

NOTABLE WOMEN OF UNION TERRITORY OF JAMMU & KASHMIR AND THEIR ACHIEVEMENTS

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ABSTRACT

Empowerment is a multifaceted social process that enables people to take charge of their own life. It is a process that elevates their standing and makes them sovereign over their birthrights up to social rights while also taking into account other factors such as power, community, and society. Furthermore, engagement in decision-making leads to empowerment. Women's empowerment refers to the process by which women gain equal status with males in society, allowing them to engage in the development process through political participation, educational sectors, industrial occupations, and, perhaps most importantly, establishing their worth in the corporate world. This people are no longer stereotyped and abandoned; the world of today has bestowed upon them a new sense of prestige, honour, and position in all of its aspects. Women, who were once regarded domestic and physical slaves, have revitalized and developed a very positive and liberal worldview in their favour. They are no longer bound by their home and traditional obligations. Their talent and engagement in any of the world's fields is now critically needed by the entire planet. We shall try to investigate the current status and achievements of women in different sects in the Union Territory of Jammu and Kashmir in this study.

Keywords: Empowerment, prestige, honour.

INTRODUCTION

In the Indian constitution's preamble, fundamental rights, fundamental duties, and directive principles, the principle of gender equality is established. The constitution not only guarantees women's equality, but also empowers the state to take positive discriminatory measures in their favour. Empowerment is a multidimensional social process that cultivates people's power for use in their own lives, communities, and societies. Women's empowerment refers to the process through which women gain equal status with men and are able to engage in society's growth through active participation in politics, education, industry, and other fields. They were not allowed to work in male-dominated societies in ancient times, and their role in society was limited to their respective doorways. The 73rd Constitutional Amendment Act was enacted to give them the option to re-examine their grievances and participate in local decision-making. The 73rd and 74th amendments to India's constitution (1993) established a reservation of seats for women in panchayat and municipal authorities. There has been a significant movement in the approach to women's issues from welfare to development since the fifth five-year plan (1974-78). The national commission for women was established in 1990 by an Act of Parliament to protect women's rights and legal entitlements.

- Below are the strong women from Union Territory of Jammu & Kashmir that make us proud!



1. *ACP Dr. Ruveda Salam-*



She is a doctor, an Indian Police Services Officer with the rank of Assistant Commissioner of Police, and a motivational speaker, among other things. ACP Dr. Ruveda Salam has a long list of accomplishments. She selected to take the Union Public Service Commission (UPSC) test, which she passed with flying colors, as per her father's wishes. Apart from being an MBBS, she also has the distinction of having cleared the same not

once, but twice! Wherever she has gone to speak to young ladies - Tamil Nadu, Hyderabad, and Union Territory of Jammu & Kashmir. she has boosted their confidence to pursue their aspirations and encouraged those who want to follow in her footsteps and join the IPS like her. She adores her job and considers herself honored and appreciative when young girls gaze at her in wonder, wishing to be like her! Dr. Ruveda Salam is now assigned to the state of Tamil Nadu.

2. Captain Sami Ara Surury-



Capt. Sami Ara Surury, a Sumbal Sonawari resident who acquired her CPL (Commercial Pilot License) in 1994, is the first Kashmiri woman to hold a commercial pilot's licence. Capt. Ara had to fight her way to where she is today, defying her own family's wishes for her to acquire an MBBS, become a doctor, and live a peaceful existence. It was a difficult trip for the humble Kashmiri lady with few financial resources, from applying for and gaining a job as a cabin crew member to becoming a commercial pilot during the instability in the Valley in 1987. Despite the fact that her voyage took more than half a decade, she was able to acquire her CPL after completing her pilot training in Texas, USA. She is now 48 years old and an Airbus pilot, and she is an encouragement to all young ladies who aspire to fly high!

3. Dr. Nyla Ali Khan-



Dr. Khan is an eminent author and academician who has written four works, the most notable of which is *Islam, Women, and Violence in Kashmir: Between Indian and Pakistan*, which focuses on the suffering of women in her homeland of Jammu and Kashmir, with a heavy emphasis on political issues and turmoil. Dr. Nyla Khan was the first Kashmiri woman to be appointed to the Oklahoma Commission on the Status of Women's Advisory Council in 2015. She is a Visiting Professor at Rose State College and the University of Oklahoma. Dr. Nyla Khan has received numerous prizes and plaudits for her innovative work. She is a woman with a strong work ethic and a vast mind.

4. Nidhi Razdan-



Ms. Razdan is a journalist and TV personality from Badgam, Central Kashmir. She is most known for being the lead anchor on NDTV's 24x7 news show, *Left, Right, and Centre*. Nidhi Razdan has won numerous awards and accolades for her work in journalism, including the Teacher's Achievement Award (TAA) for Communication (Electronic Journalism), the Ramnath Goenka Award for Excellence in Journalism, and the Jammu and Kashmir State Government Award for Excellence in Journalism, among others. She is a woman with a powerful and commanding voice who is not afraid to call a spade a spade. She is, without a doubt, one of the most well-known and important female news reporters of our day.

5. Shamma Jain-



Shamma Jain, an Indian IFS official and Indian Ambassador to Greece (since 2017), had an outstanding academic career throughout her undergraduate and postgraduate studies before joining the Indian Foreign Services in 1983. During the Ivorian Civil War in 2011, she was the Indian Ambassador to Panama and the Ivory Coast; when her own residence was assaulted by armed mercenaries, she did not hesitate to complete her

duties, and was eventually safely evacuated by French soldiers. Shamma Jain is a shining example of bravery, strength, tact, and diplomacy, one of the many courageous Kashmiri women achievers who have persevered in the face of adversity.

6. Ufra Mir-



Ufra Mir is the Valley's first and only Peace Psychologist, trying to assist women who have been victims of the Kashmir conflict. People, for the most part, react to disasters by attempting to mitigate the physical damage and manpower loss. Women, on the other hand, are the ones who are continually victimized, both personally and socially. Ms. Mir has had a strong interest in psychology since she was in high school, and she knew she wanted to pursue a profession in it to

help her motherland. She uses a variety of expressive therapy techniques, such as creative writing, storytelling, and art therapy, to help patients heal by allowing them to express their sorrow creatively. She has also worked with notable organizations such as the US Department of Peace, the World Economic Forum (India), the Nobel Peace Prize Forums (USA), and the Swedish Institute (Sweden).

7. Mehvish Mushtaq-



Mehvish Mushtaq is a Srinagar-based computer engineer and the author of the Dial Kashmir android app. She has received numerous honors and praises for her app, which is beneficial to both locals and tourists, including the Nari Shakti Puraskar in 2018. Mehvish Mushtaq is an inspiration to all young women who want to make a name for themselves in the field of technology and contribute to the growth of their countries while keeping up with the rest of the world's

technical achievements.

8. Tajamul Islam-



The bravery, perseverance, and hope in this young eleven-year-old's are inspiring. The youngest of the Kashmiri women achievers profiled in this article is this small Kashmiri girl. At the age of seven, she represented India and won the highly coveted World Kickboxing Championship, which was held in Italy in 2016, when other kids her age were busy playing computer games and eating dirt.

Tajamul, encouraged to join Kickboxing after knowing that her elder siblings were receiving Wushu training, and fearful that she would never have the opportunity to be strong, almost bullied her parents into allowing her to enter the training academy by quitting her job. (Are you telling me that I'm not your child because you won't let me join the academy?) Her father consented on the proviso that she could only learn kickboxing if she won gold, which she dutifully fulfilled. She is an expert in Taekwondo and Wushu in addition to kickboxing. She is a happy, outgoing child with a sharp sense of humor, which she uses to overcome her fears.

9. Dr. Sharmeen Mushtaq-



Dr. Sharmeen Mushtaq is that the Gulmarg Snow automotive Rally's 1st feminine participant. "I have a platform and can provide it my best attempt," Dr. Mushtaq, an expert medical man and motor race aficionado, adds. It does not matter if you win or lose; what matters is that you just participate." "The woman with

the Lamp' has been given to her in recognition of her efforts and interesting narrative. The residents of the vale have long been thought of foreigners within the eyes of the remainder of the country. Particularly the ladies, whose hardships square measure exacerbated by the actual fact that they're, well, women. Despite these challenges, these Kashmiri girls' achievers have engineered a reputation for themselves and have contributed and still contribute to society.

10. Padma Sachdev-



Padma Sachdev was an Indian poet and writer who lived from 17 April 1940 to 4 August 2021. She was the Dogri language's first modern female poet. She was also a Hindi writer. *Meri Kavita Mere Geet* (My Poems, My Songs), which won the Sahitya Akademi Award in 1971, was one of her many poetry books. In 2001, she was awarded the Padma Shri, India's fourth highest civilian honour, as well as the Kabir Samman for poetry from the Government of Madhya Pradesh for the year 2007-08. In 2015, Saraswati

Samman was awarded, and in 2019, Sahitya Akademi Fellowship was awarded.

11. Tanya Bhardwaj-



Tanya Bhardwaj, a Jammu girl, has become a Lieutenant in the Indian Army, bringing honour to her family and the whole Union Territory of Jammu and Kashmir. Tanya, along with many other girls, was commissioned as Lieutenant in the Indian Army in an exciting event conducted on Tuesday at Command Hospital (EC) Kolkata. She is a member of the third generation of her family to join the military. Her father was a Master Chief Petty Officer 2nd Class in the Indian Navy when she was born (MCPO-2). Her grandpa, too, had served in the navy. Tanya's younger brother is also enrolled in NDA Pune's training programme.

SIGNIFICANCE OF THE STUDY

- The study will help in knowing achievements of women of Union Territory of Jammu & Kashmir.
- The study will help in empowerment of women of Union Territory of Jammu & Kashmir.

OBJECTIVES OF STUDY

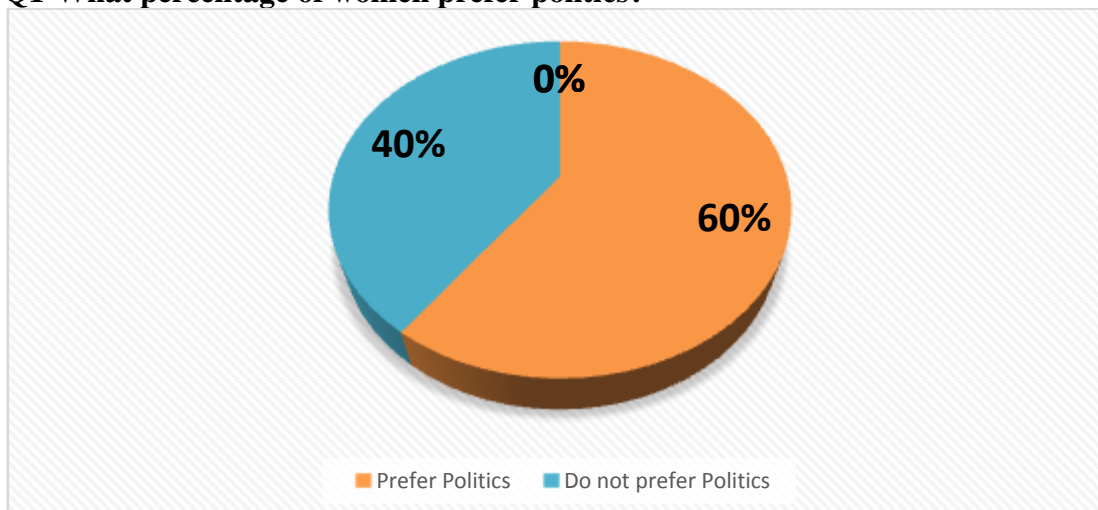
The following are the goals and objectives for conducting this survey that will aid in evaluating the results:

- The primary objective of the paper is to study the present socio-economic status and achievements of women in the Union Territory of Jammu & Kashmir.

DATA ANALYSIS

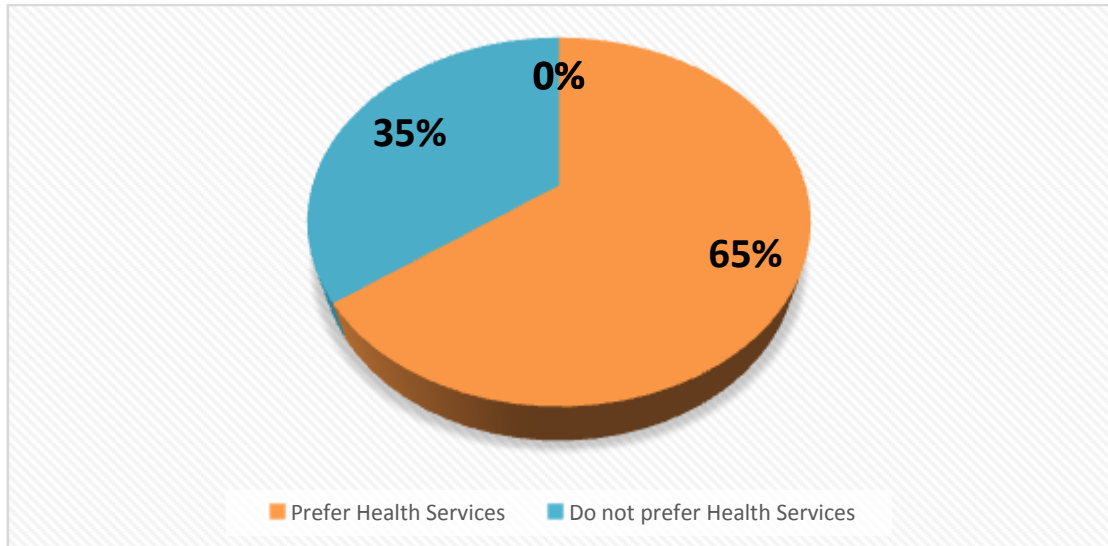
- In this section we will be analyzing the data collected through the short survey by circulation of questionnaire to 100 respondents aged in the female age group from Union Territory of Jammu & Kashmir.

Q1-What percentage of women prefer politics?



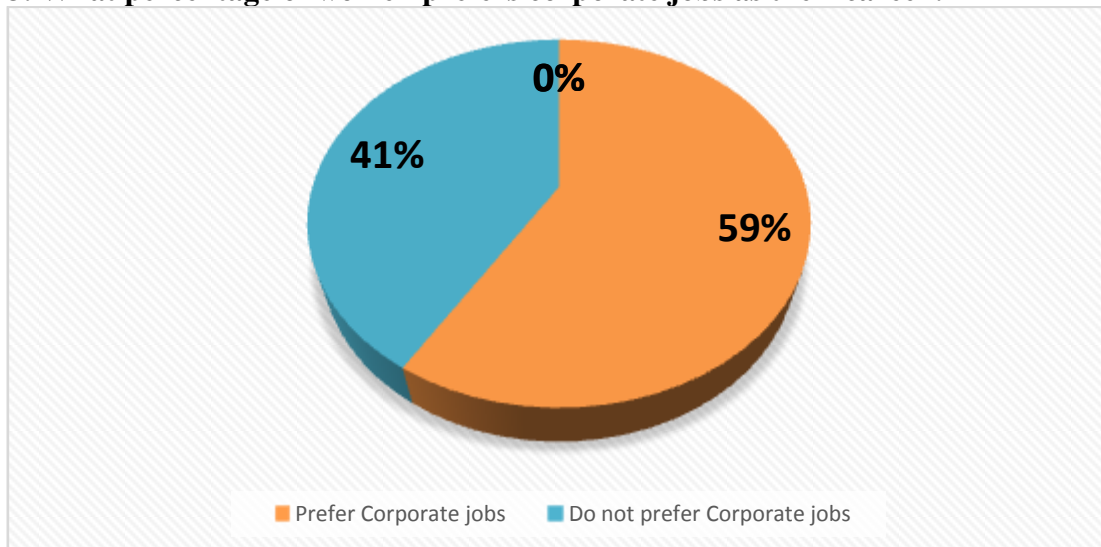
- 40% of the people do not prefer politics
- 60% of the people prefer politics.

Q2- What percentage of women prefer health services?



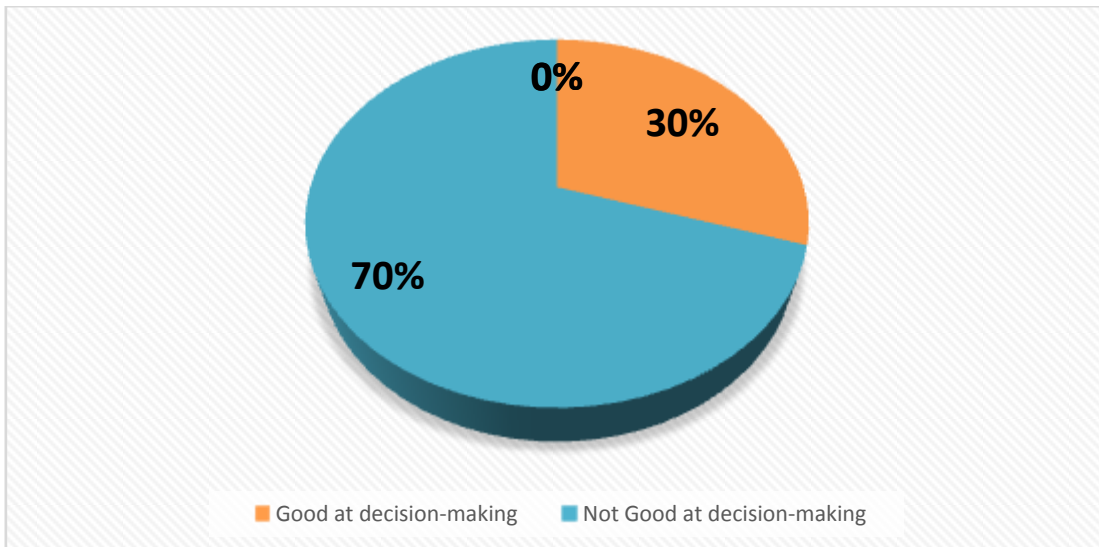
- 35% of the people do not prefer health services.
- 65% of the people prefer health services.

3. What percentage of women prefers corporate jobs as their career?



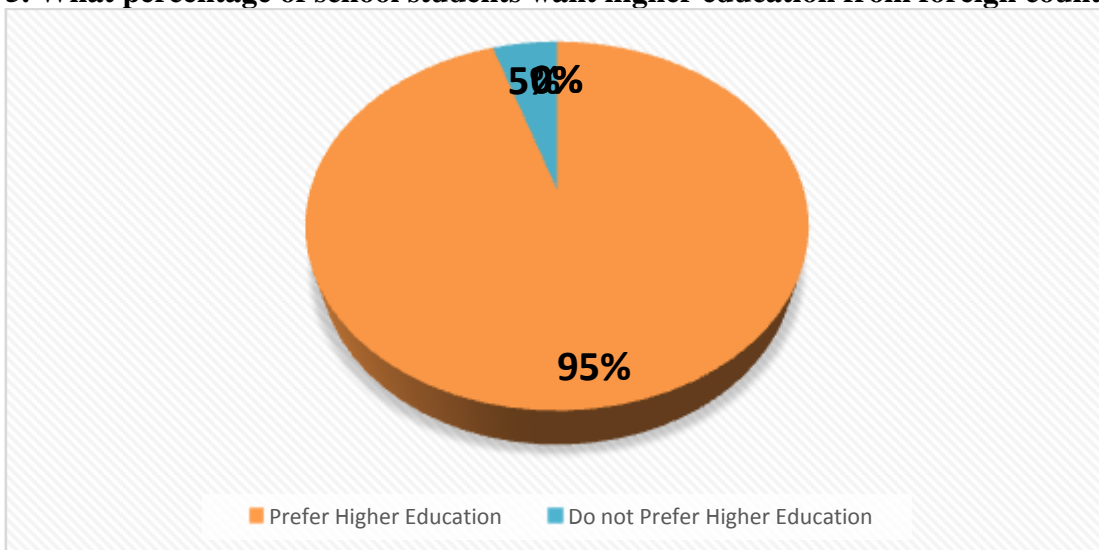
- 41% of the people do not prefer corporate jobs.
- 59% of the people prefer corporate jobs.

4. What percentage of women are good at decision-making?



- 30% of the people are good at decision-making.
- 70% of the people are not good at decision-making.

5. What percentage of school students want higher education from foreign countries?



- 95% of the students want to study abroad.
- 5% of the students are not sure.

CONCLUSION

It's worth noting that the standing of women and their active engagement in several sectors of life have undergone significant changes. They became members of parliament, and the first female chief minister of UT Jammu and Kashmir is the best illustration of women's empowerment and activeness. Furthermore, engagement in decision-making leads to empowerment. Through political engagement, educational areas, industrial occupations, and most importantly, proving highly them in the business world, women gain recognition on par with males to participate in the development process of society. This people are no longer stereotyped and abandoned; the modern world has bestowed upon them a new sense of distinction, honour, and position in all of its aspects.

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