mr. Berjang Pun** has worked under my supervision and guidance for the preparation of this dissertation entitled "**SOCIAL INCLUSION OF WOMEN AND THEIR EMPOWERMENT: A case study of Runtigadhi Rural Municipality of Rolpa District, Nepal**" for the partial fulfillment of Master of Arts in Rural Development. To the best of my knowledge, the study is original and carries useful information in the field of social inclusion of women and their empowerment. I therefore, recommend it for the final evaluation to the dissertation committee.

Prof. Dr. Bindu Pokharel

(Supervisor)

Central Department of Rural Development

Tribhuvan University

Kathmandu

Date: 2074/12/20

(April-3, 2018)

APPROVAL SHEET

This Thesis entitled "**SOCIAL INCLUSION OF WOMEN AND THEIR EMPOWERMENT: A case study of Runtigadhi Rural Municipality of Rolpa District, Nepal**" has been approved by this Department in the prescribed format of the Faculty of Humanities and Social Sciences, Tribhuvan University.

Approved by:

Prof. Dr. Pushpa Kamal Subedi

(Head of the Department/External)

Prof. Dr. Bindu Pokheral

Supervisor

Date: 2074/12/27

(April, 10, 2018)

DECLARATION

I hereby declare that the thesis entitled "**SOCIAL INCLUSION OF WOMEN AND THEIR EMPOWERMENT: A case study of Runtigadhi Rural Municipality of Rolpa District, Nepal**" for the partial fulfillment of Master of Arts in Rural Development. I carried out the work reported in the Central Department of Rural Development, Tribhuvan University , under the supervision of **Prof. Dr. Bindu Pokharel**. I solemnly declare that to the best of my knowledge, no part of this report has been submitted here or elsewhere in a previous application for award of a degree. All sources of knowledge used have been duly acknowledged.

Berjang Pun

T.U. Reg. No. 6-1-54-34-2004

Date: 2074/12/20

(April-3, 2018)

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Runtigadhi Rural Municipality, Rolpa

BerjungPun

Date: 2074/12/27

ABSTRACT

The Social Inclusion is the best key pathway for women's empowerment because social inclusion is as participation; increase opportunities for people especially, the most disadvantaged to engage in all aspect of community activities such as; social, cultural, economic and political spheres. The great participation of women enhances their status, that strength their self-confidence, which ultimately leads towards their empowerment.

The general objective of this study was to examine the social exclusion and inclusion of women in terms of social and political participation, and decision-making power of women in Runtigadhi Rural Municipality of Rolpa District. Eighteen sampled households were taken randomly as sample size and the respondents were married women.

This study is based on the primary sources of information. Information was collected through both qualitative and quantitative tools. As quantities tool, the questionnaire was used and check list (Focus Group Discussion) was used as a qualitative tool.

In the study area, women's participation in all sectors was seen very negligible. They were excluded from their household decision making, political participation as well as community level decision making process.

The proportion of higher level educational attainment women was very low. That is why majority of them had engaged in only household chores. Very few women had participated in income generating activities and the income level of working women was below 10,000 per month.

There was very low number of women was included in decision making process in household. Most of time, they were dominated by their husband. Majority of them compelled to follow their husband's decisions.

In the study area, it was found that literate women were more conscious than illiterate women. Among them it was seen that literate women's participation was higher than illiterate women. They were more aware about their rights and they also included in decision making process than illiterate women.

So it can be concluded that education is the most important factor to increase women's participation, to uplift their socio-economic status and to aware political rights and other rights. Participation of women in all sectors helps to enhance their self-confidence and decision making power which ultimately leads towards their empowerment.

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ACRONYMS/ ABBREVIATIONS

AGI	Alan Guttmacher Institute
CEDAW	Convention on the Elimination of all forms Discrimination against Women
CFUG	Community Forest User Group
CO	Community organization
DFID	Department for International Development
ESP	Enabling State Programme
FGDs	Focus Group Discussions
FWLD	Forum for Women Legal and Development
GDI	Gender Development Index
GEM	Gender Empowerment Measures
GOs	Government Organizations
ICCPR	International Covenant on Civil and Political Rights
ICESCR	International Covenant on Economic, Social and Cultural Rights
INGOs	International Non-government Organizations
ICPD	International Convention on Population and Development
MA	Master in Arts
MWCSW	Ministry of Women Children and Social Welfare
MDGs	Millennium Development Goals
NCP(UML)	Nepal Communist Party (United Marxist-Leninist)
NCP(Maoist Center)	Nepal Communist Party (Marxist Center)
NGOs	Non-government Organizations
NPC	Nepal Planning Commission
NWC	Nepal Women Commission
PAN	Population Association of Nepal
PSSN	Population Students' Society of Nepal
TU	Tribhuvan University
UN	United Nations
UNDP	United Nation for Development Programme