



## THE ROLE OF REACH IN EMPOWERING WOMEN IN KERALA

DR. R. JUBI\*

\*Thiruvananthapuram,  
Kerala, India.

### ABSTRACT

*Empowering Women aims to inspire women with the courage to break free from the chains of limiting belief patterns and societal or religious conditioning that have traditionally kept women suppressed and unable to see their true beauty and power. This section offers self help tools, information, encouragement and inspirational quotes and sayings for and by women to use as a guide on the journey of Reclaiming their Power. Women are encouraged to see and bring forth the beauty and strength within themselves, to be inspired to be the best they can be, and to let their spirit shine through. For those of you who are in challenging circumstances, the words here-in can help you find some peace and some strength to begin to turn your life around. The strength of a woman exists in herself, but the opportunities should be given so as to exploit the strength and to identify the exact phases of a woman. The specific strength should be identified by different aspects so as to develop her and to get the exact power a lady. The chances are there but they should work hard so as to develop her to become self dependent and become one of the powerful members of the society.*

**KEYWORDS:** *Empowering Women, Reclaiming their Power, inspirational quotes etc.*