

## **WOMEN AND SUSTAINABILITY: QUIET PIONEERS OF SUSTAINABLE PROGRESS**

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### **Abstract:**

Women play a vital role in achieving sustainable development across environmental, social and economic areas. Women's for sustainable future argue that women's sustainability focus on meeting present needs without affecting negatively. This framework often linked to commercial knowledge that women process women's unique knowledge of ecosystem. This paper explores relationship between women and sustainability by analyzing key areas. The findings reveal that empowering women importantly contribute to sustainable practices poverty reduction and inclusive growth still, challenges such as gender differences, right to education and social barriers, continue to restrict their full participation. The paper summarizes that Gender equality, education and policy support are crucial for secure sustainable development aim.

**Keywords:** Sustainability, Development, Women Empowerment, Environmental Development, Gender Equality, Right to Education, Climate, Economical Participation, Social and Environmental Development, Gender Differences, Sustainable Development Goals, Education & Inclusive Development.

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### **Introduction:**

Sustainability has become a universal importance in this century as work together to handle economic progress, social equality and environmental safety. In the world women nearly half of population and they play a crucial role in handling family, welfare, responsibilities, managing resources and contributing to economic process.

The idea of women and sustainability emphasizes the need to include gender equality within sustainable development. Women are not just impacted by environmental and social challenges, still they also play a vast role in economy encouraging sustainable practices.

In India and whole World women play a vital role women help in farming, manage household, try to save water, women's developing their community but after giving many efforts women's faced unfair and inequality, She have to face less opportunity to education, and restricted economic opportunities, lack of importance in economical field, empowering moment is important for sustainability.

### **Objectives of the study:**

This study goal to recognize the role of women in sustainability development these are some objectives

- To examine the role of women in environmental conservation
- Hello how are why women empowerment is essential for sustainability

### **Research Methodology:**

The today's study shows on secondary data collecting from a different sources and resources ,articles ,government report and application from many international and National organization and books this sources given valuable information

### **Source of data:**

- Government policy document
- Report of national community
- Report from United Nation and World Bank
- Research article by many writer
- Book like women empowerment the power of women economic reforms human welfare and sustainability development in India
- Official website related to sustainable development
- Sustainable practice says of women in India 100 years ago

### **Dimension of women and sustainability:**

#### **Environmental sustainability:**

Women play a major role in saving the environment. Empowering women through education and decision making and independence is linked to lower carbon emissions and enhance adoption of gene practices. In rural areas women are directly involve in activities such as agriculturing, water collection , resources management, sustainable practices like reselling ,use of resources and conservation .

women traditional knowledge contribution to biodiversity preservation and environmental protection.

#### **Social Sustainability:**

women's play vital role in social development by maintaining household, family help education and cultural values ,women see proper nutrition for the question of the children and social relation within communities .

When we talk about gender -so gender equality is the key of social sustainability it's gives equal opportunities or equal rights to women and men two balance society community.

#### **Economic Sustainability :**

Women play and crucial role in economic development by participation in industries, entrepreneurship, farming, microfinance, initiative and every field which is empowered.

women financial womens participation help in poverty reduction, generating income , and economics stability at both level which is national levels and household levels or economic levels.

#### **Education and Awareness:**

Education is a powerful weapon and key factor for womens empowerment , development and welfare. Women play an important or imperative role in making a nation progressive and guide it towards development. Education enhance decision-making ability and encourages them to Adopt sustainable lifestyle, contributing to big development.

History has proven that “if we educate a man, you educate an individual ,but if you educate a woman you educate a Nation”. Educating woman bring about- steam and confidence.

### **Women and climate change:**

Women are often affected by climate and because change because their many works dependent on natural resources that’s why they play a big roll in handling the climate problems and finding the solution on it womens facing greater risk to safety help and livelihood ,yet they are vital leaders in sustainability .empowering women with resources and decision making rules is essential for achieving global climate goals.

### **Challenges faced by Women :**

- To play there vital role in development and sustainability women face several challenges.
- Gender discrimination and inequality
- Partiality in education and limited access to education and resources
- Lack of opportunity in economical field
- Cultural and social restrictions
- Limited access to healthcare and nutrition
- Unequal wages compare to men
- Heavy burden of family works and responsibilities and household
- Security and safety concern at the workplace AT road at society
- Child marriages ( early marriage )
- Dropout from education
- Cultural believe that discourage women from working outside
- Gents boys in education and employment
- No confidence due to social pressure

### **Finding of the study:**

- Women play vital role in promoting environmental sustainability.
- Rural women contribute significantly to agriculture and food security.
- Women's involvement help in better participation in sustainable practices.
- Empowering women enhance social and economic outcomes.
- Women's participation strengthens community resilience to environmental and social challenges.
- Educated women give more in children’s education and family welfare.
- Empowering women help spread awareness about sustainability practices.

### **Suggestion and recommendation :**

- Empower women for better development and sustainability
- Game qualitative education to women’s and girls’
- Promote gender equality
- Increase awareness about economic system

- awareness about sustainable practices at the community level
- Encourage the women's for education
- Provide women's financial support for the skill development programs.
- Provide various schemes for education or empowering or entrepreneurship .

### Conclusion :

Women are at the center or base of sustainable development they trying to balance the demands and family and works. The education of women is the most powerful tool to change the position of society .their contribution to environmental conservation, economic growth and social well-being make them indispensable agents of change.

Education also brings a reduction in into qualities and functions as a means of improving their status within the family and also help for sustainability.

So chewing sustainability requires addressing the challenges faced by women by ensuring equal rights, access to education and economics opportunity without empowering women sustainable development goal cannot be fully achieved by adopting inclusive policies and promoting equality and progress towards a more sustainable and prosperous future.

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