

# **A Study on Women Empowerment through Mahalir Thittam in Tirunelveli District**

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**Abstract:** *Empowerment is a process that helps people gain control over their own lives, communities and society. It is also a process, which enables one to realize his or her identify and power in all aspects of life. Empowerment occurs within, the factors-social, economic, political, personal, familial, and cultural at various spheres. Empowerment women puts the spotlight on equality in education, employment which is an essential element to sustainable development. This paper looks at the literature around the various studies done on women empowerment through Self Help Group (SHG). It will be useful to follow researchers who are undertaking studies in this area. This paper reviews literature on empowerment process through SHG as well as other related literature such as on the ongoing approaches, existing demission, and various levels of empowerment.*

**Keywords:** Women Empowerment, Self Help Group, Self Employment

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