About the Authors



Dr. V. Malarvizhi is the Professor of Economics in Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore-43. With 19 years of teaching experience she has presented 60 papers in International, National and Regional level Seminars/Workshops/Conferences. She has published 72 articles in Journals and edited 4 books. She is the Content Writer and Camera Presenter for 2 modules e-PG Pathshala project. She has conducted one International conference, 4 National Seminars and one Faculty Development Programme. She has guided M.A/ M.Phil/ Ph.d students and completed one Major Research Project funded by ICSSR. She acted as a Chairperson/Rapporteur in the International and National Conferences. She is a reviewer for International Journals and also special editor in 4 International Journals. She received the Excellent Paper Award in 2nd International Conference on E-business, Management and Economics, organized by International Economics Development and Research Center (IEDRC) at Dubai in 2011 and also received the Best Paper Award from the Madras University Journal of Business and Finance in 2013. She also serves as a Captain in National Cadet Corps (NCC) in the same Institution.



Dr. R. Annapoorani is the Coordinator of Thiru T.S.Dhandapani Chettiar Chair in the field of Social Sciences in Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore-43. She is Former Professor of Economics and Coordinator of Dr. Ambedkar Studies Centre in the same Institute. With 40 years of teaching experience, she has participated and presented 81 papers in various International, National, Regional and State level seminar/ conferences. She has published 2 books –one book in regional language- Tamil – for Micro Economics. She has edited 4 books. She has published 103 articles in Journals/ Books and Conference proceedings and organized 7 Seminars and 3 workshops. As a way of research experience she has guided M.A/ M.Phil/ Ph.d students and completed Major Research Projects funded by UGC, CSO and Ministry of Human Resource Development. She is also involved in the preparation of NET questions in Economics. She received a Best Teacher Award from Malcolm Elizabeth Adiseshiah Trust, Chennai in 2018.

About the Book

Women empowerment is a transformative force that shapes the foundation of a healthier, more sustainable world. Empowering women is not just a matter of social justice; it is an imperative for global progress. By eliminating gender disparities in education, employment and decision-making, societies can unlock the immense potential of women as innovators, entrepreneurs and leaders.

Health and sustainability are deeply interconnected, with women playing a pivotal role in family welfare, community well-being and ecological conservation. Ensuring access to healthcare, nutrition and reproductive rights not only improves individual well-being but also enhances the overall health of societies. Women leadership in sustainable development, including initiatives in renewable energy, organic farming and climate resilience, is instrumental in addressing global challenges and securing a balanced future for generations to come. Collaborative efforts among Governments, institutions and civil society are essential for creating an environment where women can thrive and contribute for sustainable development.

The theme "Women Empowerment for Health and Sustainability – A Pathway to Global Well-Being" highlights the indispensable role of women in fostering social equity and sustainability. The volume, "Women Empowerment for Health and Sustainability – A Pathway to Global Well-Being", comprises 21 insightful papers exploring various dimensions of women empowerment, health and sustainable development. It highlights key challenges and opportunities, emphasizing women's crucial role in driving social progress and environmental resilience. This initiative sheds light on their contribution to sustainable economic growth through inclusive policies, education and entrepreneurship.

The main themes covered in the volume are: Maternal health, food security, menstrual hygiene, women entrepreneurship in agri business, role of functional food in promoting health of women, financial inclusion of women etc. The volume will provide valuable input for the academicians, researchers, policy makers and Government officials.



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Thiru T.S. Dhandapani Chettiar Chair in the Field of Social Sciences



Department of Economics
Avinashilingam Institute for Home Science
and Higher Education for Women
(Deemed to be University)
Coimbatore -641043, Tamil Nadu, India