

“Astitva”

Women’s Power: The Rise of Women From Silence to Strength Across Time

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तकनीकी शिक्षा, उच्च शिक्षा, आयुर्वेद,
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शुभकामना संदेश

मुझे यह जानकर प्रसन्नता हुई कि डॉ. नीमा बिष्ट, डॉ. अक्षिता जैन एवं डॉ. नेहा खत्री द्वारा "Astitva Women's Power – The Rise of Women from Silence to Strength Across Time" पुस्तक का प्रकाशन किया जा रहा है।

नारी केवल सृष्टि की आधारशिला ही नहीं, अपितु त्याग, शक्ति, साहस, संवेदना एवं सृजनशीलता की अद्वितीय प्रतिमूर्ति भी है। भारतीय संस्कृति में नारी को सदैव सम्मान, सामर्थ्य और प्रेरणा का प्रतीक माना गया है। आज महिलाएँ अपनी प्रतिभा, परिश्रम एवं दृढ़ संकल्प के बल पर समाज के प्रत्येक क्षेत्र में नवीन कीर्तिमान स्थापित कर राष्ट्र के विकास में महत्वपूर्ण योगदान दे रही हैं।

इस पुस्तक का प्रकाशन नारी के अस्तित्व, संघर्ष, उपलब्धियों एवं सशक्तीकरण की गौरवशाली यात्रा को अभिव्यक्त करने का एक सराहनीय प्रयास है। यह पुस्तक नारी की अंतर्निहित शक्ति, आत्मसम्मान, स्वतंत्र पहचान तथा सामाजिक परिवर्तन में उसकी महत्वपूर्ण भूमिका को रेखांकित करने के साथ-साथ महिला सशक्तीकरण के प्रति समाज में सकारात्मक दृष्टिकोण विकसित करने में सहायक सिद्ध होगी।

मेरा दृढ़ विश्वास है कि शिक्षा, समान अवसर, आत्मनिर्भरता एवं सामाजिक सहभागिता के माध्यम से ही महिलाओं की वास्तविक क्षमता को सशक्त आधार प्रदान किया जा सकता है। नारी का सम्मान और सशक्तीकरण केवल सामाजिक दायित्व ही नहीं, बल्कि एक समृद्ध, समावेशी एवं विकसित राष्ट्र के निर्माण में महत्वपूर्ण योगदान है।

इस प्रेरणादायी पुस्तक के सफल प्रकाशन हेतु मैं समस्त संपादकगण को हार्दिक बधाई एवं शुभकामनाएँ देता हूँ। आशा है कि यह कृति पाठकों को नई दृष्टि प्रदान करेगी तथा महिला सशक्तीकरण, लैंगिक समानता और सामाजिक जागरूकता के संकल्प को और अधिक सुदृढ़ करेगी।


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The completion of Astitva: The Power of Women’s Education is a meaningful milestone in our collective academic journey. This book reflects our shared commitment to women’s education, empowerment, equality, and social transformation.

First and foremost, we express our heartfelt gratitude to the Almighty for granting us the wisdom, strength, and perseverance to complete this endeavour. We are sincerely thankful to our mentors, academic institutions, and colleagues whose guidance, encouragement, and support have enriched our academic and professional journeys.

We extend our deepest gratitude to our families and well-wishers for their constant encouragement, patience, and faith in us. We also acknowledge the valuable contributions of academicians, scholars and researchers whose work has enriched our understanding of women’s education and empowerment.

Above all, we draw inspiration from the courage, resilience, and achievements of women who continue to challenge barriers, pursue their aspirations, and create meaningful change in society. We hope this book encourages women, especially young learners, to recognise their potential, embrace their identity, and pursue their dreams with confidence.

Through Astitva, we aspire to contribute meaningfully to the ongoing journey towards a society where every woman is educated, empowered, respected, and free to shape her own destiny.

With sincere gratitude,

***Dr. Neha Khatri
Dr. Neema Bisht
Dr. Akshita Jain***

PREFACE

Women are the foundation of families, the strength of societies, and the driving force behind meaningful social transformation. Yet, throughout history, women have often had to struggle for recognition, equality, education, and the freedom to define their own identities. Their journey from silence to self-expression, from dependence to independence, and from limited opportunities to limitless possibilities reflects one of the most significant transformations in human society.

Astitva: The Power of Women’s Education reflects our collective belief that every woman deserves the opportunity to discover her potential, develop her capabilities, and live with dignity, confidence, and purpose. The word Astitva signifies existence, identity, and the recognition of one’s inherent worth. For us, it represents much more than the presence of women in society; it symbolises their right to be heard, their freedom to make choices, and their power to shape their own destinies.

Education is one of the most transformative instruments in this journey. When women are educated, empowered, and encouraged to lead, the benefits extend across generations. The inspiration behind this book stems from our shared recognition that women’s empowerment is a multidimensional process. It encompasses educational opportunities, economic participation, entrepreneurship, digital literacy, social equality, emotional well-being, and freedom from deeply rooted stereotypes. Addressing these challenges requires a collective commitment from individuals, educational institutions, families, communities, and policymakers.

Through this work, we seek to highlight the significance of women’s education as a pathway to empowerment, self-reliance, and social progress. This book invites readers to reflect upon the challenges women face, the opportunities they deserve, and the responsibility society shares in creating an environment where every woman can realise her aspirations. As educators, researchers, and contributors to this collective endeavour, we firmly believe that education acquires its true meaning when it enables individuals to recognise their worth and contribute constructively to society. We hope this book encourages readers to look beyond the limitations imposed upon women and recognise the immense possibilities, capabilities, and potential they embody.

Ultimately, Astitva is a celebration of the woman who learns, questions, creates, leads, and transforms. It is a reminder that every woman has a story worth hearing, a dream worth pursuing, and an identity worthy of respect.

Because when a woman discovers the power of education, she discovers the power to shape her own Astitva.

***Dr. Neha Khatri
Dr. Neema Bisht
Dr. Akshita Jain***

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