



Acharya Prashant offers a different view on ensuring women's equality



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Women's Equality Day was observed on August 26 to celebrate advancements in gender equality and reflect on the ongoing efforts required to advance women's rights globally. Established to commemorate the passage of the 19th Amendment to the US constitution in 1920, which granted women the right to vote, this day focused on achievements and persistent challenges.

In the United States, Women's Equality Day recognises the strides made and the obstacles that continue to impede full gender parity. Progress in workplace equality, education and political representation has been notable. Yet, challenges such as income disparities, reproductive rights, and gender-based violence persist. Movements like #MeToo and various initiatives aimed at closing the gender pay gap highlight the ongoing need for advocacy and reform.

In the Indian context, progress includes increased female participation in the workforce and political spheres, and initiatives addressing female foeticide and promoting women's education through programmes like Beti Bachao Beti Padhao. However, significant challenges remain, including deeply entrenched gender norms, disparities in education, healthcare and violence against women.

Amid this evolving dialogue, [Acharya Prashant](#) offers a distinctive perspective on women's empowerment through his teachings on Vedanta. A former civil servant and alumnus of IIT-IIM, he is known for his contributions to spirituality and environmental protection. His approach challenges conventional feminist views by advocating for a deeper understanding of true empowerment.

Prashant addresses a wide range of issues concerning women, including income disparities, reproductive rights, and the fight against female foeticide. He emphasizes that true empowerment arises from transcending superficial identifications with physical bodies and societal roles. "If a woman is to be truly saved and treated equally, it is only through true spirituality. Spirituality alone can help her transcend body identification and see herself as consciousness first, rather than being confined by gender or societal roles," [Acharya Prashant](#) says.

This perspective helps women move beyond traditional constraints. By understanding their true self as consciousness rather than being limited by societal roles or physical attributes, women can break free from conventional labels and limitations. This deeper self-awareness fosters genuine freedom and empowerment, enabling women to overcome societal pressures and exploitation. Stories of women who have embraced Prashant's teachings illustrate the transformative impact of this perspective. Many women have pursued careers, taken up new hobbies and engaged in varied activities, breaking away from traditional constraints and discovering their inherent power.

WOMEN'S

EQUALITY DAY

26th August



His foundation has made significant strides in promoting gender equality, addressing issues such as income disparities, reproductive rights, and female foeticide. Prashant's extensive work includes books and discussions on women's empowerment, policy changes, and providing deeper solutions to the patriarchal system through spiritual teachings. His efforts aim to create a more equal and inclusive society for all.

Globally, the dialogue on women's empowerment increasingly values diverse perspectives. [Prashant's](#) followers claim that his teachings contribute significantly by offering an alternative viewpoint that challenges established norms and promotes a broader understanding of liberation. His approach underscores the importance of exploring deeper dimensions of personal freedom and empowerment.