



Article

An Analysis of Impact of the Government Schemes for Women Welfare to achieve Sustainable Development.

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Abstract: Government schemes for women's welfare are integral to India's inclusive and sustainable development framework, acknowledging gender equality as both a goal and driver of socio-economic progress. Both the Union and the State governments have launched a number of schemes for women welfare. This empirical study examines the impact of selected schemes in uplifting the status of women in terms of women welfare. Primary data was collected from a sample of 400 women respondents through semi-structured questionnaires and personal interviews. The findings indicate that there is a significant impact of selected schemes in uplifting the status of women in terms of women welfare in U.P.

Keywords: Sustainable Development, Women Welfare, Government Schemes and Inclusive Growth.

INTRODUCTION

Sustainable Development

Sustainable development is a broad and important concept that attempts to harmonise the requirements of mankind with environmental protection. The goal of sustainable development (SD) is to create a world in which economic growth, social well-being, and environmental health may coexist in a sustainable manner (Hariram et al., 2023). The Brundtland Report, (Brundtland & Khalid, 1987) which was published in 1987 and was formally titled Our Common Future, was a significant turning point in the process of defining sustainable development as the ability to meet "the needs of the present without

compromising the ability of future generations to meet their own specific needs."

To achieve sustainable development by the year 2030, the Sustainable Development Goals (SDGs) were adopted by the United Nations General Assembly in September 2015. Aiming at global issues including poverty, inequality, environmental sustainability, peace, and prosperity, these 17 goals with 169 particular targets seek to be addressed (Leal Filho et al., 2019). The SDGs offer every nation a comprehensive, all-encompassing framework for reaching sustainable development by 2030. Figure 1.1 represents the all the SDG.



Figure 1.1 Sustainable Development Goals (Carlsen & Bruggemann, 2022)

Women Welfare

Since they have an impact on economic growth, social stability, and environmental sustainability, gender equality and the welfare of women are essential components in the process of achieving sustainable development. Not only it is a moral imperative, but also an economic and social need to ensure that women are empowered and have equal involvement in all parts of life. This is because women constitute nearly half of the world's population, and their inclusion is essential for sustainable and inclusive development (United Nations, 2020). The Sustainable Development Goals (SDGs), bring significant contribution for women's rights, empowerment, and welfare. Subsequently, all the SDGs play a very important role in the process of attaining a world that is both fair and sustainable, ultimately leading to women's welfare (Cornwall & Rivas, 2015). Ensuring women's active involvement in decision-making, education, healthcare, and economic activities leads to stronger societies, faster economic growth, and more resilient communities (World Bank, 2022).

In India and Uttar Pradesh, the government has implemented several welfare programs for women, which have made a substantial contribution to the advancement of social progress and gender equality (Jameel & Ahmed, 2021). These projects have a significant role in the achievement of Sustainable Development Goal 5 and other associated goals since they focus on education, health, financial security, and safety. On the other hand, in order to guarantee the most possible impact and empower women in every industry, it is necessary to have good execution, awareness, and community participation (Herwina & Mustakim, 2019).

For the testing of the hypothesis on Women Welfare the following two schemes are selected:

- Mahila Shakti Kendra (MSK)
- One Stop Centre (OSC) Women Welfare Schemes.
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Mahila Shakti Kendra, launched in 2017, empowers rural women through community participation. The scheme provides skill development training, digital literacy, and awareness programs on health and nutrition. By creating community engagement hubs at the grassroots level, it facilitates collective action and social mobilization. The Mahila Shakti Kendra has been instrumental in promoting self-employment among women, particularly through training in traditional crafts and small-scale industries. This community-driven model enhances women's decision-making abilities, fostering economic independence and social inclusion (Chikwe et al., 2024).

The One Stop Centre (OSC) Scheme, also known as the Sakhi Scheme, was launched by the Government of India on April 1, 2015, under the Ministry of Women and Child Development. Funded through the Nirbhaya Fund, the scheme aims to provide integrated support and assistance to women affected by violence, both in private and public spaces. These centres offer a range of services, including medical aid, legal assistance, psycho-social counselling, temporary shelter, and police facilitation, all under one roof. The OSCs are designed to be accessible to all women, regardless of age, class, caste, education status, marital status, race, or culture. An analytical review of the scheme highlights its significance in

addressing gender-based violence and emphasizes the need for effective implementation and monitoring to ensure its success (Agarwal & Sharma, 2022).

Objectives of Study

This paper is based on the following objectives:

- To understand the present status of women welfare in U.P.
- To explore the impact of selected schemes in uplifting the status of women in terms of women welfare.
- To assess the deficiencies and the constraints experienced by the beneficiaries under the selected schemes.

Review of Literature

Thomas, Anila (2024) concluded that empowering female entrepreneurs is a key strategy for achieving the Sustainable Development Goals (SDGs). By providing women with the tools, opportunities, and networks necessary for their growth, we enable them to contribute significantly to economic development, social progress, and environmental sustainability. This empowerment creates a ripple effect that benefits communities globally.

Mishra, Avantika (2023) women's empowerment plays a pivotal role in achieving sustainable development. By promoting gender equality and providing women with equal access to education, healthcare, and economic opportunities, societies can experience comprehensive progress. When women are empowered, they contribute significantly to the workforce, enhance family welfare, and drive social change. Moreover, ensuring their safety and protecting their rights fosters a more just and balanced world.

Incorporating women into decision-making processes and leadership positions also improves the diversity of perspectives, leading to more effective solutions for global challenges, including poverty, environmental conservation, and economic growth. "Thus, investing in women's empowerment is not only a matter of justice but also a catalyst for the sustainable development of societies."

Tamuli, P. & Mishra, D. (2023) discussed the importance of achieving gender equality through women empowerment in India for sustainable development. They highlight the historical context of women's empowerment in India, the role of women in various spheres like social, political, and environmental, and the existing gender disparities. Their study emphasizes the need for policy reforms to empower women across all sectors to achieve sustainable development goals by 2030.

According to Sharma, Meenakshi (2022) women empowerment is indeed crucial for sustainable

development, as it enhances financial, social, and ecological stability by fostering gender equality and social justice. Empowering women means giving them equal access to education, employment, healthcare, and decision-making opportunities, which can lead to greater economic productivity and stronger communities. Furthermore, empowered women are better positioned to take active roles in environmental conservation and sustainable practices, which contributes to ecological stability. Promoting women's rights also advances social equity, ensuring that all individuals, regardless of gender or sexual orientation, are treated with fairness and dignity.

The findings of a cross-country study that was carried out by (Raman et al., 2022) revealed that countries that scored higher on gender equality tend to perform better in terms of overall sustainable development indicators.

Singh, Seema (2020) critically examined constitutional safeguards and government plans aimed at women empowerment. She emphasized on the multidimensional nature of empowerment, including education, health, and economic participation. The paper stresses the need for integrated approaches and better monitoring to improve scheme effectiveness and accessibility, especially for marginalized women.

Sharma, Manisha (2016) emphasized that sustainable development is unattainable without the leadership and active participation of women across all societal levels, including decision-making roles. Without women's meaningful involvement, sustainable development efforts cannot be truly equitable. Incorporating a gender perspective is seen as a progressive and socially just approach to analyzing and achieving sustainable development. She advocated for greater recognition and encouragement of women's contributions to sustainable development, underscoring that their involvement is essential for its success.

In their study, (Hegde & Gowda, 2021) looked at the Mahila Shakti Kendra program, which aims to empower women in rural areas. They found that the program had a good effect on the development of self-help groups (SHGs), but that there wasn't enough of a push to get the word out.

Sawhney, Siya (2025) concluded that while the MSK scheme had significant potential to contribute to women's empowerment and sustainable development, its effectiveness was constrained by implementation gaps, highlighting the need for stronger monitoring, better outreach, and institutional support in future policy initiatives.

RESEARCH METHODOLOGY

Research Design

The study follows a descriptive and analytical research design, integrating a mixed-methods approach that utilizes both qualitative and quantitative data.

The descriptive research design is chosen for this study because it allows for a detailed examination of selected schemes, their objectives, implementation process, and outcomes. In addition to this, it is analytical in nature because it assesses the efficiency and influence of these selected schemes in terms of improving the overall standing of women within the society. The present research will also identify the challenges that beneficiaries have experienced under the various schemes that have been chosen.

Samples in the Study

The samples involved in the study are from Lucknow region, Uttar Pradesh, where the impact, effectiveness and accessibility of government schemes for women will be examined. The sampling frame includes two blocks from Lucknow, and two villages from each block (Bhadeshwar Mau and

Hamirapur Villages from Malihabad Block, Nabi Panah and Saleh Nagar from Mall Block).

Sampling Technique

In this study, the sampling technique employed is Convenience Sampling, which falls under the category of non-probability sampling methods. Despite its limitations, convenience sampling was appropriate for this study due to the local context, resource constraints, and the need for timely data collection

Sample Size

To ensure the reliability and accuracy of the study findings, it is essential to calculate an appropriate sample size. The sample size calculation was guided by the Cochran formula, which is widely used when the population size is large or unknown.

Sample Size: $n_0 = ((1.96)^2 * 0.34 * 0.66) / (.05)^2 = 344.8$

Therefore, a sample size of 400 (100 respondents from each village) were chosen in order to increase the representativeness of samples and minimize the error in the analysis.

Sampling Units:

The study was conducted in four villages within two blocks of Lucknow district:

1. Malihabad Block:	2. Mall Block:
Village 1: Bhadeshwar Mau (100 respondents)	Village 3: Nabi Panah (100 respondents)
Village 2: Hamirapur (100 respondents)	Village 4: Saleh Nagar (100 respondents)

Data Collection

- **Primary Data Collection:** The primary data has been collected through semi-structured questionnaires and personal interviews with selected respondents.
- **Secondary Data:** The secondary data has been collected from the government reports, policy documents and published literature related to the selected schemes. The data is also gathered from national and international conference papers. The relevant studies are summarized under the review of related literature section.

Hypothesis Development

The following hypotheses have been formulated for the study:

Hypothesis:

H01: There is no significant impact of selected schemes in uplifting the status of women in terms of women welfare in U.P.

H11: There is a significant impact of selected schemes in uplifting the status of women in terms of women welfare in U.P.

Analysis and Interpretation of Data

The collected data will be analysed using relevant statistical and analytical tools to determine the role of the selected schemes. The study will employ:

- **Graphs and Tables:** for presentation of data.
- **Mean, Median, Mode and Standard Deviation:** for describing the data.
- **Correlation Analysis:** To measure the degree of relation between government schemes and women welfare, education, health and employment status.
- **Regression Analysis:** To identify the cause-and-effect relationships between scheme implementation

and its impact on women welfare, education, health and employment status.

- **ANOVA (Analysis of Variance):** To compare the means of different aspects of scheme implementation and their outcomes.

Analysis and Interpretation

Number of Beneficiaries under each selected scheme

The Table 1.1 shows the number of beneficiaries for each selected scheme under women welfare.

Table 1.1 Number of Beneficiaries (women welfare)

	Frequency	Percent	Valid Percent	Cumulative Percent
MSK	173	43.25	43.25	43.25
None	144	36.00	36.00	79.25
OSC	83	20.75	20.75	100.0
Total	400	100.0	100.0	

The above data has been depicted in the form of a Bar Chart and a Pie Diagram. The Figure 1.2 shows the number of beneficiaries under each selected scheme in the form of a Bar Chart.

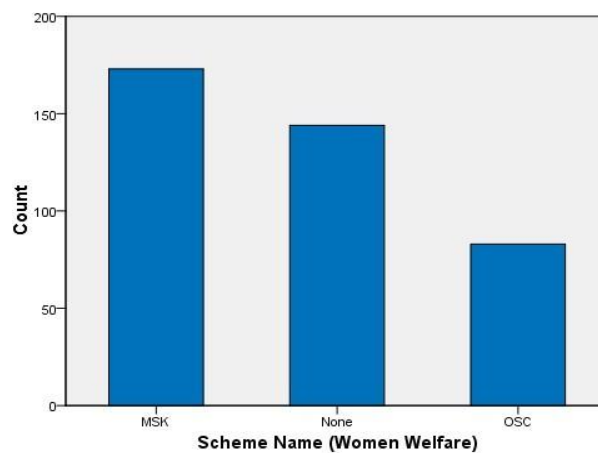


Figure 1.2 Beneficiaries of MSK and OSC

The Figure 1.3 shows the number of beneficiaries under each selected scheme in the form of a Pie Diagram.

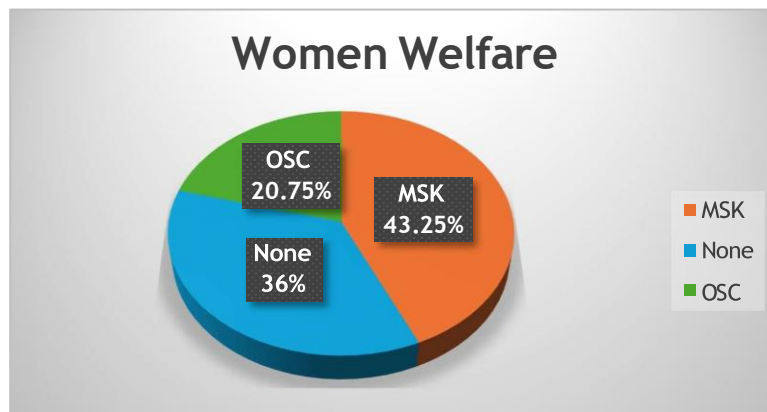


Figure 1.3 Beneficiaries of MSK and OSC

Correlation

The Correlation has been calculated between the dependent variables (impact, effectiveness and accessibility of women welfare schemes among the beneficiaries) and independent variables (demographic factors i.e. age, educational qualification and employment status of the beneficiaries).

The Table 1.2 shows the correlation matrix of the hypothesis.

Table 1.2 Correlation Matrix

Correlations				
		Impact on Beneficiary (Women Welfare)	Effectiveness of the schemes (Women Welfare)	Accessibility Rating (Women Welfare)
Age	Pearson Correlation	.015	-.029	-.147**
	Sig. (2-tailed)	.763	.558	.003
Educational Qualification	Pearson Correlation	.044	.075	-.033
	Sig. (2-tailed)	.380	.135	.507
Employment Status	Pearson Correlation	-.015	-.004	-.031
	Sig. (2-tailed)	.762	.934	.536

** Correlation is significant at the 0.01 level (2-tailed).

b. Listwise N=400

The Table 1.2 represents the Correlation analysis between the women welfare schemes (impact, effectiveness and accessibility among the beneficiaries) and demographic factors (age, education qualification and employment status). The analysis was conducted on 400 respondents. The obtained results clearly indicates that age is negatively correlated with accessibility of the schemes ($r = -0.147$, $p < 0.01$) which means that women with older age perceived the scheme as less accessible. Additionally, age has no further significant correlation with impact and effectiveness of the schemes. In case of Educational Qualification of the respondents there is no significant correlation with the impact, effectiveness and accessibility of the women welfare schemes. Likewise, employment status of the respondents also does not have any significant correlation with the impact, effectiveness and accessibility of the women welfare schemes. This clearly predicts that perception of the scheme among the respondents is relatively consistent irrespective of employment status.

RESULT

In the above analysis, only in case of Age the Correlation is significant at the 0.01 level (2-tailed). Hence, with due consideration to this empirical analysis the null hypothesis H01 i.e. there is no significant impact of selected schemes in uplifting the status of women in terms of women welfare in U.P. has been **rejected** and **the alternative** hypothesis H11 i.e. there is a significant impact of selected schemes in uplifting the status of women in terms of women welfare in U.P. has been accepted.

Model Summary

The Table 1.3 shows the Model summary between Dependent Variable (DV): accessibility of the women welfare scheme and Independent Variable (IV): Age of beneficiary.

Table 1.3 Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.147 ^a	.022	.019	1.335

a. Predictors: (Constant), Age

The model summary elicits the outcome of the linear regression analysis where predictor variable is age (independent variable- IV) and the dependent variable (DV) is accessibility of the women welfare scheme. Since, in the correlational matrix the age had negative correlation with accessibility of the scheme therefore, to understand the relationship, a more thorough and rigorous analysis was conducted. The observed correlation coefficient ($R = 0.147$) represents the strength and direction of the linear relationship between IV and DV. There is a very weak positive relationship observed between the predictor variable (age) and outcome variable (accessibility of the scheme). It indicates that with the increase in age the accessibility will also increase but in a small proportion.

The value of R square or the coefficient of determination (0.022) indicates that nearly only 2.2% of variance in the age is predicted which clearly indicates that age is not the only predictor for less accessibility of the welfare scheme. Therefore, other variables other than age should also be considered to understand and assess the criteria for availing benefits of the scheme among respondents. The Adjusted R Square (0.019) since only one predictor is discussed so the obtained value confirms the simplicity of the model. The findings indicate that the explanatory power of age is relatively inadequate and limited. The standard error of the estimate (1.335) indicates a good fit as the value is low and therefore, it can be said that although age is not the only predictor to understand the scheme's accessibility still 'age' is one of the important parameters as well as predictive variable. Consequently, to have a better fit model, more additional variables should also be considered.

ANOVA

The Table 1.4 shows ANOVA analysis between the following variables:

- Dependent Variable: Accessibility of the women welfare schemes.
- Predictor or Independent Variable: (Constant), Age.

The Table 1.4 shows the Analysis between the DV and IV variables.

Table 1.4 ANOVA

Model	Sum of Squares	Df	Mean Square	F	Sig.
Regression	15.708	1	15.708	8.816	.003 ^b
Residual	709.132	398	1.782		
Total	724.840	399			
a. Dependent Variable: Accessibility Rating (Women Welfare)					
b. Predictors: (Constant), Age					

The Table 1.4 presents the Analysis of Variance which provide through and a robust understanding into the overall significance level of the regression model. The predictor variable (age) which is independent variable also significantly contributes to the prediction of outcome variable or the dependent variable that is accessibility of the schemes related to health. The Residual of Sum of Squares (SS) value is 709.132 with 398 degrees of freedom predicts that variation in accessibility is well explained by age. This is also reflected in the R Square value of 0.022, meaning that only 2.2% of the variance in accessibility is accounted for by age as discussed in Table 4.8. Therefore, while the ANOVA results show statistical significance ($F = 8.816, p = .003$), the practical explanatory power of age is very weak. This indicates that regression model is statistically significant and but low R Square value shows that age does not substantially predicts of accessibility of the welfare scheme among the respondents.

Therefore, the obtained results elicit that age is not a good fit criteria to understand the perceived accessibility of the welfare scheme. Since, the negative relationship exists between age and accessibility so it can be said that age is not the only predictor. Therefore, other variables should also be explored and need to be analysed thoroughly.

Coefficients

The Table 1.5 shows Coefficients table between Dependent Variable: Accessibility of the Women Welfare schemes and Independent Variables: Age and Educational Qualification.

Table 1.5 Coefficients Table

Model	Unstandardized		Standardized	T	Sig.
	Coefficients		Coefficients		
	B	Std. Error	Beta		
(Constant)	2.881	.229		12.575	.000
Age	-.017	.006	-.147	-2.969	.003

The coefficient Table 4.9 provides a robust analysis of the impact of the schemes through predictor variable i.e. age. The coefficient value for age ($B = -0.017, t = -2.969, p < 0.003$) indicates that for every one-year increase in age, the perceived accessibility of women welfare schemes decreases by 0.017 units, by holding any other potential influencing factors unchanging. The obtained result can be attributed to many factors like accessibility of the scheme is suffered because of lack of skills, outreach barriers as well as bureaucratic constraints.

This suggests that while younger age women have better accessibility to the welfare schemes but age-related barriers could substantially diminish it. All the statistically significant p -values for predictor variable age are < 0.05

confirms the strength of the model and predicts that observed relationship is not due to any chance factor. Therefore, alternate hypothesis H11 is empirically accepted and supported. However, findings clearly indicate that policy implication can be more impactful if all the diversified segments of demographic details are covered such as older age as well as their socio-economic status or else geographical locations.

Constraints and Deficiencies:

The welfare related schemes have not been successfully utilized because of many factors conferred by the respondents. The following constraints were shared by the beneficiaries:

- Socio-economic limitations,
- Bureaucratic delays,
- Corruption,
- Interruptions in fund allocation,
- Cultural barriers and
- Lack of awareness.

CONCLUSION

Government schemes aimed at women' welfare play a crucial role in advancing sustainable development by addressing social, economic, and gender inequalities.

The findings of this study show that there is a significant impact of selected schemes in uplifting the status of women in terms of women welfare in U.P. The obtained results clearly indicates that age is negatively correlated with accessibility of the schemes which means that women with older age perceived the scheme as less accessible. Challenges related to awareness, accessibility, and socio-cultural

resistance hinder the full potential of these initiatives. To bridge these gaps, it is essential to adopt a multi-pronged approach that includes community engagement, digital inclusion, and administrative reform.

By focusing on integrated welfare models, fostering community ownership, and aligning initiatives with SDG targets, policymakers can ensure that women in the Lucknow region not only access but also benefit sustainably from welfare schemes. Such comprehensive efforts are vital to achieving gender equality and economic resilience, aligning with both national development goals and global sustainable development objectives.

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