



National Conference on Sustainable Developments in Engineering,
Science, Humanities and Management (NCSDESHM – 2025)
28th December, 2025, Raipur, Chhattisgarh, India.

CERTIFICATE NO: NCSDESHM /2025/ C1225980

Women's Empowerment Through Self-Help Groups and Co-Operative Organizations: A Systematic Review

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ABSTRACT

In the current scenario, where gender inequality still exists in the social, political, and economic spheres, women's empowerment has become a top priority. The process through which women acquire more authority over resources, choices and their own lives is known as empowerment. Self-Help Groups (SHGs) and cooperative organisations have been shown to be successful grassroots institutions that promote inclusive growth and gender equity among the many tactics used to accomplish this goal. Self-help groups, which are usually small, voluntary associations of women, are intended to encourage communal decision-making, loan availability and savings. These organisations serve as forums for financial inclusion, particularly for women from under-represented and economically disadvantaged communities. SHGs help women gain self-assurance, entrepreneurial skills, and financial discipline through consistent savings and internal lending. Women's involvement in economic activities was greatly increased by cooperative organisations. Cooperatives give women chances for collective entrepreneurship, skill development and market access by focusing on democratic management, shared ownership and mutual benefit. In industries like agriculture, handicrafts, dairy, and microbusinesses, women-led cooperatives have shown promise in raising socioeconomic status and income levels. This article presents a systematic review of women's empowerment through self-help groups and co-operative organizations.

Keywords: *Women, Empowerment, Self Help Groups, Co-operative Organizations.*